

November 2014



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Bennett Milliken, 6, on the sidelines getting a pep talk from big sister, Macey, 14. Their parents are Heather and Terry Milliken of Clarksville.

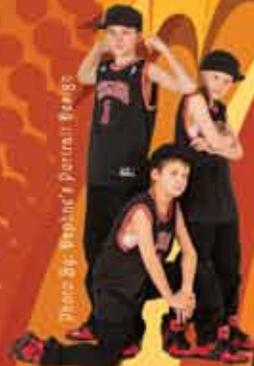


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# Publisher's Message

Last year at this time, I was complaining about it being too cold. I am certainly not complaining now, but it's definitely strange that we are having 80+ degree weeks in late October as I am typing this.

It's hard to believe that we are at the end of another great year. They seem to be flying by.

One great thing about this time of year is all of the local events that are going on in and around our city each year. Kick it off by reading about the ones that our city sponsors in Pamela Roddy Magrans' article on page 14. There are many more mentioned throughout the magazine and in the calendar that are not to be missed!

We have our usual amazing team of contributing writers from the community with helpful articles for you with everything from the importance of flossing to cliff climbing.

I, like all of you, have so very much to be grateful and thankful for. Not just at Thanksgiving but every day. My and my family's health and happiness; good friends; our military service personnel and the sacrifices their families make; and of course the staff, advertisers and readers of Clarksville Family.

We hope you enjoy the issue and have a wonderful Thanksgiving.

Sincerely,  
Carla Lavergne



## Clarksville Family

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

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# MEET THE FATHER AND SON DUO THAT OVERSEE CIVITAN AND JUNIOR CIVITAN INTERNATIONAL

by Taylor Lieberstein

It is a rare situation when two of the leaders of one of the oldest philanthropic clubs in America, Civitan, are based out of the same city. Even rarer, they are a father and son pair. However, as of late, that is the case. They can both be found in this community working to make it a better place for everyone that is a part of it.

Civitan is an all-volunteer international service organization made up of more than 55,000 members in 40 nations, according to Jay Albertia, President of Civitan International. More specifically it is an organization of volunteer clubs around the world, dedicated to helping people in their own communities. Civitans help wherever the need arises—from collecting food for a homeless shelter, to volunteering at their



local retirement home, to building a playground for children with disabilities. Jay is a Clarksville native who has logged more than 21 years with the Civitan taking on many different roles within the organization since joining. Recently he accepted the club's highest position, Civitan International President.

Shortly after taking on his new role, his 15-year-old son, Preston Abertia, was named Junior Civitan International President.

### History of the Civitan

Civitans have been helping people since the organization's founding in 1917. The first club was started by a group of businessmen determined to make a difference in their community. In the 1920's Thomas Edison was a member of a Civitan Club in Fort Myers. He believed strongly in the organization, writing that "The Civitan Club is doing things—big things—for the community, state, and nation, and I certainly consider it an honor to be numbered in its ranks." That still holds true, although now the Civitan can be found doing their good work across the globe. In the

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1950's, Civitan adopted a special emphasis on helping people with developmental disabilities. Civitan was one of the major supporters of Special Olympics International, and thousands of Civitans still support these local events. Among many other projects, Civitan clubs fund and organize special camps and events for people with developmental disabilities.

### Jay and Civitan International

There are seven individual Civitan Clubs in Montgomery County. Each club has a different agenda based on their view of the community's needs. For instance, the Hilldale Civitan puts on the Old-Time Fiddlers' Championship each year and donates all its earnings to various local non-profit organizations. Jay belongs to the Downtown Clarksville Civitan

Club. He joined the organization 21 years ago after attending a meeting with a friend.

"I really connected with the principles of leadership, knowledge and service. I was also impressed by their main project, the Civitan International Research center, which focuses on individuals with intellectual disabilities," said Jay.

The research center is located on the campus of the University of Alabama at Birmingham. The research the group is conducting there is vast and spans all aspects of issues dealing with individuals with intellectual and physical disabilities. It is currently working strongly on autism, Down's syndrome, brain tumors and Alzheimer's.

Jay has another full-time job aside from being president of Civitan International. He is employed by Progressive Directions, Inc., an agency that works with individuals who have intellectual disabilities. His two positions very much go hand in hand.

"As International President of Civitan, I get to witness firsthand how clubs are making a difference in the lives with those we serve. By seeing the innovations and creativity of those clubs helping others, it gives me new perspective and ideas for programs that I can bring back to our community and put in place. By being in my profession I also get to have a unique perspective when it comes to the Civitan International Research Center. I see the great



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need for the research and the studies they are doing at the center. Because I know that with each experiment and research project they do they are helping those we serve everyday at PDI. Knowing that I am part of a much bigger picture and helping not only those we serve at my agency, but everyone that has an intellectual disability, makes all of the effort worth doing," said Jay of his work.

Besides working with individuals with intellectual or developmental disabilities, each club seeks out whatever it is that their community needs the most. You might find a Civitan group building wheelchair ramps for the disabled, working with Girl Scouts and Boy Scouts, raising academic scholarships, working with the elderly, collecting for food banks, working with disabled veterans, giving citizenship awards, honoring police and firefighters, or purchasing Christmas items for families in need. All of these projects and fundraisers are what set the Civitan clubs apart from other volunteer organizations. Each club works specifically for their own communities. Members are your neighbors and friends and have a sincere interest in helping each other.

Locally the Civitan clubs provide support to Progressive Directions, Inc.; local Boy Scouts; Big Brothers Big Sisters; they give citizenship awards at local high schools; provide support for select Junior Civitan clubs; and provide scholarships to Austin Peay. The club's annual fundraising events include but are not limited to Vidalia onion sales,

fruitcake sales, candy boxes, the non-golf tournament event and of course the annual fish fries.

Jay has held multiple positions within the Civitan since joining in 1993. He has been Governor of the Valley District Civitan twice, Past Region 6 International Director of Civitan, Past Senior

International Director of Civitan, and Past President Elect of Civitan International. He has traveled to 14 of his 22 districts in North America. He has plans to visit many more places as time allows. On many of these trips he is able to bring his children along to experience the good work of

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Civitan. Jay admits that many of these trips turn into educational experiences for his children by showing them the importance of giving back to the community.

Jay's philanthropic work has certainly been engrained into his son Preston who recently took the role of Junior Civitan International President. In a recent speech the sophomore gave in New Mexico he told the crowd he was "born into his role at Junior Civitan." In 1998 Jay became the President of his local Civitan club. His promotion resulted in him and his wife, Gena Albertia, going to their first International Civitan convention. At the time of this convention Gena was pregnant with Preston.



This year Preston was offered and accepted the president position at Junior Civitan International.

**Preston and Junior Civitan International**

This is Preston's fifth year as a member of Junior Civitan. In the past he has held club district positions to include District Governor during the

2013-2014 year. He has won numerous awards to include largest fundraiser for Sno-Do, district honor key, governor of distinction, and last year he led his district to become district of the year.

"I've always been around the Civitan and I have seen firsthand the incredible work they do. It was only natural that when I began middle school and my parents told me that I had to participate in at least one extracurricular activity that I chose Junior Civitan," said Preston.

One of the most important responsibilities that come along with title of Junior Civitan International President is to oversee and participate in the two international fundraisers that

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<b>SUNDAY, DEC. 14</b>	Christmas Night of Praise with the Adult Choir & Orchestra @ 5:00pm
<b>WEDNESDAY, DEC. 24</b>	Christmas Eve Candlelight Service @ 5:00pm

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Junior Civitan hosts each year. The first one is called Sno-Do, which takes place in Canada each January. Each participant must raise a minimum of \$1,800 for the Civitan Research Center prior to going. As a reward they get to drive snowmobiles, go tubing, shopping and sightseeing in Toronto for a day. In March, Junior Civitan hosts a dance-a-thon in Myrtle Beach. Prior to the event participants must raise a minimum of \$500 in order to attend. This is a highly successful fundraiser as the students dance or move continuously for 12 hours, changing costumes to match the different themed hours. Last year, between these two events Preston raised more than \$15,000 through adult and Junior Civitan club donations, local businesses and individual donations.

Another of Preston's new responsibilities includes writing articles for the *Junior Civitan Insider* magazine, which is published twice a year to update the general membership and showcase the work being done by the 11,000 plus Junior Civitans around the world.

Junior Civitans give back to their community in the same way the adult clubs do. They choose projects that will benefit students within their schools or

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community including collecting stuffed animals for the sheriff's department to distribute, collecting canned goods for the needy, raising awareness of causes such as bullying as well planting trees to improve the environment. This year Junior Civitan members in Preston's

district are collecting coloring books and crayons to donate to Vanderbilt Children's Hospital.

### **Become Involved with Civitan or Junior Civitan**

If you are interested in joining as an adult member, there are currently seven local Civitan

clubs in which to choose from. If you would like more information about joining a local club please call (931) 648-5757 or visit the Civitan web site at [www.civitan.org](http://www.civitan.org). In order to become involved in Junior Civitan students must be part of a school in which a chartered club already exists. Currently the following schools in Clarksville have clubs: Richview Middle, Clarksville High, Northeast Middle and High, Rossvie Middle and High, West Creek Middle and Kenwood Middle.

It is not always easy to find additional time for a service club at the end of a busy day. However, if you can make a little extra time, the reward can be just as fulfilling for you as a volunteer as it is for the ones that benefit from the work Civitan does.

Four out of five members of the Albertia family are Civitan members. You already read about Jay and Preston's role. Preston's mother Gena oversees the Junior Civitans in this district and their oldest daughter who is in sixth grade just began her journey with Junior Civitan. The Albertia family would like to be an example for other busy families that may think there is no spare time to give back to the community because, as they know all too well, there is time. You can be a successful business leader, an involved student, part of a busy family and still find time to give back and make this community better for everyone in it.

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## HAVE YOURSELF A MERRY LITTLE CHRISTMAS LOCAL VENUES FOR A FESTIVE HOLIDAY

by Pamela Roddy Magrans

“It’s beginning to look a lot like Christmas,” echoed Bing Crosby in his 1951 version of that well-known song. Indeed it is! There’s a decorated tree at every corner of the local grocery store, and the repeated chant from the children seems to be “more, more, more!”

To avoid being a Grinch in this increasing commercialized holiday frenzy, there’s no need to stay Home Alone. There are many ways to get out of the house this holiday season and enjoy the holidays, without spending a load of cash!

There are various local venues where the entire family can enjoy some family time, get in the holiday spirit, and enjoy local attractions, without breaking the Christmas budget.



### Christmas on the Cumberland

Come enjoy the popular Christmas on the Cumberland walk-through event! Festive lights will adorn the path that runs from McGregor Park to the Commerce Street Pedestrian Bridge. The lights will be on November 25 through January 3rd. Event hours are 5:00 p.m. to 10:00 p.m., Sunday through Thursday; and 5:00 p.m. to 11:00 p.m. on Fridays and Saturdays.

In addition to seeing the lights, don’t miss the free activities taking place from 6:00 p.m. to 8:00 p.m. at the McGregor Park Museum on the following dates:

- November 25: Grand Opening at 6:30 p.m. Enjoy free hot chocolate, special guests and the lighting of the Riverwalk!
- November 28: Make “Reindeer food,” sing carols and sip cocoa!
- November 29: Create festive cards and write a letter to Santa telling him everything you’d like this holiday season!

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- December 19: Think you'd make a great elf? Grab some friends and try your hand at "Elf School," complete with stocking stuffing relays and present wrapping challenges.
- December 19 & 20: Giving on the Cumberland.
- December 20: Work as a family to craft a holiday ornament filled with wishes and magic snow! Take it home to add to your tree and open it next year to see if your wishes came true!



### Handmade Holidays—A Crafters' Bazaar

Visit the 3rd annual Handmade Holidays Bazaar, featuring vendors selling holiday-themed handmade and handcrafted items. The event will feature more than 60 booths of crafts, art, jewelry, pottery, quilts and more. Handmade Holidays is held at the Wilma Rudolph Events Center on Saturday,

November 15 from 10:00 a.m. to 5:00 p.m. and Sunday, November 16 from 12:00 p.m. to 4:00 p.m.

### 55th Annual Christmas Parade

The City of Clarksville and Montgomery County Government have partnered to host the 55th Annual lighted Christmas parade. The 2014 parade will be held Saturday, December 6 beginning at 5:00 p.m. in Downtown Clarksville. Take some lawn chairs and blankets downtown and find a place to sit along the downtown parade route. Watch the lighted parade and let the kids see Santa Claus as he distinctively ends the parade.

The Christmas parade is an event for local businesses, schools, and organizations to showcase their Christmas spirit. This year's theme is "A Storybook Christmas." The deadline to enter the parade is Thursday, December 4. Visit [www.cityofclarksville.com/parade](http://www.cityofclarksville.com/parade) for more details.



### Festival of the Nativity

The Church of Jesus Christ of Latter Day Saints will hold the 5th annual Festival of the Nativity on Friday December 5th from 4:00 p.m. to 9:00 p.m., Saturday December 6 from 4:00 p.m. to

9:00 p.m. and Sunday December 7th 4:00 p.m. to 9:00 p.m. The event is held at the Church of Jesus Christ of Latter Day Saints located at 3242 Hwy 41A South (Madison Street).

The festival is a display of nativity sets, a live indoor nativity, and artwork including the Luke 2 Collection by local artist, Helen Thomas Robson. Beautiful decorations will be displayed throughout the building, including hundreds of poinsettias and decorated trees from the former *Trees of Christmas* celebrations at the Smith-Trahern mansion. Nativity sets from around the world, donated by local residents, will be displayed in an awe-inspiring way that your family will not soon forget! A free family photograph is offered to visitors to the Festival of the Nativity.

Live musical presentations will be ongoing throughout the event. On Friday December 5 Northeast High School's *Exit One Show Choir* will perform at 5:00 p.m., followed by a performance of Handel's *Messiah* performed by the Nashville Community Choir at 7:00 p.m.

Guests are invited to linger and look at the displays and listen to the music and enjoy refreshments as long as they wish. The event is free and offered as a gift to the community. Local residents are invited to participate by loaning their nativity scenes and artwork for display, as well as visiting the festival.

For more details, or to see photos from last year's event, visit [www.christmasnativity.org](http://www.christmasnativity.org).

