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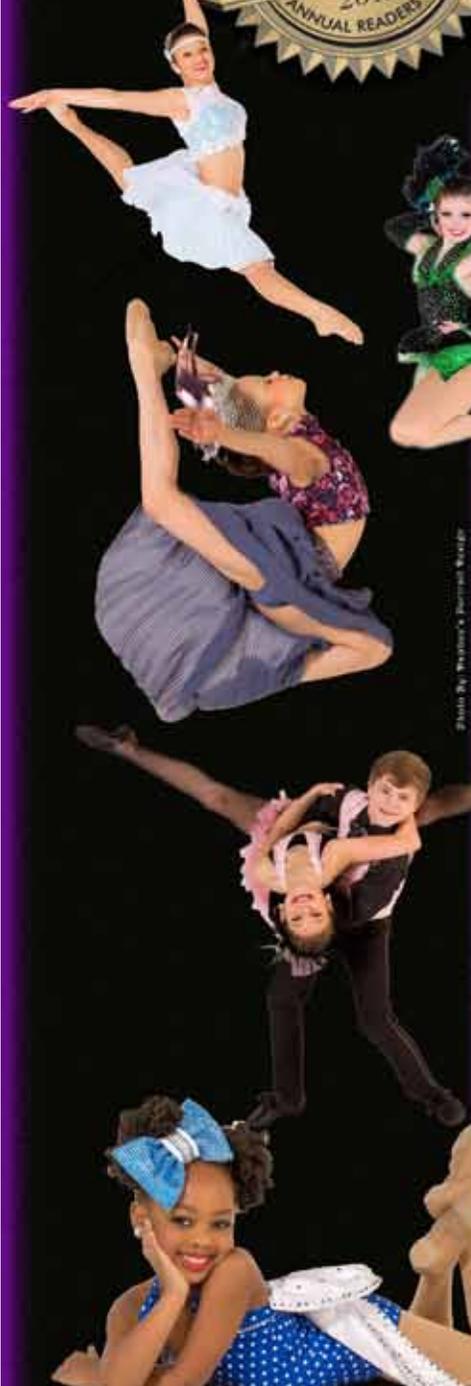
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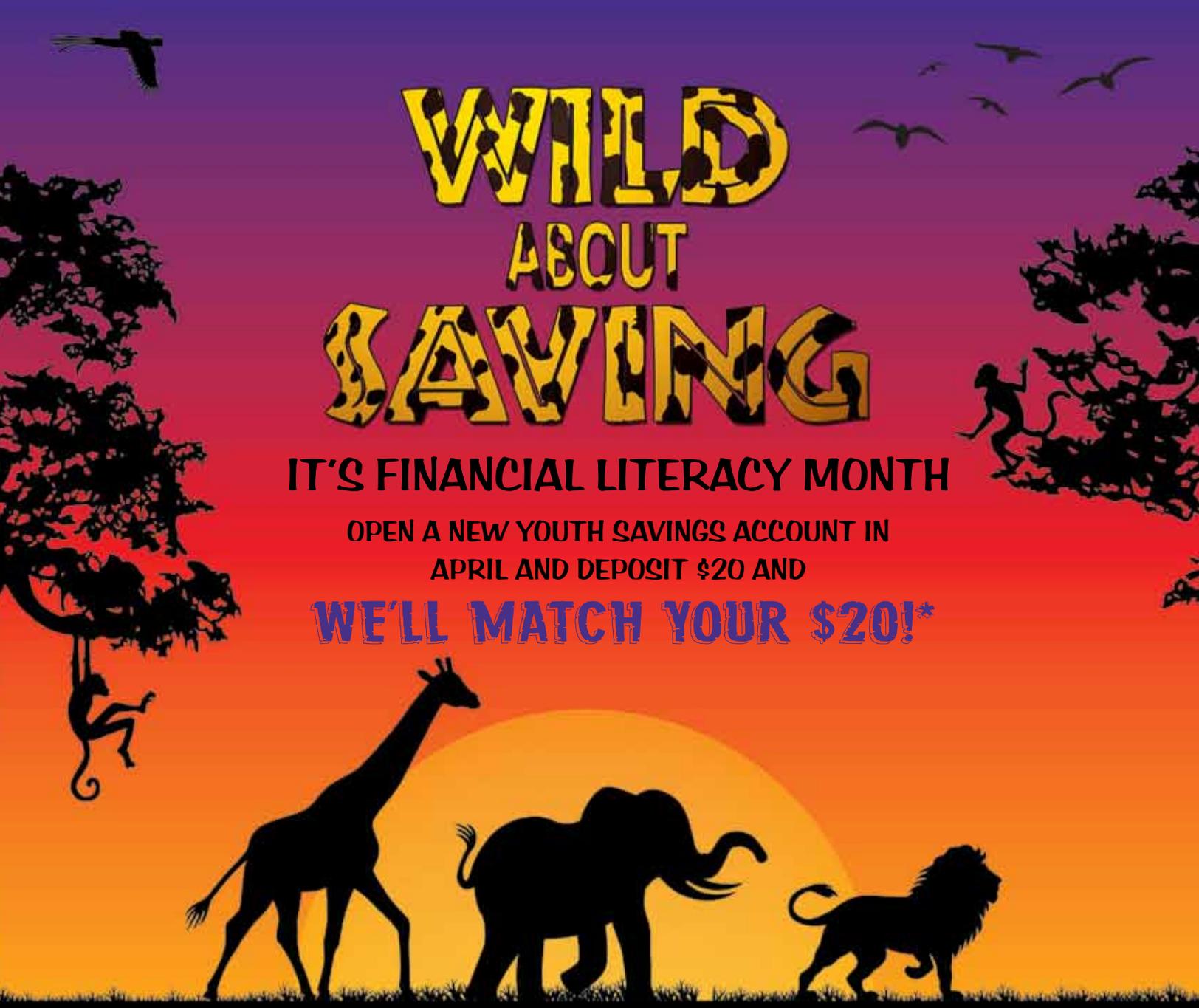


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Publisher's Message

I am always a little extra excited to write the letter for the April issue because that means that the magazine is another year older. Woo-hoo! (Our adorable cover girl, Londyn, is also 8, so that makes it extra special.)

We're so happy to have made it this far, and want to thank all of our readers, advertisers, wonderful employees and contributors for helping us all along the way. We look forward to many more to come, and hope you'll all be there with us.

Easter is literally right around the corner, and there are all sorts of things going on around town. Don't forget about Rivers & Spires on April 16th and 18th. They seem to outdo themselves every year and this should be no exception. You can read all about it in Taylor Lieberstein's article (page 22).

Be sure to check out all of the other great articles including a feature from Taylor about Miss Amazing Tennessee (page 6), and Pamela Roddy Magrans' articles on perception of color (page 26) and APSU's Watauga Arts Academy (page 12). And of course see the rest of what is going on in and around Clarksville in the calendar (page 42).

I think spring has finally sprung. I hope you all enjoy the warmer weather, stay safe and have a happy Easter. As always, thank you for picking us up!

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.

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

For all other information:

Phone: (931) 320-9869

E-mail: info@clarksvillefamily.com

Fax: (931) 919-1234

Mail: PO Box 31867
Clarksville, TN 37040

Web: clarksvillefamily.com

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Owner/Publisher

Carla Lavergne

Editor

Cliff Lavergne

Graphic Design

Colleen Devigne

Carla Lavergne

Advertising Sales

Rachel Phillips

(931)-216-5102

rachel@clarksvillefamily.com

Staff Writers

Brenda Hunley

Taylor K Lieberstein

Pamela Roddy Magrans

Contributing Writers

Dr. Mitchell Kaye

Dr. Catherine Meeks

Special Thanks

Paul and Paula

Clarksville Family Magazine

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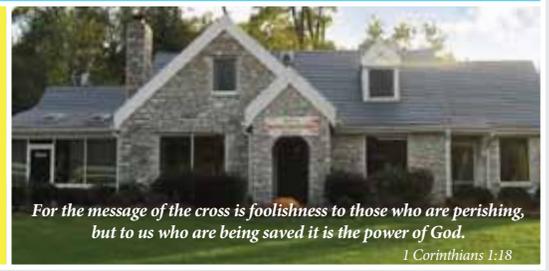
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MISS AMAZING TENNESSEE

by Taylor K Lieberstein

“Kaylie Hill has a sparkle and smile that never stop,” said Spencer Petty, one of founders of the Miss Amazing Tennessee Pageant.

In January, Hill competed for the Tennessee title alongside 14 other young women and teens in 5 groups, ranging in age from 10 to 35. She was crowned Preteen Queen. As Tennessee’s first Miss Amazing Preteen Queen, Hill will represent the state this July in Los Angeles at the Miss Amazing National Pageant, a specialty pageant for girls and women with disabilities.

Although this is the first year the Miss Amazing pageant was held in Tennessee, the National Miss Amazing Pageant was founded in 2007 in Nebraska by Jordan Somers. Somers describes the Miss Amazing Pageant as a three in one philanthropy saying that, “For one, the contestants have the opportunity to raise their confidence throughout the year by preparing for and performing at the Miss Amazing

Pageant. Furthermore, the community also benefits from the funds raised from ticket sales and the silent auction. Looking a little deeper, the volunteers and audience members are also able to go through their own journey as they learn something different from each of the contestants.”

Petty, a Franklin resident, was only 16-years-old when she brought the pageant to Tennessee. Petty first heard about Miss Amazing during a recent pageant in which she was a contestant. She said other girls told her about their work with disabled girls competing in their home states across the country. They explained that they thoroughly enjoyed the experience and she

decided she wanted to bring the opportunity to girls with disabilities in Tennessee.



“After I had competed in National American Miss Pageants for nine years, I knew what pageants had done for me in increasing my confidence and I wanted to offer this same experience to young ladies with disabilities. Each girl gets to practice communication skills in a supportive environment. Every participant becomes a Miss Amazing Princess and is awarded a tiara, rose and trophy for their bravery and effort, plus it is free to enter,” said Petty.

The Miss Amazing event, held at the Embassy Suites hotel in Cool Springs in January, drew a crowd of about 150—more than national organizers had told Petty to expect.



