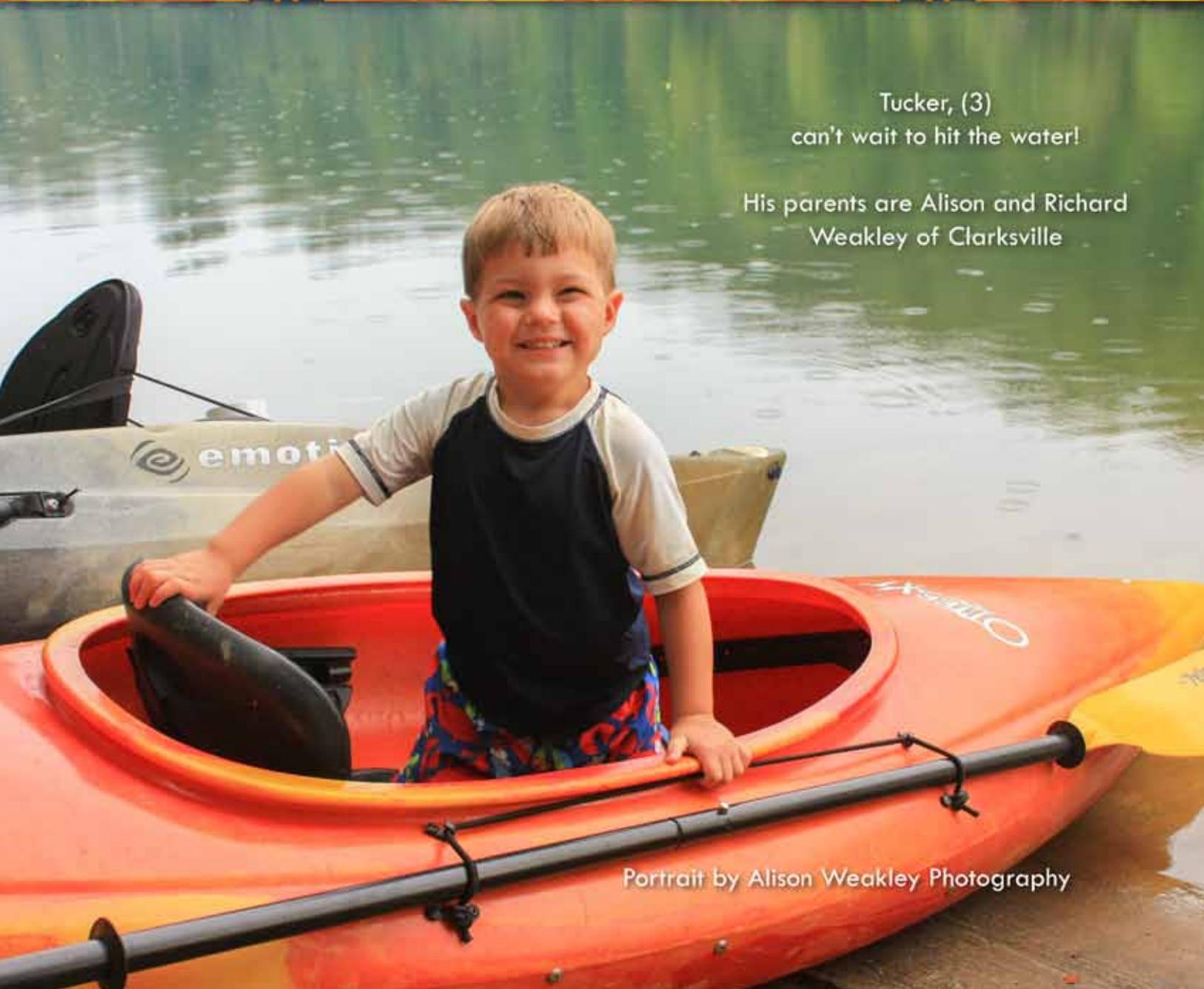


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can't wait to hit the water!

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# Dance Force

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# Publisher's Message

I certainly hope that all the April showers we got will bring plenty of May flowers. So far, the only thing I see after each rainfall is ants...yuck!

