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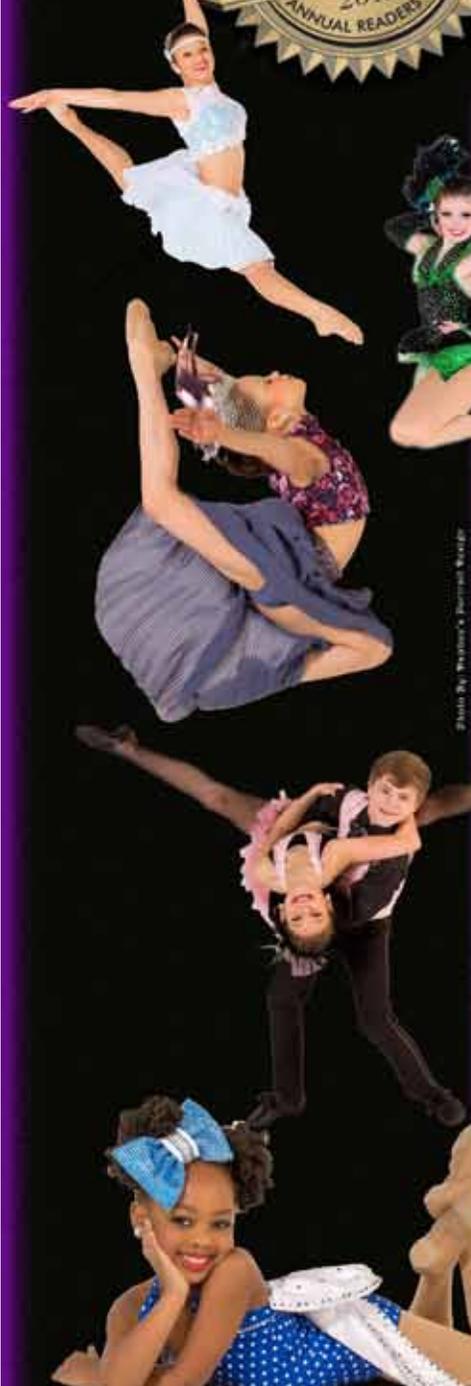


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Publisher's Message

As I am writing this, I am looking out at snow that just doesn't seem to want to melt.

Last week was Snowmageddon for real. The whole town seemed to shut down. School was out, the stores ran out of milk, and once the wonder and excitement of the snow wore off, cabin fever set in.

We aren't used to this kind of weather here so it was sort of like we were on lock down. You didn't leave your house unless you absolutely had to. The roads are all clear now, but who knows how long this white (and some of it ugly grayish-black) stuff will hang around to remind us.

This issue has a lot of positive articles to hopefully get you all warmed up and ready for spring. Taylor Lieberstein's article on how to be a better morning person (page 24) can definitely help chase away the weekday and winter blues. Pamela Roddy Magrans' article about the City's Wettest Egg Hunt for the kiddos (page 18) will get you in the spirit. All you need is your bathing suit!

We've packed in a lot more outstanding articles, health and beauty tips, general information and even storytime with Chester, by Brenda Hunley (page 36). You'll just have to dive into it and see for yourself.

Thank you for picking us up. Stay safe and warm!

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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TENNESSEE'S PROMISE TO HIGH SCHOOL SENIORS TWO YEARS OF COMMUNITY COLLEGE FOR FREE!

by Pamela Roddy Magrans

The first year of Tennessee Promise students are preparing for college in the fall 2015 with no worries of rising tuition costs. This is all thanks to a proactive state initiative to give Tennessee high school seniors two years of free tuition at community colleges.

Presidential Praise

The great state of Tennessee, home of the volunteers, has been getting a lot of attention lately for all the right reasons.

When President Obama visited Knoxville in January he praised Tennessee's progressive plans to pay for two years of community college for high school seniors. Stating that the Tennessee Promise is the inspiration behind what he will propose as America's College Promise, President Obama declared



his plans to offer the same type of program nationwide sometime in the future. Tennessee is leading the way for a new stage in education and workforce development.

What is the Tennessee Promise?

The Tennessee Promise will offer high school seniors two-years free tuition at community colleges. Funded by the Tennessee

lottery, this new program is aimed at creating a more skilled Tennessee workforce and ensuring that high school seniors have a way to continue their education. The first group of Tennessee Promise students has already been accepted and is in the preparation stages for entering college in the fall 2015. The next wave of high school seniors, those graduating in 2016, should be on the outlook for upcoming deadlines!

Becoming a Tennessee Promise participant requires some organization and certain deadlines must be met. While there are no grade requirements for entering the Tennessee Promise, a 2.0 GPA must be maintained while in the Tennessee Promise. The Tennessee Promise is only available to high school seniors moving to college

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upon graduation. Students enrolling in the Tennessee Promise will be expected to attend informational meetings and engage in volunteer work. Deadlines for applications and registration are strictly enforced.

Emily Conley, Regional Coordinator for the Tennessee Promise, urges parents and upcoming seniors to make sure they apply for the Tennessee Promise as soon as the application is available.

“Students should also start thinking about what majors or career fields they are interested in because there are several different post-secondary options available to students based on what they want to do professionally,” said Conley.

The Tennessee Promise offers several different programs depending on the student’s need. With that said, The Tennessee Promise might not be for every student.

“Students should consider what they enjoy and what type of career they want to have. If a student really enjoys working in a hands-on way, a TCAT (Tennessee College of Applied Technology) program may be the best fit. If a student wants to further their education,



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but does not want to commit to four years of school, a TCAT or Community College program designed to ready a student for the educated workforce (in two years or less) may make the most sense. If a student wants to pursue a Bachelor's degree, but maybe needs to raise his or her GPA, get acclimated to college in a smaller setting, or wants to take advantage of two free years of school before transferring to a four-year school, a Tennessee Transfer Pathways degree from a Community College might be the best fit," said Conley.

The Tennessee Transfer Pathway facilitates those students who plan to transition to a four-year institution after completion of the two-year degree. The Tennessee Transfer Pathway office works with



students and universities to allow for a successful transition to the next level of education.

Mentors and Volunteers

Students entering the Tennessee Promise will not be navigating alone. They will be assigned mentors who will help them meet the requirements and stay on track for the two-years. Mentors will work with students from January of their senior year in high school through the first post-secondary semester.

The Mentors will meet with students twice in the spring and then continue communicating about twice a month. Mentors are trained to provide needed information and reminders about program deadlines and requirements. The mentors will provide individualized support for students and connect with tnAchieves staff to make sure student questions are answered.

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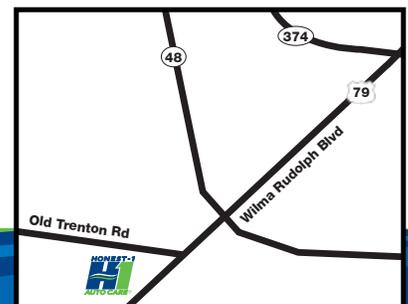
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“Mentors are truly the heart of our program. Many of our families are going through the college experience for the first time, and the mentors provide personal support and encouragement through what can be a very challenging process,” said Conley.

In addition to attending classes and maintaining a 2.0 GPA, students are required to work eight hours of community service for each semester that they use Tennessee Promise funding.

“We believe it’s important for students to give back to the community that is giving them

the funding and mentor support to make college a reality. We also really encourage students to use the opportunity to job-shadow and learn more about career fields they may be interested in pursuing after graduation,” said Conley.

In addition, community service also provides networking opportunities outside of school. Between the mentorship relationship, academic curriculum, and the community service, these future graduates will be well prepared to excel and enter the workforce.

The Community Colleges

The Tennessee Promise can be used at Tennessee public community colleges or technical colleges. Tennessee has 27 colleges of applied technology (TCAT) across the state. The TCAT system offers industry certifications for students looking for technical skills needed to enter the workforce in two years. In addition, Tennessee has 13 community colleges across the state, with multiple satellite locations.

Those community colleges are: Chattanooga State, Cleveland State, Columbia State, Dyersburg State, Jackson State, Molto College, Nashville State Community College, Northeast State, Pellissippi State, Roane State, Southwest Tennessee, Volunteer State, and Walters State.

Nashville State Technical College has a satellite office here in Clarksville.

The Benefits

The goal of the Tennessee Promise was to extend education beyond high school and create a more qualified Tennessee workforce. However, there is the added benefit of reducing student debt. With the rising cost

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of college tuition, the Tennessee Promise of no tuition for two full years is attracting many potential students.

According to scholarshipworkshops.com, the total estimated cost of a full year of college tuition at a public institution in 2016-2017 will

be approximately \$10,000, not including books, other fees, or cost of living. With this compounding over four years of college, the Tennessee Promise helps to alleviate a substantial financial burden from its participants.

Tennessee is leading the nation in providing high school seniors

a viable, affordable, and realistic way to move directly into college. Soon, other states, and even the federal government, may follow our lead. To learn more about the Tennessee Promise and view upcoming deadlines, visit tnpromise.gov.

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CANDLELIGHT BALL 2015

by Taylor K Lieberstein

This month Austin Peay will continue a tradition that began more than 30 years ago, the Candlelight Ball. The signature event boasts itself as one of the community's premier social events with hundreds of guests attending each year. It is through the passion and support of Austin Peay's friends and alumni that the event has raised more than \$350,000 in scholarship funds to date. Over 20 APSU students have been provided financial assistance and scholarships because of the generosity of the university's underwriters and guests. Funds raised by the ball have also been used for various projects around the campus including

the renovation of the Pace Alumni Center at Emerald Hill and to provide financial support for the APSU Center for Teaching and Learning.

Austin Peay State University's
31st Annual Candlelight Ball

Hilton Nashville Downtown

March 14, 2015

Cocktail Hour: 6:00 p.m.

Dinner and Awards
Ceremony: 7:00 p.m.

"This year's 31st annual event will definitely be one to remember. The committee has been hard at work to make this a memorable year with an exciting new band, Guilty Pleasures [80's cover band],

and an amazing menu," said Mary Luther, Candlelight Ball Committee Co-chair.

As always the black tie event will be held at the Hilton Nashville Downtown. Everyone is encouraged to attend the signature event. Although it is held in Nashville, this is an event to network within the Clarksville community and bring people together while having a good time and supporting deserving students that without these scholarships may not be have a chance at an education.

The night will begin with a cocktail hour, followed by dinner and an awards ceremony. After dinner, guests

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can dance the night away to the sounds of the 80's cover band, Guilty Pleasures.

“This event is open to all APSU friends and supporters, not just alumni. We welcome our Clarksville and Nashville community to come out and celebrate a night honoring APSU, distinguished APSU supporters and assist in raising scholarship money for our current students,” said Nikki Loos Peterson, APSU Alumni Relations Director. For more information or to RSVP, call the APSU Alumni Office at (931) 221-7979. The Candlelight Ball Committee has set up group rate rooms at the Hilton for our 2015 Candlelight Ball guests.

Please make your room reservation soon. Spaces are filling up quickly.

Following a tradition that began in 2011, two individuals will be honored and recognized for their outstanding achievement, contribution or prestige they have brought Austin Peay. The Wendell H. Gilbert Award and the Spirit of Austin Peay award are to be given out at the event. Both are very exciting and meaningful awards for the school and the men chosen for each award. This year's recipients are Phil Roe and Tom Creech, two outstanding men, both of whom are APSU alumni. The two recipients

initially received their awards at a luncheon earlier this year. These award recipients will be recognized again at the Candlelight Ball during a dinner and awards ceremony.