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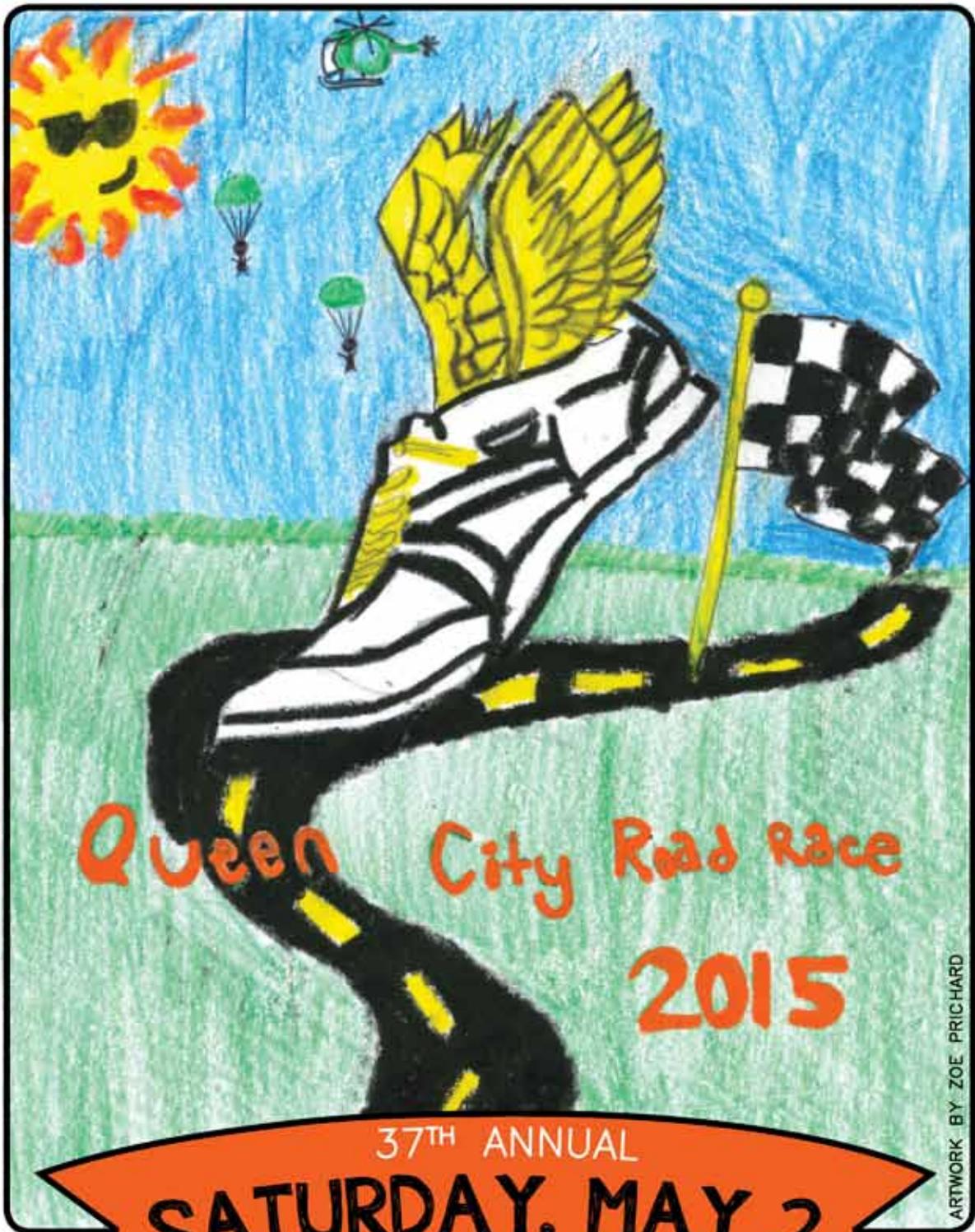
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Judges for the pageant were recruited from throughout the special needs community. Directors found various individuals with experience and training in understanding the different types of disabilities and what levels of functionalities can be expected. After they interviewed each judge and checked their credentials they then trained them on the guidelines for evaluating each participant on their own capabilities instead of against each other. Some of the best judges this year were recruited from the medical community, the education field and the special needs service field.

After each participant was interviewed by the judges one on one, they introduced themselves on stage with a microphone and showcased their grace and poise while in evening wear. Then the judges' scores were tallied and the young lady with the highest total score was crowned the Queen for their age division to

represent the state of Tennessee throughout the year and at the national pageant. Kaylie is the current Preteen Queen. She earned a total of 55 points out of a possible 63.

“The judges commented that Hill maintained good eye contact and smiled throughout each event. They also noted she answered questions clearly and had good posture and poise. These are traits that will serve Kaylie well as she meets new people, participates in other activities, or interviews for jobs. The pageant experience helps to reinforce those skills,” said Petty of Tennessee’s first Miss Amazing Preteen Queen.

Kaylie was born almost three months early which resulted in her having

movement disorders, otherwise known as cerebral palsy. Fine motor skills like writing or eating she can handle, though at times not as gracefully as others. Gross motor skills such as walking prove to be the most difficult. That only slows her down as much as it has to. Aside from being mostly wheelchair bound she is a normal 10-year-old. She enjoys singing, dancing, playing, music and all the other glittery things girls love at her age. She does as much as she can by herself, even sometimes having to tell overly helpful friends “I can do this on my own,” in her own sweet way of course.

Hill is a devoted recycler that also spends much of her free time helping rescue stray animals. She has donated to Locks of Love not once, but three



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times. She also has aspirations to become the mayor of Clarksville where she says her first order of business will be to ban Styrofoam cups because of their harm to the environment.

In the past Kaylie has been known to watch TLC's popular *Toddlers and Tiaras* and has expressed interest in entering a pageant. Finally, a pageant

that caters to girls with disabilities presented itself and Hill jumped at the opportunity. After completing the first pageant the family says they found it to be a great event that they will definitely participate in again and highly recommend the opportunity to other girls with disabilities.

"Kaylie enjoyed her fancy dress, lots of hairspray and a little makeup.

It was pure joy and excitement, better than Christmas morning. It floods you with emotion to see your child who can't do everything like an average kid, do this and win. Her happiness means everything. Rewards came when she smiled with a sense of accomplishment. She was so proud of herself," said her mother, Susan Hill. "She didn't mess up her evening gown, her introduction or any of the things she worried about before the pageant."

Throughout the pageant process Hill made new friends from across the state and she looks forward to traveling with some of them to L.A. in the summer for the Miss Amazing National Pageant. In order to offset expenses the family has set up a go fund me account: [gofundme.com/KaygoestoNationals](https://www.gofundme.com/KaygoestoNationals). Funds raised will cover any fees, flights, and the hotel and car rental during the pageant week. There will be a Miss Amazing Spirit Night at Chick-fil-A later this month. All other fundraiser updates will be posted to her website, kayliehill.com.

The National Miss Amazing Pageant prides itself on celebrating the abilities of girls with disabilities. Through the Miss Amazing Pageant and other Miss Amazing programs, the founder hopes to give girls and women with disabilities an opportunity to reach their potential. In an atmosphere built around encouragement and support, they believe the Miss Amazing Pageant can bring communities together and encourage further inclusion for individuals with special needs.

Hills mother agrees with their concept wholeheartedly saying, "We will continue to be advocates for Miss Amazing even when Kaylie no longer competes. I would tell any parent to enter their own child into this pageant. You can't beat this experience for your girl."

The Miss Amazing pageant is different from any other pageant because the participants are judged not against each but by their own abilities. They each walk away with

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a tiara, a rose and a trophy for the bravery they show by entering the pageant. It is also different because there are no fees to enter. If you know someone that may want to be the next Miss Amazing, the official guidelines and entry requirements are on their website at missamazingpageant.com.

As for the national pageant later this summer, Kaylie hopes for another

title. No matter the outcome she is looking forward to an exciting week with her new friends. During the same week as the Miss Amazing National pageant, the Special Olympics World Summer Games are taking place in Los Angeles. The pageant girls get to attend the opening ceremonies and some other related events that week.

For more information about Kaylie or to inquire about a sponsorship visit her website at kayliehill.com.

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APSU WATAUGA ARTS ACADEMY

by Pamela Roddy Magrans

Albert Einstein once wrote, "Imagination is everything. It is the preview of life's coming attractions."

When a theoretical physicist who was one of the greatest minds of the 20th century asserts that "imagination is everything," we should certainly take note. Ironically, we often see creativity forced to take a nosebleed seat while the fact-oriented disciplines sit center stage. We see art, theater, and music programs diminished in the public schools. We hear that science and technology is the inertia of the future. Amidst the growing discord over education funding, Einstein's statement is worth reflection. Invention and discovery always stem from imagination.

This summer, high school students participating in the APSU Watauga Arts Academy will exercise Einstein's creative principle. They will delve into the arts for a two-week inclusive camp experience. They will join together in a creative environment, led by college professors, and begin the preview of their life's coming attractions, embracing

creativity as the cornerstone of progress.

APSU Watauga Arts Academy

The 2nd annual APSU Watauga Arts Academy is a residential summer camp held at Austin Peay State University June 14-27. This creative learning experience is multi-faceted. It sparks creative thinking, embraces individuality, and encourages cross-disciplinary expression.

The camp is hosted by APSU, in collaboration with the APSU Center of Excellence for the Creative Arts. The vision of the camp is to kindle the creative spirit in high school students, preparing them to be more prosperous in any field they pursue after high school. The belief that all businesses, organizations, and professions benefit from creativity is the cornerstone of Watauga.



By inspiring imagination and kindling the spark of creativity, the experience at Watauga is intended to give students a supportive place to showcase and develop their creative harmonies.

In addition, the camp organizers want to offer high school students a college experience. While on the campus of APSU, participants get the full-immersion experience of living on campus, being away from home, and developing relationships with peers and instructors.

The Four Cs of Watauga

The word "Watauga" is a Cherokee word meaning "beautiful waters." Indigenous tribes in the Southeast used to refer to the area that we now call Tennessee as "Watauga." The logo for Watauga Academy is a campfire, in honor of the Native Americans tradition of fireside music, dance, and story.



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Focusing on a sonata of creative options, participants choose art, music, dance, or theater as their primary focus for the camp. Within each of those creative focuses, Watauga emphasizes four pillars: **Creativity,**

Confidence, Commitment, and Courage.

Margaret Rennerfeldt, Co-Director of Watauga Arts Academy, states, "We have an interdisciplinary component that allows students to delve into related areas. Many students take advantage of the private voice and instrument instruction regardless of what program they may have as their focus."

Interdisciplinary activities are encouraged. Collaboration and group learning is an essential aspect of the experience at Watauga.

Last summer, fifteen students from Clarksville, Memphis, Virginia, and other outlying areas of Middle Tennessee attended.

"The students form an immediate cohort and bond as friends due to the small size of our camp. In addition, they are exposed, on a small scale, to what living on a college campus might be like. They live in the residence halls and eat in the cafeteria," said Ms. Rennerfeldt.

"The students are with assistants and/or faculty throughout the day and are supervised for all activities. However, they do gain a sense of independence by simply being away from home. The residence halls are monitored at all times by resident assistants and the male and female rooms are on separate floors," said Ms.



Rennerfeldt. "The students are allowed as much contact with home as they need. However, after the first one or two days we found that very few students were pre-occupied with calling home."

The Watauga Arts Academy provides a supporting place for artistic-minded students to join with a group of their peers and to network with professionals who share the same interests.

Eli Laura, Co-Director of Watauga Academy, states, "Watauga Arts Academy allows students to explore their interest in the arts with like-minded peers within a supportive and encouraging environment."

Faculty at Watauga Academy are professional artists and performers including several full-time APSU faculty and regional artists.

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“Students have the chance to develop their self expression while also collaborating with fellow artists,” said Dr. Laura.

Two of last summer’s participants are now students at APSU. The experience helped them develop independence, forge new relationships, and gain direction for a future career applying the arts.