Visit the website for details on how to submit items for loan, how to volunteer, or to download a map or invitation. The Festival of the Nativity is a wonderful way for your family to celebrate the beauty of Jesus' birth.

### Christmas in Occupied Clarksville

A special demonstration will be held at the Fort Defiance Interpretive Center on December 14 from 3:00 p.m. to 6:00 p.m. Participants have the opportunity to experience

the holidays as soldiers and civilians did in the 1860s. Visitors to the event will be able to step back in time and see period decorations, visit with a nineteenth-century Santa, and enjoy eggnog, cakes and caroling. Admission is free.



### Customs House Museum and Cultural Center

The Customs House Museum has one of the largest model railroad layouts in the region. This holiday season the railroad layout will be decorated for Christmas. The Snowflake Special and Harry Potter Hogwarts Express will make an appearance for the holidays. The model train layout is interactive, giving children a chance to make the helicopters fly and automobiles move. For the younger children, the model train is always a treat. Play a game of I spy as you escape the cold outside and spend an afternoon at the Customs House. Trains run every Sunday from 1:00 p.m. to 4:00 p.m. The monthly free day will be Saturday, December 13th. The Customs House is located at 200 South Second Street. They can be reached at (931) 648-5780.

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**A Can of Chicken Soup is featured in one of Andy Warhol's most iconic artworks. But it's the chicken soup—whether canned or homemade—that may be truly remarkable for your health.**

Here are just a few health perks of slurping chicken soup:

- **It eases cold symptoms.** When you were sick as a child, your mom probably fixed you a bowl of chicken soup. Whether she knew it or not, chicken broth has known infection-fighting properties. It has also been shown to reduce inflammation and congestion associated with the common cold, making chicken soup an ideal meal when you're feeling under the weather.
- **It takes the punch out of "Montezuma's revenge."** According to the Centers for Disease Control and Prevention, sodium-laced chicken soup is effective at treating a particular kind of bacterial sickness caused by enterotoxigenic Escherichia coli, or ETEC, the leading cause of travelers' diarrhea.
- **It alleviates achy joints.** Research suggests the collagen in chicken soup helps restore worn-down cartilage and relieve arthritis pain. It also contains hyaluronic acid and glucosamine, both of which fight joint damage.

### M'MMM, M'MMM, Homemade!

Studies have shown chicken soup has several health benefits, but the store-bought variety can include preservatives, empty carbs and heavy doses of sodium that have no place in a healthy diet. Make your own chicken soup, instead. Homemade chicken soup is often healthier than the canned variety, especially if you keep the following healthy cooking tips in mind:

- To make the broth, ditch the bullion cubes and boil down chicken bones for more nutritional value and less sodium.
- Skip the salt. To really bring out the natural flavor of the chicken bone, try thyme, bay leaves and basil.
- Forgo white-flour noodles in favor of wild or long-grain rice. These whole grains have more flavor and more fiber.

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- Be creative with your veggies. Carrots and celery aren't the only vegetables you can put in chicken soup. Throw in onions, broccoli, zucchini or cabbage—whatever suits your taste.

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

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\*According to the Society of Cardiovascular Patient Care, [www.scpcp.org](http://www.scpcp.org).

# KING'S BLUFF CLIMBING: AN INSPIRING VIEW OF KIDS ON CLIFFS

by Ericka Suhl

## Mysterious Beings

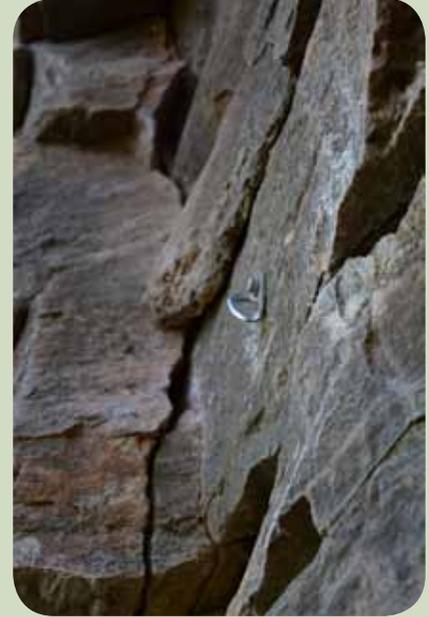
On our last climb of the day, as my husband was about to descend, a man came running down the trail along the limestone cliffs, calling out, "Are you guys rock climbing?" I told him we were finishing up. He shouted, "No, wait!" He disappeared

for a moment, and returned with a young boy, pointing, "Look! Those are climbers."

He said, "Everyone was leaving and when I asked if anyone was left they said a family was down here. I couldn't believe it. A family!"

My son, still wearing his helmet and harness, had already introduced

himself to the boy. They threw rocks from the trail into the Cumberland River below. I smiled back at the man and said, "Yes, we're a family."



We are one of many families that climb at King's Bluff. The man's exuberance made me realize that climbing is not what people imagine a family doing together. Even climbers can be guilty of the assumption that kids and climbing don't mix. My son has been climbing since the age of four, which was a good age to begin. The man had many questions as we packed up, and he began to see climbing as an opportunity to explore a new world with his son instead of watching, starry-eyed, from the trail.

## The Nature of the Cliffs

My favorite season to climb at King's Bluff is in the heart of fall. The changing leaves are thinning the trees, opening up views of the Cumberland River. The river has a different look each time I go there, from glassy calm to glittering chop. We have seen colorful wildlife like turtles, frogs, snakes, heron and an English bulldog named Sam who bounds up and down the trail while his owner is climbing.

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The shiny tags that label the routes and the stacked piles of materials left to improve the trails reveal that King's is owned and cared for by climbers. The climbs are single-pitch sport routes, meaning there are bolts in the rock to clip into during ascent, and the routes do not continue beyond the first anchors. The area provides so



many different levels of climbing that anyone can find a fun route to work on.

The best way to experience the cliffs is to go there and meet people. Several regulars are usually on hand if you have a question. Although, if the person holding the rope looks intense

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and the climber is grunting and shaking, you should wait until that moment passes before disturbing them.

### Getting Started

Climbing is inherently dangerous, and simply showing up at King's Bluff with a rope and hope is not the best idea. There are many places in the area where people can prepare themselves before climbing outdoors. The Foy on Austin Peay's Main Campus, and the Clarksville YMCA on Hillcrest have climbing walls. Climb Nashville provides guided outdoor lessons at various locations, including King's.

The local climbing community is vibrant, large and represents all ages and abilities. Once you begin making inquiries about climbing, someone will excitedly overhear you and rope you into an afternoon at King's. Only, be sure to



ask them about their abilities and experience, and know what you are comfortable with before hopping into a harness.

If an experienced climber at King's tries to stop you from doing something, don't be offended. They only hope to save you from an accident. With so many warnings attached, people may shudder at the idea of taking a child to the cliffs, but if a group has experienced climbers observing standard safety practices, the rewards far outweigh the risks.

### Kids Are Naturals

Watching children take their first steps into the vertical world can be at once humbling and exhilarating. Fixed notions of gravity are not wholly set in a child's mind. They climb over crib railings and into high chairs because gravity poses little risk against the payoff of getting within arm's reach of a cookie.

Adults live in a world where most things are conveniently hip-height,

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and while they train to reawaken their upward-moving muscles for rock climbing, kids are already in familiar territory and ready to ascend. The natural movements of a child climber can easily trick adults into letting their kids do more than they are ready for. There are a few basics to consider before a child's very first ascent.



### First Descents

What goes up must come down, but may not want to. After a little girl has clawed her way to the top, the weight of her body over her feet balanced with the firm grip of the rock in her fists feels fantastic. Asking her to let go of that secure feeling so she can fall into the harness is out of the question. She is being asked to move from a position that feels safe into outer space. A flash of the same feeling

waits for her at her first job interview, her driver's test, or the moment she announces her run for public office.

Adults must teach children to descend before they climb. Lowering an unwilling child risks injury. Even grown-ups have trouble with the seconds between letting go of the rock and being caught fully by their harnesses. Falling is as much a part of climbing as reaching the top, and kids need plenty of practice handling that uncertain moment.

I have seen too many children announce from the top of a climb that they would rather live up there than come back down. To avoid pleading with your child, as soon as he is reasonably off the ground on his first ascent, let him sit back in his harness and gently lower him a few times within the range of 6 to 10 feet off the ground until he feels secure.

### Building Trust

Now that your child knows how to descend, let him. Watching children climb is exciting and it is easy to get carried away by their quick progress. It can also be frightening for them once they reach new heights, so resist the urge to push them on to the finish. Don't be concerned about children backing away too easily from their fears. If they are in the process of rock climbing, logic dictates they are already completely awesome and brave.



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Fear is a constant in rock climbing, as much as taking risks is a part of life. All climbers, young and old, have to approach fear and risk in their own way and in their own time. An adult may call out what a child should do, but the transaction between children and the stone puzzles they are trying to work through is done on

their own. Their answers to those puzzles can be dazzling. With little fingers making use of the pocked limestone and tiny toeholds carrying their light bodies, children are climbers to learn from more than teach.

When I lower my son on request, he is allowed to face his fears on

his own terms and he knows he can trust me when he is afraid. Our relationship on the rope resembles the balance we try to strike in all things. I learn to trust him to confront his own problems knowing that I can make sure his missteps are not lethal. Because I lower him when he is afraid, his climbing goals are his own. Now he can blink down at me from 35 feet with his big, blue eyes and say, "Hey Mommy! If you were a planet, what planet would you be?"

Astounded at his ease and fearlessness, I shout, "You should be focusing on the climb, Pal. But the answer is Saturn."

#### Future Commitment

Trust radiates throughout the climbing community and is what the sport is built upon. Climbing offers a chance to race up into another world knowing that someone has you if you fall. This trust extends to anyone who descends into the beauty of King's Bluff. The area was donated to the Southeastern Climbers Coalition (SCC) who maintains it. Climbers show up on the clean-up days to fix the stairs and haul up trash. Then they leave the gate open, trusting that everyone who enjoys the cliffs is part of a larger family that will care for them.

King's Bluff is located at the end of Max Circle off of Highway 12, Ashland City Road. Information about the area is available on the SCC website, [seclimbers.org](http://seclimbers.org), and [mountainproject.com](http://mountainproject.com) with forums to connect with other climbers in the area. I hope to see the mystified father again posting on the forums, training at the gyms, and arriving at King's with a new rope and his son where we can share a sport that isn't so crazy after all. Until then, I'll watch visitors to the cliffs marvel at the view of my son grinding up the stone, ready to agree that he looks spectacular.

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# COSMETIC & RECONSTRUCTIVE PLASTIC SURGERY—THROUGH THE AGES

by Dr. Mitchell Kaye

**Cosmetic and Reconstructive Plastic Surgery** can be thought of as a specialty that treats the form and function of people throughout their lives, starting with childhood and progressing through adulthood and into advanced age. I thought that it might be interesting to look at the issues facing each age group. This will be a multi-article series, given the breadth of the topic. Let's start with the childhood and early adolescent group.

One of the more common problems we see in children is prominent or "lop" ears. In some cultures, notably Asian, this is considered good luck for that individual. Here in the U.S. however, it can be a source of ridicule or teasing by classmates or friends. The cause is a lack of fold development or localized over-development of the cartilage of the external ear, resulting in an ear that appears to stick out from the side of the head. Girls can often design a

hairstyle to cover this up. It is more difficult for boys to do so. For social reasons, the best time to correct the problem is during pre-school or kindergarten age, although it can be done at any age after three or so, including adulthood. It is unfortunate just how much emotional distress this simple deformity can cause an individual. Interestingly, once it is corrected, almost nobody will notice a normal ear. Think about it, when is the last time you said to a friend, "Wow, he/she has such great ears!" So normal is good enough.

**Otoplasty** is the term given to the corrective operation for lop ears. The goal is to permanently change the shape of the ear cartilage into a normal shape. This is done

This is an adult who underwent an Otoplasty. Her case history confirms the above. She was delighted "to move on."



Pre Op Otoplasty

7 Months Post Op Otoplasty

with an outpatient surgery, through a camouflaged incision that is hidden in the crease behind the ear. If done after the age of five, the ear will continue to grow at a normal rate thereafter and maintain its new shape. The results are typically gratifying for the patient and the surgeon. It can be performed at any age, including adulthood. My experience with adult patients, such as the one shown in this article, is that this seemingly minor deformity was a very painful part of their entire lives, and they wish that they had done this procedure years ago. Parents often underestimate the effect of lop ears on their kid's emotional well being. Once again, when the ear is normal appearing, it ceases to be a focus of attention for other people immediately, and is a huge relief for the patient.

**Traumatic injuries**, especially of the face, are unfortunately common in early life. Kids are easier targets for dogs and the face is exposed and vulnerable to attack ([www.aspc.org](http://www.aspc.org)). This can leave a devastating aftermath for the child and family, who are often angry or feel responsible for the child's suffering. Motor vehicle accidents are another all



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This 15-year old young man came in quite bothered by the appearance of his left ear and wearing long hair to cover his ears. At 16 months post-up he stated he is "very happy."



Pre Op Otoplasty



3 Months Post Op Otoplasty

too common cause. Prevention is the best treatment. Have all kids secured properly at all times, even for short trips ([www.safercar.gov](http://www.safercar.gov)).

If a child (or adult) has a serious laceration, evaluation in an ER is mandatory. This is not only to take care of the initial wound but also to screen for associated injuries. For example, head injury, orthopedic injury or intra-abdominal trauma should be ruled out if an accident associated with significant impact has occurred.

Initial surgical care involves careful washing with antiseptic solutions, removal of foreign material, attention to tetanus immunization status and careful re-approximation of the wound with minimal attempts at removal of tissue unless obviously devitalized. Complex or profound



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injuries should be repaired in the operating room with proper anesthesia. The best long-term results start with proper initial repair.

It is important to realize that the best scar obtainable is the final goal in this process. No scar can be "removed," only improved. For example, many patients think that a laser will "get rid of" a scar. Unfortunately it will not, but it can be used to improve its quality. The human body is programmed to heal in a complex biological sequence that takes up to two years to complete. It is normal for all scars to be red, itchy, bumpy and very obvious during the initial phases of normal healing. This is a time of great anxiety for all concerned and focus should be on the long-term nature of the natural and surgical repair process. A number of procedures over months to years may be necessary after the initial repair.