The Wendell H. Gilbert Award honors a person who has significantly contributed to Austin Peay State University by sustained service, has made a significant contribution to the university, or has brought recognition to the university by his/her success. The honoree exemplifies excellence and integrity and has inspired others by his/her accomplishments.

The Spirit Award honors an individual who has met the

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same requirements as the ones of the Wendell H. Gilbert Award, and is 42 years of age or younger.

WENDELL H. GILBERT AWARD

Congressman Phil Roe

Congressman Phil Roe ('67) represents Tennessee's 1st District in the U.S. House of Representatives. He graduated from APSU with a degree in biology and a minor in chemistry before earning his medical degree from the University of Tennessee. Roe served two years in the U.S. Army Medical Corps, earning the rank of Major. After his military service,

Roe ran a successful medical practice in Johnson City for 31 years, during which time he delivered nearly 5,000 babies. He previously served as mayor and vice mayor of Johnson City. As a member of Congress, he serves on the House Committee on Veterans' Affairs and the House Education and the Workforce Committee.

SPIRIT OF AUSTIN PEAY AWARD

Tom Creech

Tom Creech ('00) is a partner with Nave Funeral Homes in Clarksville and Erin. Creech earned a business degree from APSU before

graduating from the John A. Gupton College of Mortuary Science. He is a member of both the Tennessee and National Funeral Directors Associations. Creech has served in leadership positions for the Downtown Clarksville Kiwanis Club, the Clarksville Area Chamber of Commerce Business Development Committee, the Chamber's Public and Community Affairs Committee and the APSU Governors Club. A graduate of Leadership Clarksville, Creech has served as a board member for the YMCA, Clarksville Young Professionals and the Customs House Museum.

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“Since graduating in 2000, I have enjoyed my time supporting Austin Peay and being involved with the Clarksville community. Being the first one in my family to graduate from college, I wanted to continue to support and give back to a school that I felt gave me so much. Being hired with McReynolds-Nave & Larson funeral home in 1997 and later making partner in 2007 I've been blessed to work along 'like minded' people when it comes to supporting APSU. Over the years they have provided me the opportunity to give back and further a long tradition of supporting the school. Austin

Peay has been a big part of my life since 1997. With many more deserving people that could've won, I am deeply humbled and honored to have been selected this year,” said Creech of his Spirit Award.

The official Candlelight Ball Committee is made up of some extraordinary women dedicated to improving the Candlelight Ball with each New Year. Members are as follows: Co-Chair: Mary Luther, Co-Chair: Andrea Goble, Margaret Lyle, Pam Loos, Fran Jenkins, Nicole Aquino Williamson, Brittney Campbell, Brittney Reigle, Kimberly Silvus, Candy Johnson, Ashley Harvey Jackson and Cindy

Green. The committee would like to thank all of their generous sponsors in advance for a wonderful event.

Not only is the Candlelight Ball an amazing way to help out deserving students, it is also a perfect reason to get dressed up and enjoy an evening out socializing with friends while taking advantage of amazing food and entertainment. For more information on APSU's Candlelight Ball, contact the APSU Alumni Relations Office at (931)-221-7979.

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CONSTIPATION

Constipation causes infrequent, hard, dry bowel movements that are difficult to pass. Eating a low-fiber diet, being inactive, not drinking enough water, taking certain medications and having specific medical conditions can cause constipation. Changing your lifestyle may help alleviate symptoms.

GALLSTONES

The buildup of certain substances in bile causes gallstones—hardened particles that can cause blockages in the biliary tract. Most reside in the gallbladder and cause no symptoms, but if they get too large, they can put pressure on the gallbladder and cause pain or more serious issues. Properly managing diseases such as diabetes, eating a healthful, high-fiber diet and avoiding obesity can help prevent gallstones.

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When tummy trouble strikes, choose simple, natural foods that aid digestion. Skip rich, fatty and spicy foods, and avoid alcohol, chocolate and most milk products. Instead, opt for:

- Apples: A good source of pectin, which can firm up bowel movements. Try baked apples or applesauce, which are easier to digest.
- Bananas: An easily digestible food that's also a good source of pectin
- Ginger: A traditional antinausea remedy
- Oat Bran: A fiber-rich and heart-healthy food



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- Papaya: A fruit that promotes a healthy acidic environment in the gut and is a naturally good source of papain, a digestive enzyme that helps break down food
- Plain Yogurt: Yogurt contains probiotics, which help replenish the healthy "good" bacteria in the digestive tract
- Rice or Plain Bread: All add bulk and absorb fluids to keep things moving

Abdominal pain may be a sign of a more serious issue. If trouble persists, talk with your doctor. If you don't already have a physician, Gateway Medical Group is here to help. Our staff of 15 physicians represent a wide range of specialties including Gastroenterology and Family Practice. Give us a call at (931) 502-3800 or visit GatewayMedicalGroup.com. We accept most insurance plans including Medicare and Medicaid.

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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THE WETTEST EGG HUNT EVER

by Pamela Roddy Magrans

To celebrate Easter, countless children will tote their heirloom woven basket, pacing carefully over the front lawn, searching for hidden colored treasures. Resting in tree branches, concealed under bushes, or veiled under the play set—eggs of varying colors dot the landscape. For generations, children have enjoyed this traditional way to celebrate the joys of the Easter season. With their pastel Easter basket in one hand and their other hand open and eager to find the next hidden egg, children find great pleasure in looking for what cannot be seen.

The essence of the Easter Story is to believe in what cannot be seen. The traditional Easter egg hunt embodies that spiritual endeavor. In many ways, the Easter egg hunt is a symbolic act. What parent has not seen the joy on the face of a small child, when after fervently searching they uncover the yellow plastic egg from



eggs of a traditional egg hunt are hidden among the landscape of a back or front yard. However, the Clarksville Montgomery County Parks and Recreation Department sponsor a not-so-traditional egg hunt. This non-traditional egg hunt requires a bathing suit, a heated indoor pool, and no fear of water. Even though the setting of this egg hunt may be different, the intrigue and the lesson embedded in the Easter egg hunt remains the same.

its hiding place? There is an internal reward to such a childhood game. It simulates the spiritual endeavor of believing in what cannot be seen. "Seek and you will find," echoes Matthew 7:7.

The Wettest Egg Hunt will be held on Saturday, March 28 at the Indoor Aquatic Center (New Providence Pool) located at 166 Cunningham Lane.

The Wettest Egg Hunt

On Saturday, March 28, thousands of colored eggs will be floating or sunk in the Indoor Aquatic Center pool. Like a rainbow cast against and underneath the water, the eggs are vibrant targets for the little hands of children. The children will splash their way to the eggs, gather what they can hold, and trade the eggs in for prizes. Children can practice their swimming skills and enjoy the splashing, sopping wet fun of an egg hunt in the pool. They can dive to the bottom to find the ones that sunk

or they can skim the surface for the floating ones. Either way, the wettest egg hunt is sure to be a memorable way to spend a Saturday afternoon and enjoy the treasured fun of an Easter egg hunt.



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The cost to participate in the Wettest Egg Hunt is \$3 per hunter and includes a visit from the Easter Bunny and other activities such as egg coloring, face painting, and a giant inflatable slide. There will also be drawings for prize baskets and a hockey puck signed by the Nashville Predators' Mike Fisher.

An adaptive egg hunt will be offered for children and adults with special needs at 11:00 a.m. with the remaining hunts for children ages 1 to 11 following from 1:00 p.m. to 7:00 p.m.

The Wettest Egg Hunt is divided into age appropriate times slots.

11:00 a.m.

Special Needs Children and Adults Only

1:00 p.m.

Ages 1-2, Ages 5-8, Ages 9-11

2:00 p.m.

Ages 3-4, Ages 5-8, Ages 9-11

2:45 to 4:45 p.m.

Open Swim for those registered

5:15 p.m.

Ages 1-2, Ages 5-8, Ages 9-11

6:15 p.m.

Ages 3-4, Ages 5-8, Ages 9-11

Pre-registration for the Wettest Egg Hunt is required and can be completed online beginning March 1. Visit cityofclarksville.com/wettestegghunt to pre-register. For complete details about the Wettest Egg Hunts visit the website or call (931) 645-7476. Bring the children to waddle on down to the Indoor Aquatic Center, hop on in, and let the search begin!



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HIP PAIN: COMMON CAUSES AND TREATMENT OPTIONS

by Dr. Vince Taylor DC, MS, MBA

This month's discussion is about hip pain. With any ache or pain in the body, hip pain can dramatically lower an individual's quality of life. There are many causes to hip pain including cancer, osteonecrosis, fractures,

dislocations, septic (infection) arthritis, labral tears, contusions, strains, bursitis, piriformis syndrome, arthritis, and snapping hip syndrome. In children, congenital dislocation, transient synovitis, Perthes disease, slipped

capital femoral epiphysis, and septic arthritis are all urgent conditions. On the contrary, many hip conditions can be managed conservatively, and we will take a closer look at those conditions. First, we will look at the impact of hip pain on individuals.

A 2011 report from the Institute of Medicine (IOM) found that roughly 116 million people in the U.S. suffer from chronic pain. An estimated 2.5 million people in the U.S. have total hip replacement surgeries. This number is off because many individuals decided not to seek medical help or self-medicate with over the counter medications like Tylenol or Ibuprofen. According to a National Health and Wellness survey, individuals who suffer from chronic hip pain are less likely to be employed and have higher odds of being on disability. It is hard to tell how much hip pain contributes to the overall cost of chronic pain in America, but from the report "Relieving Pain in America," the Institute of Medicine reports that the economic cost of chronic pain is between \$560 and \$635 billion each year.

The combination of treatment from a chiropractor and a physical therapist can have synergistic effects on hip pain. Osteoarthritis, bursitis, piriformis syndrome (pain in the back of the hip that can mimic sciatica symptoms), and strains can all be managed

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conservatively. Osteoarthritis has signs of deep groin pain during normal range of motion of the hip. Going up stairs or putting on shoes can be problematic. Manipulative therapy to an arthritic hip can help restore range of motion to the hip joint. Combining manipulation with hip strengthening and range of motion exercises from the physical therapist can give patients great relief. For some, this can delay a possible hip replacement surgery or in some cases, the patient may experience enough relief that they feel they don't need a hip replacement.

Bursitis, piriformis syndrome, and muscular strains around the hip all tend to have similar etiologies or causes. All of these have a combination of a faulty movement pattern that leads to certain muscle groups being overworked. Let's walk through piriformis syndrome. Though this may not be the case for everyone, there is a pattern of altered biomechanics and muscle function that causes piriformis syndrome. The

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low back becomes tight causing the gluteal or buttock muscles do not engage like they should. This can lead to joint dysfunction in the low back/lumbar spine and in the sacroiliac joint. The piriformis then becomes

overactive to help stabilize the sacroiliac joint, which all leads to pain. Look at the picture below to familiarize yourself with these structures (source: runningrepeats.com/resources/glossary/piriformis-syndrome-for-runners/).