A Student's Perspective

Austin Wells, now a freshman at APSU majoring in oboe performance and music education, attended the inaugural Watauga Academy last summer. For Austin, the specific music instruction and the social interaction with peers were the main benefits of the program.

“Watauga helped prepare me for college by the multitude of classes offered across the campus. It really immerses you in that world of learning. Everyone at Watauga helps you adapt,” said Austin.



“I got hands-on assistance with very advanced techniques that I wouldn't encounter in typical settings—which can be said for all fields of the arts academy. Watauga also helps with working with people you've never met before to come together and work on bettering the arts community in Clarksville. Watauga brings so much to the arts departments at Austin Peay,” said Austin.

To Apply

When Albert Einstein said, “Imagination is everything. It is the preview of life's coming attractions,” he acknowledged that all great

discoveries, both scientific and artistic, are birthed through imagination. If you have a budding imaginative high school student who is interested in art, dance, theater, or music, consider the Watauga Arts Academy for a summer life changing experience.

APSU Watauga Arts Academy will be held June 14- 27. The deadline for application is April 20. A \$25 application fee is required. Other details including tuition and fees can be accessed at apsu.edu/watauga. Audition materials must be uploaded within the online application and a teacher recommendation is required after the application has been submitted. Limited merit and need-based scholarships are available. Students are encouraged to apply as early as possible. Contact the APSU Watauga Arts Academy at (931) 221-7876 or email watauga@apsu.edu for more information.

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Sango Elementary School Spirit Night

TUESDAY, APRIL 14 • 5 - 8pm
Clarksville Christian School Spirit Night

THURSDAY, APRIL 16 • 5 - 8pm
Norman Smith Elementary School Spirit Night

TUESDAY, APRIL 21 • 5 - 8pm
East Montgomery Elementary School Spirit Night

THURSDAY, April 23 • 5 - 8pm
Barksdale Elementary School Spirit Night

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What You Can Do

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benefits to your overall health and reduces arthritis symptoms, too much exercise can make your condition worse.

Before starting an exercise regimen, consult your primary care doctor or rheumatologist—a doctor who specializes in arthritis

and rheumatic conditions—to ensure optimal benefits. A routine that incorporates aerobics and endurance, range-of-motion, and strength exercises reduces arthritis symptoms, according to the National Institute of Arthritis and Musculoskeletal and Skin Diseases.

A balanced diet is equally as important as exercise. Eating more fruits and vegetables while reducing fatty foods can play a significant role in helping you maintain a healthy body weight and increase your energy.

Medical Management

Even if you commit to a structured diet and exercise plan, you may need other interventions



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

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When was the last time you watched young children play? Watched them imitate Mom and Dad; act out their favorite storybook; or pretend to be a fireman, a mermaid, a “poly-horse-a-sarius” or whatever other fanciful creature they’ve invented? Did you find yourself smiling, even laughing, at how well they imitate grandma or their favorite uncle? Were you amazed at how creative they were and how much they’ve observed and absorbed? When was the last time you played with a child? I mean, really played: got down to their level, followed their lead, and let yourself be consumed by whatever they were engaged in, without thought to all the things that need to be done?

If you haven’t done either lately you are missing out on the most magical and effective learning experience in a child’s life: Play. Children learn through play—they learn to think, remember, and solve problems; to make friends and have empathy; and to understand the world.

Play is the work of children

Research shows that 75% of brain development occurs after we are born. Our brains are wired to continue to grow and develop by gathering new information and making connections—billions of connections! Every new and varied experience leads to brand new connections that form the foundation for further learning and success. A child’s work is to make as many connections as possible and play is the natural way children make those connections.

Benefits of Play

Through play, children explore and analyze; engage all of their senses and muscles, fire up their sense of wonder, imagination and observation and learn and practice skills. For example, *physical play* helps in the development of large and small muscles, builds strength and stamina; and skills such as balancing, running, skipping, jumping, throwing, etc. During *pretend play* children try new roles, situations and experiment with emotions. They learn to think beyond

what is familiar and use new words. By interacting with other children during *social play*, children learn social rules, expectations and develop a sense of values. They learn to negotiate, problem-solve and be part of group.

Not just for children

Play offers an opportunity for adults to fully engage with children and develop strong, nurturing relationships. Playing with a child opens lines of communications and opportunities to share concerns. Suspending your cares long enough to simply enjoy the company of a child as she leads you through play; the opportunity to escape your daily cares just for a moment and laugh; be silly; run; jump; holler and pretend; reduces stress and improves emotional well-being. As adults we need to continue to engage all our senses, muscles, imagination and our sense of wonder to create new and expand on existing brain connections—to continue learning, creating, exploring and innovating.

What is Day of Play?

Take part in Clarksville’s first Day of Play on the afternoon of Sunday, April 12, 2015. Dedicate some time for play to showcase how much children can learn through play - physically, intellectually, language, emotionally and socially.

Ways YOU Can Play:

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If you've haven't watched a child consumed in play or you haven't engaged in play with children in a while, we invite you to join us on Sunday, April 12, 2015 at the Wilma Rudolph Event Center from 1:00 p.m. to 4:00 p.m. for a FREE community Day of Play. Let's celebrate our children and join them in the hard work they do every day: let's play together, let's play every day, let's have a day of play!

Thank you

We would like to thank the following companies for their sponsorship of this special event:

- Early Connections Network—Platinum Level
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We would also like to thank the following companies and organizations in organizing the event:

- Early Connections Network
- Mid Cumberland Child Care Resource and Referral
- Tennessee Early Childhood Training Alliance at Austin Peay State University
- Two Rivers Association of the Education of the Young Children



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PREVENTING FALLS AS YOU GROW OLDER

by Dr. Catherine Meeks

Whether it simply bruises your ego or breaks a bone, taking a fall is no fun. Each year, one in three seniors 65 and older experiences a fall—a number that has grown in recent years.¹ For people in this age group, falling is the leading cause of injury and injury-related deaths.^{1,2}

Whether due to concerns about independence or worrying others, however, fewer than half these people tell the doctor about their falls. But that could add insult to injury because one fall may lead to another.³

Don't keep it a secret. Be upfront with your doctor—and with me. Provide details about when, where, and how you fell. We can help you pinpoint the problem and suggest changes you can make. For starters, falling might be due to:

- A chronic health condition

- An infection
- A balance disorder
- Vision problems
- Muscle weakness
- Medications^{2,3,4}

Stay healthy. Fortunately, falls needn't be a fait accompli. Even simple lifestyle changes can make a difference in preventing falls. This includes maintaining good physical condition with exercise, sleep, and nutrition. Also, stay well hydrated with plenty of water. Limit alcohol, which can slow your reflexes and throw you off balance. Wear properly fitting, sturdy shoes with nonskid soles and toss out the floppy slippers and shoes with slick soles.^{2,3,4,5,6}

With your doctor's permission, engage in exercise that improves strength, flexibility, balance, and gait. This might include walking,

water workouts, or tai chi—a gentle exercise that involves meditative movements. Is a fear of falling keeping you stuck in your easy chair? Your doctor may suggest physical therapy or a guided exercise program.^{1,4}

Review your meds. Here's where I can really help. Make a list of your medications. Do any make you dizzy or drowsy? Your doctor and I can review this list with you, discuss any side effects you are having, and decide whether it makes sense to change your medications.^{1,4} Of course, don't make any changes without first having a conversation with your doctor.

Make changes on the home front. Here are a few more ways to help prevent falls at home:

- Clean up spills right away.
 - Remove throw rugs.
 - Clear newspapers and electrical or phone cords from walkways.
 - Use nonslip mats in the bathtub and shower.
 - Put nightlights in hallways, bedrooms, and bathroom.
 - Keep flashlights in easy-to-reach places.
 - Turn on lights before going up or down stairs.
 - Install handrails on both sides of stairways.⁴
- Has your doctor suggested an assistive device such as a cane or walker—but your pride won't quite allow it? It may help to focus on how this can keep you more independent. Other assistive devices can also help prevent falls. They include:
- A raised toilet seat with armrests
 - Shower or tub grab bars
 - A shower seat and hand-held shower nozzle

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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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RIVERS & SPIRES 2015

by Taylor K Lieberstein

When I start to hear about people's plans to attend the annual Rivers & Spires Festival I start to rearrange my tank tops and sundresses to the front of my closet. In my mind the festival is the unofficial kickoff to the warm weather season. Every April Clarksville puts on the family-friendly event open to the public.

The free three-day long festival offers live music, delicious food and interactive entertainment. The outdoor event features five stages of entertainment, a Festival of Nations, free children's activities, car shows, parades, a brew fest and shopping. This year the festival will be April 16-18 in historic downtown Clarksville.

The Rivers & Spires Festival continuously receives top awards from many regional, national and international associations. Past awards include the prestigious International Festivals & Events Association's Gold Grand Pinnacle award and the State of Tennessee's Tourism Spotlight Award. The festival has also been recognized as among the "Top 100 Events in North America" by the American Bus Association, and "Top 20 Events in the Southeast" by the Southeast Tourism Society. Recently Rivers & Spires was also awarded top honors from the Southeast Festival and Events Association. Last year an estimated 32,000 people enjoyed music, food and local art.

MUSIC

There is a wide variety of music ranging from country and jazz to international and rock. The festival committee works very hard to provide as much variety as possible with the resources provided to bring this musical diversity to the public. There are five stages that will each feature various bands throughout the weekend. This year's musical guests include a KISS tribute band, the Mike Claiborne band, and many more talented acts from a range of genres. CMA-nominated country duo, Love and Theft will headline the Public Square Stage on Friday night. Saturday night *The Voice's* Will Champlin will headline the event from the Public Square Stage.

The popular Last Band Standing competition, hosted by Z97.5, brings rock bands to the streets of the festival in a battle of the bands competition. Local performance artists are included in the overall festival line-up as well, gracing the stage at various times throughout the weekend.

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THE ARTS

Since 2003, Clarksville's Rivers & Spires Festival has been promoting the arts and local artists alike; this is a key piece of the festival's mission. US Bank and Austin Peay State University will host the US Bank Art Exhibition in the weeks leading up to the Festival. Local artists, including University students, will enter their pieces in the hopes of winning a cash prize or scholarship money. The Arts Galore booth is always a hit with crafters, offering pieces ranging from woodworking to photography, ceramics and paintings. In recent years, artists selling jewelry, clothing and accessories have had a strong presence inside the Arts Galore area.