The Facial Plastic Surgeon may recommend a scar revision, laser therapy, compression treatment or

injections depending on the case and time from original injury. Each patient is unique in this regard. Several procedures over many months may be necessary. Ideally, the result will be a scar that is hard to see because it is even with the surrounding skin, does not distort nearby structures such as the eye, nose or mouth, and has a good color match. Scars that cross natural facial creases or boundaries are the hardest to deal with. Sometimes their orientation can be changed to a more favorable one with a Z-plasty technique or their contour broken up with a camouflage pattern called geometric broken line closure. These are advanced and complex techniques requiring expert care.

In summary, there are certain cosmetic and plastic surgical procedures and treatments that are age related. In this first of a series of articles we have reviewed two common problems that present in the early years of life, although they can

This is an 11-year old boy who suffered a ripping type dog bite on the right cheek. It is a difficult case due to the smooth and unlined skin of a child (with nowhere to hide the scar or repair), the obvious location and the emotional sensitivity of a young child. He is shown after a geometric broken line closure, compression therapy and secondary laser procedure. Note that the scar is less obvious but still present, as expected.



Pre Op Scar Revision



3 Month Post Op Scar Revision



11 Month Post Op Scar Revision

be an issue at any time. As always, the best results will come from a motivated and compliant patient (and family) and a properly trained and expert surgeon working together for the benefit of the patient.

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

a patient's needs and goals is a crucial part of the partnership between the physician and patient. This is an ongoing process throughout the length of the relationship and must be actively pursued by both parties. My medical and surgical skills have evolved through daily practice, constant self-evaluation and recurrent training. It is important to accept new techniques when they are truly superior and avoid fads or gimmicks that have not withstood the test of time. This requires education, judgment, and integrity."

Dr. Mitchell 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 IMPORTANCE OF FLOSSING

by Dr. Grace Lee, DMD

Hi, I'm Dr. Grace Lee, and I've been serving the Clarksville community for 7 years...and loving it. But I don't love the fact that most people I see brush regularly, but then neglect flossing. I have patients who know this is important, but still they start flossing just three days or so before coming to see me. As a matter of fact, only 3% of my patients floss daily.

I really love my patients. So I'll continually say to them, "Don't worry. You only need to floss the teeth you want to keep." This usually brings a grin from them (made by the healthy teeth they still have left) and then a flood of excuses.

I've heard them all as part of a seemingly endless string of reasons for not flossing. "I ran out of floss...my mom doesn't buy floss for me...it hurts when I floss...I feel like I'm yanking... I'm the victim of a government conspiracy...etc."

Then of course there's the tirade of rationalizing. "Why do you need to floss anyway? It's so gross to pry stuff out with a piece of string. Did you ever smell the stuff that comes out? It's gross. Blig, bleg, blag... YUCK!" But despite all the weak excuses and rationalizations, flossing is still extremely important.

Not flossing can lead to gum and associative bone

diseases such as gingivitis and periodontitis. These can lead to bleeding gums and eventual tooth loss. As if these ailments weren't scary enough, include the possibility of death in extreme cases where bacterium has spread through the bloodstream.

But don't panic just yet. We can help reduce the bacteria by having you floss correctly while including a professional cleaning every six months as part of your dental health routine (realize that brushing alone only removes about one third of all plaque).

It's just like I tell my Sunday school kids: "If you eat chocolate cake and then try to clean the fork off with a napkin you'll still have a bunch of 'black stuff' in-between the fork's pointy parts." (And yes, I know the pointy parts are called "tines." But I'm using this analogy to inform young children. Remember?) Now think of your teeth like you think of the fork and ask yourself, "How will I clean off all that junk between my teeth?" Of course you'll brush, but without flossing you are missing 2/3 of the plaque.

If I were stranded on a desert island...I wouldn't be advising everyone to floss right now. But if I were stranded on a desert island with electricity, a computer, and internet access I would say, "Given the choice between a toothbrush

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and floss, I would take the floss.” And the floss I’d prefer would be “Crest Glide” or a similar product. I recommend keeping such a product handy to use while stuck in traffic, watching television, listening to music, or just generally “vegging-out.” If you’re lucky you might just develop one of the healthiest habits ever.



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# HEADACHES, COMMON CAUSES, AND TREATMENT OPTIONS

by Dr. Vince Taylor DC, MS, MBA

If you have a headache, you are not alone. According to the American Chiropractic Association, 9 out of 10 Americans suffer from some form of headache. The World Health Organization estimates that 47% of the adult population has had a headache in the last year. There

are over 200 causes of headaches, but there are three primary types of headaches that cause 90% of all headaches<sup>1,2</sup>. Primary headaches include cluster, migraine, and tension type headaches. Secondary causes of headaches include, but are not limited to, trigeminal neuralgia,

meningitis, sinus headaches, medication rebound (analgesic rebound), and temporal arteritis<sup>2</sup>.

Cluster headaches only contribute to about 0.1% of all primary headaches according to the World Health Organization. Causes of cluster headaches are unclear. Some causes are possibly from blood vessel problems from dysfunction of the nervous system (neural dysfunction with trigeminovascular pain)<sup>3</sup>.

Migraines are the second most common primary headache. As with cluster headaches, the mechanisms to their cause is unclear. Some factors that aggravate or provoke migraines are alcohol, certain foods, or tension/stress. Noise and bright light both can make a migraine worse. Nutritional research is gaining momentum in being able to resolve some migraine headaches. Specific foods linked to triggering migraines include monosodium glutamate (MSG), tyramine-rich foods if the patient is being treated with monoamine oxidase inhibitors for depression by their medical physician, chocolate, and caffeine withdrawal.

A fairly new and controversial cause to some migraine headaches is leaky gut syndrome. Research is unclear on the mechanisms linking gut health to headaches, but there are a lot of positive clinical outcomes. Eliminating simple sugars, artificial ingredients, preservatives, gluten, processed foods, and unhealthy fats/oils and replacing those foods with fruits, vegetables, grass fed beef, and wild caught fish is

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a method to a healthier gut. Supplementing with probiotics and digestive enzymes to aid in digestion are additional measures that can be taken to promote gut health. Migraines are typically managed pharmaceutically, but if that is not getting you the results you want, consider looking into your gut health.

The most common type of primary headache is the tension type headache. Chiropractic manipulative treatment is effective in treating tension type headaches. The World Health Organization reports that more than 70% of certain populations have tension headaches. These headaches have characteristics of pressure or tightness in

the neck and head. Pain will spread from the back of the neck to the front of the skull. Within tension type headaches, cervicogenic headaches are a sub classification meaning the headache is originating from the neck. There are a couple key connections in triggering this kind of pain. The first connection is a little muscle at the base of the skull. This muscle is called the rectus capitis posterior minor muscle. It has a direct attachment to the dura mater, which is pain sensitive. The dura mater is a covering that surrounds the brain and spinal cord. It inserts into the coccyx or tailbone. If there is long-term stress and tightness in the rectis capitis

posterior minor muscle, it can potentially irritate the dura mater causing pain. Individuals susceptible to tension in the rectis capitis posterior minor muscle are desk workers or individuals sitting for long periods of time. Forward head posture is the hallmark of tension in this muscle. The second connection is through the fascial planes of the body. Fascia and fascial planes encase all the muscles and structures of the body. They insert into muscles and bones and when excess stress is placed into these fascial systems, pain will typically arise. There is a fascial plane connecting to the forehead that wraps around the top of the skull and to the back

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of the neck. The combination of joint dysfunction, excessive tension in the neck muscles, and poor posture can put tension into this fascial plane creating a headache that wraps around the skull. A key exercise to try if you suffer from tension type headaches is chin retractions. I described this exercise last month when I talked about neck pain. Keep your head level (don't look up or down) and retract your chin and head over your shoulders. You may feel tension in the base of the skull when performing these, but it should not be painful. If this doesn't relieve your symptoms, you may have joint dysfunction in the neck causing muscle tightness. This is where

chiropractic manipulation is effective. By restoring normal joint motion in the neck, reflexive neck tightness will decrease and help with your symptoms.

To recap, tension type headaches are the most common type of all headaches and chiropractic manipulative treatment is effective at reducing these type of headaches. Migraine headaches are the second most common primary headache following tension type headaches. Chiropractic manipulative treatment and nutritional therapy as described above may reduce your migraine headache. Typically these are managed pharmaceutically, but if you are

not satisfied with your results, consider different treatment options. Remember, you have options with your healthcare needs. Your healthcare team should be working together and teaching you about your health and body. It is my goal to educate and empower individuals so you can make educated decisions with your health. You can like us on Facebook at [facebook.com/taylorspine](https://facebook.com/taylorspine) to read other articles and topics I post. We will be discussing common causes and conservative treatment options for shoulder pain next month.

Nothing herein constitutes healthcare advice, diagnosis, or treatment, or is a substitute for professional advice. You should



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always seek the advice or your healthcare professional if you have questions or concerns about a healthcare condition.

To your health,  
 Dr. Vince Taylor DC, MS,  
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1. Scottish Intercollegiate Guideline Network (November 2008). Diagnosis and management of headache in adults. Edinburgh: NHS Quality Improvement Scotland. ISBN 9781905813391.

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## FROM BIG TO BIGGER TO EVEN BIGGER INITIALLY STITCHED GROWS AGAIN

by Taylor Lieberstein

Kellie Crouch and her mother, Dorothy Ketron, started a monogram business out of Crouch's home in 2008. In 2012 she moved into her first retail store. In 2013 she moved

into a larger retail store that they have just recently finished adding yet more space onto. Essentially Initially Stitched has gone under three necessary expansions in three years.

They are now set up with 3,000 square feet on Kender Rhea Court and doing more business than they ever imagined.

The business began mainly as an online monogram business and in the form of a small booth at local craft and vendor fairs. To this day a large part of their customers are those they first met in their early years during the craft fairs. As years went by they added more inventory at the request of their buyers. A perk of being Clarksville's only monogram store offering monogramming and personalization is they have never had to compete to gain customers or orders. Their biggest challenge has been finding the space, time and manpower to get everything done.

"The biggest struggle on a professional level has been figuring out when to grow. Does anyone really know when to add new employees, new product lines and additional space? It hasn't come very easily to us,

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but we are determined and are thankful for every opportunity we are given. On a personal level it has been balancing work and home. We are a family-owned and operated business. Somehow we always seem to make it work. I think that this also makes us more appreciative of the chance that we have been given by our wonderful customers most of whom have become like family," said Crouch.

In 2012 while working out of their original retail store they found themselves bursting at the seams and had to start considering a new larger location, which they found just north of their store. They made the move one building forward. Last year they had their grand reopening. With the new location came a whole new set of

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**THURSDAY, NOVEMBER 6 • 5 - 7 PM**  
Carmel Elementary School Spirit Night

**MONDAY, NOVEMBER 10, KID'S NIGHT**  
Help Lydia Walker celebrate our Veterans with Music Night

**THURSDAY, NOVEMBER 13 • 5 - 8 PM**  
Clarksville Christian School Spirit Night

**TUESDAY, NOVEMBER 18 • 5 - 8 PM**  
East Montgomery Elementary School Spirit Night

**THURSDAY, NOVEMBER 20 • 5 - 8 PM**  
Norman Smith Elementary School Spirit Night

**MONDAY, NOVEMBER 24 • KID'S NIGHT**  
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challenges. They evolved from Crouch working the days and Ketron working at nights with a staff of four extra employees. They then streamlined their monogram process and product offerings. The new staff and additional space turned the business around they made it through last Christmas in one piece. Christmas is obviously a busy season for retailers and their monogram business is no exception.

Initially Stitched not only prides itself as Clarksville's only monogram store offering monogramming and personalization, they also specialize in custom embroidery, Greek letters, screen-printing, spirit wear, custom decals and more. It's a one-stop shop for all things personalization and unique gifts tailored for the recipients. Whether you need a gift for

grandma or corporate apparel they have you covered.

They are always expanding, making time and more room to offer the newest trends to the community. Currently Crouch says their most popular items are the monogrammed tees that are offered in numerous color and style options. Other best sellers include the personalized baby line



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and quick gift line. The quick gift line is made up of gifts that are already initialed and ready to be gifted.

With the holiday season quickly approaching, now is an ideal time to become a customer of Initially Stitched if you haven't been one in the past. Visit their retail store to pick up last minute gifts or to place an order for a personalized gift. Again they offer custom embroidery, screen-printing, corporate apparel, custom t-shirts and apparel, spirit wear, personalized gifts, monogramming, vinyl decals, last minute gifts and more. Initially Stitched is located at 149 Kender Rhea Court, Suite D. They are open Monday through Friday.



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# CORNUCOPIA AND THE MYTH OF PLENTY IS ENOUGH EVER ENOUGH?

by Pamela Roddy Magrans

Decorative tables will greet the hungry masses this month. Festive linens and collectable plates will be excavated from the china cabinet and enthroned on the dining room table. Like a shrine, the table will emerge as the centerpiece of the Thanksgiving holiday. The golden, crackling, juicy, hot turkey will sit at the center. Some tables will have green bean casserole and sweet potatoes. Some will have gravy boats and candied cranberry sauce. Tradition will run like gravy over the entire affair, coating perhaps



the main theme: thankfulness. Family members will gather together, some willingly, some reluctantly. Hopefully there will be plenty of food and plenty of peace at those tables, but for some—maybe not. Some will

come to the table with heavy hearts, not feeling they have plenty at all.

There might even be a cornucopia set as decoration as a centerpiece of that table. A few might notice it sitting there arrayed with plastic fruits and veggies, an orange burlap bow strapped to the top of the woven misshaped basket. The cornucopia will sit there silent, while we feast. It will listen like a huge ear to thankful prayers and family laughter. It will be witness to the abundance or lack of at its table. It will sit silent and still, like all good symbols until we glance up and notice.