Even if the flowers get a little rained out, one thing that never fails to pop up all over town this time of year are all of the fun things you can sign your kiddos up for the summer! It's never too early to start thinking about it. This issue is jam-packed with them, and they fill up fast so don't wait too long.

One thing you don't have to sign up for is strawberry season, you just show up ready to pick! Beginning in May, H&S Strawberry Farm has fresh strawberries that you can go pick yourself or you can purchase by the bundle. This all leads up to their big Strawberry Jam on Saturday, May 16th. There will be inflatables, food, live music, games and of course strawberries. This is only for a few weeks a year, so maybe set a little time aside to check it out.

As usual, we have some great articles for you starting with Pamela Roddy Magrans' story about The Food Initiative (page 6), a piece on road biking by Ericka Suhl (page 16) and Taylor Lieberstein's coverage of Zumba as a treatment for PTSD (page 30) to name just a few.

As the school year ends and summer begins, let us not forget those who have sacrificed their lives so that we may enjoy these American freedoms. A touching poem by Taira McAfee (page 48) reminds us of our soldiers.

Here's to a happy and safe beginning to your summer, and 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.

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You think

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# THE FOOD INITIATIVE CULTIVATING A COMMUNITY THROUGH GARDENING

Pamela Roddy Magrans

They toil. They dig.  
They kneel in the dirt.  
They wear heavy gloves  
and tote cutting shears.  
They delight in a ripe red  
tomato. They carefully  
twist the cucumber from  
its vine. They take pride  
in newly gathered eggs.  
They revel in herbs and  
okra and tend to tall stalks  
of homegrown corn.

While that might sound  
like the description of a  
seasoned Tennessee farmer, it is  
instead the description of a group  
of local teenagers, spending  
their summer break tending  
to a community garden off Mt.  
Carmel Road near 41A. This  
group of teens, led by community  
volunteers, is fighting hunger,



building a community, and  
learning valuable lessons about  
food.

### Seeding the Future

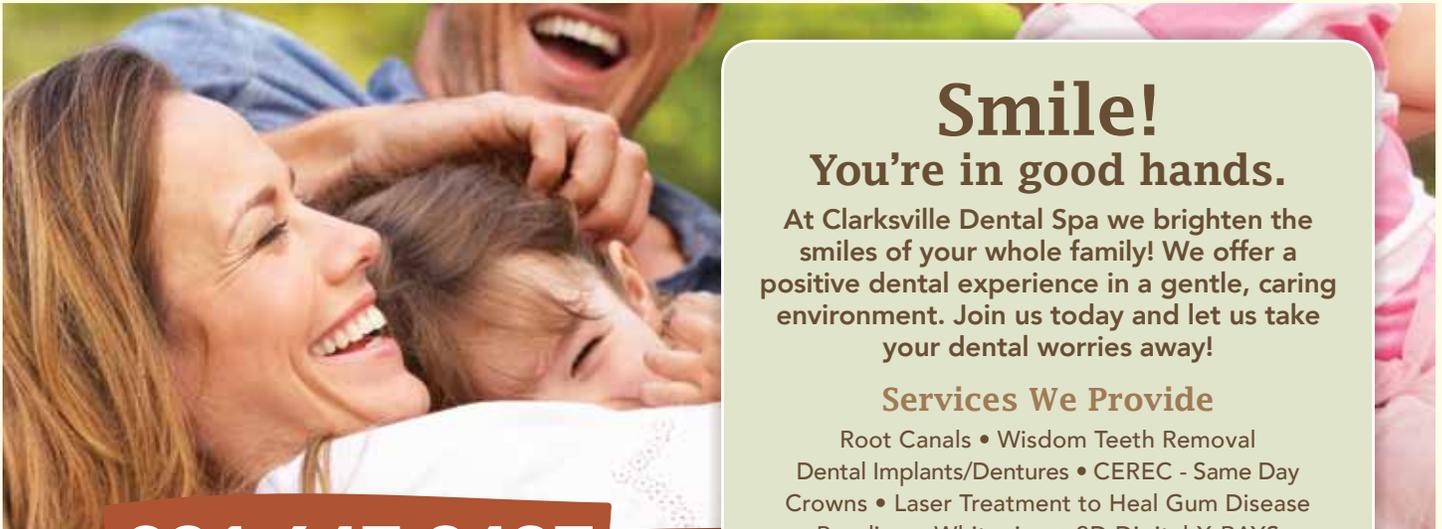
The Food Initiative began  
about five years ago as a result  
of local citizens looking for a  
productive way to fight increasing

reports of gang violence,  
teen suicide, and other  
problems facing the youth  
of Clarksville.