KID FRIENDLY

The Rivers & Spires Festival is an event for all ages. The Family Fun Zone is an extraordinary area for kids from ages 2-12, with tons of activities, such as entertainers, games and many other fun things to do. Kids can travel through the inflatable jungles, climb walls, paint, create, or participate in all kinds of interactive entertainment. The Family Fun Zone is a collaboration of over 60 free events for the whole family. Stop and watch entertainers, catch the sights of



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- June 22nd - 26th | Lego Building Camp | 5-12 yrs old
- June 29th - July 3rd | Kid's Cooking Camp | 7-12 yrs old

- July 6th -10th | Kids Science Labs | 5-12 yrs old
- July 13th -17th | Space Adventures Camp | 5-12 yrs old
- July 13th -17th | Little Adventurers Camp | 3-5 yrs old
- July 20th - 24th | Nature Quest | 5-12 yrs old
- July 20th - 24th | Little Adventurers Camp | 3-5 yrs old
- July 27th - 31st | Lego Building Camp | 5-12 yrs old



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the Children's Parade or listen to a performance from the featured entertainers. Kids can choose to hang out in the toddler zone, the kid zone or the teen zone.

Rivers & Spires Children's Parade is back again for an 11th year, entertaining children 12-years-old and under and their families.

Characters in costume, small floats and walkers are all part of the annual Rivers & Spires Festival Children's Parade.

SOCIAL MEDIA PRESENCE

The event also boasts a social corner, a sign of the times. The social corner is a great place to stop, re-charge your phone, hang

out, take some pictures and play with the OpenAir Photo Booth. To get your free Instagram or Twitter picture printed in the new photo booth just snap a picture of something awesome that you love at the festival, use #RiversandSpires and the kiosk will have your pictures ready to go. Every time you use #RiversandSpires with your image on Instagram or Twitter, the photo will appear on the OpenAir Photo Booth. Be on the lookout for this new festival attraction.

VARIOUS ACTIVITIES

The diverse cultures of the Clarksville community are showcased in the Festival of Nations through an array of costumes, dance, food and visual arts. Festival of Nations is a whole world of culture, cuisine and entertainment in one area. Among the diverse regions represented are cultural experiences from Hawaii, Japan, Panama, China, India, Africa, Germany, Mexico, Puerto Rico and many more.

The Sports Zone is an area for all ages that includes interactive athletic games and sporting activities. Located in the area between Third Street and Main Street the Sports Zone will be filled with athletic themed inflatables, games to assess your sporting skills and activities for every family member.

One of the founding goals of the Rivers & Spires Festival is to honor our Soldiers. Second Street and the Courthouse parking lot is host to the "USAA Military Appreciation Area." Children of all ages will delight in the interactive displays and activities included in the military appreciation zone. Everyone can feel a sense of pride when they see the dedication and commitment these Soldiers have to their country.

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Two car shows are part of this year's Festival: Memory Lane Cruisers featuring vintage vehicles of all makes and models and Chevys on the Cumberland (Hosted by Corvettes of the Cumberland) showcasing one of America's most loved vehicles—the Corvette.

Daymar Institute and Rivers & Spires will present the annual Step Show, this year with a surprise twist. This event is an opportunity to display the artistic skills of step teams throughout the region. This competition is about the display of attitude, creativity, showmanship, skill, respect, dedication and enthusiasm for the history of stepping and hip-hop.

Come out and enjoy a weekend of fun provided as a way of saying thank you for being a part of this flourishing community. Come just one night or come and enjoy all three days of the festivities. Scheduled events will proceed rain or shine.

All visitors under the age of 16 must be accompanied by a parent or guardian. No teens will be allowed to visit the festival without an adult present.



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THE GREAT BLUE DEBATE

by Pamela Roddy Magrans

Be gone Mr. Punxsutawney Phil's shadow! If April showers bring May flowers, bring it on! We've got our galoshes and umbrellas and we are watching for the purple crocus and golden daffodil to quietly emerge from the frozen soil! With the winter storms and eight-inch snows behind us, we have earned the right to put the red sleds in the attic and the black boots under the bed! It's April, finally! With spring comes color. Robust spring color rushes from the flowerbeds. The male goldfinch is arrayed in spring plumage and the creeping phlox dapples purple and white alongside the road. Spring has sprung.

Hang the black winter wool coat in the closet and bring out the yellow raincoat. Easter dress—here we come! Just be advised—don't

wear a black and blue dress, unless you mind someone arguing with you that your dress is actually white and gold!



The Great Dress Debate—Do you see what I see?

Last month social media was abounding in debate over one simple dress. Is it black and blue or is it white and gold? Even my two sons (ages 11 and 15) came home

from school one day talking about the dress. Apparently the debate was all the buzz at their school! Like all social media crazes, it was short lived, and I think we've finally stopped seeing the infamous dress pop up on our Facebook news feed!

In case you missed that overgrown news/social media moment, the debate centered over a dress. Some viewers thought the dress was blue and black. Other viewers thought the dress was white and gold. Personally, I only saw periwinkle and khaki, but my mom always did say I wore rose-colored glasses.

There is a science to the debate, which I won't go into here, since I'm no optometrist. What I will say is that the disagreement in color scheme represented something

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much larger—the realization that maybe we see things differently. This can be applied in a much larger scale than just a dress. World wars have been fought over differences in perspective. Ethnic groups have been annihilated over contestable arguments. Family feuds have persisted for generations over squabbles that boil down to individual perception.



What we see certainly depends on where we are standing. Perhaps the colors we see depend on that too! “So much depends on a Red Wheelbarrow” poeticized William Carlos Williams.

Here lies the conundrum in the blue/black dress debate—must we all see the same things? Wouldn't the world be a dark and dreary place, if we only saw what our own limited perspective could provide?

Believing that what another person sees might actually be true, even when it contradicts with what I see—that is not an optical illusion—that is being an optimist. That is entertaining all the wonders of the world!

Lois Lowry's novel *The Giver* touches on this concept in

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her use of color. Packed with allegory and symbolism, *The Giver* illustrates how a lack of experience, emotion, and pain results in the inability to perceive color. Color is almost a character itself, woven through Lowry's novel. Like C.S. Lewis' Aslan, color comes and goes. Intercepts and disappears. Breathes life and then vanishes. As Lowry's novel suggests, limiting life's experiences diminishes color. It is only when we accept the complexities of various viewpoints and all the inevitable disagreements that follow, that we are able to see contrasting shades of color. Color symbolism in *The Giver* may represent experience, dappled in that effervescent rainbow of awareness. It's the blue/black dress analogy at its



best. Our visual abilities and our experiences impact both our perception and our reality.

Let's just agree to disagree—sometimes you don't see what I see.

Did Homer see blue?

When Homer wrote his epics *The Iliad* and *The Odyssey* over two millennia ago, his ideas of reality, truth, and heroism, differed from ours today. Some scholars

believe that the ancients, like Homer, may have not viewed the same spectrum of colors that we view today. This is theorized in part due to Homer's reference to the ocean as a "wine-dark sea." This observation was first asserted by Classics scholar and 19th century British Statesman William Gladstone, who studied color usage in early Greek literature. Gladstone theorized that most of Homer's descriptions of color are limited and that Homer described some objects that look quite different to us, as being similar in shade and color. In addition, Mr. Gladstone hypothesized that there is no true "blue" in Homer's original Greek. Mr. Gladstone's perspective on that topic is certainly up for debate, but it poses an interesting

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point to ponder: Have humans evolved to see different colors? Here's another one: If a color exists but no one can see it, is it still a color?

Scientific studies suggest that babies are born without the ability to see color, but develop this ability within the first few weeks of life. Newborn infants notice patterns or changes in shapes or colors, but the ability to distinguish different colors does not occur until at least seven weeks old. In addition, some adults are color-blind, meaning they are unable to see the same spectrum of colors as most people. The term "color blind" is misleading, as it is rare for someone to see no color at all. The term suggests that not all colors are viewed as vividly as others. Likewise, as we age, our sight alters. Certainly, sight is relative.

Can dogs see the color blue?

We often assume a fallacy, that others see the world as we do, including our dogs. We buy the brightly colored blue shark toy for our puppy because we are attracted to its vivacious color, but does the dog care about the color? Maybe all the dog cares about is that it smells like a piece of bacon and that it is hurled through the air every 30 seconds.

It was once believed that dogs only saw in black and white, but recent 21st century studies have now debunked that idea. Dogs do see some colors, but not the same spectrum as humans can see. Eyes contain light catching

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cells called cones that respond to color. Humans have three different types of cones. Dogs only have two types of cones. Recent behavioral tests suggest that dogs see within the range of yellow, gray, and blue—lacking the ability to distinguish between

red and green. Maybe that explains why dogs can always find the yellow tennis ball but don't take heed to stop signs!

What's so blue about blue?

Blue is the color between violet and green in the color spectrum. Despite what the ancients may



have seen or not seen, despite what our dogs see or don't see, despite your viewpoint of the now overpriced dress on social media, blue maintains a vital place in our childhood, our parenthood, and our world.

What would the April sky be without blue? How would we ever describe a Smurf, Sonic the Hedgehog, or even Superman without the color blue? What would Steve do without his blue, clue-finding puppy? What would Elmo do without Cookie Monster? What would Bear in the Big Blue House do without Tutter, his little blue mouse companion?

Consider the many famous blue characters like Avatar (the James Cameron version), the non-speaking, music-making Blue Man Group, or even the cascading background blueness of Elsa and Anna. Triumphant and daunting, calm and cooling, blue is often the color of choice for characters, both in Hollywood and elsewhere.

Color gives us characters and in turn, character gives us color.

Prisms and the power to reflect

Sir Isaac Newton counteracted theories of his day that asserted that a prism held color. His studies showed that color already existed in light. The prism was the vehicle to refract and disperse the color.



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Aren't we all prisms? Aren't our children prisms? Just a triangle of clear glass, waiting to be refracted, waiting for color to flip, invert, and twist so that we too can make rainbows.

In a rainbow, blue is always positioned safety between the grouchy green of Oscar and the overjoyed violet of Barney.

John Vance Cheney, 19th century American poet, stated that, "The soul would have no rainbow had the eyes no tear." Blue might sometimes be that tear.

April ushers in spring. Maybe some rainbows will arch your skyline. Profuse colors will soon beckon us to take a hike, warmer weather will shepherd us outdoors, and azure skies may lure us to walk the dogs. Colors will be everywhere; the question is—will we notice?

This month, let us not waste time debating the color of a dress or other unresolvable issues of perspective. May we move from color blindness to open-mindedness and embrace the possibilities of what we cannot see.



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COSMETIC & RECONSTRUCTIVE PLASTIC SURGERY THROUGH THE AGES: 30-60 YEARS OF AGE

by Dr. Mitchell Kaye

Today we will look at some of the most common issues facing women and men from say 30-60 years of age as well as their correction.

As we age, lines and wrinkles begin to appear as early as our twenties. Initially seen with movement of the forehead, corners of the eyes and mouth, these wrinkles will become etched into the skin as lines with time and repeated muscle contraction. Eventually the lines will extend and expand beyond their original boundaries, and will blend with skin folds that occur with advancing age in the 40's and beyond due to loss of skin elasticity and fat beneath the skin. The picture becomes the recognizable face of age. Genetics and environmental exposure particularly to the sun may accelerate the process.