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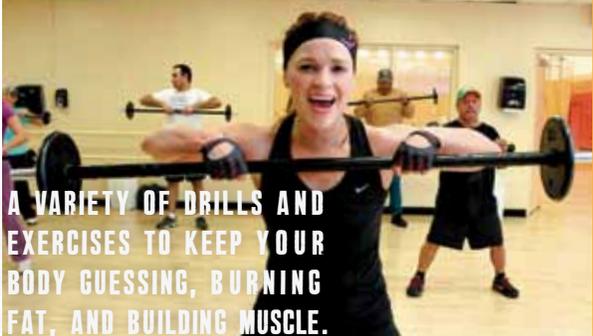
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At the heart of Thanksgiving symbolism is the cornucopia. The horn shaped basket that adorned the Thanksgiving tables of old. Two hundred years ago, Americans would have stuffed apples, grapes, gourds, and corn into the cornucopia. The cornucopia would have sat on the table, overflowing, more food spilling out than could be held by the funnel shaped basket. On a functional level, the cornucopia held perishable food, free for the hungry hands that sat around the table. On a symbolic level, it represented plenty—plenty of food! The cornucopia, to the early Americans, would

have represented a rich harvest, a plentiful crop, and a thankful heart.

Now, the cornucopia is not much more than an iconic image of Thanksgiving. It sparks memories of past traditions, a time when harvest was the center of fall, and Thanksgiving was not about competition and midnight shopping, but about gratitude and family.

When we see a cornucopia, we immediately think of Thanksgiving, but why? How has this horn shaped basket developed into an American symbol? And why is it so oddly shaped?

For the answer to those questions, we must stretch

back, very far back, to Classical Mythology. The symbols that infuse our American traditions are often rooted in Classical myths.

The image of a cornucopia is often associated with the Greek Goddess of Harvest, Demeter. However, the origins of the symbol date back even further than Demeter. The most popular story explaining the origins of the horn shaped object is based on a story about Zeus' childhood. As the age old story goes, Zeus was hidden from his father (for reasons I won't go into here, since this is a family-oriented magazine) and entrusted to Amalthea ("Nourishing Goddess"). Oddly, Amalthea was a goat, and she



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fed the infant Zeus her own goat milk. Being a goat, Amalthea had two large horns aside her head. One day Zeus tore off one of her horns—he had super human strength after all. Even though the horn was detached from its owner, it was believed that it had supernatural power to provide unending nourishment. It was believed that an eternal supply of food would come flowing out of the horn. There are some other variations of the story, but they all somehow involve Zeus, his goat-godmother Amalthea, and a severed horn. In Latin, the word cornucopia means “horn of plenty.”

Modern depictions of the cornucopia retain its original symbolism—a horn of plenty.

The cornucopia originates in Greek myth, but it echoes another myth—that of plenty. Is having plenty actually a myth as well? Can we ever have plenty of anything? Like Zeus’ insatiable appetite, do we also urge for a horn of plenty—ever exhausting our resources and ourselves for more?

Thanksgiving seems a fitting time to reflect on our own pursuits of plenty—plenty of food, plenty of money, plenty of gadgets, plenty of fossil fuels. Name your plenty. For me—it’s plenty of books, and I confess I have a real addiction to Amazon.

Psychologist and writer, Robert Johnson, states in his book *Contentment: A Way to True Happiness* that, “contentment is not the result of what you have or what you do in life... try as you might, no amount of possessions, power, or prestige satisfies for long.”

Like our hunger for food, we crave more stuff. Our modern day desires for stuff echoes the horn of plenty. If the horn of plenty could talk, I think it might shout across the table, “Enough is enough!”

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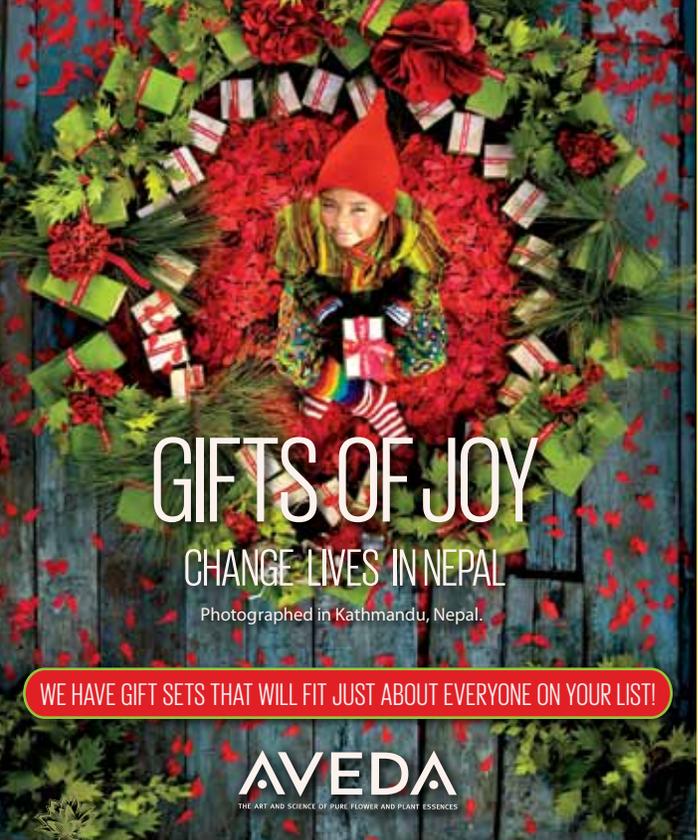

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models hit the store, we are eager to upgrade. When trips to Florida become mundane, we must go to the Caribbean instead. We have junk drawers in the kitchen and garages so full we can't fit our cars inside. Attics catch the overflow. Ever so often we have a yard sale to get rid of the stuff we don't need anymore. It seems that modern American society may be suffering from a "plenty is never enough" epidemic.

Robert Johnson continues, "our civilization pushes the complexity of life to great extremes."

Great may sound great, but being great and having great things, takes great work and all things come at a great cost.

For many of us, the cost of plenty comes in the form of being overworked and exhausted. For others, the cost of plenty comes in the form of our marriage, or friendships, or even our health. For still others, the cost of plenty comes in the form of bankruptcy or a plague of lifelong financial stress. For some of us, the cost of plenty comes only in our last days, when we wish we had spent more time with family or friends.

Like Zeus, we too have a horn of plenty. It is a horn of discontent, wedged in our stomachs, increasing our appetites. The horn of plenty becomes a dagger. When we seek more of anything—we find

it is a moving target. We too live a myth—a perpetual pursuit of plenty.

Stretched on the Thanksgiving table rests the cornucopia, a symbol of abundance. Let us shift from abundance to contentment. Let us celebrate even when we have little. Let us be grateful, full, and complete, when our great horn of plenty may be empty. May we seek not plenty, but contentment with what we have.

**SO MANY PROJECTS SO LITTLE TIME**

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

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

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

**HARDY HOME IMPROVEMENT**

**Steve Hardy - Owner**  
Over 25 year Experience

**931.220.1106**

Look us up @ Campbell Yard sales or email [hardyhomeimprovement@gmail.com](mailto:hardyhomeimprovement@gmail.com)

**\*\*Call today for a FREE estimate on your next home repair or home project.\*\***

**We work with insurance companies.**

**Clarksville Pediatric Dentistry, P.C.**

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

**Clarksville Pediatric Dentistry, P.C.**

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

**Now accepting new patients!**

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Clarksville, TN  
(931) 245-3333

2485 Ft. Campbell Blvd. Suite 102  
Clarksville, TN  
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[www.clarksvillepediatricdentistry.com](http://www.clarksvillepediatricdentistry.com)

[www.facebook.com/cpd\\_kiDDS](https://www.facebook.com/cpd_kiDDS) @cpd\_kiDDS

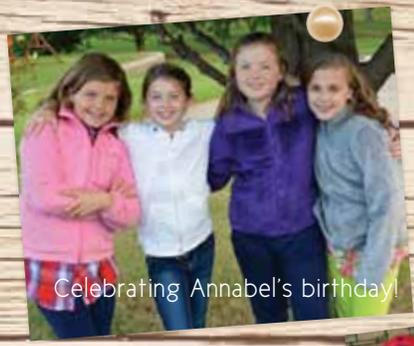
# CANDID Clarksville



Isaiah, Jasmine & Cassandra having fun at the park!



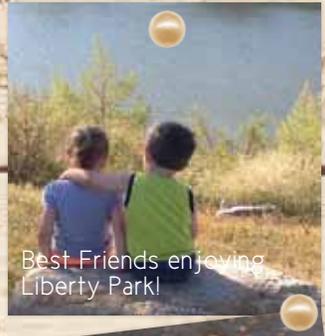
Fun at the pumpkin patch



Celebrating Annabel's birthday!



Adrian Zion so fresh & clean!



Best Friends enjoying Liberty Park!



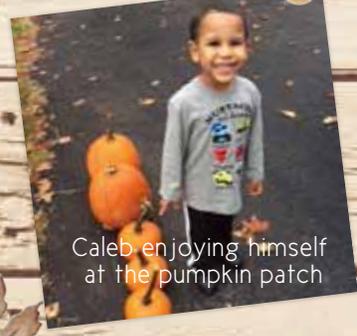
Rorie camping trip 2k14!



My little hot dog and banana!!!



The George Clan enjoying Liberty Park!



Caleb enjoying himself at the pumpkin patch



Dancing at Riverfest! Great Dancing, Awesome Friends!



Family fun Patterson farm



Fun at Disney World!



Best of Clarksville's March of Dimes! What a wonderful event! Dance Force showing their support!



Abby @ Land Between the Lakes Last hike of the season



Kaely enjoying the AP cheerleaders on Fan day! Ready to cheer :)



Midgets' hons football



**A SOLDIER**  
TAIRA G. MCAFFEE



A Soldier is born to live and that's no lie  
 A Soldier is born to die, and of course  
 everyone asks why, why, why  
 A Soldier is hated, a Soldier is loved, but  
 when a Soldier is in trouble a Soldier  
 looks to his Father up above  
 A Soldier who can, is a Soldier who  
 commands  
 A Soldier travels far, a Soldier stays  
 home, but when so many Soldiers are  
 gone, this Soldier knows where he  
 belongs  
 A Soldier never gets enough rest, but  
 no matter how hard the task, a Soldier  
 always does his best  
 A Soldier rarely sleeps, but a Soldier still  
 prays to the Lord for his or her soul to  
 keep.  
 A Soldier is a son, a Soldier is a daughter,  
 a Soldier is a husband, a Soldier is a  
 wife, a Soldier is your sister, a Soldier  
 is my brother, a Soldier is a father, a  
 Soldier is a mother, and most of all a  
 Soldier is truly your friend because, a  
 Soldier is the one you can count on in  
 the end

Dedicated to the men and women of  
 Operation Iraqi Freedom, 101st Airborne  
 Division (Air Assault), and Screaming  
 Eagles, Fort Campbell, Kentucky



**LIGHTED RIVERWALK  
OPEN DAILY**

5:00 - 10:00 p.m., Sunday - Thursday  
 5:00 - 11:00 p.m., Friday & Saturday

**GRAND OPENING**

Nov. 25 at 6:30 p.m.  
 Enjoy free hot chocolate, special guests, & the lighting of the  
 Riverwalk!

**FREE ACTIVITIES**

6:00-8:00 p.m. at McGregor Park Museum  
 Nov. 28 Make 'reindeer food,' sing carols, and sip cocoa!  
 Nov. 29 Letters to Santa & Holiday Cards  
 Dec. 12 & 13 Gingerbread Houses (Pre-register at [recpro.cityofclarksville.com](http://recpro.cityofclarksville.com))  
 Dec. 19 Elf School Relays  
 Dec. 19 & 20 Giving on the Cumberland  
 Dec. 20 Holiday Ornaments

**FREE ADMISSION**

More info: [www.cityofclarksville.com/christmas](http://www.cityofclarksville.com/christmas)



# CLYDE AND EARL'S EXCELLENT ADVENTURE

by Brenda Hunley Illustrated by Willie Bailey

Today several of the animals have gathered by the lake to say goodbye to Clyde and Earl, two resident geese who live there during the spring and summer seasons. When the temperature changes and the leaves start to fall it is a signal to the geese to prepare for their flight further south.

Clyde is going over the final list before they leave. "Earl, have you completed your stretches?"

"Stretches? Yeah, sure."

"No you didn't," argued Clyde.

"How would you know if I did or did not?"

"Remember Alabama last year?" Clyde asked.

"Alabama?" Earl rubbed his head, thinking. "Nope. I don't. Must not of been important."

"We had to make an unscheduled stop because you were tired," Clyde sighed, shaking his head.

"I was tired? Me? I remember a campground and you smelling graham crackers. Pretty sure that stop was on you."

Clyde rolled his eyes. "It's funny what you think you remember. We stopped because you did not stretch last time either."

"How about you go back to that list so we can leave on time," Earl said, pecking at his tail feathers.

"Are you hungry? We need to have our fill of dinner before we go," Clyde said, as he quickly swallowed a bug.

"I think these are delay tactics designed to put this off another day. What's the next check off?" asked Earl.



"Say goodbye to our friends." Clyde looked up from the list to see that several of their friends had come to do just that.

"Excuse me, Mister Clyde! Mr. Clyde? Where do you guys go when you leave?" asked a small grey rabbit.

"We go to south Florida," Clyde answered, giving the small rabbit a pat on the head.

"What? Now why would you go and tell a story like that to the little guy. Just cause he is small does not mean he can't be told the truth," Earl scolded.

"Come closer little one. You deserve the truth. We go to the Bahamas," Earl said, in a whisper.

"Bwah ha ha ha ha ha ha ha!" Laughed Clyde. "Bahamas? That is rich!"

"Are you lying, Mr. Earl?" asked the little rabbit.

Mumbling, Earl went back to sorting his feathers.

Clyde looked at the little rabbit and said, "Earl likes to exaggerate."

"What does 'exaggerate' mean?"



The source of many purchases to come.

**Clarksville Family**  
M A G A Z I N E

**Advertise smarter not broader.**

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

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



"It means 'make something bigger or better than it actually is.'" Clyde answered.

"We go to where the air and water are warm. We go watch the pirates fight and bury their treasure. Did I ever tell you the story of when we met Blackbeard the pirate?" Earl grinned.

"No."

"What about the time we got sucked into the center of the earth? We got to see dinosaurs then!" grinned Earl.

"Dinosaurs? My teacher says they are extinct. Is she exaggerating?" asked the rabbit.

"Earl! It is time to say goodbye to our friends," Clyde interrupted.

"But I want to hear the story about a pirate!" whined the rabbit.