Bursitis and muscular strains have similar causes. These are problems that tend to develop over time because of joint dysfunction in the sacroiliac joints and lower back. This is coupled with altered muscle firing patterns that causes excessive friction on the outside of the hip. The bursa becomes inflamed and irritated causing pain. Muscular strains are the result of a muscle that has been overloaded and can't keep up with the forces being generated through that muscle.

Bursitis, piriformis syndrome, and muscular strains all are evaluated the same. A proper gait analysis has to be conducted to see where the faulty movement patterns are originating. Once the source is identified, various techniques may be used to help relax overly worked muscles and to engage muscles that are not playing their part. These techniques may include instrument-assisted soft tissue mobilization, ultrasound, electrical stimulation, rehabilitation exercises, stretching, and manipulative therapy. Once the muscles and joints are working together and correctly, forces generated throughout the body will

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be distributed equally. Excessive stress that caused the pain will be relieved and that tissue will stop being symptomatic.

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



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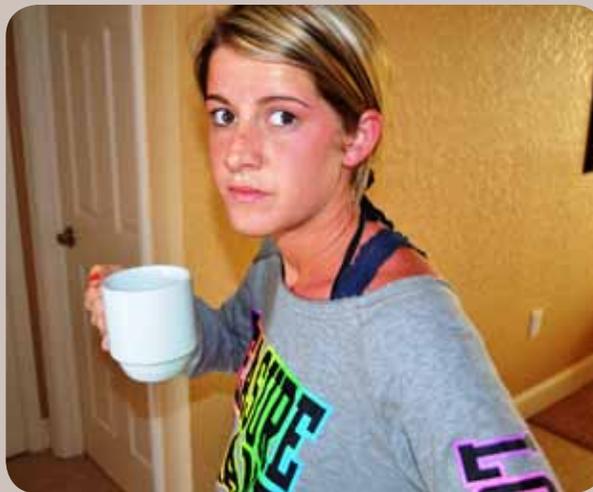
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BECOME A BETTER MORNING PERSON

by Taylor K Lieberstein

In a perfect world we are all morning people. We rise with the sun, ready to tackle a new day. We wake early enough that we are rewarded with enough leisure time to eat breakfast, read the news, hit the gym and still get to work on time. That said, this isn't a perfect world and most of us end up hitting the snooze button countless times before finally putting our feet on the floor. Many of us have hectic morning routines that are considered successful if we make it to our destination on time and without a coffee stain on our shirt. Waking up early has many advantages, not only does it leave more time for productivity it also sets a less stressful tone for the day ahead. Here is a list of tips and tricks to help you rise earlier and feel good



about it at the end of a sometimes longer and always more productive day.

Before Bedtime Routine

Get more sleep. Duh, right? Seriously though, we need to schedule seven to nine hours of sleep into our day because it is one

of the most essential parts of our health. What we get from a good night's rest cannot be supplemented elsewhere. If you want to get in bed earlier and rise earlier trim down your evening obligations. Many times we over commit and take on things we have no business doing. The sooner you can end your evening the better chance you can get an earlier start the next morning. For the sake of decompressing your day, assume you have one less hour in the evenings (to be set aside for a wind down period) and say no to things that infringe on that time. If you can't help but watch *The Big Bang Theory* until late into the night, turn the TV off or turn it onto a channel that doesn't interest you.

Keeping a consistent sleep schedule is one of the best ways to ensure you're getting quality, restful

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sleep. If you need to shift your schedule earlier, start moving your bedtime forward by just 15 minutes at a time. Drastic changes may result in failure.

Clean your bedding regularly. The National Sleep Foundation's website offers recommendations for ideal bedroom conditions to help you get to sleep faster at night. One of my favorites is their advice to sleep on fresh sheets. More than three fourths of people said they are more excited to go to bed when the sheets have a fresh scent, and roughly three quarters of people say they get a more comfortable night's sleep on sheets with a fresh scent. Try to wash your sheets and pillowcases once a week, and keep a good quality spare set to use while the others are being cleaned. Find a laundry detergent with a smell that is pleasing to you (lavender, yes please) or no smell at all if you prefer. Keeping your sleep surfaces clean, with a pleasing scent, may make the bedroom more inviting and help your body relax and sleep peacefully.

Implement a solid bedtime routine and follow it night after night. Establishing a schedule can help clue our bodies in to what's to come. Maintaining a regular evening routine will help chill you out and let your mind know that it's nearly time to fall asleep. For example, that could mean drinking a cup of (decaffeinated) tea and reading for 20 minutes each evening before bed.

Tame that mane before bedtime. To cut down (basically erase) morning drying time, wash your hair the night before and put it into a loose braid. In the morning smooth your hair with a quick blow dry and

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style as usual for mega volume and bounce. To control static, spray strands with a leave-in conditioner or use a comb dipped in cold water. This can cut as much as 15 minutes out of the morning get ready process.

Early Morning Routine

Drink a full glass of water right away. This is crucial. After six to eight hours without water your body may be mildly dehydrated which can cause fatigue. Often when people still feel tired after a night's sleep all they need is water, not more sleep. When you drink a glass of water and hydrate, your wakeup motivation goes from around a level three to a level five. That's not much but when combined with other morning routines it can prove to be effective.

Put on your workout clothes before anything else. You need to

break a sweat first and earn your morning shower. Exercise is hard to make time for in the mornings, that's why you need to be up with the birds. Don't lounge around long after waking up, get to it. Physical activity puts you in your peak mental, physical and emotional state. Being at your peak is your plan to win each day. Need an extra incentive? Research has shown that exercising before breakfast burns more fat calories and results in more weight loss than exercising after breakfast.

Add protein into your morning game. If you want to be able to bear earlier mornings a cup of coffee and a few breath mints are not going to cut it. "Breakfast is the most important meal of the day," is a common phrase for a reason. After sleeping all night, our metabolism and blood sugar are at their low points. We need a healthy breakfast

to recharge and begin again. Find a colorful fruit or veggie, a whole grain such as granola or an English muffin. Spike your coffee with some soymilk for added protein.

Move your alarm clock across the room, if you haven't already done so. This is a common trick people use to try and get their feet on the floor faster. If you can hit the snooze button six times, you will hit the snooze button six times. By doing this you force yourself into movement first thing in the morning. That movement across the room can energize you enough to get into the kitchen and start the coffee. If you don't require a cup of coffee to get you going, good for you, head straight for bathroom and start getting ready.

Invite light into your room. Invest in a light box. People that rise before the sun benefit greatly



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from this artificial light designed to look like natural light. Your brain is sensitive to light and temperature, which is why we don't sleep as well after a certain time of morning even if we've had the longest, hardest day and go to bed way past our bedtime. If you don't have to wake before the sunrise (which is currently a few minutes before 7:00 a.m.) place your bed in front of big, blind-less windows so that the sun can wake you in the morning.

Once you are able to start waking up earlier, the way you spend your time is for you to decide. Maybe you want an extra hour every morning to start a fashion blog you've been dreaming about. Maybe you want a peaceful time to enjoy a cup of coffee, completely alone in your kitchen. As you drink your coffee make a mental note of what you have already accomplished this week that you're proud of. Starting your day with calmness, mindfulness and appreciation will set the tone for the rest of your day. The morning can become a time you enjoy, but in order for that to happen you need to make it a time you look forward to by changing your activities and approach. Rushing to get out of bed and out the door in the morning is not pleasant and no one looks forward to that. Waking up earlier is the answer, yes it will be a little uncomfortable at first but the end result will be great and you regret all those mornings you spent sleeping until the last possible minute.

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COSMETIC & RECONSTRUCTIVE PLASTIC SURGERY THROUGH THE AGES: MID TEENS TO EARLY THIRTIES

by Dr. Mitchell Kaye



Rhinoplasty: Before and After

A man's nose is probably the facial feature that changes the most during this time of his life. Under the influence of hormones, the nose lengthens, widens and often develops out of proportion to the rest of teens. For this reason, it is important not to operate on a nose for cosmetic reasons until the growth of the nose and face are largely complete, i.e. the late teens in males and slightly earlier in females. This is also the time of life for males where nasal trauma due to sports, accidents and unfortunately fights will often take place. Here, the goal is to repair the injury to the nose so as to avoid later deformity. This is often performed within the first 10-14 days after the injury.

The goals of a cosmetic rhinoplasty are often a smaller, straight nose with a better profile. This operation is done under general anesthesia and is an outpatient procedure with about a two week recovery period. It is important to avoid reinjuring the area. Many people who need a rhinoplasty have a small or receding chin. The

balance between nasal size and chin size is important and is different for men than women and to some degree is ethnically based. A "good" chin and a strong nose are seen as masculine traits by most people. A chin implant can add to the jawline and produce a stronger, more balanced look.

A flat belly and tight,

sculpted pecs are high on the list for males. Liposuction of these areas is a common and highly effective way to "get down to" the muscle and shape what is beneath the fluff for many American men. This is not designed to be a weight loss treatment, rather it is a method to remove fat deposits that are out of proportion to the rest of the body and are resistant to exercise and reasonable diet. We utilize the Tumescant Anesthetic technique to numb the areas completely and reduce bruising and swelling. A power assisted Liposuction device is then used to remove the fat through several small openings made in the skin until the desired contour is achieved.



Lipoabdominoplasty: Before and After

The procedure takes several hours and is performed as an outpatient. Post-operative discomfort and downtime is minimal. Other areas that are frequently liposuctioned in males are the upper neck behind the chin and love handles.

Otoplasty or ear pinning is done to reduce overly prominent ears. This can be a source of embarrassment to both men and women. However, males have a harder time covering the ear up with their shorter hairstyles. The operation will permanently change the shape of the ears so that they lay farther back in normal position. This too is an outpatient operation. It is always of interest to me to note that patients who have this done successfully usually move on quickly from this issue. Very few people, other than the patient, notice "normal ears" and therefore it ceases to be an active problem within a very short time after the fairly brief recovery period.

Good skin care is important at any age. It is well established that the daily use of sunblock on exposed skin areas in young people is critical for the prevention of solar aging changes of the skin and skin cancers. Even

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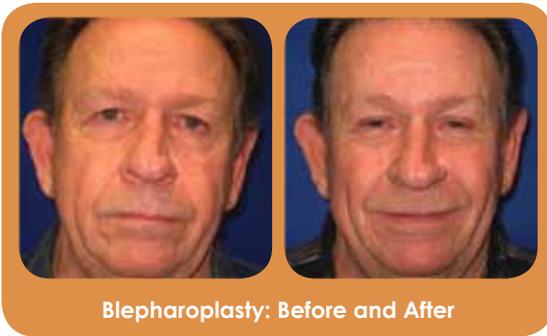
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Finally, it is now common to use Botox for motion lines around the eyes and forehead. Skin fillers such as Juvederm and Sculptra are very effective for filling in deep volume areas around the mouth, building up the nose, chin, or deep creases around the mouth. This is a 20-minute office type procedure and can produce a really noticeable improvement without surgery or downtime.

For more information and to see before and after photos on these and other cosmetic surgery procedures visit our website, AdvancedCosmeticKY.com. You can schedule an individualized consultation toll free with Dr. Kaye at (866)234-0470.

"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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CITIZEN'S POLICE ACADEMY

by Pamela Roddy Magrans



Our police department aids Clarksville in a myriad of ways. What the public sees is just a shadow of what our local police do to ensure the safety of our town. Ensuring the public's safety, responding to 911 calls, and aiding in traffic accidents are some of the more visible police department jobs, but many of their responsibilities are not so visible. In addition, much behind the scenes training is required of police department employees. What the

public sees is only a fraction of the diverse responsibilities and duties of the police department.