Proper skin care should begin in childhood with parents applying sunblock at least one hour before exposure. The same is true throughout

adulthood. Using a sweat proof sun block is important when you will be outside and sweating. Don't forget to reapply every few hours as directed and after swimming or sweating heavily. Men seem to do better with aerosol sunblock that takes only a few seconds to apply. This can be kept in the car or truck for immediate use. Apply the spray to your hands then rub your face, ears, neck. Other exposed areas can be sprayed for convenience. Women seem to be more amenable to spending time on their skin than men. The use of a skin care system that combines sun protection, brown (age) spot reduction and skin collagen rebuilding for smoother skin is ideal. The Obagi[®] skin care system does just that and can be used for long term benefit by women as well as men who want to take the time! It is a physician-directed system that is applied twice daily for long-term use and can prevent or reverse sun damage and aging changes of the skin. Proper sun

block also reduces the risk of skin cancer, a problem that we commonly treat as well.

The use of chemical or laser peels can be a powerful method of rejuvenating skin. The outer layer of skin can be removed in a precise manner by adjusting the peel or laser strength to allow fresh skin to re-grow on the surface. This new skin surface is smoother and less sun-damaged. It is important to note that deeper peels such as the Blue Peel or Laser Peels require weeks of proper skin preparation with Tretinoin and Hydroquinone (both found in the Obagi[®] system) to achieve a good result and are part of a physician-directed care plan for that patient. These peels are office procedures and have about a week or so of peeling afterwards as in the case of the Blue Peel. Results can be dramatic.

Once crow's feet, forehead wrinkles or worry lines between the brows



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appear, the use of Botox® will provide about 4-6 months of improvement or elimination in some cases. Continued use can prevent deepening lines from developing over time. A good time to start is in the late 20's or early 30's for many people.

A subtle thinning of the eyelashes occurs with aging. Women will often notice this and use cosmetics to hide the issue. Latisse® is an FDA approved prescription medicine that is applied to the eyelashes themselves, much like mascara. Proper use of Latisse® actually makes eyelashes grow longer and thicker in almost everyone in a relatively short period of time and can really make the eyes stand out as a focus on a beautiful face.

By their 40's, many people show deepening lines between the cheek and mouth (nasolabial lines), sagging of the middle third of the face as well as loss of lip volume (thinning or wrinkling of the lips) and other volume loss related facial contour changes. If you compare the smooth curve from the lower eyelid to the cheek of a young person to the multiple grooves, hills and valleys of the same areas in an older person you can get the idea of facial volume loss very graphically. Primarily this is a loss of fat in these areas. The use of fillers has dramatically changed the way people can look as they age. While we have not yet developed a process to prevent or reverse this fat loss, the use of fillers to restore this lost volume has given us the ability to hide the process. The use of fillers is a bit of an

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art and the Facial Plastic Surgeon can add volume to the face with several different FDA approved products, much as a sculptor can add clay to a facial bust. Hyaluronic acid (commercially known as Juvederm® or Voluma®) is a natural material found in our bodies in between cells. This gel is very well tolerated and provides a smooth and predictable volume replacement. The fillers are mixed with local anesthetic that makes the injection process generally well tolerated in the office.

Another option is to transfer fat from one part of the patient's body, usually the belly or hip area, to the face. The advantage of a Fat Transfer is the large amounts of fat that can be transferred in one session with no cost of the material to the patient. After all, he or she already owns the fat! The fat is purified and injected into the deep face in the areas of deficiency. This procedure is done

with sedation and local anesthesia in a procedure room as an outpatient and is a highly cost-effective method of facial volume enhancement. Fat Transfers are living tissue and the "take" or residual living fat cell volume can be unpredictable to some extent. This may necessitate a repeat procedure at a later date. A Fat Transfer is an excellent adjunct to face lifting, as we will discuss below.

Ultimately, when folds or hanging excess skin is present, a surgical procedure will be needed to remove the excess skin and tighten the structures beneath it. Currently there is no useful non-surgical technology, be it laser, radiofrequency or otherwise, that will make much of a difference in this situation. For example, a heavy, hanging neck will require a Necklift with removal of excess skin, as well as liposuction of excess fat and tightening of the loose muscles that are sagging

beneath the skin. A Facelift will do the same for the mid and lower third of the face and is often combined with a Necklift and liposuction of the jowls. Sagging brows will require a Browlift to reposition the eyebrow in its proper position. Excess skin or fat of the upper or lower eyelid can be corrected with a Blepharoplasty. These procedures are best combined with volume replacement and proper skin care for maximal benefit. Of course, careful consideration and discussion with a Facial Plastic Surgeon is critical in defining the best course of action for the individual.

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 with Dr. Kaye at (866) 234-0470 (toll free).

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

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SPRING BREAK

by Brenda Hunley Illustrated by Willie Bailey

"It's the last day of spring break," Boomer Chipmunk said while kicking a small stone in the dirt.

"What would you like to do?" asked Dart the Bluebird kicking the stone away from Boomer.

"Let's play games."

"Okay what do you want to play?" Lily asked as she flew in zig-zag patterns over their heads.

"Hide and seek!" answered Boomer.

"Nah, we already did that."

"How about video games?"

"We did that too."

"Tennis?" asked Lily.

"We need a ball," Chester answered.

"Oh yeah. I forgot," Lily said as she fluttered about.

"I spy!" Boomer suggested.

"NO!" answered Chester, Dart and Lily.

The group sat around outside of Chester's oak tree and started passing the kicking stone to each other with their feet.

Chester stopped the rock when it tumbled to him and asked, "How about treasure hunting? We haven't gone in a long time."

Lily giggled. "Yay! Sounds like fun. Do you want this to be a team thing, or are we seeing what we can find on our own?"

"Now that it's warmer people are coming back to the park. We are bound to find something interesting," interrupted Dart.

Chester nodded his head. "Cool. Let's go solo and have a 'show and tell' when we get back together. Is 4:30 okay?"

"Sounds good. I'm going to go out to the trails. I usually find interesting things there," Lily said as she flew away.

"I will go down to the lake and the Ranger station," Boomer said.

Dart flapped his wings and flew above the tree branches. "Okay, I will take to the sky and see if anything is happening at the golf course."

Chester waved at his friends. "Awesome. Now where should I go?" he called.



No one answered as the group had already split up in search of treasure.

Chester decided to head toward the cave. No one had mentioned the cave area.

The ground was moist under Chester's paws as he made his way through the Woods of Dunbar. It had been raining a lot,

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so much so that there was water back in the lake again. Maybe he would have to check out the lake as well.

Chester followed the small walking trail up to the short stone wall next to the cave. Taking a deep breath, he slowly climbed up to the top so he could look around.

It's so beautiful here, Chester thought looking around.

Chester could feel the warmth of the sunshine on his face, he could smell the freshness in the air, and he could see the small green hint of leaves coming back on the trees. He saw a small group of buttercups growing tall in a corner of the woods. He could hear the birds singing, and people as they toured the grounds.

Chester got so busy looking around he was not paying attention to who or what was around him.

"Look, Mommy, a chipmunk!"

Chester was so startled that he jumped straight up. He was so scared he just sat there and looked at the child and her friends. His eyes were bright and his whiskers twitched as he wondered what to do next.

The little girl had yellow hair and a pink dress. She was carrying something shiny in her hands. Her two friends also had on pink dresses, but they were not paying attention to her, they were running to the cave entrance. A much taller lady came up the trail behind the girl and looked in the direction the girl was pointing.

"Oh! I see. Don't shout. You will scare that poor little thing."

Chester stared. The little girl stared. The lady called "Mommy" stared.

"Can I touch it?" asked the little girl.

"Absolutely not! You have no idea what kind of germs that creature is carrying!"

The girl wasn't listening. She had already turned to talk to an equally tall man who had come to stand beside them.

"Daddy! Please!"

"That little chipmunk is just as scared of you touching him as your mother is for you to touch him. Chipmunks are wild animals."

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The girl's eyes filled with tears. "But Daddy!" she insisted.

The one called "Daddy" looked at Chester and the Mommy and then the little girl.

"How about you stand right there next to that chipmunk and I will take your picture. That way we can print it out and you can look at him everyday."

Slowly the girl turned so she could still see Chester, but also smile at the camera. Chester didn't allow for much picture taking because as soon as the one called "Mommy" took off to go check on the other girls at the cave entrance he quickly scampered across the top of the rock wall and underneath a bush that was growing over the wall. From there Chester could see that the girl was now looking at her Dad's phone and whatever picture he had managed to get on it. Being very still Chester watched as the family all moved up to the cave then on down the trail next to the lake.

Chester quickly darted out from the rock wall and through the woods to the picnic area. Looking around he didn't

find anything. Not one thing. He noticed Boomer down by the lake so he decided to go see if his brother had found anything.

Meanwhile, Lily had been looking under leaves, sticks, benches, and even in an old log that fell across the trail. She wasn't finding anything either. She decided to go take a quick look down at the lake, maybe there would be something new there she could find.

Dart wasn't having much luck either. He thought he had found something but it was just a broken toy car. He did find a yellow shoelace and a sticker that he put in his backpack. As Dart flew over the lake he saw Lily, Chester and Boomer so he decided to join them as well.

"This isn't Chester's house you guys!" Dart laughed as he landed next to his friends.

"I know right?" Lily laughed. "Dart you are so silly. We are waiting on Clyde and Earl to come in."

"Good thing I saw ya or I would have missed it, huh?" asked Dart.

"Look! I see them!" called Chester pointing to the sky.

Clyde and Earl are resident geese to Swan Lake. They had flown to Florida for the winter months. Now that spring was here, Clyde and Earl were coming back to their spring and summer home. Clyde and Earl are also brothers who, let's just say, argue a lot. They keep everyone laughing, and are beloved by everyone.

"Well, well. Who do we have here?" honked Earl landing on the bank.

"We have our own welcoming committee!" answered Clyde landing in the water.

"Welcome home!" Lily said giving each goose a big hug.

"Aww...Lily! Thank you," Earl blushed.

"Now stop that will you? That girl is in love with Chester, not you!" honked Clyde.

The group laughed as Chester's ears turned red. Lily giggled and Dart started laughing so hard he just about fell over.



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Earl, sensing Chester's discomfort, broke in with, "How are you young whipper- snappers? I heard you got some snow up here!"

"We did!" Boomer shouted.

"We are not hard of hearing Boomer!" Earl scolded. "No need to yell."

Now the whole group was laughing.

"What have you kids been up to?" asked Clyde.

"We have been looking for treasure," Lily answered.

"And we found it," Chester said with a big smile on his face.

"We did?" asked Boomer.

"Yes. We all found our friends Clyde and Earl! The treasure is our friendship."

Earl looked at the group then at Clyde, "Are we friends with these kids?"

"You need to quit flying so high up...not enough oxygen gets into your brain!" teased Earl.

"Me? You are the one getting soft!" argued Clyde.

"Kettle meet pot."

"Pot meet Kettle."

"Look at you...you can't even remember how to say that correctly," Earl laughed.

"We can't be home for ten minutes without you trying to start an argument."

"Can too! I didn't start it!"

"Yes you did!"

"No I didn't!"

Boomer whispered to Dart. "What does a pot and kettle have to do with being soft?"

Dart looked at his friends and motioned them over. "Guys...it looks like things are finally back to normal."