"We do not have time, we must go. Goodbye everyone!" called Clyde, flapping his wings.

The animals stepped back so the geese would have room.

As Earl flapped his wings he called out to the little rabbit, "I will tell you all about it when we come back in the spring."

As the geese flew up into the blue sky, they circled the Woods of Dunbar so they could make sure they saw all their friends before they flew away to a warmer land. Down below they could see everyone waving, even the Rangers.

"Goodbye Clyde, Goodbye Earl! See you in the spring!"

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



Layaway Now for the Holidays

# Give the Gift of Music!

BLACK FRIDAY SPECIALS STOREWIDE!



NOW ENROLLING FOR MUSIC LESSONS. ALL INSTRUMENTS. ALL AGES.

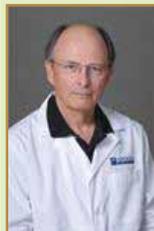
305 NORTH RIVERSIDE DRIVE, CLARKSVILLE 📞 931.552.1240  
MON-FRI 9AM-6PM 📞 SAT 9AM-5PM 📞 WWW.MARYSMUSICOFCLARKSVILLE.COM



## MEMORIAL MEDICAL GROUP

Where Service and Commitment run deep.

Join us in welcoming the newest providers in our group!



Dr. Joel Bush

Dr. Joel Bush, MD is a board certified internal medicine physician who has proudly served the community of Clarksville for 39 years.

Maj (Ret.) John Walter Knight III, PA-C is a board certified physician assistant who has proudly served our country in the armed forces for 22 years.



Maj (Ret.) John Walter Knight III

### Now Accepting New Patients Call Now To Schedule An Appointment!

Flu Shots Available!

1820 HAYNES ST. | 931.245.1500

## COVENANT FAMILY PRACTICE

by Brenda Hunley

When Dr. David Boles came to Clarksville in 1986 he brought with him the vision of bringing convenient care to Clarksville. The opening of Covenant Family Practice in 2011 sharpened that vision. He did this by leading his clinics to truly serve their patients by utilizing the Golden Rule.

“It is important to keep the Golden Rule as your focus in your day to day experiences. We must always treat each other and our patients the way we want to be treated,” says Dr. Boles. In the years following he has expanded the clinic to three locations: 2151 Wilma

Rudolph Boulevard and 1011 Highway 76 in Clarksville, and 21 Roby Drive in Erin. “While our staff and locations have grown, we have not changed our mission, which is to provide personal, quality care to our communities and the surrounding area.”

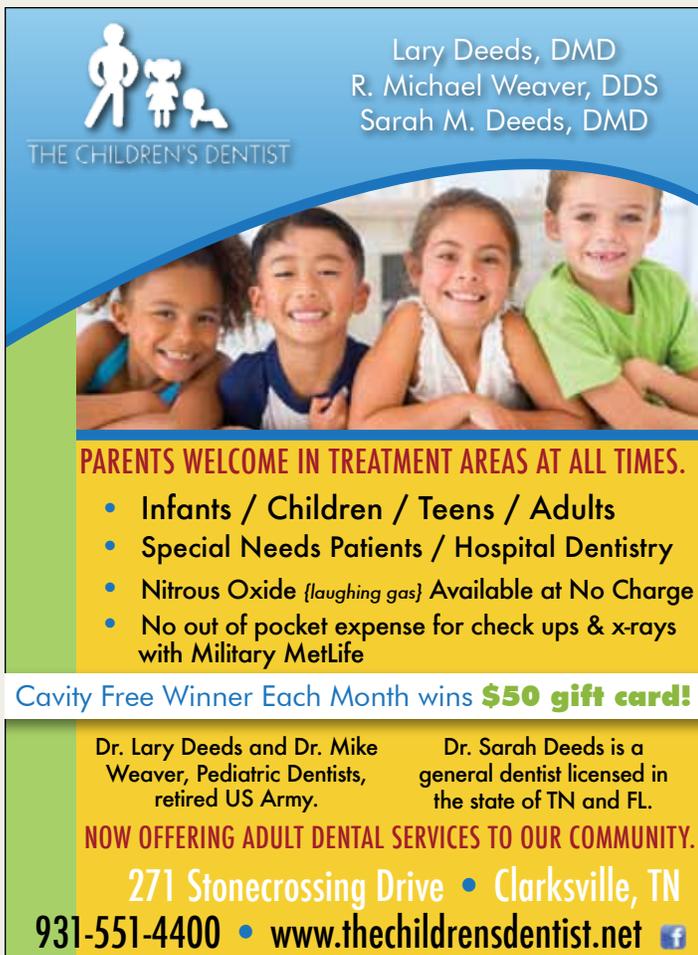
Dr. Boles set the clinic goal of achieving the recognition of being certified as a Patient Centered Medical Home. “We are pleased to announce that we have reached our goal! Our Sango clinic, just off of Exit 11, has received recognition from the Patient Centered Medical Home program for putting policies and processes

of your family so that you can truly be your best, and feel your best. We are investing in the patients and setting the course for the long-term relationship. We also are currently in the process of earning this certification at the clinic on Wilma Rudolph and the one in Erin.”

“The patient-centered medical home raises the bar in defining high-quality care, by emphasizing access to health information technology and partnerships between clinicians and patients,” said the National Committee for Quality Assurance (NCQA) President Margaret E. O’Kane. PCMH Recognition shows that Covenant Family Practice has the tools, systems, and resources to provide their patients with the right care at the right time.”

To celebrate this achievement CovenantCare, located at 1011 Hwy 76 Suite A, is going to host a community family fun event on Friday, November 7th from 2:00 p.m. to 7:00 p.m. There will be tours of the clinic, a bouncy house, an obstacle course, food and fun family activities offered that afternoon. “We wish to invite the community to come meet our staff, learn more about what we do, and how we can serve you as your family’s medical home.”

in place to ensure that the patient experience is an educated one, not only in routine appointments, but also through the changes our bodies go through as we age. We recognize that family history and personal chemistry is different in every person, we want to help you set healthy goals in your life and the lives



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

THE CHILDREN'S DENTIST

**PARENTS WELCOME IN TREATMENT AREAS AT ALL TIMES.**

- Infants / Children / Teens / Adults
- Special Needs Patients / Hospital Dentistry
- Nitrous Oxide *[laughing gas]* Available at No Charge
- No out of pocket expense for check ups & x-rays with Military MetLife

Cavity Free Winner Each Month wins **\$50 gift card!**

Dr. Lary Deeds and Dr. Mike Weaver, Pediatric Dentists, retired US Army. Dr. Sarah Deeds is a general dentist licensed in the state of TN and FL.

**NOW OFFERING ADULT DENTAL SERVICES TO OUR COMMUNITY.**

271 Stonecrossing Drive • Clarksville, TN  
931-551-4400 • [www.thechildrensdentist.net](http://www.thechildrensdentist.net)

# CovenantCare

COMMUNITY

## FAMILY FUN DAY

Come celebrate our PCMH certification with us!

FRIDAY, NOVEMBER 7<sup>TH</sup>

2PM - 7PM

FREE  
FAMILY  
FUN

OBSTACLE  
COURSE

POPCORN

BOUNCY  
HOUSE

COTTON  
CANDY

OFFICE  
TOURS

Join the Celebration!

CovenantCare

Your Medical Home  
In Sickness and In Health

THIS EVENT WILL BE HELD  
AT OUR SANGO LOCATION.

1011 HWY 76 CLARKSVILLE

931-245-2750

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

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

# HAPPY BIRTHDAY!



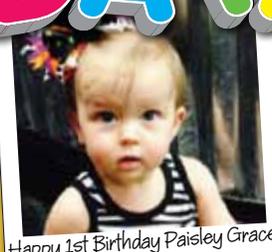
Happy 1st Birthday Isaiah Lee!  
Love Mommy and Daddy



Happy 1st birthday my  
sweet nephew Jaxon!  
Aunt Amy & Uncle Brian love you!!



Happy 1st Birthday to our sweet  
Olivia Grace! We love you!!  
Love, Mommy & Daddy



Happy 1st Birthday Paisley Grace!  
Love, Mommy, Daddy, and Jacks



Happy 2nd Birthday Aiden!  
Love, Mommy, Dad, & Big Brothers



Happy Birthday to our  
sweet baby girl, Alyssa!!



Happy 2nd Birthday Ja'Nyla!  
We love you!!



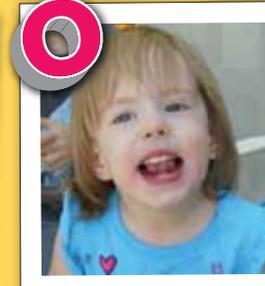
Happy 2nd birthday  
Melinda Anna Rae!  
Love Mama



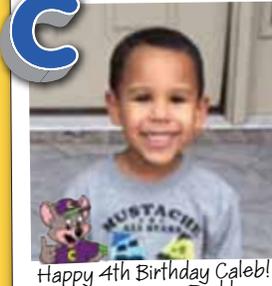
Happy 2nd birthday Noelle!  
Love mommy and daddy!



Happy Birthday, Jett!



Happy 3rd Birthday Olivia!



Happy 4th Birthday Caleb!  
Love, Mommy, Daddy,  
Christa, and Chris



Happy 4th Birthday D3  
Big mama & Maffett  
Tribe loves you



Happy Birthday, Hadley!  
We love you so much!  
Love, Mom, Dad, & Jaxson



Happy 4th Birthday, Kamren!  
Love Mommy, Daddy,  
bro's & sissy!



Happy 4th Bday Lelia Lin  
Freeman We All LOVE You



Happy 5th Birthday Emmanuel  
We love you so much!  
Love all your family



Happy birthday  
Princess Lexie  
Love mom and dad



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



Happy 5th birthday Zoe  
We love you!  
Love mom, dad, and Daniel

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

# HAPPY BIRTHDAY



Happy 6th Birthday Jessie!  
From those who love you!



Happy 7th Birthday Ezra!



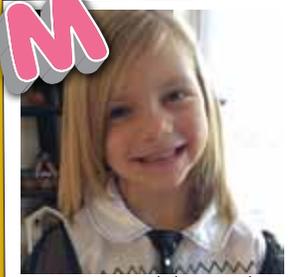
Princess Malaya happy 7th  
birthday from your loving family



Happy 8th Birthday  
from Mommy, Daddy, Daisia & Chris!  
We love you, Peanut! Bubba!



Happy birthday Kaylea  
Love Uncle Danny and Aunt  
Cheryl and family love u!



Happy 8th birthday, Madison!  
Love, Mom, Dad,  
Megan, and Logan!



Happy 8th Birthday Naliya!  
Love Mom, Dad & Gran Gran!!!



Happy 8th Birthday Rhea!  
Love Mommy



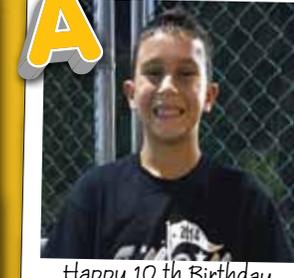
Happy 9th Birthday, Bella!  
YOU ARE AMAZING  
Love, Mom and Dad



Happy 9th Birthday, JaCoB!  
Love ya so much,  
Mom, Dad & little bros



Happy 10th Birthday Amari!!  
We love you kiddo!  
Love Mom, DaDa & Punks!!



Happy 10th Birthday  
Antonio Marley!  
WE LOVE YOU!



Happy 10th Birthday, Ellie!  
With love, Daddy, Mommy, & Will



Happy 11th birthday, Graysie!  
We love you forever!!!  
Mommy and Daddy



To Natalie, 11 Years  
of bday wishes  
Love Mom, Steven and Ethan



Happy 14th Birthday Diamon!  
Love, Mom & A'myah XOXO



Happy 15th birthday Caralyn  
We love you..daddy  
and mommy and family



Happy Late 17th Birthday  
Kaleb! Love, Sunshinees!



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

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

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

# Ongoing

## CELEBRATE RECOVERY

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

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

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

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

## CHESS - CLARKSVILLE

Fridays, 4:00 p.m. until.

Books-a-Million  
125 South Hampton Drive  
Contact:  
[chess.clarksville@yahoo.com](mailto:chess.clarksville@yahoo.com)

## CHRISTMAS ON THE CUMBERLAND

Lighted Riverwalk open daily 5:00 p.m. to 10:00 p.m. Sunday through Thursday, 5:00 p.m. to 11:00 p.m. Friday and Saturday, from Tuesday, November 25 through Saturday, January 3. Free admission. See ad on page 45.

## CHRISTMAS LIGHTS EXTRAVAGANZA

6:00 p.m. to 9:00 p.m. daily from Thursday, November 27 through Thursday, January 1. Over 1,000,000 lights! One mile drive through. See ad on page 13.

Clarksville Speedway  
1600 Needmore Drive  
[clarksvillespeedway.com](http://clarksvillespeedway.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](http://www.hilldale.org)

## HABITAT FOR HUMANITY RECYCLING OF MONTGOMERY COUNTY TN

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

Clarksville Restore  
(931) 645-4242  
408 Madison Street  
[RecyclingHabitatMCTN@gmail.com](http://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

## PHOTOS WITH SANTA

Monday through Saturday, 10:00 a.m. to 8:00 p.m., Sunday, 12:00 p.m. to 6:00 p.m. from November 8 through December 23. 8:00 a.m. to 5:00 p.m. on Christmas Eve, December 24. Please note that personal cameras and cell phone cameras are not permitted at Santa's Set. Visits with Santa are always welcome.

Governor's Square Mall  
2801 Wilma Rudolph Boulevard  
(931) 552-0289  
[www.governorssquare.net](http://www.governorssquare.net)

## SALVATION ARMY ANGEL TREE

November 10 through December 10. The Salvation Army Angel Tree Program matches donors with local children from qualified families unable to provide gifts and clothing to their children during the holidays. Please bring all gifts to the Customer Service Center near Dillard's or to the mall office located by Belk. Please do not wrap the gifts and make sure the angel tag is included.