Aimed at forging a stronger understanding of the role of the police department in our community the Citizen's Police Academy (CPA) and the Teen Training Academy offer citizens a chance to learn about the inner workings of our local police department. The CPA covers all facets of the police department's daily operations, including administrative and tactical duties. Participants in the CPA engage in police vehicle operations, firearms instruction, self-defense techniques, and simulate decision-making activities.

Through education, awareness, and first hand experience, participants in this 12-week

free citizen's police academy training will learn about the daily operations of local police. The next Citizen's Police Academy is scheduled to begin March 17. Sign-ups are underway.

The Citizen's Police Academy

Officer Greg Granderson is the facilitator for the Citizen's Police Academy (CPA) and the Teen Academy training. Officer Granderson, along with other police department personnel,



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works with the participants over the course of the 12 weeks of free training.

“The goal of the CPA is to establish a good relationship between the citizens of Clarksville and our department. We desire for the community to understand just how the Clarksville Police Department functions on a day-to-day basis. The program was created to establish good rapport with the citizens of Clarksville. It helps them to see just how we function and understand on some levels what we face on a daily basis,” says Officer Granderson.

Participants will learn about the functions of the police department. They will meet with an instructor at the Range Complex located at 1515 Franklin St. They will receive first-hand



information about the Special Operations Unit, K-9, SWAT, Homicide Negotiations and investigations, and much more. CPA participants also have the opportunity to volunteer for special training where they can fire weapons at the range. Participants will also be given the chance to navigate a Patrol Vehicle obstacle course.

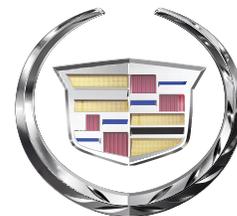
The training program is free and each participant receives a plaque upon completion. The training

meets once a week on Tuesday evenings at 6:30 p.m. for twelve consecutive weeks. The next CPA class will convene on March 17th. Candidates can download an application at cityofclarksville.com. Click on Services and then Police Department to find the Citizen’s Police Academy link. Participants must be 18 years of age.

The Teen Academy is a week long condensed version of the adult CPA class. The students get the same training minus the shooting range and the driving course. The next Teen Academy will be held July 20-24. Age requirements for the Teen Academy is 13 to 17 years of age. Visit the above website this summer for registration information on the Teen Academy.



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NO PRESSURE...BUT LET'S LOWER YOUR BLOOD PRESSURE!

by Dr. Catherine Meeks

If you've been diagnosed with high blood pressure, your heart is working overtime. Also known as hypertension, high blood pressure not only raises the risk of heart disease. It also increases risks to your arteries, brain, kidneys, and eyes.¹

Blood pressure measurements give you two readings: the top number is the pressure in your arteries when your heart pumps blood. The bottom number is the pressure in arteries between beats.²

If you don't know what your blood pressure is, it's time to find out. Bottom line? High blood pressure can be a silent killer.¹

What increases blood pressure? As usual, certain risks are outside your control. These include genetics, age, and a family history of hypertension. In some cases, certain medications can raise blood

pressure. Let me look over a list of your medications to make sure that's not true for you.³

In most cases, though, doctors don't know the exact cause. What they do know is that making lifestyle changes can make a big difference.³

Here are some things you can do:⁴

Lose a few. Even 5 to 10 pounds can make a difference in blood pressure. Studies have also found that belly fat may be the kind that's most likely linked to high blood pressure.⁵

Exercise. Try to exercise 30 to 60 minutes more days of the week than not. You may see a change in your numbers within just a few weeks.

Make a DASH for it. The Dietary Approaches to Stop Hypertension (DASH) diet is rich in whole grains, fruits, vegetables,

and low-fat dairy products. Go easy with foods high in saturated fats and cholesterol.

Limit salt, alcohol, and caffeine. Read food labels, eat fewer processed foods, and don't add salt to your food. Track your habits so you can see exactly how much alcohol and caffeine you drink each week.

Small amounts of alcohol can actually lower your blood pressure. But more than moderate amounts can do just the opposite.

Likewise, caffeine can also boost blood pressure. Check your pressure 30 minutes after you drink a cup of coffee and see if it's more than 10 points higher than at other times of day.

Go smoke-free. Smoking can be a tough habit to kick. If that's true for you, get help to quit for good. Remember: even second-hand smoke isn't harmless.

Chill out. Easier said than done, I know. But stress can temporarily boost your blood pressure. You know better than anyone what helps you relax. Try to build that into your daily (or weekly) routine.

If your doctor gives you medication for high blood pressure, take it exactly as prescribed. But be patient. It can take a while to get your numbers where they need to be. You may also need to try more than one medicine. There are many classes of high blood pressure drugs, and it can get confusing. As you know, I'm here as a resource.

You can't feel blood pressure, so there's only one way to know medicine or a lifestyle change is working: consider buying a blood pressure cuff from our store so you can regularly check your blood pressure.

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

Sources

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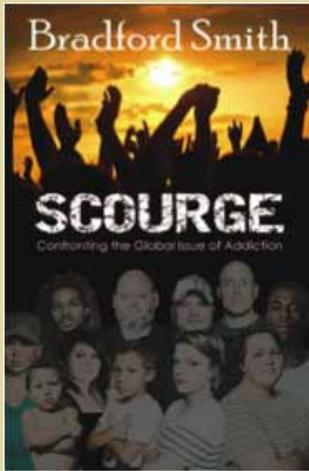
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A LOCAL SCOURGE

by Bradford Smith

I still remember when I started to realize that Clarksville had an addiction problem. A military town smack dab in the middle of the Bible belt, I never for a second thought that a problem like this could exist here—maybe in Nashville, or other bigger towns, but certainly not Clarksville.

My family had been doing foster care and adoption for several years when I began to notice a trend. Of the 25 or so kids who'd graced our home, nearly every single one of them were there due to addiction, usually neglect and abuse, but chemical addiction was



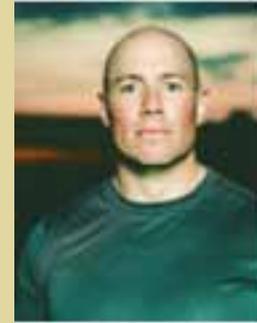
ever present. Of all the biological parents we'd known, only one had actually been freed of addiction.

Miss Laurel's story is amazing. She knew she was dying. She'd lost her son, her husband, and was ready to take her own life when she discovered a remarkable truth, "No human power could save her." As remarkable as her struggle and triumph had been, I knew I had to write it down. So I did. Then the Lord

kept introducing those who struggle with addiction into my life. I wrote their stories down too.

Scourge is a collection of these stories, a collection of struggles,

triumphs, tragedies and tales of redemption. My prayer is that even one who struggles might read this and understand the desperate nature of the struggle and the truth that Miss Laurel discovered, that no human power can save you.



thewayofclarksville.com

amazon.com/author/smithbradford

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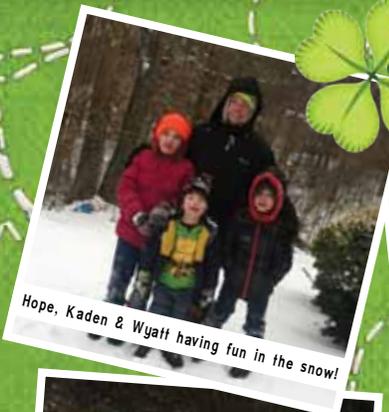
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Hope, Kaden & Wyatt having fun in the snow!



Kender & Ella having a sweet treat!



Kamilia with her new bike, ready to ride



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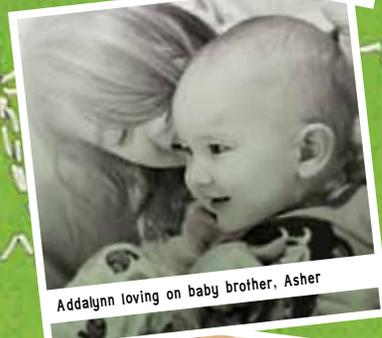
Noah in the snow.



Sherri (aka Mom), Destiny and Matthew enjoying the mountains of TN



Fun times at the Toddler Splash events



Addalynn loving on baby brother, Asher



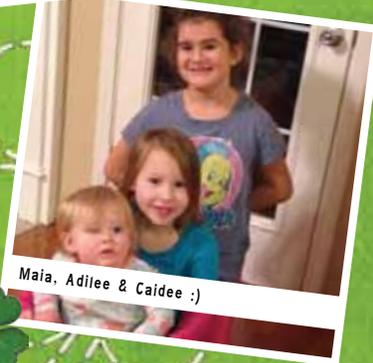
Aleigha Haven posing for an impromptu photo session



Brothers having fun on their rip riders



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WHERE IS THE LAKE?

by Brenda Hunley Illustrated by Willie Bailey

Chester Chipmunk and Dart the Bluebird were helping Ranger Bill spread Christmas tree mulch on the short trail in the Woods of Dunbar.

“Ranger Bill?” asked Dart.

Ranger Bill stopped scooping and looked at Dart.

“When do we get the lake back?”

“Short answer?” Ranger Bill grinned. “I don’t know. Soon I hope.”

“What’s the *long* answer?” Chester asked.

“There was a leak in the connecting dam. The only water coming in now is from a spring in the cave. We will find

out soon about state funding to see when we can get it repaired.”

“What about the animals? The fish?” asked Dart.

“Everything will be fine,” Ranger Bill said as he leaned his rake against a tree.

“Clyde and Earl will be coming home soon. What about them?” Chester asked.

Ranger Bill thought for a minute then said, “There are several ponds in the area or they can go to Land Between the Lakes.”

“Would you take us to go visit them?” asked Dart.



“Sure will. We will go in April. The weather in March is rather unpredictable.”

“Ranger Bill? Are you out there?” said a voice from Ranger Bill’s radio.

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Ranger Bill snapped his radio off his belt and answered, "Sure am. We are just about ready to come back for another load of mulch."

"I need your help. We've got another turtle family stuck in the mud."

"We are on our way," Ranger Bill answered. "Come on you two. I could use your help on this one. We have a family of turtles that are stuck in the mud."

"Cool, we get to help with a rescue," Dart said as he put his rake back in the truck.

"We can use our junior ranger skills!" added Chester.

"Let's go!" Ranger Bill said starting up the truck.

Meanwhile, back at the lake, Ranger Dave had tied a rope around his waist and was putting on his waders. Ranger Bill joined him as Dart flew out and over the struggling turtles.

"Dart! Help!" shouted Dad Turtle.

"Ranger Bill and Ranger Dave are on their way. Hold on!"

Dart flew back to Ranger Bill. "There are five turtles out there—they are scared and sinking fast."

Ranger Dave looked at Chester. "I need you to

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please tie this rope to that tree over there. When it's secure, wave your paw real high for me so I know we can wade out there."

Chester quickly scooped up the rope and scurried up the tree. Once the rope was around the tree, he tied a tight knot in it so it wouldn't come off. Waving his paws in the air, he shouted to the Rangers that it was ready.

"Thanks, Chester!" shouted the rangers.

The mud close to the edge was thick and hard so both rangers were able to walk out almost half way to the middle

before they started sinking as well. This made the rescue more difficult.