"Yes. Yes they are," Chester agreed.

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

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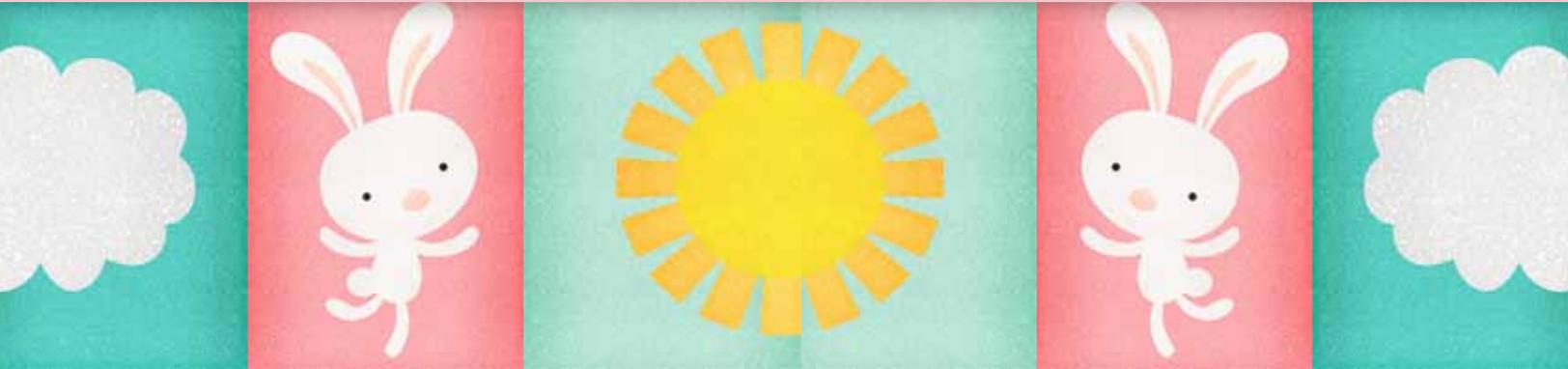
Meet the experts from Bella Medical Spa and receive a one on one complimentary consultation to discuss a skin regimen tailored for you!

Specials will be purchased this day only. No services will be performed.

RSVP: 931.245.0500

www.bellamedspa.com

CANDID *Clarksville*



SAMUEL
ENJOYING HIS CHOCOLATE FIX.



MIA AND HER DADDY BUILT A SNOW FORT!



BRADEN, MADDUX & DILLON
MAKING LEMONADE



READY FOR THE
BASEBALL SEASON TO START!



MAIA & CLOE...SOCCER BFFS! :)



JEREMIAH'S 1ST TIME IN THE SNOW

EMAIL YOUR PHOTO TO CANDID@CLARKSVILLEFAMILY.COM BY APRIL 15TH

Ongoing

CELEBRATE RECOVERY

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

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

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

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

CHESS CLARKSVILLE

Fridays, 4:00 p.m. until.

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

CLARKSVILLE 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

PHOTOS WITH THE EASTER BUNNY

Through Saturday, April 4.

Photo Times:

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

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

Carrot break times will be posted at the set.

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

Chick-fil-A Wilma Rudolph

3096 Wilma Rudolph Boulevard
(931) 552-5511

KIDS NIGHTS

Mondays
5pm-7pm
SAM THE BALLOON MAN

13 Monday
5pm-7pm
KIDS CRAFT NIGHT
We will be doing a spring-themed craft.

SPIRIT NIGHTS (4pm to 7pm)

6 Monday
PISGAH

7 Tuesday
MINGLEWOOD

21 Tuesday
ROSSVIEW

28 Tuesday
WEST CREEK

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

SILENT ART AUCTION

6:00 p.m. from April 6 through 13. To support missions at Hilldale Baptist Church. All artwork is original and proceeds will support HBC Mission Trips. For information call church office at (931) 648-8031 or visit hilldale.org/WOM-ArtForMissions.org.

Hilldale Baptist Family Life Center
250 Old Farmers Road



Now Open at 6am for Breakfast!

Nerdy Birdy
COOKIE COMPANY
ALL GOOD

Clarksville's only bakery serving delicious treats that are free of gluten, grains, soy, peanuts, & artificial sweeteners.

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Give us a call! (931) 919-2473
www.nerdybirdycookies.com
www.facebook.com/nerdybirdycookies

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Pediatrician
Dr. Barbara Aquino



88r Professional Park Dr.
Off Dunlop Lane by Gateway Medical Ctr.

931-645-4685
www.aquinopediatrics.com



Bethany Ann Photography

Our practice continues to grow by two feet.

**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

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

**MILITARY
APPRECIATION DAY**

Visit Governor's Square Mall for
special store offers, giveaways
and entertainment as we
say thank you to our military
community! Current and retired
military service members and
their families (with dependent
ID) receive special offers from
participating stores throughout
the day.

Non-military community members
can participate by making a \$5
donation to the Fort Campbell
Fisher House at the Customer
Service Center the day of the
event.

Specialty vendors, local
businesses and entertainment
from 12:00 p.m. to 4:00 p.m.

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

**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
article and ad on page 18.

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

**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

**13 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

**15 WEDNESDAY
ALZHEIMER'S
CAREGIVERS SUPPORT
GROUP MEETING**

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

Cumberland Presbyterian
Church
1410 Golf Club Lane

Got Pain?

Our doctors can help.
Visit our site today!

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Home of the "No Pill Solution"

TENS UNITS • SCAR & PAIN CREAMS • OLD SCARS
POST OPERATIVE PAIN • KELOID REMOVAL
SPECIALITY COMPOUNDS • CLINIC MARKETING
PHARMACOGENETIC TESTING • DNA TESTING*



For more info call or visit
931-472-1008
kriegischmartialarts.com
find us on facebook
2690 Madison Street, Suite 190

SUMMER

is a time for friends, family, and fun!
Why not keep yourself or your child
inspired with fun that is FUNctional?

**Take our
KMA CHALLENGE!**

6 weeks of classes
KMA t-shirt
karate pants & white belt
for one low price.*
*For new members only.

MAY 11 - JUNE 18

We offer age specific classes
for students 2 years and up!

Registration deadline: Saturday, May 9th

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



Chick-fil-A Madison Street

1626 Madison Street
(931) 648-4468

SPIRIT NIGHTS

2 Thursday 5pm-7pm
CARMEL ELEMENTARY

7 Tuesday 5pm-8pm
SANGO ELEMENTARY

14 Tuesday 5pm-8pm
CLARKSVILLE CHRISTIAN

16 Thursday 5pm-8pm
NORMAN SMITH

21 Tuesday 5pm-8pm
EAST MONTGOMERY

23 Thursday 5pm-8pm
BARNSDALE

KIDS NIGHTS 5pm-7pm

6 Monday
Easter Craft with Magician Russ Nowack

13 Monday
Lydia Walker Music/Kids Night

20 Monday
Magician Russ Nowack will be making his special balloons

27 Monday
Free Kid's Icedream Sundae Bar and toppings, Magician Russ Nowack

16 THURSDAY

RIVERS & SPIRES

Through Saturday, April 18. See article on page 22.

Downtown Clarksville

18 SATURDAY

CHAPTER 45 DAV POKER RUN AT APPLETON HARLEY DAVIDSON

9:00 a.m. to 1:00 p.m. Contact Information: DAV, Chapter 45, PO Box 70465, Clarksville, TN 37042.

Appleton Harley-Davidson
2501 Highway 41-A Bypass
(931) 551-6625
renee_ad56@hotmail.com

19 SUNDAY

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

SPRING BRIDAL & CELEBRATIONS FAIR

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

The following is the current list of exhibitors (subject to change): Advocare, Bahara Brows (Beauty Bronzer all about that BASE!), Beauti Control, Belk, Buckle, Bronzed By Jen, Cloud 9, Dillard's, First Dance DJ Service, Flowers By Tara, I Do Wedding Rental, It Works, Jason Ward Events, Jeunesse, Jewelry Repair Center, Mary Kay, The Mixing Bowl Bakery, Nerium -Stephanie Baker, Origami Owl, Paint Along Events, Pampered Chef, Plexus Slim, ProVu Medical, Regis Salon, Sam's Wholesale, Samantha LA- Makeup Artist, Scentsy, Total Package Events, Things Remembered, Thirty One Bags, Vitamin World, Wallflower Wedding Photography, Wedding Belles, Weddings Uniquely Designed- Invitations, Younique Cosmetics, Street Tuxedo, Veterans United Home Loans.

Schedule of Events:

- 12:00 p.m. | Bride Registration & Tote Bag Pick Up (Center Court)
- 12:30 p.m. | Ballroom Dance Instruction
- 1:00 p.m. to 3:30 p.m. | Prize Drawings

- 2:00 p.m. | Musical Performance by Melinda Plummer
- 2:15 p.m. | Bridal Games
- 2:45 p.m. | Paint Along Events
- 3:00 p.m. | Bridal Fashion Show presented by Wedding Belles
- 4:00 p.m. | Cake Dive

Free Bridal Registration: Brides can register here. All registered brides receive a tote bag the day of the show with information from participating exhibitors and mall tenants and will be entered in a special bridal prize drawing! Three brides will be randomly selected on Friday, April 17 to participate in the Cake Dive!

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

21 TUESDAY 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

DO YOU WANT A BEAUTIFUL SMILE?

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Clarksville, Rudolphtown

(931) 436-7750

2309 Rudolphtown Rd.

Clarksville, Ft. Campbell

(931) 249-8440

2845 Ft. Campbell Blvd. Ste. 105

Open Monday thru Friday, 8am to 5pm

the **YMCA** FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BEST SUMMER EVER!

Friendship, Accomplishment, Belonging.

- YMCA Day Camp runs Monday-Friday, 9 a.m.-3 p.m.
- Free before and after care is available if needed.
- Day camp is for ages 5*-12. (*Five year olds must have completed Kindergarten.)
- Cost per week: \$120/YMCA member - \$150/Non-member
- A non-refundable \$25 deposit per week is due to reserve camper's space in camp.

CAMPS CHANGE WEEKLY. VISIT YMCAMIDTN.ORG FOR ALL THE DETAILS!

North Clarksville Family YMCA
390 Needmore Road
931.647.3861

Clarksville Area YMCA
260 Hillcrest Drive
931.647.2376

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

22 WEDNESDAY EARTH DAY

23 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

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

24 FRIDAY AUTO DEALER SHOWCASE

Mall hours through Sunday, May 3. See over 30 of the newest and most popular vehicles available from our local auto dealerships:

Gary Mathews | Nissan,
Chrysler, Dodge, Jeep, Kia, &
Volkswagen

James Corlew Chevrolet-
Cadillac | Chevrolet &
Cadillac

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In-Home Tutoring Services

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- Flexible Schedules
- Affordable Rates

Contact us at 931-444-7200 or visit our
website at clubztutoring.com/clarksville

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REALTOR
Amy Davis
931-980-2307



*Let's move in the right
direction together!*

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



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303 Franklin St. Clarksville, TN. 37040 • 931-552-2412

GOVERNOR'S SQUARE MALL

your stores, your mall,
experience

it
ALL

events

Military Appreciation Day

April 11, 10am-9pm, Mallwide. Active duty & retired military service members and their families (with dependent ID) receive special offers all day at participating retailers. Non-military community members can participate by making a \$5 donation to the Fort Campbell Fisher House.