Center Court  
Governor's Square Mall  
2801 Wilma Rudolph Boulevard  
(931) 552-0289  
[www.governorssquare.net](http://www.governorssquare.net)

## Chick-fil-A Wilma Rudolph

3096 Wilma Rudolph Boulevard  
(931) 552-5511

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

November 3 through 8  
**NASHVILLE WIDE FREE COFFEE WEEK!**

Free small hot coffee from open until 10:30am. Free small iced coffee from 2-5pm. One per person per day

Monday, November 10  
5pm-7pm

**KIDS CRAFT NIGHT**  
Making leaf sun catchers

Tuesday, November 11  
**VETERANS DAY**

Free Chick-fil-A sandwich per person per military ID

Thursday, November 13  
**SPIRIT NIGHT FOR CHILD HUNGER DAY!**

Proceeds from this night will go towards feeding kids in the Nashville Area. [childhungerday.org](http://childhungerday.org)

**SPIRIT NIGHTS (4pm to 7pm)**

Tuesday, November 4  
**MINGLEWOOD ELEMENTARY**

Tuesday, November 11  
**PISGAH ELEMENTARY**

Tuesday, November 18  
**ROSSVIEW ELEMENTARY**

Tuesday, November 25  
**WEST CREEK ELEMENTARY**

# November

Tracy Provo Knight

Attorney at Law



Domestic & Criminal Law

LAW OFFICE OF MICHAEL K. WILLIAMSON

(931) 647-8500 • 114 Franklin Street Clarksville, Tennessee 37040

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

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



Clarksville Cumberland Presbyterian Church  
1410 Golf Club Lane [www.clarksvillecpc.com](http://www.clarksvillecpc.com)

**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](http://fortcampbellosc.com)

**2 SUNDAY**  
**DAYLIGHT SAVINGS TIME**  
**ENDS**

**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](http://fortcampbellosc.com)

**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

**3 MONDAY**  
**CANDY BUY BACK**

10:00 a.m. to 3:00 p.m. Grace Dental, in partnership with Operation Gratitude, will buy back unopened candy from kids under 13 for \$1/pound.

Grace Dental  
 304 Providence Boulevard  
 (931) 648-4100

**4 TUESDAY**  
**ELECTION DAY**

**6 THURSDAY**  
**ART&WALK**

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

Strawberry Alley  
[info@ArtWalkClarksville.com](mailto:info@ArtWalkClarksville.com)  
[ArtWalkClarksville.com](http://ArtWalkClarksville.com)  
 (931) 614-0255

**7 FRIDAY**  
**LEATHERWOOD ASBURY**  
**METHODIST CHURCH**  
**BAZAAR**

9:00 a.m. to 2:00 p.m. There will be handcrafted items, baked goods, wood items, and jellies and jams for sale. Contact (931) 232-9448.

2912 Leatherwood Road  
 Stewart, Tennessee

**COMMUNITY FAMILY FUN**  
**DAY**

2:00 p.m. to 7:00 p.m. Come celebrate with us! There will be a bouncy house, an obstacle course, popcorn, cotton candy, and office tours. See ad on page 49.

Covenant Family Care  
 1011 Hwy 76 Suite A

**8 SATURDAY**  
**FINAL DAY TO REGISTER**  
**FOR KMA 6-WEEK**  
**CHALLENGE**

Students of all ages will enjoy 6 weeks of classes, karate pants, KMA t-shirt and white belt for one low price. The challenge begins Monday, November 10 and runs through Thursday, December 18. Class size is limited. Pre-registration is required.

Pediatrician  
**Dr. Barbara Aquino**



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

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



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

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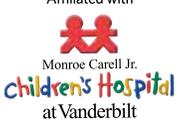
- Ballet & Pointe
- Tap
- Jazz
- Hip Hop
- Lyrical/Contemporary
- Acro/Tumbling
- Modern
- Toppie Twirlies
- Progressions
- Musical Theatre
- African
- Competitive Dance Teams

Fort Campbell FAVORITE 2014 FAVORITE 2014 (ANNUAL READERS POLL)

www.lanasdancecentre.com or email [lanasdancecentre5678@gmail.com](mailto:lanasdancecentre5678@gmail.com)

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



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## Chick-fil-A Madison Street

1626 Madison Street  
(931) 648-4468

### SPiRiT NIGHTS

Thursday, November 6  
5pm-7pm

CARMEL ELEMENTARY SCHOOL

Thursday, November 13  
5pm-8pm

CLARKSVILLE CHRISTIAN SCHOOL

Tuesday, November 18  
5pm-8pm

EAST MONTGOMERY ELEMENTARY

Thursday, November 20  
5pm-8pm

NORMAN SMITH ELEMENTARY

### KIDS NIGHTS

Monday, November 3  
Thanksgiving Craft, visit with Russ Nowack to see some magic tricks.

Monday, November 10  
Help Lydia Walker celebrate our Veterans with Music Night

Monday, November 24  
Help us get ready for Thanksgiving with a special surprise.

To register, please call, visit our website or stop by the school in the Sango Marketplace.

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

## 2014 HOLIDAY MARKET

9:00 a.m. to 2:00 p.m. This is the 39th year of the event and it is sponsored by the Priscilla Group. All the money made will go to local and community missions. The Market will be held in

the church gym as well as Fellowship Hall. Many local as well as mid-state vendors will be present with their wares. One of the highlights of this event is the delightful baked and frozen goods, which go very fast! There will also be a wonderful lunch served in Fellowship Hall, provided by our youth group. Admission is free and a delicious home cooked meal will be served for only \$7. Some of the vendors will have Christmas items, jewelry, soaps, pillows, aprons, painted furniture, woodwork, embroidery, wreaths, purses, cookbooks, etc. There will also be over 50 items in the silent auction. Please come out and join us for this fun and enjoyable event! If you have any questions about being a vendor, please call Kay Hopson at (931) 648-4068.

Madison Street Methodist Church  
319 Madison Street

## LEATHERWOOD ASBURY METHODIST CHURCH BAZAAR

9:00 a.m. to 2:00 p.m. There will be handcrafted items, baked goods, wood items, and jellies and jams for sale. Contact (931) 232-9448.

2912 Leatherwood Road  
Stewart, Tennessee

## SANTA'S ARRIVAL

10:00 a.m.  
Governor's Square Mall  
2801 Wilma Rudolph Boulevard  
(931) 552-0289  
[www.governorssquare.net](http://www.governorssquare.net)

## 9 SUNDAY PROJECT LINUS MAKE A BLANKET DAY

9:00 a.m. to 3:00 p.m. Project Linus is a non-profit organization that provides homemade/handmade blankets to children in need through the Emergency Medical Services,

Hope Pregnancy Center, Camp Rainbow, and the Fisher House on Ft. Campbell. We meet the second Sunday of every month.

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

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

Cumberland Presbyterian Church  
1410 Golf Club Lane

## 10 MONDAY ALZHEIMER'S CAREGIVERS SUPPORT GROUP MEETING

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

Clarksville-Montgomery County Public Library  
350 Pageant Lane

## 11 TUESDAY VETERANS DAY 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](http://kriegischmartialarts.com)  
(931)472-1008

## 13 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](http://kriegischmartialarts.com)  
(931)472-1008

## 14 FRIDAY APTITUDE HABILITATION SERVICES OPEN HOUSE

4:30 p.m. to 7:00 p.m. Free refreshments. AHS is a firm servicing children with Autism, 1:1 ABA therapy in home, to military families.

2237 Lowes Dr, Suite G

## SINGING THROUGH THE DECADES

7:00 p.m. Presented by the Madison Street Choir. Come hear a wonderful presentation of popular hits from the 1940s through the 2000s. For more information email [sherry@madisonstreetumc.com](mailto:sherry@madisonstreetumc.com) or call 931.647.0221.

Madison Street United Methodist Church  
319 Madison Street

## 15 SATURDAY VENDOR & CRAFT BAZAAR

8:00 a.m. to 2:00 p.m. Free but requesting non-perishable food



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**Fall** is the perfect time of year for fresh starts and to turn over a new leaf! Why not keep yourself or your child inspired with fun that is FUNctional?

**Take our KMA Challenge!**

6 weeks of classes  
KMA t-shirt  
karate pants & white belt  
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For first time students only

**Nov 10-Dec 18**  
We offer age specific classes for students 2 years and up!

**CALL** Deadline to **TODAY!** Register: Sat, Nov 8

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

item(s) for donation to Second Harvest Food Bank. Sponsored by the Kenwood High School Dance Team.

Kenwood High School Cafeteria  
251 E. Pine Mountain Road

### 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](http://kriegischmartialarts.com)  
(931)472-1008

### HANDMADE HOLIDAYS

10:00 a.m. to 5:00 p.m. Fine arts and crafts from local artists. Door prizes, concessions and free admission. See ad on page 7.

Wilma Rudolph Event Center  
Liberty Park  
[cityofclarksville.com/handmade](http://cityofclarksville.com/handmade)

### HOLIDAY OPEN HOUSE AT INITIALLY STITCHED

10:00 a.m. to 5:00 p.m. Including doorbusters and specials that will be featured on Facebook before the event. See ad on page 36.

Initially Stitched  
149 Kender Rhea Court  
(931) 552-0225

### GOVERNOR'S SQUARE MALL GRAND RE-OPENING CELEBRATION

Starting at 10:00 a.m. First 100 customers at the main entrance will receive their choice of a \$15 Governor's Square Mall Gift Card or a \$25 Kitchen Collection Gift Card. Limit one per customer. While

supplies last. Gift cards must be used Nov. 15-16, 2014. See Customer Service Center for details. See ad on page 41.

Governor's Square Mall  
2801 Wilma Rudolph Boulevard  
(931) 552-0289  
[www.governorssquare.net](http://www.governorssquare.net)

### PEYTON LIST MEET & GREET

11:30 a.m. to 2:30 p.m. Meet Peyton List, best known for her role as "Emma" on the hit Disney TV show *Jessie!* Peyton List will be signing autographs and meeting with fans. This event is FREE to the public. Arrive early!

List starred as Holly Hills in *Diary of a Wimpy Kid: Rodrick Rules* and *Diary of a Wimpy Kid: Dog Days*.

Meeting time with Peyton is not guaranteed, and the line to meet her may close prior to the anticipated end date in order for her to depart promptly if necessary.

Twitter: @PeytonList

Instagram: peytonlist

Facebook: facebook.com/peyton.list

Governor's Square Mall  
2801 Wilma Rudolph Boulevard  
(931) 552-0289  
[www.governorssquare.net](http://www.governorssquare.net)

### "CRIME AND PUNISHMENT" MURDER MYSTERY DINNER SHOW

Doors open at 5:00 p.m., Dinner at 6:00 p.m., Show at 7:00 p.m. General admission is \$25. Feel free to dress the part, 1920's inspired. See ad on page 33.

Valor Hall Conference and Event Center  
105 Walter Garrett Lane  
Oak Grove, Kentucky  
[visitoakgrove.com](http://visitoakgrove.com)  
(270) 439-5675

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Amy Davis  
931-980-2307



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1502 Tiny Town Road, Suite A  
(931)919-9191

[www.peachersmilledental.com](http://www.peachersmilledental.com)

**Open House** Friday, November 14<sup>th</sup> | 4:30 p.m. to 7 p.m. *Free refreshments!*

# APTITUDE

## HABILITATION SERVICES, INC.

TRICARE APPROVED ABA PROVIDER

Aptitude Habilitation Services is a comprehensive educational and rehabilitation services firm dedicated to providing the highest quality applied behavioral therapy to children on the autism spectrum.

1-800-991-6070, ext.8 or [aptitudeservices.com](http://aptitudeservices.com)  
2237 Lowes Drive, Suite G. Clarksville, TN 37040

# 16 SUNDAY GOVERNOR'S SQUARE MALL GRAND RE-OPENING CELEBRATION

Starting at 11:00 a.m. See ad on page 41.

Governor's Square Mall  
2801 Wilma Rudolph Boulevard  
(931) 552-0289  
[www.governorssquare.net](http://www.governorssquare.net)

## PURCHASE WITH A PURPOSE

11:00 a.m. to 6:00 p.m. A special shopping and dining event raising money for local military non-profits. By purchasing a \$5 wristband, guests receive exclusive one-day offers from mall merchants and will be entered into a private prize drawing.

Wristbands will be available for purchase at the Main Entrance, Food Court Entrance and Customer Service Center on November 15 & 16. All proceeds go to benefit groups in our community who support Fort Campbell soldiers and their families.

Governor's Square Mall  
2801 Wilma Rudolph Boulevard  
(931) 552-0289  
[www.governorssquare.net](http://www.governorssquare.net)

## HANDMADE HOLIDAYS

12:00 p.m. to 4:00 p.m. Fine arts and crafts from local artists. Door prizes, concessions and free admission. See ad on page 7.

Wilma Rudolph Event Center  
Liberty Park  
[cityofclarksville.com/handmade](http://cityofclarksville.com/handmade)

## PAPA HAYDN'S FAREWELL SYMPHONY

3:00 p.m. Craft activities begin at 2:00 p.m. Presented by the Gateway Chamber Orchestra. See ad on page 42.

Mabry Concert Hall  
Austin Peay State University  
(931) 444-6240  
[gatewaychamberorchestra.com](http://gatewaychamberorchestra.com)

## 18 TUESDAY DIABETES SUPPORT GROUP

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

Gateway Medical Center  
651 Dunlop Lane

## GENEALOGY DISCUSSION GROUP

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

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

## 19 WEDNESDAY ALZHEIMER'S CAREGIVERS SUPPORT GROUP MEETING

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

Cumberland Presbyterian Church  
1410 Golf Club Lane

## 20 THURSDAY OPEN HOUSE

4:00 p.m. to 7:00 p.m. Food, drinks and door prizes provided. Event includes: a complimentary skin analysis by Obagi, Obagi products 20% off during event, \$50 discount on one area/\$75 discount on two areas for Botox, Juvederm, Radiess. If you and a friend choose an injectable, each can receive a \$50 discount. All attendees will have the opportunity to meet Dr. Kaye and schedule a complimentary consultation. If you plan on attending please call, email or let the front office know the size of your party. See ad on page 29.

Advanced Cosmetic Surgery  
Center of Kentucky  
1011 South Main Street  
Hopkinsville, Kentucky  
(270) 881-1525  
(866) 234-0470  
[ariel@mdkaye.com](mailto:ariel@mdkaye.com)  
[advancedcosmeticky.com](http://advancedcosmeticky.com)

## 22 SATURDAY SENSITIVE SANTA

8:00 a.m. to 10:00 a.m. This is a special Santa photo opportunity to children with special needs. Families can bring their children in before the mall opens for business for photos. The mall lights will be dimmed and the music will be turned off during that time. Please enter through the main entrance doors.