Ranger Bill took the rope that he had looped around his neck and threw one end of it to Dad Turtle.

"Grab the rope! I will pull you back to solid land!"

"I can't reach it!" cried Dad Turtle.

As Ranger Bill pulled the rope back toward him, Ranger Dave threw his rope out.

This one Dad Turtle was able to grab. He handed it to Mom turtle who began wrapping it around her shell.

"Okay little ones grab Mommy's shell. Hold on tightly!" Mom Turtle said as she got as close to her babies as she could.

Ranger Dave called, "Does everyone have a good grip? Are you ready?"

Dad Turtle waved his arms, "Yes, get my family to safety!"

Slowly Ranger Dave pulled Mom turtle and her babies to the solid ground. Dad turtle was sinking more and more.

Ranger Bill threw his rope again, this time Dad Turtle had to really struggle, but

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was able to wrap it around his shell and get pulled to safety as well.

“When everyone was back on the bank, Ranger Bill and Ranger Dave looked over the turtles to see if anyone was hurt. Once all the turtles were cleared, everyone headed back to the Ranger station for a bath to clean off the mud and get something to eat.

“Thank you Rangers for helping get my family out. We were gathering food, and one thing led to another and we got stuck trying to get each other out of the mud,” Dad Turtle said as he wiped his mouth clean with a napkin.

Ranger Bill looked out the window. “Guys, the sun is starting to set and we need to get you home.”

The group climbed in the Rangers truck and as each was dropped off they thanked the Rangers for taking care of them. This made both Rangers feel really good about protecting and helping all the different animals at the Woods of Dunbar.

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

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Contact:
chess.clarksville@yahoo.com

CLARKSVILLE SCRABBLE CLUB

3:30 p.m. to 6:30 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

GENEALOGY DISCUSSION GROUP

The third Tuesday of each month. Informal small group discussion of genealogy and family history topics. Contacts Brenda Harper.

Genealogy Room on 2nd Floor
Clarksville-Montgomery County
Public Library
350 Pageant Lane
genealogydiscussion@yahoo.com

HABITAT FOR HUMANITY RECYCLING OF MONTGOMERY COUNTY TN

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

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

HOPE RIDERS BIKER CHURCH

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

Salem Place
1765 Hwy 48
Contact: Pastor Ron
(931) 801-0379
hoperiders.org

MONTGOMERY COUNTY BEEKEEPING ASSOCIATION MEETING

10:00 a.m. the first Saturday of each month (except January and July). For information contact Jason Groppe, (931) 561-5530.

Clarksville-Montgomery County
Public Library
350 Pageant Lane

Chick-fil-A Wilma Rudolph

3096 Wilma Rudolph Boulevard
(931) 552-5511

KIDS NIGHTS

Mondays 5pm-7pm
SAM THE BALLOON MAN

9 Monday 5pm-7pm
KIDS CRAFT NIGHT
Kids see the lemonade process and sample the NEW Frosted Lemonade!

SPIRIT NIGHTS (4pm to 7pm)

3 Tuesday
MINGLEWOOD

10 Tuesday
PISGAH

17 Tuesday
ROSSVIEW

20 Friday
ST. JUDE CHILDREN'S HOSPITAL

24 Tuesday
WEST CREEK

PHOTOS WITH THE EASTER BUNNY

Saturday, March 7 through Saturday, April 4.

Photo Times:

Monday - Friday, 11 a.m. - 8 p.m.

Saturday, 10 a.m. - 8 p.m.

Sunday, 12 p.m. - 5 p.m.

Carrot break times will be posted at the set.

Photos for Families with Special Needs

Saturday, April 21, 9 a.m. - 10 a.m.

Tracy Provo Knight, J.D., M.B.A.
Attorney at Law

Divorce, Family and Criminal Law



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

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2631 Ft. Campbell Blvd

No reservations required. Guests are asked to enter through the main entrance beginning at 9:00 a.m. for photos. There will be a special coloring area set up for guests while they wait to visit with the Bunny.

Every child 12 and under who visits the Easter Bunny will receive a special treat from Mr. Bulky Treats & Gifts (while supplies last)!

Guests are invited to visit with the Easter Bunny for free hugs and snuggles, however Governor's Square Mall and IPCA kindly request that guests refrain from using any camera device (including cell phones) around the Easter set.

Governor's Square Mall
2801 Wilma Rudolph Boulevard
governorssquare.net
(931) 552-0289

WALKING WELLNESS WEDNESDAY

11:00 a.m. every Wednesday. Brought to you by the Montgomery County Health Council.

Main Lobby
Montgomery County Health Department
330 Pageant Lane
(615) 650-7055
ClarksvilleMCHC@hotmail.com

March

7 SATURDAY SUNBURST BEAUTY PAGEANT

5:00 p.m. Sunburst holds local events throughout the year at venues around the world. The

"local preliminary" event is the first step to getting involved in Sunburst. Competition includes babies (both boys and girls three years and under) and females up to 27 years old. If you are a finalist at your local preliminary then your \$250 entry fee is paid to attend your State Competition.

Registration forms are available at the Customer Service Center by Dillard's. No Preregistration Needed. You can enter at the pageant one hour before it starts. Customers can also register in advance online atsunburstbeauty.com.

Food Court
Governor's Square Mall
2801 Wilma Rudolph Boulevard
governorssquare.net
(931) 552-0289

8 SUNDAY DAYLIGHT SAVINGS TIME BEGINS

PROJECT LINUS MEETING

1:00 p.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. 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

Got Pain?

Our doctors can help. Visit our site today!

www.MusicCityMed.com



Home of the "No Pill Solution"

TENS UNITS • SCAR & PAIN CREAMS • OLD SCARS
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Pediatrician
Dr. Barbara Aquino



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

931-645-4685
www.aquinopediatrics.com



"Sometimes the smallest things take up the most room in your heart" - Winnie the Pooh

Clarksville Cumberland Presbyterian Church

1410 Golf Club Lane www.clarksvillecpc.com

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

Steve Louder, Pastor

Building a New Future



THE SECRET IS OUT...

Kriegisch Martial Arts has been chosen by kids as #1 for karate classes!

WE NOW OFFER MORNING CLASSES FOR CHILDREN 2 TO 4 YEARS OLD.

Class sizes are limited.
Call today!! 931.472.1008

Stop by or register online at
www.kriegischmartialarts.com



2690 Madison Street, Suite 190

Chick-fil-A Madison Street

1626 Madison Street
(931) 648-4468

SPIRIT NIGHTS

3 Tuesday 5pm-8pm
SANGO ELEMENTARY

5 Thursday 5pm-7pm
CARMEL ELEMENTARY

17 Tuesday 5pm-8pm
EAST MONTGOMERY

19 Thursday 5pm-8pm
NORMAN SMITH

24 Tuesday 5pm-8pm
CLARKSVILLE CHRISTIAN

26 Thursday 5pm-8pm
BARKSDALE

KIDS NIGHTS

2 Monday 5pm-7pm
Kids Crafts Night with Magician
Russ Nowack

9 Monday 5pm-7pm
Lydia Walker Music/Kids Night
with Chick-fil-A Cow

16 Monday 5pm-7pm
Magician Russ Nowack

23 Monday 5pm-7pm
Icedream Sundae Bar, Magician
Russ Nowack

30 Monday 5pm-7pm
Magician Russ Nowack

9 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

10 TUESDAY HOME BUYING AFTER HOURS EVENT

5:30 p.m. to 7:30 p.m. Hosted
by Altra Federal Credit Union.
Registration begins at 5:00 p.m.

Belle Hollow at Miss Lucille's
2231 Madison Street

13 FRIDAY OLD-TIME FIDDLERS' CHAMPIONSHIP

7:00 p.m., and again Saturday,
March 14 at 9:00 a.m. to 11:00 p.m.
A bluegrass music festival for the
whole family. Many of the best
old-time musicians will be playing.
The price of admission is \$8 for
Friday and \$10 for Saturday or a
two day ticket is \$15. Children
under 10 are free with paid adult.

We will have on site concessions
featuring Shiloh barbecue. We
also have craft vendors so you
can shop. The event is held in the
auditorium of the school. This
event is sponsored by Hilldale
Civitan Club and all proceeds
from the event are donated to local
charities. Come have a great time
and help your community as well.
For additional information for the
festival, advance tickets or being a
vendor please call James or Debra
Heaton at (931) 552-1113.

Rossvie High School
1237 Rossvie Road
tnfiddlers.com

14 SATURDAY CHAPTER 45 DAV FUNDRAISER EVENT

9:00 a.m. to 4:30 p.m. Contact
Information: DAV, Chapter 45, PO
Box 70465, Clarksville, TN 37042.

PX on Fort Campbell
(931) 551-6625
renee_ad56@hotmail.com

HOME IMPROVEMENT SHOW & VENDOR MARKETPLACE

Visit for information and ideas to
spruce up your home for spring
from local businesses.

Governor's Square Mall
2801 Wilma Rudolph Boulevard
governorssquare.net
(931) 552-0289

CANDLELIGHT BALL

6:00 p.m. cocktail hour, 7:00 p.m.
dinner and awards ceremony. See
article on page 12.

Hilton Nashville Downtown
121 4th Avenue South
(931) 221-7979

15 SATURDAY CHAPTER 45 DAV FUNDRAISER EVENT

9:00 a.m. to 4:30 p.m. Contact
Information: DAV, Chapter 45, PO
Box 70465, Clarksville, TN 37042.

PX on Fort Campbell
(931) 551-6625
renee_ad56@hotmail.com

17 TUESDAY

ST. PATRICK'S DAY

KICKBOXING FOR ADULTS AT KRIEGISCH MARTIAL ARTS

Try KMA's Fitness Kickboxing for
adults (ages 16 and up). It is a
fantastic way to get in shape and

FREE

SPRING EGGSTRAVAGANZA

SATURDAY, APRIL 4, 2015
1-4 PM AT HERITAGE PARK BALLFIELDS

**EGG HUNTS FOR CHILDREN
AGES 3-10 ONLY**

FOR EGG HUNT TIMES, VISIT
WWW.CITYOFCLARKSVILLE.COM/EGGS

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Clarksville Family CLARKSVILLE
Special thanks to the Clarksville Police
Department for their support and assistance.

Easter activities

GOVERNOR'S SQUARE MALL

your stores, your mall.
experience
**it
ALL**

upcoming events

Sunburst Beauty Pageant
March 7, 5pm, Food Court

Easter Bunny Photos
March 7-April 4, Center Court.
Please visit www.GovernorsSquare.net for hours.

**Pancake Breakfast
with the Easter Bunny**
Provided by The Deli.
March 28, 9am, Main Entrance. Tickets are \$5 and are
available at The Deli through March 25. Tickets must be
purchased in advance.

GovernorsSquare.net • MailGiftCards.net
10am to 9pm, Mon.-Sat. • 11am to 6pm, Sun.
2801 Wilma Rudolph Blvd. • Clarksville, TN • 931.552.0289
For more details and a full list of upcoming events visit GovernorsSquare.net or
the Customer Service Center. All events are subject to change or cancellation without notice.

build self confidence in a safe and friendly environment. Class time is 7:30 p.m. to 8:15 p.m. These exciting and energetic classes are for new students only. Class size is limited. Pre-registration is required.