Save the Date! The Spring Bridal & Celebrations Fair

April 19, Noon-4pm. Visit with local vendors who can help you make your next party perfect.



GovernorsSquare.net • MallGiftCards.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 without notice.

MaxX'D OUT

COLLISION & TOWING



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

931.431.6096
2631 Ft. Campbell Blvd

Jenkins & Wynne | Ford, Lincoln & Honda

Wyatt Johnson Auto Group | Toyota, GMC, Buick, Hyundai, Mazda, & Subaru

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

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

25 SATURDAY HONEST-1 AUTO CARE GRAND OPENING AND "DRIVE-BY BABY SHOWER" FOR HOPE PREGNANCY CENTER

8:00 a.m. to 12:00 p.m. Come out and join us as we celebrate our Grand Opening. We will be collecting much needed, new baby items like bottles, pacifiers, baby wash, baby clothes, and car seats as donations for Hope Pregnancy Center.

We are excited to be open and serving the Clarksville area. It is important for us to be able to give back to the community and to organizations like Hope. For more information call (931) 919-2882.

Honest-1 Auto Care
2068 Wilma Rudolph Boulevard

BLOOMING BENEFITS AUCTION

6:00 p.m. to 8:00 p.m. Dress in your Kentucky Derby best. Auction for Flourishing Families to benefit homeless or low-income families in the Clarksville area. Tickets prices: Individual, \$20; Couples, \$30; Groups, \$10/each for 10 tickets at a time.

Customs House Museum
200 South 2nd Street
(931) 980-8003
(931) 278-2544
events@families.org

May

2 SATURDAY QUEEN CITY ROAD RACE

Register online at cityofclarksville.com/QCRR. See ad on page 7.

STEWART COUNTY BAZAAR

9:00 a.m. to 2:30 p.m. There will be approximately 35 local as well as midstate vendors showcasing a wide variety of handcrafted jewelry, sewn, knit and crochet creations, woodwork, aprons, quilts, embroidery as well as jams and jellies. Please come out and join us for a fun and enjoyable event. Admission is free.

Dover Visitor Center
1117 Visitor Center Lane
Dover, Tennessee
(931) 232-7706

8 FRIDAY CHARA USED CURRICULUM SALE

9:00 a.m. to 12:00 p.m. Used homeschooling materials for sale. Tables available to homeschoolers to sell used curriculum and to area businesses providing homeschool specific services. Fee: donation to F.U.E.L program. Deadline for reservation is May 1st. Registration open at hilldale.org/CHARA-Used-Curriculum-Sale. Childcare available by donation. Contact information: clarkvillechara@gmail.com.

Hilldale Baptist Family Life Center
250 Old Farmers Road

10 SUNDAY MOTHER'S DAY

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

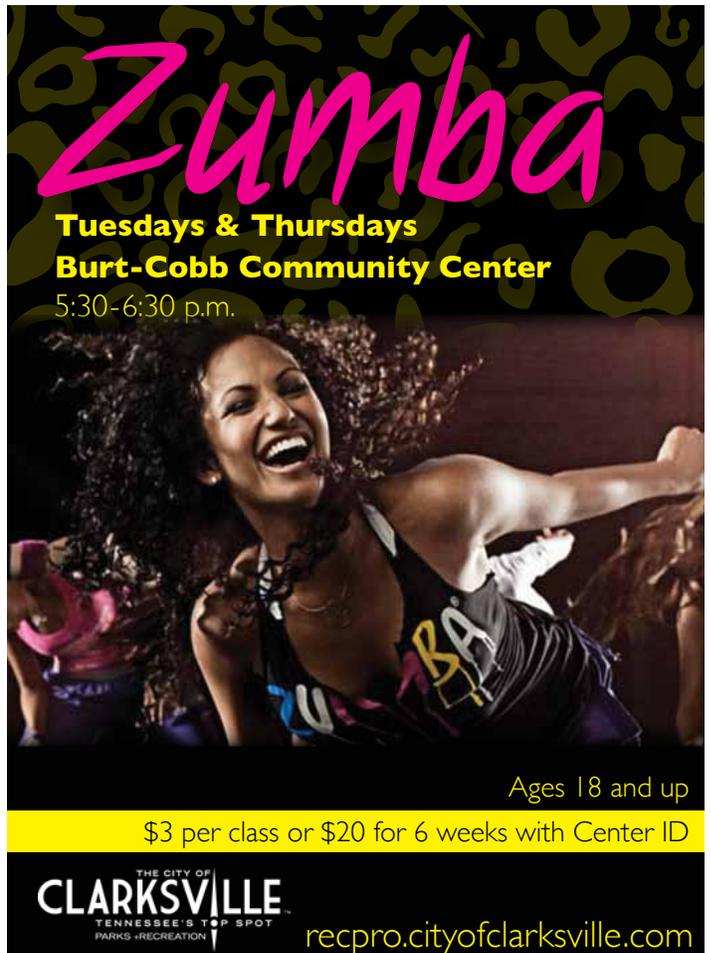


Family Campout
Enjoy a bonfire, games, ghost stories, dinner, breakfast and much more at our great family campout

event hosted by
THE CITY OF
CLARKSVILLE
TENNESSEE'S TOP SPOT
PARKS + RECREATION

Saturday, May 16th · 2 pm -
Sunday, May 17th · 9 am
Billy Dunlop Park

\$10 per person OR \$40 per family - up to six members.
sign up at recpro.cityofclarksville.com



Zumba
Tuesdays & Thursdays
Burt-Cobb Community Center
5:30-6:30 p.m.

Ages 18 and up
\$3 per class or \$20 for 6 weeks with Center ID

THE CITY OF
CLARKSVILLE
TENNESSEE'S TOP SPOT
PARKS + RECREATION
recpro.cityofclarksville.com

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
Through May 10th

Sergio Gomez: The Land In Between
Through May 10th

Go Figure!
Through 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
Through May 10th

Westward Ho!
Through May 10th

ACTIVITIES:

Family Fun Day: Rabbits Galore!
April 11th, 10 a.m. – 4 p.m.

Hop in today and join us for a trip down the rabbit hole to visit the Velveteen Rabbit, Brer Rabbit, Peter Rabbit, and all kinds of rabbit cousins. There will be

bunnies to make, rabbit poems to illustrate, games to play, and lots of rabbit stories to read. Come help us make a bunny wall like Mr. Hunt Slonum's painting in the museum lobby.

April in the Children's Room: Birds, Blossoms, and Bunnies

After the February Freeze and the March Mess, spring has finally arrived. Visit the Children's Room to celebrate! Come help us decorate. There will be books to read, puzzles to complete, puppets to pretend with, crafts to make, art to enjoy, objects to examine, and things to try every day. The Children's Room provides exhibit-related, hands-on learning experiences for families. Activities vary weekly, so drop in often!

Art & Lunch: Painting Demo in the Garden

April 16th, 12:15 p.m.
Artists whose work appear in the exhibit *In the Garden* will be giving painting demonstrations in the museum courtyard (or in the museum galleries in the event of rain). This program is in conjunction with *In the Garden* and Women's History Month.

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 museum will be closed Sunday, April 5th for Easter Sunday.

THE ROXY REGIONAL THEATRE

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

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 April 3, 4, 10 & 11

7pm April 1, 2, 8 & 9

2pm April 4

Tickets \$20 (adults) and \$15 (13 and under)

MARY POPPINS

Based on the books by P.L. Travers and the classic Walt Disney film, this "practically perfect" musical delighted Broadway audiences for over 2,500 performances and received nominations for nine Olivier and seven Tony Awards, including Best Musical. Featuring local stage legend Marge Lillard, singing "Feed the Birds" as the Bird Woman, and filled with timeless classics such as "Jolly Holiday," "Step in Time" and the Academy Award-winning "Chim-Chim

Cher-ee," this show can only be described as "Super califragilistic expialidocious!"

8pm April 24 and May 1, 2, 8, 9, 15, 16, 22 & 23

7pm April 29 & 30 and May 6, 7, 13, 14, 20 & 21

2pm May 2* & 16*

*High Tea with Mary and Bert at 12:30 p.m., tickets \$40.

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

THE ARISTOATS KIDS

What's a cat to do? In this feline adventure based on the Disney film, Madame's

jealous butler Edgar cat-naps Duchess and her Aristokittens and abandons them in the Parisian countryside. Luckily, Thomas O'Malley and his rag-tag bunch of alley cats come to their rescue! A jazzy, upbeat score includes the favorites "The Aristocats," "Scales and Arpeggios" and "Ev'rybody Wants to Be a Cat."

6pm May 29 & 30 and June 2, 3, 4, 5, 6, 9, 10, 11, 12 & 13

2pm May 30 June 6 & 13

Tickets \$10

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 clarksvillefamilylife.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, CAPP Lactation Educator Trainer at (931) 451-3223 or ninemonthsandbeyond.com.

WHOLE WOMAN BIRTH AND LACTATION SERVICES

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

CHILD CARE

CHILD CARE AWARE

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

MID-CUMBERLAND CHILDCARE RESOURCE AND REFERRAL

At 128 North Second Street, provides childcare free referrals and information to parents, training and on-site consultation to childcare providers, and a lending library full of resources for the community. (931) 648-3695 or (866) 446-8006.

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.

LIBERTY LIVE!

Save the Dates! May 1 • June 5 • July 3 • August 7

Free Summer Concert Series Held at Liberty Park

cityofclarksville.com/libertylive 931-645-7476

Proudly Sponsored By:



CHILD PROTECTION & DOMESTIC CRISIS SERVICES

AL-ANON & ALATEEN

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

CLARKSVILLE RAPE AND SEXUAL ABUSE CENTER

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

CHAP PROGRAM OF CATHOLIC CHARITIES

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

DEPARTMENT OF CHILDREN'S SERVICES

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

LEGAL AID SOCIETY

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

MONTGOMERY COUNTY CHILD SUPPORT SERVICE

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

SAFEHOUSE

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

CHILDREN'S GROUPS

4-H YOUTH DEVELOPMENT

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

BOY SCOUTS OF AMERICA

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

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

The Children of the American Revolution (C.A.R.) is the nation's oldest, largest, patriotic youth organization. Membership is open to boys and girls from birth until age 22, who can prove lineal, bloodline descent from 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.studythescrptures.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 Croats 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 Croats 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. 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. Reach Mindy Parker or Christina Johnson at freecakesforkids_fortcampbell@yahoo.com.

FRIENDS OF THE BLUEWAY

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

FRIENDS OF ROTARY PARK

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

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

GATEWAY HOME HEALTH & HOSPICE

141 Hatcher Lane. Serving the Clarksville area for 25 years. Offering nursing care, wound care, ostomy care, infusion therapy, home health aides, physical therapy, occupational therapy, speech therapy, hospice care, chaplain, social work, bereavement services and volunteer services. Servicing Montgomery, Cheatham, Roberston, 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.