There will be tables set up where your child can color while they wait to visit with Santa. Each child will receive a special Captain McFinn holiday coloring book and a coupon for a free Big Bite Cookie courtesy of Great American Cookies. For additional details, please call the mall office at (931) 552-0289.

Governor's Square Mall  
2801 Wilma Rudolph Boulevard  
(931) 552-0289  
[www.governorssquare.net](http://www.governorssquare.net)

## SANGO PHARMACY'S HOLIDAY OPEN HOUSE

9:00 a.m. to 1:00 p.m. Meet some of our local vendors! Special treats await you! Unique Holiday gift ideas! See ad on page 27.

Sango Pharmacy  
2197 Madison Street Suite 109  
[www.sangopharmacy.com](http://www.sangopharmacy.com)  
(931) 919-2491

## STEWART COUNTY BAZAAR

9:00 a.m. to 3:00 p.m. There will 30 vendors showcasing jewelry, art, sewn creations, knit and crochet items, wood work, quilts, jellies and other handmade items. Everyone is welcome to come out and have an enjoyable day. (931) 232-7706.

Dover Visitors Center  
117 Visitors Center Drive  
Dover, Tennessee

## 27 THURSDAY THANKSGIVING

### 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 38.

[clarksvillerunningclub.com](http://clarksvillerunningclub.com)

## #ROCKTHEMALL ALL NIGHT LONG

8:00 p.m. Kick off your Day After Thanksgiving shopping at Governor's Square Mall!

8:00 p.m.: Tote Bag Giveaway  
The first 1,000 shoppers at the main entrance will receive a free tote bag, glow sticks, reindeer antlers and jingle bracelets!

12:00 a.m.: \$250 Mall Gift Card Giveaway  
Fill out the enter to win form in your tote bag and drop it in the box located at the Customer Service Center before 11:45 p.m. and you could win a \$250 mall gift card! Winner will be announced by the DJ at midnight (must be present to win).

Enjoy a DJ spinning today's hits and holiday favorites all night long in Dick's Sporting Goods Court!

Governor's Square Mall  
2801 Wilma Rudolph Boulevard  
(931) 552-0289  
[www.governorssquare.net](http://www.governorssquare.net)



## Are you hitting your target audience?

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[rachel@clarksvillefamily.com](mailto:rachel@clarksvillefamily.com)

# December

## 5 FRIDAY AN EVENING WITH SANTA

5:30 p.m. to 8:30 p.m. Please join us for pictures, refreshments and storytelling. See ad on page 33.

Valor Hall Conference and Event Center  
105 Walter Garrett Lane  
Oak Grove, Kentucky  
[visitoakgrove.com](http://visitoakgrove.com)  
(270) 439-5675

## 6 SATURDAY

### 55TH ANNUAL CHRISTMAS PARADE

5:00 p.m. Downtown Clarksville. See ad on page 17.

Submit your event to  
[events@clarksvillefamily.com](mailto: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](http://www.CustomsHouseMuseum.org)

#### EXHIBITS:

November celebrates the year of the horse with a "Season of Equine" theme. All exhibits open November 4th.

#### *My Kingdom for a Horse*

Sponsored in Part by Jill Crow, TN State Museum, West Tennessee Regional Art Center

#### *Eric L. Hansen: Blood Rescue*

Sponsored in part by Legends Bank

#### *The Horse as Muse: Members of the American Academy of Equine Art*

#### *The Tennessee Walking Horse*

#### *Anthony Scarlati: Rediscovering the Horse*

#### *Guy Bozard: Horse of Wood*

#### *Giddy-Up: Toy Horses from the Collection*

#### *Ole Bill's Tack Shop*

#### ACTIVITIES:

#### *4th Annual Laying Low*

Saturday, November 1st, 5:30 p.m.

The Customs House Museum presents the Fourth Annual Laying Low! This seasonal fundraiser to benefit the museum is a laid-back

evening featuring beer, games, and live music in a festival atmosphere. This year's event takes place in F&M Bank's courtyard, overlooking the Cumberland River. Festivities will begin at 5:30 p.m.

Live music will be provided by local musicians and headlined by John & Jacob. John & Jacob have recently toured Europe with Kacey Musgraves, placed their song "Be My Girl" on the hit ABC TV show, "Nashville," and appeared at The Hangout Festival, Bonnaroo and the Firefly Festival. Rolling Stone describes them as a "radio-friendly," "rockin' outfit." Find out more on their website at [johnandjacob.com](http://johnandjacob.com).

Tickets to the event are \$50 per person. To purchase your ticket, call the museum at (931) 648-5780! Tickets are also available for purchase at F&M Bank, Appleton's Harley Davidson, Furniture Connection, Furnish 123, and Ashley Furniture Home Store.

#### *Family Fun Day: A Big Thank You to the Train Crew*

November 2nd, 1:00 p.m. to 4:00 p.m.

Did you know our model trains exhibit has been funded, maintained, and run solely by volunteers for the past 28 years? Drop by the Children's Room between to meet some of the crew and have fun with our train activities.

#### *Let's Find: Horses (For Children 2 - 5 years old & their adults)*

November 5th & 6th, 10:30 a.m. to 11:30 a.m.

It certainly won't be too hard to find horses this month at the museum! We'll read a story and then look for the animals that were our transportation before we had cars. Afterwards, we'll make a craft. Siblings are always welcome!

#### *Art & Lunch: Gallery Talk with Eric Hansen*

Thursday, November 20th at 12:00 p.m.

Join artist Eric Hansen as he discusses his work in the exhibit Eric L. Hansen: Blood Rescue. Free admission to

program. Bagged lunches welcome.

#### *November in the Children's Room: Horses*

Open 10:00 a.m. to 5:00 p.m., Tuesday through Saturday "A horse, a horse! My kingdom for a horse!" King Richard in *Richard the Third*, by William Shakespeare; Mr. Ed; Trigger; horse & buggy; Kentucky Derby; My Little Pony; saddles; horseshoes—you get the picture!

All activities are free with your museum membership or paid admission. Saddle up and come on down! For more information contact Ms. Sue.

#### *Veterans Day*

Tuesday, November 11th The museum will be open on Veterans' Day. All veterans and active duty military will be admitted free of charge!

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

### THE ROXY REGIONAL THEATRE

100 Franklin Street • (931) 645-7699 • [www.RoxyRegionalTheatre.org](http://www.RoxyRegionalTheatre.org)

#### LITTLE WOMEN

Louisa May Alcott's American classic is brought to life on stage! Follow the adventures of sisters Jo, Meg, Beth and Amy March for a night filled with laughter, tears and a lifting of the spirit. The powerful score soars with the sounds of personal discovery, heartache and hope—the

sounds of a young America finding its voice.

8pm November 7, 8, 14, 15, 21, 22, 28 & 29

7pm November 12, 13, 19, 20, 26 & 27

2pm November 15

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

#### A CHRISTMAS CAROL

A Roxy tradition returns! John McDonald is Ebenezer Scrooge in this rollicking musical morsel which will soften even the hardest of hearts. Meeting the spirits of Christmas Present, Past and Future, Scrooge finds redemption and rediscovers the true meaning of the

holiday in this Charles Dickens classic.

7pm December 10, 11, 17 & 18

8pm December 12\*, 13, 19 & 20

2pm December 13 & 20

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

## 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](mailto: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](mailto: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](mailto:dwilliams@cctenn.org).

### OAK PLAINS ACADEMY

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

### OMNI VISIONS INCORPORATED

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

### YOUTH VILLAGES

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

### ARTS, CRAFTS & HOBBIES CLARKSVILLE MODEL RAILROAD CLUB

Dedicated to serving all those interested in the preservation of railroad history. We encourage by all manner and means the art and craft of model railroading and to educate persons engaged in model railroading in methods of building and operating model railroad equipment. We are located in the basement of 404 Pageant Lane and meet

on Monday evenings at 6:30 p.m. For more information contact (931) 216-5351 or visit our Facebook page.

### COMMUNITY SCHOOL OF THE ARTS AT APSU

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

### MADISON STREET MUSIC & ARTS ACADEMY

Offers music and art classes as well as private lessons for both children and adults. Classes include Kindermusik for infants-age 7, Kinderart for pre-schoolers, Musical Theatre for middle and high school students, and Photography and/or Scrapbooking for teens and adults. Private music lessons are available for voice and most instruments, including the impressive pipe organ at Madison Street United Methodist Church. Lessons are available at reduced rates for families who qualify for the school lunch program, and scholarships are available for outstanding music students. For more information, contact Abigail Haake at (931) 278-7921 or [abby@madisonstreetumc.com](mailto:abby@madisonstreetumc.com), or visit our website at [madisonstreetumc.org](http://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](http://www.mcwgs.org), if you would like more information regarding who we are and what we do or contact Linda VanMaanen at (931) 368-1636 or Linda Westfall at (931) 648-6350.

### 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](http://www.roxyregionaltheatre.org), email [boxytheatre@bellsouth.net](mailto:boxytheatre@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](http://www.buddyball.net).

### CANINE FLYBALL CLUB

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

### CLARKSVILLE 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](mailto:info@clarksvilleimpact.us) or [www.clarksvilleimpact.us](http://www.clarksvilleimpact.us).

### CLARKSVILLE TENNIS ASSOCIATION

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

## CLUB WEST VOLLEYBALL CLUB

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

## EMMANUEL FAMILY LIFE CENTER

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

## SWIMMING EAGLES

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

## TEAM CLARKSVILLE YOUTH WRESTLING

The Team Clarksville Wrestling Club is accepting new members. We're a competitive club serving youth in elementary school through middle school. For more information contact David Isbell at (719) 494-6885 or email at [isbell\\_dave@yahoo.com](mailto:isbell_dave@yahoo.com).

## WARRIORS SPECIAL NEEDS CHEERLEADING

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

## CHILDBIRTH & PARENTING EDUCATION

**ROOTS CHILDBIRTH PREPARATION**  
Pregnant? Know someone who is? Roots Childbirth classes are evidence-based, Christ-centered and perfect for any birth plan or birth setting! If you're interested in holistically preparing (mind, body and spirit) for your labor, delivery and postpartum period, our classes will fully prepare you for childbirth in any setting or scenario. Our skilled team of educators all have professional teaching, counseling or Women's Health backgrounds and are the only instructors in our area that are required to complete continuing education courses through Evidence Based Birth™ as part of their certification process each year. Because of this requirement, Roots offers your family excellence in childbirth education, relevant resources and the most up-to-date, evidence-based information so that you can better understand all your options and plan the birth that is right for you. Contact Heidi Duncan, Birth Doula and Childbirth Educator, at (615) 710-7077

or [expectingnewlife@yahoo.com](mailto:expectingnewlife@yahoo.com) for info on classes (group, private or home-study).

### BREASTFEEDING EDUCATION AND SUPPORT (WIC)

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

### CLARKSVILLE BIRTH COMMUNITY

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

### GATEWAY MEDICAL CENTER 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](http://www.facebook.com/LLLClarksville). If you have breastfeeding questions please contact one of our local group's leaders at [BreastfeedingTN@gmail.com](mailto:BreastfeedingTN@gmail.com) or call (931) 444-7087.

### NINE MONTHS & BEYOND

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

### WHOLE WOMAN BIRTH AND LACTATION SERVICES

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

### CHILD CARE

#### CHILD CARE AWARE

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

#### MID-CUMBERLAND CHILDCARE RESOURCE AND REFERRAL

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

#### MONTGOMERY COUNTY CHILD CARE PROVIDERS BY AREA

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

[www.tennessee.gov/humanserv/childcare/63/37040/](http://www.tennessee.gov/humanserv/childcare/63/37040/)

[www.tennessee.gov/humanserv/childcare/63/37042/](http://www.tennessee.gov/humanserv/childcare/63/37042/)

[www.tennessee.gov/humanserv/childcare/63/37043/](http://www.tennessee.gov/humanserv/childcare/63/37043/)

### PARENT INFORMATION NETWORK

Parents working to keep parents informed about issues that affect the community, education and our schools via a subscriber e-mail network, [clarksvillepin.net](http://clarksvillepin.net).

### PROGRESSIVE DIRECTIONS

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

### TENNESSEE NUTRITION & CONSUMER EDUCATION PROGRAM (TNCEP)

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

### CHILD PROTECTION & DOMESTIC CRISIS SERVICES

#### AL-ANON & ALATEEN

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

#### CLARKSVILLE RAPE AND SEXUAL ABUSE CENTER

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

#### CHAP PROGRAM OF CATHOLIC CHARITIES

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

#### DEPARTMENT OF CHILDREN'S SERVICES

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

#### LEGAL AID SOCIETY

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

### MONTGOMERY COUNTY CHILD SUPPORT SERVICE

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

### SAFEHOUSE

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

### CHILDREN'S GROUPS

#### 4-H YOUTH DEVELOPMENT

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

#### BOY SCOUTS OF AMERICA

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

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

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

#### GIRL SCOUTS OF MIDDLE TENNESSEE

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

#### LEAP ORGANIZATION

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

### COMMUNITY OUTREACH

#### 101ST AIRBORNE DIVISION ASSOCIATION

#### ONCE AN EAGLE...ALWAYS AN EAGLE

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

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

#### ALL NATIONS BIBLICAL STUDY CENTER

Offers free Bible courses to the community in the major fields of biblical research. A complete Online Biblical Studies Program is also available. Online Courses are offered year-round.

Visit [www.studythescriptures.net](http://www.studythescriptures.net) or call (931) 648-8844 for more information and to register.

### 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](mailto:jonesma@apsu.edu) or [www.ed2go.com/apsu](http://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](mailto:relocation@fortcampbellmwr.com) or [www.fortcampbellmwr.com/ACS/familyReadiness.htm](http://www.fortcampbellmwr.com/ACS/familyReadiness.htm).