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

DIABETES SUPPORT GROUP

5:30 p.m. to 6:30 p.m. Offers up-to-date information and peer support related to self-management of diabetes.

Liberty Rooms
Gateway Medical Center
651 Dunlop Lane
(931) 502-1695

18 WEDNESDAY ALZHEIMER'S CAREGIVERS SUPPORT GROUP MEETING

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

Cumberland Presbyterian Church
1410 Golf Club Lane

19 THURSDAY KICKBOXING FOR ADULTS AT KRIEGISCH MARTIAL ARTS

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

are for new students only. Class size is limited. Pre-registration is required.

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

21 SATURDAY CUSTOMER APPRECIATION DAY

See ad on page 32.

Sango Pharmacy
2197 Madison Street Suite 109
(931) 919-2491

PROM & SPRING FASHION SHOW

Save the date! If you are interested in modeling in the show, please email or call 931-552-0289 for details.

Governor's Square Mall
2801 Wilma Rudolph Boulevard
governorssquare.net
(931) 552-0289
marketing@governorssquare.net

22 SUNDAY MUSIC AT GRACE— CONCERT CHORALE OF NASHVILLE

New this year! The masterful voices of the Concert Chorale will perform "The Son of God" by James Whitbourn featured in the BBC landmark series Son of God. This concert is also a benefit for the Pastoral Counseling Center of Clarksville, a local center for more than 25 years providing individual and family counseling to those without access or financial resources, at 516 Madison Street.

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931-980-2307

 
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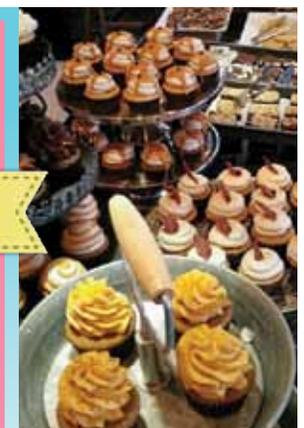
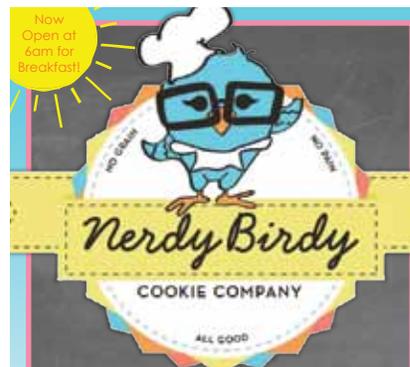
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www.nerdybirdycookies.com

 www.facebook.com/nerdybirdycookies

Grace Lutheran Church
2041 Madison Street
(931) 647-6750
office@glctn.org
Robert Craft

26 THURSDAY VISITOR DAYS AT KRIEGISCH MARTIAL ARTS

Toddlers and a parent can enjoy a free class and make new friends at KMA. Class time is 10:00 a.m. to 10:30 a.m. and is open to children 2 to 3 years old (children must be accompanied on the floor by an adult). These exciting and energetic classes are for new students only. Class size is limited. Pre-registration is required.

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

27 FRIDAY VISITOR DAYS AT KRIEGISCH MARTIAL ARTS

Kids can enjoy a free class and make new friends at KMA. Class time is 4:30 p.m. to 5:00 p.m. and

is open to children 3 and 4 years old. These exciting and energetic classes are for new students only. Class size is limited. Pre-registration is required.

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

28 SATURDAY BREAKFAST WITH THE EASTER BUNNY

9:00 a.m. to 10:00 a.m. Enjoy a pancake breakfast and a special visit with the Easter Bunny! Breakfast will be provided by The Deli. Tickets (\$5) are available at the The Deli located near Dillard's in Center Court. Tickets must be purchased by Wednesday, March 25. Tickets are required for guests 1 and up. Personal photos are permitted. Professional cameras are not permitted.

Governor's Square Mall
2801 Wilma Rudolph Boulevard
governorssquare.net
(931) 552-0289

WETTEST EGG HUNT

Ages 1-11, \$3. Pre-registration is required and begins March 1. See article on page 18. See ad on page 46.

Indoor Aquatic Center
166 Cunningham Lane
cityofclarksville.com/wettestegghunt

April

1 WEDNESDAY APRIL FOOL'S DAY

4 SATURDAY SPRING EGGSTRAVAGANZA

1:00 p.m. to 4:00 p.m. Free event sponsored by the City of Clarksville. Games, activities, inflatables, prizes, egg hunt for ages 3-10, and more. See ad on page 44.

Heritage Park Ball Fields
1241 Peachers Mill Road
cityofclarksville.com/eggs

5 SUNDAY EASTER

11 SATURDAY FAMILY FUN RUN

10:00 a.m. Hosted by Northeast Elementary. This race will encourage students to walk or

run a mile. Afterwards, bring your lunch for a family picnic and read your favorite book. T-shirts will be provided for those whose pre-register. Books will be awarded to the top three runners in each division. Cost: \$15 pre-registration, \$20 the day of the race.

Northeast Elementary
3705 Trenton Road
Lisa Kemmer
lisa.kemmer@cmcss.net
(931) 648-5662

12 SUNDAY DAY OF PLAY

1:00 p.m. to 4:00 p.m. Free event with stage shows, door prizes, fun family resources, giveaways and many special appearances. See ad on page 18.

Wilma Rudolph Event Center
1190 Cumberland Drive
(931) 648-3695

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

www.ujumpinfoulks.com
931.801.4342

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- Reunions
- Company Picnics

Reserve Yours Today!

All Aboard!! The Foulks Express!

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

Book between now & March 31st to get \$20 off any inflatable rental!

SATURDAY, MARCH 28

CLARKSVILLE
2015

**WETTEST
EGG HUNT**

INDOOR AQUATIC CENTER

For just \$3, kids ages 1-11 years-old can collect sunken or floating Easter Eggs from the pool!
Pre-registration is required.

For full schedule and registration link, visit
www.cityofclarksville.com/wettestegghunt

Clarksville Family

CUSTOMS HOUSE MUSEUM & CULTURAL CENTER

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

EXHIBITS:

In the Garden: A Women's History Month Exhibition

March 10th - May 10th

Sergio Gomez: The Land In Between

March 6th – May 10th

The Quiet Stage: The Art of Lynn Garwood

March 3rd – 29th

This Exhibit Sponsored by Nashville Arts Magazine

Go Figure!

March 1st – June 14th

Go Figure! transforms charming children's books into a kid-sized world where children and adults delight in exploring math and books. The exhibit offers hands-on, play-filled experiences with simple math concepts, and areas for children and adults to read together. Each environment offers a unique setting in which

the vital link between parent and child is supported without being prescriptive. Parental interest and involvement can foster a child's natural curiosity and intuitive sense of math, making a difference in school and later in life.

Developed by Minnesota Children's Museum in partnership with the American Library Association and supported by the National Science Foundation.

The Creative Gilmans

March 5th – May 10th

Westward Ho!

March 17th – May 10th

ACTIVITIES:

March in the Children's Room: Math & Measurement

Open 10 a.m. – 5 p.m., Tuesday – Saturday

The Children's Room provides exhibit-related, hands-on learning experiences for families. There are books to read, puzzles to complete, puppets to pretend with, crafts to make, art to enjoy, objects to examine, and things to try. This month we will discover the importance of numbers in recipes, illustrate a counting rhyme, and see who can build the tallest block tower. Activities vary weekly, so drop in often.

Let's Find: Pairs For Children 2 – 5 years old & their adults

March 10th & 11th, 10:30 – 11:30 a.m.

Put on your favorite pair of shoes and socks and join us as we look for pairs of objects in the museum. We will also use a pair of scissors to make something to take home

and read a story. Siblings are always welcome!

Family Fun Day: One Two, Buckle My Shoe

March 14th, 10 a.m. – 4 p.m.

This little nursery rhyme is probably our first introduction to math. Through it and other rhymes like it, we learn to count while enjoying delightful and often silly stories. You are invited to join Ms. Sue in the Children's Room as we explore the fascinating world of numbers. This activity is in conjunction with the exhibit "Go Figure."

All activities are free with your museum membership or paid admission. For more information, contact Ms. Sue at (931) 648-5780 or sue@customshousemuseum.org

THE ROXY REGIONAL THEATRE

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

HONKY TONK ANGELS

The creator of *Always...* Patsy Cline combines over 30 classic country tunes with a hilarious story about three gutsy gals who are determined to better their lives and follow their dreams to Nashville. The all-hit song list includes "I'll Fly Away," "Stand by Your Man," "Harper Valley PTA," "9 to 5," "Coal Miner's Daughter," "Ode to Billy Jo," "These Boots Are Made for Walking," "Rocky Top" and "I Will Always Love You."

8pm March 6 & 7

7pm March 4 & 5

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

MEASURE FOR MEASURE

Duke Vincentio appoints Angelo as deputy of Vienna. Under Angelo's watchful eye, old laws against impropriety and lewd behavior are newly enforced. But can Angelo adhere to his own high standards? One of Shakespeare's darkest comedies, *Measure for Measure* explores the

layers of corruption and hypocrisy which often lurk beneath public righteousness.

8pm March 13, 14, 20 & 21

2pm March 21

Tickets \$15

TUESDAYS WITH MORRIE

Sixteen years after his college graduation, Mitch Albom happens to catch former college professor Morrie Schwartz's appearance on a television news program and learns that his old

professor is battling Lou Gehrig's Disease. Mitch is reunited with Morrie, played by Jay Doolittle, and what starts as a simple visit turns into a weekly pilgrimage and a class on the meaning of life.

8pm March 27 & 28 and April 3, 4, 10 & 11

7pm April 1, 2, 8 & 9

2pm April 4

Tickets \$20 (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.

CENTERSTONE FAMILY CENTERED SERVICES

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

CLARKSVILLE FAMILY ADOPTION ASSOCIATION

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

CARING CHOICES OF CATHOLIC CHARITIES

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

OAK PLAINS ACADEMY

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

OMNI VISIONS INCORPORATED

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

YOUTH VILLAGES

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

ARTS, CRAFTS & HOBBIES

CLARKSVILLE MODEL RAILROAD CLUB

Dedicated to serving all those interested in the preservation of railroad history. We encourage by all manner and means the art and craft of model railroading and to educate persons engaged in model railroading in methods of building and

operating model railroad equipment. We are located in the basement of 404 Pageant Lane and meet

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

COMMUNITY SCHOOL OF THE ARTS AT APSU

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

MADISON STREET MUSIC & ARTS ACADEMY

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

MONTGOMERY COUNTY WATERGARDEN SOCIETY

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

PARKS AND REC SUMMER THEATRE

For six weeks during the summer, the Roxy Regional Theatre hosts a summer drama camp sponsored by the Clarksville Parks and Recreation Department. Children ages 10 to 16 learn basic acting techniques, improvisational skills and stage movement, culminating in a free performance for family and friends on the final day of the program.

The 2015 Summer Theatre program runs June 1 through July 9, with classes meeting Monday through Thursday from 1:00 p.m. until 3:00 p.m. Registration, which is \$30 for the entire six-week program, will be available at the Parks and Recreation office on Public Square or online at recpro.cityofclarksville.com a week or two prior. You may register any time after June 1, but the fee remains the same.

ROXY REGIONAL SCHOOL OF THE ARTS

The Roxy Regional Theatre's School of the Arts meets every Saturday throughout the school year, offering classes in drama, dance and voice 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.