HAILEY'S HOPE WITH PROJECT SWEET PEAS

We are a local division of the national 501(c)3 non-profit organization Project Sweet Peas headed here in Clarksville by Kristin Vanderlip. We provide long term stay care packages to families who have babies in Neonatal Intensive Care Units (NICUs). We currently make scheduled deliveries to the level 3 NICU at Monroe Carell Jr. Children's Hospital at Vanderbilt in Nashville. However, we also take personal requests and will mail or hand deliver care packages to other local hospital NICUs. If you or someone you know has a baby who requires time in a NICU, the experience can be stressful and even traumatic; therefore, our care packages are designed to provide families with items they may need or find

helpful during their baby's time in the NICU. Please contact us if you know someone who has a baby in a NICU. For more information please visit: [facebook.com/haileyshopePSP](https://www.facebook.com/haileyshopePSP) or email division coordinator Kristin Vanderlip at Kristin@projectsweetpeas.com.

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.huihawaiiottn.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. Sifton, TRAEYC President, at (931) 221-7308 or visit www.traec.org.

UNITED WAY

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

VETERANS UPWARD BOUND

Provides free educational services to veterans who are planning to enroll in college or technical school, or to take the GED Exam. The program is funded by a grant from the U.S. Department of Education as a TRIO project. VUB provides veterans with free academic and counseling services to assure they are ready to succeed in their educational pursuits. Outprocessing military and discharged veterans may be eligible to receive services. For further information, please contact Makeba Webb at (931) 221-7601 or at webbm@apsu.edu. 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 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 501(c)(3) 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.pastoralcounselingctr.org.

THE PATH LIFE COACHING

Through The Path Life Coaching (www.ThePathLifeCoaching.com), you can explore your options to move you forward to a more fulfilling and satisfying life! The Path Life Coaching is designed to promote and support you as you discover harmony and happiness along your life journey. You will be guided along "your Life's Path" becoming empowered to realize your own truths and solutions as you move forward and achieve your own goals and dreams. The Path Life Coaching is based on a wellness approach to life coaching that embraces the "whole" self to include self-truth, spirituality, and emotional and physical wellness. This success of The Path Life Coaching rests on the assurance that the coaching experience is a "safe place for reflection and growth." Each session is a "rest stop" along your journey where you will embrace exploration, design, action, evaluation and achievement giving you insight and awareness as you move along the "Path" of your choosing. Please contact Dr. Julee Poole for more information at 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 Tennky 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 CMCSS 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. Wills at (931) 378-7258 and afsbarb58@gmail.com or Sandy Rich at srich@afsusa.org or (865) 617-0665. The local Miss Tennky Area AFS Volunteer Leadership Team web site is www.afsusa.org/misstennky/. Follow AFS on Facebook: AFSUSA, Twitter: afsusa, YouTube: AFSTV and Flickr: afsusa.

YOUTH FOR UNDERSTANDING USA (YFU)

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

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

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

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

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

PARENT GROUPS CLARKSVILLEMOMMIES.COM

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

CHARA (CHRIST-CENTERED HOMESCHOOLERS APPLYING RIGHTEOUSNESS ACADEMICALLY)

CHARA is a support group for families who have chosen to educate their children at home. Monthly meetings for parents and children are held at Hilldale Baptist Church, 2001 Madison Street. Additional activities are held throughout the year. For more information visit www.orgsites.com/tn/chara or e-mail clarksvillechara@gmail.com.

CLARKSVILLE HOMESCHOOL NETWORK

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

HOPE@HOME (HELPING OTHER PARENTS EDUCATE AT HOME)

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

HOPKINSVILLE SAHM MEETUP GROUP

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

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

La Leche League offers mother-to-mother breastfeeding information and support in meetings and via phone and email. All breastfeeding and expectant mothers and their children are welcome to attend either or both monthly meetings! Meetings are

on the first Wednesday of each month at 10:00 a.m. at Clarksville's Montgomery County Public Library in the large meeting room and also on the third Wednesday of each month at 6:00 p.m. on Fort Campbell Army Post. The evening meeting is also open to your support person. Please check our Facebook for location each month www.facebook.com/LLLClarksville. If you have breastfeeding questions please contact one of our local group's leaders at BreastfeedingTN@gmail.com or call (931) 444-7087.

MOMS CLUB OF CLARKSVILLE

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

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

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

MOPS AT FIRST BAPTIST CLARKSVILLE

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

FT. CAMPBELL MOPS

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

HILLDALE BAPTIST CHURCH MOPS

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

SPRING CREEK MOPS

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

PARENTS OF MULTIPLES

An email support group for parents of twins, triplets and more that live in Clarksville or the surrounding area. Call Kelley Corley at (931) 358-0127 or e-mail KCorley77@aol.com for more information.

PARENTS REACHING OUT

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

TNSHARE (SECULAR HOMESCHOOLERS: ANY RELIGION, ECLECTIC)

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

TENNESSEE EARLY INTERVENTION SYSTEM (TEIS)

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

WIC NUTRITION EDUCATION CENTER

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

RETIREMENT GROUPS

AARP LOCAL CHAPTER 1957

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

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

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

Local NARFE Chapter 870 meets on the 2nd Thursday of each month at the Shoney's

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

SUPPORT GROUPS ALZHEIMER'S CAREGIVERS' SUPPORT GROUP

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

ARMY COMMUNITY SERVICE

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

ASMT (AUTISM SOCIETY OF MIDDLE TENNESSEE)

Meets the 3rd Tuesday of every month at the Clarksville-Montgomery County Public Library at 350 Pageant Lane, Clarksville from 7:00 p.m. to 8:00 p.m. For more information contact Shelley Taroli at (931) 980-2897 or shelleytaroli@gmail.com.

AUTISM SUPPORT GROUP

Donna Richardson at (931) 903-2315.

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@invoices.org, Jennifer Allen at (615) 854-2165 or jallen@invoices.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.focusautismnow.com

GRIEF SUPPORT

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

JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)

Meets the last Saturday of each month. Contact 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 a 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 Rossview 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) 583-8959.

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 April 15th.

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

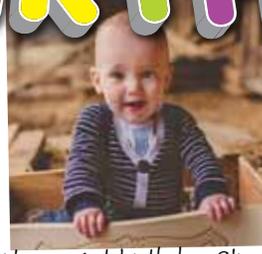
HAPPY BIRTHDAY!



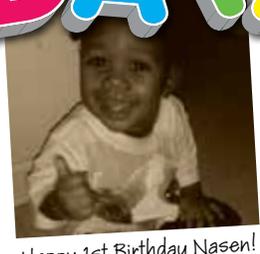
Bethany Ragan Wright
April 22nd, 2015
Love, Mommy and Daddy



Happy 1st Birthday Casey Griffin!
Love Mommy & Daddy!



Happy 1st birthday Cline!!
Love, Mommy, Daddy,
Payton, and Blake



Happy 1st Birthday Nasen!
We Love you to the moon and back



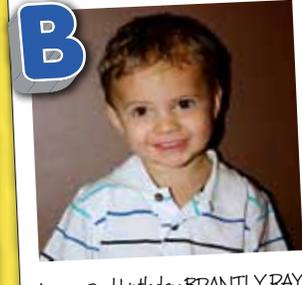
Happy 1st Birthday, Skye!
Love, Dad & Mom



Skye is 1!
Happy Birthday Skye!



Happy 2 birthday bookiebear
Your our love Ella
Papa and grannies hugglebug



Happy 2nd birthday BRANTLY RAY!
Love, Momma, Dadda, & Sissy



Happy 2nd Birthday Jr!!!
Mommy daddy and your sisters



Happy 3rd Birthday Lincoln!!
Love Mom, Dad and Olivia



She's 3!
Happy Birthday Malia!



Happy 3rd Birthday Nicholas
We love you heart warrior
love, mom, dad and alyssa



Happy 3rd Birthday
Peyton Isabella
Love, Mom, Dad & Sister



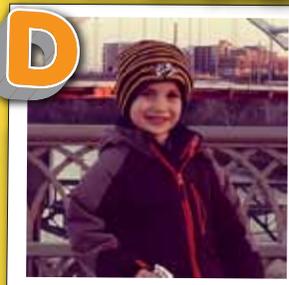
Happy 4th Birthday Henley!
We love you!



Happy Birthday Avianna!!
From Auntie Nicole, Unc Leon &
your cousins...we love you!!



Happy 5th Birthday Benjamin!
Love, Mama, Daddy, & Tucker



Happy 5th Birthday, Dillon!
We love you!!!



Happy 5th Birthday Isabella!
We love you!



Happy Birthday Laney!
We love you! Momma, Daddy, & Brantly



Happy 5th Birthday Samari

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

HAPPY BIRTHDAY



Happy 6th birthday Gabby!
Love, Mom, Papa & Ate Zoey



Happy 7th Birthday Hunter!!
Love you so much! Xoxo



Happy 7th Birthday Olivia!!
Love Mom, Dad, and Lincoln



Happy 8th Birthday
to our All-Star
Love Mom, Dad, & Cooper



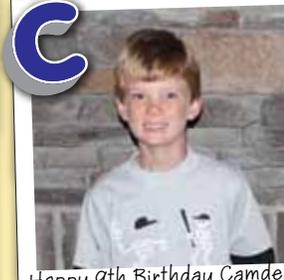
Time to celebrate because
Christian is turning 8!
Happy B-day Love, Familya



Happy 8th Birthday Katelynn
Love Mommy, Daddy,
Devon & Kara



Happy 8th birthday Morgan
Love Mom, Dad, and Vanilla Bean!



Happy 9th Birthday Camden!
We love you - Daddy,
Mommy, Kender, & Kentley



Happy 9th Birthday Hope!
We Love You



Happy 10th Birthday
Mary, Caroline!
We all love you!



Happy 11th Birthday!
We love you so much! Mom,
Goke, NaNa, Ju, Rudy and Russ



Happy Birthday, Mo!!
Love, Mom, Daddy,
Jacob and Mattie



Happy 13th birthday Alessandra!
We are so proud of you!
Love, Mom, Dad, & Maia



Wishing our 1st born son, Kevin,
a Happy 13th Birthday!!
we love u! Love your family



Happy birthday Destiny!
mommy and daddy love you!



happy 24th birthday
love mom



Happy birthday MaMa!
I LOVE U a lot! XoXo-Joycelyn



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.

0%

**APR
AVAILABLE
UP TO 6 YEARS!
PLUS...
Up to \$1000
Bonus CASH!**

2015 EQUINOX



230287

2015 TRAX



230316



112269



112067

2015 CRUZE

2015 MALIBU



JAMESCORLEW.COM

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



With approved credit on select models. See dealer for details
Due to deadlines some units may be sold. Sale may end without notice. See dealer for details.



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722 COLLEGE STREET • CLARKSVILLE, TN
931.552.2020