### ASERACARE HOSPICE

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

### BAYANIHAN FILIPINO-AMERICAN INTERNATIONAL GROUP

A tax-exempt, non-profit organization. Its purpose is to promote Filipino-American culture to all Filipinos and to any interested nationalities, develop a better understanding of our ethnic Filipino history, and promote our unique and diverse cultural heritage. Our group participates in various community services. Many Filipino soldiers assigned in Fort Campbell Post and their families join our social and civic activities in the community of Clarksville and Kentucky. The organization extends its services to donating clothes, shoes, and canned goods to various local organizations. The organization is also teaching Tagalog lessons to those interested in learning another language. Membership is open to all. For inquiry, call Mario Wong at (931) 431-6786 or Pat Lowry at (931) 494-1080.

### CRISIS CALL LINE

Offers crisis intervention, suicide prevention and referral. (931) 648-1000.

### CROATIANS IN TENNESSEE

Our goal is to share our culture and information about Croatia. We would like to unify Croatians and encourage educational opportunities for Croatian youth here and abroad. Our annual event at Liberty Park will showcase our

amazing culture, food and dance. Our club will help Croatians who want to move to Clarksville and make sure their transition is smooth. Visit [www.facebook.com/groups/CroatiainsinTennessee/](http://www.facebook.com/groups/CroatiainsinTennessee/)

### DAGAN FOUNDATION

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

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

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

### FREE CAKES FOR KIDS KY & TN

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

### FRIENDS OF THE BLUEWAY

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

### FRIENDS OF ROTARY PARK

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

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

### GATEWAY HOME HEALTH & HOSPICE

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

### GOOD NEWS CLUBS

The Bible 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](http://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](http://www.habitatmctn.org). The ReStore accepts and sells building, furniture and appliance donations funding Habitat's mission while providing an environmentally and socially responsible way to keep reusable materials out of the waste stream. 408 Madison Street, (931) 645-4242, [donation@clarksvillerestore.org](mailto:donation@clarksvillerestore.org).

### HUI HAWAII O TENESI HAWAIIAN CIVIC CLUB

Chartered by the Association of Hawaiian Civic Clubs in Hawaii, the club's goal is to perpetuate the Aloha Spirit and the Hawaiian Culture throughout the state of Tennessee and the surrounding area. Because of our close proximity to Fort Campbell, we are able to contact many native Hawaiians who are stationed here or have decided to retire in the local area. Many soldiers and their families have been stationed in Hawaii and also elect to join us and partake in the activities. Membership is open to everyone, and we love our times to meet and share the Aloha Spirit and the "local grinds" that everyone learns to love. For more information, please call Marlene Livesay at (931) 872-0804 or visit our website at [www.huihawaii.tn.com](http://www.huihawaii.tn.com).

### HOPE CENTER

A community service branch of the Family Guidance Training Institute, Inc. provides a number of community activities to include summer camps for seriously emotionally disturbed

children, S.T.E.P. into the Light, a women's holistic wellness group, and Women's Share community. The Hope Center also offers a multitude of workshops for community organizations. For further information regarding our programs, please call (931) 431-7580.

### HUMANE SOCIETY OF CLARKSVILLE-MONTGOMERY COUNTY

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

### LATINA ASSOCIATION

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

### LOAVES AND FISHES

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

### MANNA CAFÉ MINISTRIES

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

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

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

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

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

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

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

### MEALS ON WHEELS

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

### MONTGOMERY COUNTY WIC CLINIC

1850 Business Park Drive Suite 103. Provides nutrition education and food vouchers for women, infants, and children (up to age five). We offer

breastfeeding education, including two free monthly classes (see calendar for dates and times). (931) 551-8777.

### **RADICAL MISSION**

Meets Tuesdays and Thursdays from 9:00 a.m. to 1:00 p.m. at Clarksville First Church of the Nazarene, 150 Richview Road. A Compassionate Ministry Center, founded by Clarksville First Church of the Nazarene, seeks to creatively address issues of suffering and brokenness particularly pertaining to poverty and basic human needs. We provide food, clothing, furniture, volunteer opportunities, and friendship. For more information contact Heather Byrd at (931) 648-1496.

### **REFORMERS UNANIMOUS**

Christ-centered recovery program that offers guidebooks and weekly meetings with supportive caring people. Designed to assist people with addictive behaviors and any struggles of life. Meets at Bible Baptist Church, 3102 Prospect Circle, Fridays from 7:00 p.m. to 9:00 p.m. Visit [www.reformu.com](http://www.reformu.com) or call (931) 233-0519.

### **SUNCREST HOME HEALTH**

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

### **TENNESSEE REHABILITATION CENTER AT CLARKSVILLE**

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

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

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

### **UNITED WAY**

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

### **VETERANS UPWARD BOUND**

Provides free educational services to veterans who are planning to enroll in college or technical school, or to take the GED Exam. The program is funded by a grant from the U. S. Department of Education as a TRIO project. VUB provides veterans with free academic and counseling services to assure they are ready to succeed in their educational

pursuits. Outprocessing military and discharged veterans may be eligible to receive services. For further information, please contact Makeba Webb at (931) 221-7601 or at [webbm@apsu.edu](mailto:webbm@apsu.edu). You can also visit our website at [www.apsu.edu/VUB/](http://www.apsu.edu/VUB/).

### **COUNSELING, SUBSTANCE ABUSE & MENTAL HEALTH ALCOHOLICS ANONYMOUS**

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

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

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

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

### **APTITUDE HABILITATION SERVICES**

At 2237 Lowes Drive, Suite G, Aptitude Habilitation Services is a comprehensive educational and rehabilitation services firm dedicated to providing the highest quality applied behavioral therapy to children and adults on the autism spectrum. (800) 991-6070 or [aptitudeservices.com](http://aptitudeservices.com).

### **ASPERGER/AUTISM CENTER**

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

### **BRADFORD HEALTH SERVICES**

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

### **CELEBRATE RECOVERY-FIRST CHURCH OF THE NAZARENE**

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

### **CELEBRATE RECOVERY-GRACE CHURCH OF THE NAZARENE**

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

### **CENTERSTONE**

Centerstone offers a comprehensive array of mental health services throughout Middle Tennessee, addressing issues from stress, depression, ADHD and PTSD to anxiety, grief, anger, addiction, substance abuse and family conflict. We provide psychiatric services; individual, marriage, family and group counseling; crisis and intervention services; school-based and foster care support services; life coaching; integrated primary care. 511 Eighth Street, (931) 920-7200, [www.Centerstone.org](http://www.Centerstone.org).

### **HEALTH CONNECT AMERICA**

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

### **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.

### **LIFESOLUTIONS - ASPIRE & JOBLINK**

611 Eighth Street, (931) 920-7210.

### **MENTAL HEALTH COOPERATIVE**

Provides evidence-based services including: Child & Family Counseling, Child Psychiatry and Community Based Case-Management to children and adolescents with emotional/behavioral challenges. Case managers assist families in their homes with parenting and behavior management in addition to linking them to needed resources in the community. Initial intake assessments are offered within one week and at no cost. MHC welcomes TennCare

recipients. Located at 1808 Haynes Street. For more information or to make a referral please call (931) 645-5440 or visit [www.mhc-tn.org](http://www.mhc-tn.org).

### **OAK HILL RESIDENTIAL**

118 Union Street, (931) 647-8257.

### **PASTORAL COUNSELING CENTER**

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

### **THE PATH LIFE COACHING**

Through The Path Life Coaching ([www.ThePathLifeCoaching.com](http://www.ThePathLifeCoaching.com)), you can explore your options to move you forward to a more fulfilling and satisfying life! The Path Life Coaching is designed to promote and support you as you discover harmony and happiness along your life journey. You will be guided along "your Life's Path" becoming empowered to realize your own truths and solutions as you move forward and achieve your own goals and dreams. The Path Life Coaching is based on a wellness approach to life coaching that embraces the "whole" self to include self-truth, spirituality, and emotional and physical wellness. This success of The Path Life Coaching rests on the assurance that the coaching experience is a "safe place for reflection and growth." Each session is a "rest stop" along your journey where you will embrace exploration, design, action, evaluation and achievement giving you insight and awareness as you move along the "Path" of your choosing. Please contact Dr. Julie Pooler for more information at [JulieSPoolerPHD@aol.com](mailto:JulieSPoolerPHD@aol.com) or (931) 906-5449.

### **REGIONAL INTERVENTION PROGRAM (RIP)**

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

### **VIVIAN HOUSE**

125 Vivian Street, (931) 920-7235.

### **WEEMS ACADEMY**

812 Greenwood Avenue, (931) 920-7370.

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

Methadone Maintenance Treatment combined with counseling and professional help for medical, psychiatric, and socioeconomic

issues has the highest probability of being effective for opiate and heroin addictions. Methadone is one of the longest-established, most thoroughly evaluated forms of drug treatment. Once accepted into the program, individuals will receive doses of methadone and individual counseling to address the patients specific treatment needs. Please give us a call at (270) 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](mailto: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](mailto:afsbarb58@gmail.com) or Sandy Rich at [srich@afsusa.org](mailto:srich@afsusa.org) or (865) 617-0665. The local Miss Tennyky Area AFS Volunteer Leadership Team web site is [www.afsusa.org/misstennyky/](http://www.afsusa.org/misstennyky/). Follow AFS on Facebook: AFSUSA, Twitter: afsusa, YouTube: AFSSTV and Flickr: afsusa.

### YOUTH FOR UNDERSTANDING USA (YFU)

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

Meet some of our incoming students at [yfuusa.org/meetstudents](http://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](http://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](http://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](http://ClarksvilleMommies.Com) is for ALL types of moms including those who work full-time. The site offers chatting online in a private forum—discussing everything from the best photographers to the worst temper tantrums and all that lies between—and meet-ups regularly at member-driven events around the area. And best of its all FREE! Everything—online support, playgroups, and MNOs are all FREE! [ClarksvilleMommies.Com](http://ClarksvilleMommies.Com) is part of TheMommiesNetwork, a 501-C(3). Register to be part of [ClarksvilleMommies!](http://ClarksvilleMommies.Com)

### 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](http://www.orgsites.com/tn/chara) or e-mail [clarksvillechara@gmail.com](mailto:clarksvillechara@gmail.com).

### CLARKSVILLE HOMESCHOOL NETWORK

CHN is a member-led, inclusive homeschool network with the goal of connecting independent home educators and members of existing

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

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

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

### HOPKINSVILLE SAHM MEETUP GROUP

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

### LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

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

### MOMS CLUB OF CLARKSVILLE

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

We consist of two independent clubs, based on location. If you live in Sango or St. Bethlehem areas of Clarksville (east of Wilma Rudolph), you are zoned for MOMS Club of Clarksville-East. To learn more, send an email to [eastclarksvillemomsclub@gmail.com](mailto:eastclarksvillemomsclub@gmail.com). If you live in Ft. Campbell, Woodlawn, Oak Grove, or areas of Clarksville west of Wilma Rudolph you are zoned for MOMS Club of Clarksville-West. To learn more, send an email to [momsclubofclarksvillewest@gmail.com](mailto: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](mailto:clarksvillemops@gmail.com). Check us out online at [clarksvillemopsatfbc.wordpress.com](http://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](mailto:mrs.wiley2006@gmail.com) or (210) 846-4501.

### HILLDALE BAPTIST CHURCH MOPS

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

### SPRING CREEK MOPS

Meets at Spring Creek Baptist Church at 2760 Trenton Road on the 1st and 3rd 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](mailto: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](mailto:KCorley77@aol.com) for more information.

### PARENTS REACHING OUT

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

### TNSHARE (SECULAR HOMESCHOOLERS: ANY RELIGION, ECCLECTIC)

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

### TENNESSEE EARLY INTERVENTION SYSTEM (TEIS)

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

## WIC NUTRITION EDUCATION CENTER

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

## RETIREMENT GROUPS

### AARP LOCAL CHAPTER 1957

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

### NARFE CHAPTER 870, (NATIONAL ACTIVE & RETIRED FEDERAL EMPLOYEES)

The only association dedicated to protecting the earned retirement benefits of federal employees, retirees and their survivors. Founded by 14 federal retirees in 1921, NARFE has become an effective and highly respected legislative voice for federal workers and retirees. If you are now receiving, or expect to receive, a federal retirement annuity then you should join us as a member and help us actively preserve our federal benefits. We need your support and membership to increase our overall membership numbers. NARFE works on the national and state levels in Congress to propose and oppose legislation in the interest of the federal employee and retiree. With over 200,000 members nationwide and over 3,000 here in Tennessee, we are a strong voice in Washington, DC.

Local NARFE Chapter 870 meets on the 2nd Thursday of each month at the 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](mailto:hsimms6551@charter.net).

### SUPPORT GROUPS ALZHEIMER'S CAREGIVERS' SUPPORT GROUP

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

## ARMY COMMUNITY SERVICE

At 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](mailto:relocation@fortcampbellmwr.com) or [www.fortcampbellmwr.com/ACS/familyReadiness.htm](http://www.fortcampbellmwr.com/ACS/familyReadiness.htm).

### ASMT (AUTISM SOCIETY OF MIDDLE TENNESSEE)

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

### AUTISM SUPPORT GROUP

Donna Richardson at (931) 503-2315.

### CLARKSVILLE ASSOCIATION FOR DOWN SYNDROME (CADSTN)

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

### CLARKSVILLE MONTGOMERY COUNTY MULTIPLE SCLEROSIS SUPPORT GROUP

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

### CAMP WILLOW CREEK

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

also provided free. Camp is sponsored by Gateway Hospice and funded by the Gateway Medical Center Volunteer Auxiliary. Camp Willow Creek is staffed by volunteers including social workers, teachers, school counselors, and others who are trained through Gateway Hospice. Nurses are available on site, if needed.

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

### CLARKSVILLE OSTOMY SUPPORT GROUP

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

### CLARKSVILLE PARENT/CAREGIVER SUPPORT GROUP

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

### DIABETES SUPPORT GROUP

Gateway Medical Center offers information related to self-management of diabetes. Each meeting showcases a different expert speaker as well as Q&A time. The group meets the third 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](http://www.focusautismnow.com)

### GRIEF SUPPORT

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

## JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)

Meets the last Saturday of each month. Contact [cvoiland-free@jdrf.org](mailto: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](mailto:InfantLossProject@yahoo.com) or call the chaplain's office at (270) 798-8777.

## PARKINSON AWARENESS AND FELLOWSHIP GROUP

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

For corrections or to include your group's information e-mail [info@clarksvillefamily.com](mailto:info@clarksvillefamily.com).

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