Fall 2015 classes begin on September 12. Acting classes meet every Saturday during the school year from 9:00 a.m. until 11:00 a.m. Cost is \$60/month. Alternating weeks of dance and voice classes are available from 11:00 a.m. to 12:30 p.m. for a combined total of \$100/month. No pre-registration is necessary, but all students are required to audition a monologue of their choice (1.5 minutes maximum) on their first day.

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

ATHLETICS

BUDDY BALL SPECIAL NEEDS ATHLETIC LEAGUE

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

CANINE FLYBALL CLUB

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

CLARKSVILLE BADMINTON CLUB

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

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

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

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

CLARKSVILLE IMPACT SOCCER CLUB

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

CLARKSVILLE TENNIS ASSOCIATION

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

CLUB WEST VOLLEYBALL CLUB

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

EMMANUEL FAMILY LIFE CENTER

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

SWIMMING EAGLES

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

TEAM CLARKSVILLE YOUTH WRESTLING

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

WARRIORS SPECIAL NEEDS CHEERLEADING

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

CHILDBIRTH & PARENTING EDUCATION

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 for info on classes (group, private or home-study).

BREASTFEEDING EDUCATION AND SUPPORT (WIC)

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

CLARKSVILLE BIRTH COMMUNITY

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

GATEWAY MEDICAL CENTER BREASTFEEDING CLASS

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

GATEWAY MEDICAL CENTER PRENATAL CLASS

Teach parents-to-be what to expect during childbirth and how to ease the discomforts of pregnancy. Classes start the first Wednesday and Thursday of each month at 7:00 p.m. in the Liberty Rooms of the Hospital, 651 Dunlop Lane. Call (931) 502-1180 to register.

GATEWAY MEDICAL CENTER SIBLING CLASSES

Offer brothers- and sisters-to-be an introduction to sibling interaction and a tour of the nursery. Classes the last Saturday of the month in the 3rd floor classroom at 10:00 a.m. Call (931) 502-1180 to register.

HEALTHY START

Healthy Start is a community outreach program fostering healthy childhood growth and development by providing free support services to first time parents and their babies. (931) 645-3976.

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

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

NINE MONTHS & BEYOND

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

WHOLE WOMAN BIRTH AND LACTATION SERVICES

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

CHILD CARE

CHILD CARE AWARE

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

MID-CUMBERLAND CHILDCARE RESOURCE AND REFERRAL

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

MONTGOMERY COUNTY CHILD CARE PROVIDERS BY AREA

At the following links you will find individual child care providers, state star quality ratings, capacity, minimum & maximum age accepted, hours of

operation and transportation information. (Home based child care facilities are also listed.)

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

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

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

PARENT INFORMATION NETWORK

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

PROGRESSIVE DIRECTIONS

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

TENNESSEE NUTRITION & CONSUMER EDUCATION PROGRAM (TNCEP)

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

CHILD PROTECTION & DOMESTIC CRISIS SERVICES

AL-ANON & ALATEEN

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

CLARKSVILLE RAPE AND SEXUAL ABUSE CENTER

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

CHAP PROGRAM OF CATHOLIC CHARITIES

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

DEPARTMENT OF CHILDREN'S SERVICES

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

LEGAL AID SOCIETY

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

MONTGOMERY COUNTY CHILD SUPPORT SERVICE

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

SAFEHOUSE

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

CHILDREN'S GROUPS 4-H YOUTH DEVELOPMENT

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

BOY SCOUTS OF AMERICA

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

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

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

GIRL SCOUTS OF MIDDLE TENNESSEE

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

LEAP ORGANIZATION

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

COMMUNITY OUTREACH

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

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

For more information on the benefits of being a member or the service the Association offers contact the office

between 8:00 a.m. and 4:00 p.m. Monday through Friday at (931) 431-0199 or at our website ScreamingEagle.org.

ALL NATIONS BIBLICAL STUDY CENTER

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

APSU EXTENDED EDUCATION

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

ARMY COMMUNITY SERVICE

At 6733 Air Assault Street, Fort Campbell, "Family Readiness" is the state soldiers, spouses and family members proactively prepare for, and in which they are able to cope with mobilization, deployments and prolonged separations. To prepare, soldiers (both active and reserve components) and their families attend classes and receive written instructional materials on subjects such as how to prepare a will, how to establish and manage a household budget, how to communicate with children of various ages, and how to maintain communication with the rear detachment of the deployed unit. (270) 798-0609, relocation@fortcampbellmwr.com or www.fortcampbellmwr.com/ACS/familyReadiness.htm.

ASERACARE HOSPICE 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 understanding environment. Remember that support groups will take several sessions to help develop coping skills and strategies to deal with one's loss(es). AseraCare Hospice offers grief support groups and individual bereavement services free of charge open to anyone who has or is experiencing grief. A new six-week support group will start every 10 -12 weeks. For more information, please contact Henry Moore Jr. at (931) 551-4100.

BAYANIHAN FILIPINO-AMERICAN INTERNATIONAL GROUP

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

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

CRISIS CALL LINE

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

CROATIANS IN TENNESSEE

Our goal is to share our culture and information about Croatia. We would like to unify Croatians and encourage educational opportunities for Croatian youth here and abroad. Our annual event at Liberty Park will showcase our amazing culture, food and dance. Our club will help Croatians who want to move to Clarksville and make sure their transition is smooth. Visit www.facebook.com/groups/CroatiainsinTennessee/

DAGAN FOUNDATION

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

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

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

FREE CAKES FOR KIDS KY & TN

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

FRIENDS OF THE BLUEWAY

A group dedicated to keeping Clarksville's Blueway beautiful and directly involved with the new access point park on Tiny Town. We will have clean up days, fundraisers, events and meetups. This group is passionate about outdoor activities, including kayaking and canoeing. The Parks and Rec department

works closely with this group and gives insight on future access points to the rivers. Visit our facebook at [facebook.com/FriendsoftheBluewayClarksvilleTN](https://www.facebook.com/FriendsoftheBluewayClarksvilleTN) for more information and sign up for email updates at outdoorclarksville.com.

FRIENDS OF ROTARY PARK

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

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

GATEWAY HOME HEALTH & HOSPICE

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

GOOD NEWS CLUBS

Most children do not attend church but most do attend public school! Good News Clubs® are after-school Bible clubs that meet one afternoon a week at the school to teach children about Jesus, and are run by volunteers who are specifically trained and screened by Child Evangelism Fellowship (a worldwide interdenominational ministry to children since 1937). Perhaps God would use you in this important ministry! ReachingKidsForJesus.com, (931) 241-8202, Facebook: CEF Greater Clarksville Chapter.

HABITAT FOR HUMANITY AND RESTORE

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

HUI HAWAII O TENESI HAWAIIAN CIVIC CLUB

Chartered by the Association of Hawaiian Civic Clubs in Hawaii, the club's goal is to perpetuate the Aloha Spirit and the Hawaiian Culture throughout the state of Tennessee and the surrounding area. Because of our close proximity to Fort Campbell, we are able to contact many native Hawaiians who are stationed here or have decided to retire in the local area. Many soldiers and their families have been stationed in Hawaii and also elect to join us and partake in the activities. Membership is open to everyone, and we love our times to meet and share the Aloha Spirit and the "local grinds"

that everyone learns to love. For more information, please call Marlene Livesay at (931) 572-0804 or visit our website at www.huihawaiiotn.com.

HOPE CENTER

A community service branch of the Family Guidance Training Institute, Inc. provides a number of community activities to include summer camps for seriously emotionally disturbed children, S.T.E.P. into the Light, a women's holistic wellness group, and Women's Share community. The Hope Center also offers a multitude of workshops for community organizations. For further information regarding our programs, please call (931) 431-7580.

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 or clarksvillehumanesociety.org.

LATINA ASSOCIATION

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

LOAVES AND FISHES

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

MANNA CAFÉ MINISTRIES

Serving the Montgomery 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 or call (931) 233-0519.

SUNCREST HOME HEALTH

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

TENNESSEE REHABILITATION CENTER AT CLARKSVILLE

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

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

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

UNITED WAY

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

VETERANS UPWARD BOUND

Provides free educational services to veterans who are planning to enroll in college or technical school, or to take the GED Exam. The program is funded

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

COUNSELING, SUBSTANCE ABUSE & MENTAL HEALTH

ALCOHOLICS ANONYMOUS

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

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

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

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

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.

ASPERGER/AUTISM CENTER

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

BRADFORD HEALTH SERVICES

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

CELEBRATE RECOVERY-FIRST CHURCH OF THE NAZARENE

7:00 p.m. to 9:00 p.m. every Friday at Fellowship Hall of Clarksville First Church of the Nazarene, 150 Richview Road. A Christ-centered 12 step recovery program for people with hurts, habits, and hang ups. This ministry provides a safe place to share, a place of belonging, a refuge, a place to grow and become strong again...a possible turning point in your life! Come enjoy fellowship and food, praise and worship, teaching and testimonies, then meet in men's and women's share groups. Childcare is

available for ages 10 and younger. For more info contact Pastor Brett at (931) 648-0110 or visit www.clarksvillefirst.com.

CELEBRATE RECOVERY-GRACE CHURCH OF THE NAZARENE

A 12 step recovery program for individuals that are seeking healing and recovery from hurts, habits and hang-ups is offered every Friday evening at Grace Church of the Nazarene, 3135 Trenton Road. The 12 steps are based on the 8 principles of recovery taken from the Beatitudes in Matthew 5 of the Bible. Celebrate Recovery is a safe place where anonymity and confidentiality are critical elements for recovery. The evening begins at 6:15 p.m. with dinner 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.

HEALTH CONNECT AMERICA

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

THE FAMILY GUIDANCE TRAINING INSTITUTE

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

LIFESOLUTIONS - ASPIRE & JOBLINK

611 Eighth Street, (931) 920-7210.

MENTAL HEALTH COOPERATIVE

Provides evidence-based services including: Child & Family Counseling, Child Psychiatry and Community Based Case-Management to children and adolescents with emotional/behavioral challenges. Case managers assist families in their homes with parenting and behavior management in addition to linking them to needed resources in the

community. Initial intake assessments are offered within one week and at no cost. MHC welcomes TennCare recipients. Located at 1808 Haynes Street. For more information or to make a referral please call (931) 645-5440 or visit www.mhc-tn.org.

OAK HILL RESIDENTIAL

118 Union Street, (931) 647-8257.

PASTORAL COUNSELING CENTER

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

THE PATH LIFE COACHING

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

REGIONAL INTERVENTION PROGRAM (RIP)

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

VIVIAN HOUSE

125 Vivian Street, (931) 920-7235.

WEEMS ACADEMY

812 Greenwood Avenue, (931) 920-7370.

WESTERN KENTUCKY MEDICAL OPIOID TREATMENT

Methadone Maintenance Treatment combined with counseling and

professional help for medical, psychiatric, and socioeconomic issues has the highest probability of being effective for opiate and heroin addictions. Methadone is one of the longest-established, most thoroughly evaluated forms of drug treatment. Once accepted into the program, individuals will receive doses of methadone and individual counseling to address the patients specific treatment needs. Please give us a call at (270) 887-8333.

YMCA'S RESTORE MINISTRIES COUNSELING CENTER

Restore Ministries offers one-on-one, couples (including marital and pre-marital) and family counseling in addition to play therapy for children ages 3-12 years old in a safe and confidential setting. Private counseling fees are frequently out of reach for individuals with limited financial resources or no insurance, but we are committed to providing professional, holistic counseling on a sliding scale so that no one is turned away due to the inability to pay. You do not have to be a member of the YMCA to seek counseling. For more information about our counseling services or to schedule an appointment, please contact Susanna Powers at (931) 647-2376 or spowers@ymcamidtn.org.

INTERNATIONAL ORGANIZATIONS MISS TENN KY AREA AFS VOLUNTEER LEADERSHIP TEAM

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

Many, but not all, new AFSe's applications are already available for viewing for the 2015-16 school year. Host parents may go to www.afsusa.org/host to view them and fill out a hosting application. Keep in mind that CMCCS will only allow four exchange students per year for each high school. To ensure getting the student of your choice in your area high school, it is recommended that you apply early.

There is still room available to students who wish to study abroad this summer 2015 and for the school year 2015-16 for year long and gap year programs. Go to www.afsusa.org/study-abroad for more information and/or contact Becky Heywood (sending coordinator) at AFSbecky@comcast.net ongoing on an exchange with AFS-USA.

Local Contacts: Dr. Barbara Y. Willis at (931) 378-7258 and afsbarb58@gmail.com or Sandy Rich at srich@afsusa.org or (865) 617-0665. The local Miss Tennyky Area AFS Volunteer Leadership Team web site is www.afsusa.org/misstennyky/. Follow AFS on Facebook: AFSUSA, Twitter: afsusa, YouTube: AFSTV and Flickr: afsusa.

YOUTH FOR UNDERSTANDING USA (YFU)

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

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

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

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

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

PARENT GROUPS CLARKSVILLEMOMMIES.COM

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

CLARKSVILLE HOMESCHOOL NETWORK

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

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

HOPE@HOME (HELPING OTHER PARENTS EDUCATE AT HOME)

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

HOPKINSVILLE SAHM MEETUP GROUP

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

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

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

MOMS CLUB OF CLARKSVILLE

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

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

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

MOPS AT FIRST BAPTIST CLARKSVILLE

Meets on select Fridays every month throughout the school year from 9:30 a.m. to 12:00 p.m. at First Baptist Church downtown, 435 Madison Street. Childcare is provided for members. For more information on visiting a meeting or joining please contact Alison Weakley, child care coordinator, at (931) 409-2466, or send an email to clarksvillemops@gmail.com

clarksvillemopsatfbc.wordpress.com. We look forward to meeting you!

FT. CAMPBELL MOPS

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

HILLDALE BAPTIST CHURCH MOPS

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

SPRING CREEK MOPS

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

PARENTS OF MULTIPLES

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

PARENTS REACHING OUT

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

TNSHARE (SECULAR HOMESCHOOLERS: ANY RELIGION, ECLECTIC)

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

TENNESSEE EARLY INTERVENTION SYSTEM (TEIS)

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

WIC NUTRITION EDUCATION CENTER

All prenatal moms are welcome to a free preparation breastfeeding class (includes free breastfeeding information packet). 1:00 p.m. to 2:00 p.m. the third Thursday of each month at the WIC Clinic, 1850

Business Park Drive. Call (931)551-8777 for more information. No reservations needed.

RETIREMENT GROUPS

AARP LOCAL CHAPTER 1957

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

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

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

Local NARFE Chapter 870 meets on the 2nd Thursday of each month at the Shoney's on North Second Street. We gather to eat at 10:00 a.m. with the business meeting beginning at 11:00 a.m. Even with our speaker, we are normally finished by 12:30 p.m. or 12:45 p.m. We have a private area reserved with our own waitress service. We always have an interesting program. We encourage retired or active federal employees to join us and bring a guest. For more info, please contact Sandra Simms at (931) 368-9903, (931) 249-9339 or hsimms6551@charter.net.

SUPPORT GROUPS

ALZHEIMER'S CAREGIVERS' SUPPORT GROUP

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

ARMY COMMUNITY SERVICE

At 6733 Air Assault Street, Fort Campbell, "Family Readiness" is the state soldiers, spouses and family members proactively prepare for, and in which they are able to cope with mobilization, deployments and prolonged separations. To prepare, soldiers (both active and reserve components) and their families attend

classes and receive written instructional materials on subjects such as how to prepare a will, how to establish and manage a household budget, how to communicate with children of various ages, and how to maintain communication with the rear detachment of the deployed unit. (270) 798-0609, relocation@fortcampbellmwr.com or www.fortcampbellmwr.com/ACS/familyReadiness.htm.

ASMT (AUTISM SOCIETY OF MIDDLE TENNESSEE)

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

AUTISM SUPPORT GROUP

Donna Richardson at (931) 503-2315.

CLARKSVILLE ASSOCIATION FOR DOWN SYNDROME (CADSTN)

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

CLARKSVILLE MONTGOMERY COUNTY MULTIPLE SCLEROSIS SUPPORT GROUP

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

CAMP WILLOW CREEK

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

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

CLARKSVILLE OSTOMY SUPPORT GROUP

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

CLARKSVILLE PARENT/ CAREGIVER SUPPORT GROUP

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

DIABETES SUPPORT GROUP

Need help managing your diabetes? Gateway's diabetes support group offers up-to-date information and peer support related to self-management of diabetes. The group meets the third Tuesday of each month from 5:30 p.m. to 6:30 p.m. in the Liberty Rooms of Gateway Medical Center. For more information call (931) 502-1695.

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.focusautisminow.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 cvohland-free@jdrf.org.

NAMI (NATIONAL ALLIANCE OF THE MENTALLY ILL)

Meets the second Tuesday of the month from 6:30 p.m. to 8:30 p.m. at the Clarksville-Montgomery County Public Library, 305 Pageant Lane. For more information call Karen at (270) 885-9410

or Bertha at (931) 216-3590. Some one you love has a mental illness, recovery is possible. Help. Hope. Healing.

PARENTS HELPING PARENTS

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

PARKINSON AWARENESS AND FELLOWSHIP GROUP

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

TENDERPAWS PET THERAPY

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

YMCA'S RESTORE MINISTRIES SMALL GROUPS

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

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

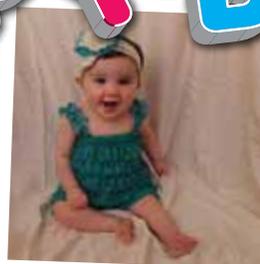
Wanna be on the Fridge?: Email photo to: fridge@clarksvillefamily.com by March 15th.

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

HAPPY BIRTHDAY!



Happy first birthday Reese!
Love, Mommy, Daddy, Bennett & Clay



Happy 1st birthday Rickella!
Love Mommy and Daddy



Happy 2nd Birthday Hadassah!
We love you!



Happy 2nd Birthday Maddox!
Mommy and Daddy love you



Happy 2nd birthday, Stacey
Love, Mom & Dad



Happy 3rd Birthday Avery!
Love you—Mama & Daddy



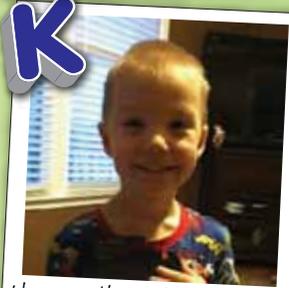
Happy 3rd Birthday, McKenzie!
Love, Mommy, Daddy, and Landon



Happy 3rd Birthday Tucker!
Love, Daddy, Mama & Benjamin



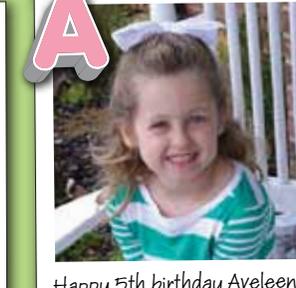
Happy Birthday Adyson Layne!



Happy 4th Birthday Kaden!
We Love You!



Happy 4th Birthday Opal Kay!
We All Love You!!



Happy 5th birthday Aveleen!
Love Mama, Daddy, and Colton



Happy 5th Birthday Kentley!!
Daddy, Mommy, Kender & Camden



Happy Birthday, Sydney!
Love Daddy, Stef and Eli



Happy 6th Birthday Natalie!!
Love Dad, Mom & Kate



Sebastian is 6!



Happy seven to sweet Avery Greene!
Love you, bug!



Happy 7th Birthday my little Shrimpy!!!



Happy 7th Birthday Wyatt!
We Love You!



Happy 8th birthday Maia!
Love you, Mommy, Daddy & Alessandra

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

HAPPY BIRTHDAY



Happy 9th Birthday Jacob!!
Love, Your Family



Happy 9th Birthday Mallory!
Love, Mommy, Daddy, and Ali



Happy 10th Birthday Jaliyah
We love you! Love your family!!



Happy 11th Birthday Kender!!
Love Daddy, Mommy,
Camden & Kentley



Happy 11th Birthday Rylee!
Love Daddy, Mama, & Bubba



Isaiah is 12!
We're so proud of you
Love, Mom & Dad



Happy 12th Birthday Glamour Girl!
We love you Kelcierra!



Happy birthday Nathan!
We love you
Love, Your Family



Happy Sweet 16 Alexis
We love you! Mom, Brad & Peyton



Happy 20th birthday Danae
Love, daddy, mommy and family



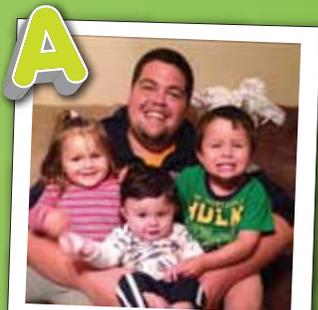
Happy 20th birthday Lauren!
We are so proud of you!



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

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

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



Happy 22nd birthday son,
Love, dad, mom and family



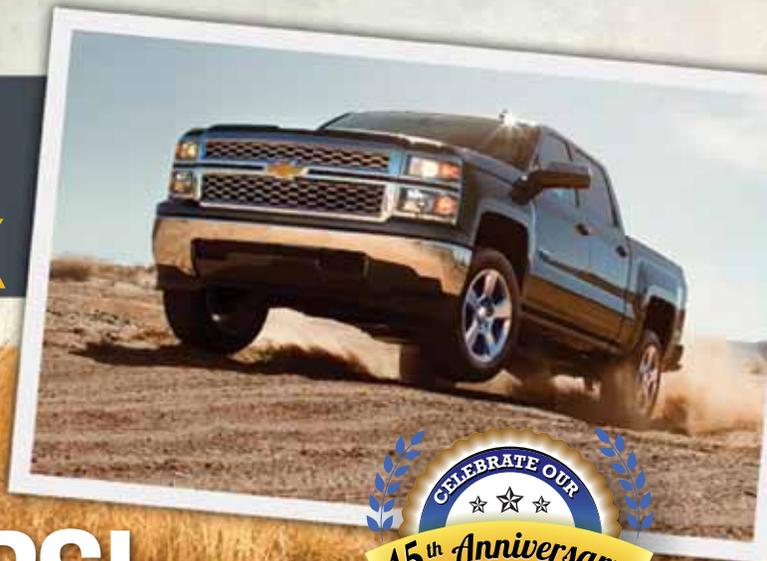
Happy Birthday to
Jayonna & GiGi

To YOU!!!



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