Mission Clarksville, as  
it was called then, was  
established by local  
concerned citizens as  
a way to engage young  
people in personal and  
social change through  
sustainable agriculture.  
The lessons were limitless.  
Teach youth to garden.

Give them a purpose, a plan, a  
plot of untended land and watch  
both land and teenager grow!

The results of those early  
cultivating days now gives birth  
to The Food Initiative (TFI), a



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July 18

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thriving local non-profit supported by a number of local volunteers.

The Food Initiative is rooted in a robust collaboration of student workers, community members, and volunteers. The Food Initiative sells food locally, supplies fresh produce to local hunger relief agencies, and serves as a transformative youth building program.

Regina Hampton is the Program Director for TFI. She and her husband, Michael Hampton, started working with the program soon after its inception in 2010.

“Our mission at The Food Initiative is simple. We



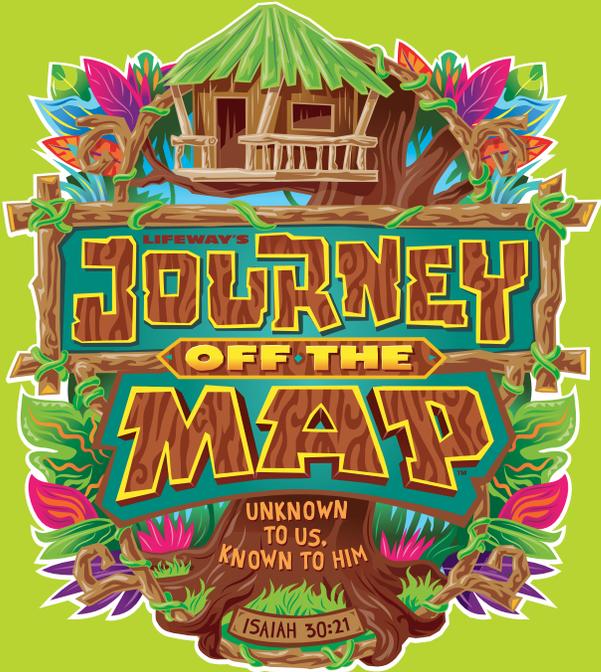
are growing healthy food, empowering lives, and building community. Everything we do revolves around the food system. Our programs provide education on the food system, health, nutrition, and living and working together as a diverse community,” said Regina Hampton. “It is our

goal to provide these students not only with the education to live a healthy and empowered life, but also the tools to interact, lead, and inspire others to do the same.”

The tools are not the usual ones packed by teens. There’s no Wi-Fi at the farm and no charging stations for the smartphones, but that is fine with this group of hard-working teens. The tools of this trade are hard working hands, shovels, hoes, and trowels. It’s a dirty sweaty job in the heat of June and July, but that does not discourage these teens from turning a vacant lot into an agricultural mecca.

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In 2008 the summer youth program started with just 12 students from across Montgomery County and Fort Campbell. They now hire 40 new students each summer. Over the past 7 years, over 170

students have been hired to complete the summer work needed to maintain the farm.

The Food Initiative grows traditional Tennessee foods such as greens, varieties of tomatoes and peppers, strawberries, carrots and herbs,



to name a few. A unique food called kohlrabi, in the cabbage family, is the rare garden addition.

“In 2009, we harvested 1,800 pounds of fresh fruit and vegetables,” said Regina.

This year, they expect to harvest over 7,000 pounds. It’s not just the harvest that is growing. Future plans will include the addition of sheep. In addition to produce, the farm houses about 70 chickens and their numbers are quickly growing too!

**Workshops and the Downtown Market**

The Food Initiative is an outreach program. It offers healthy food to the community at reasonable prices. It offers teens a summer job. It offers families a chance to volunteer and teach their children the origins of food!

Workshops offered at the farm focus on teaching the community about healthy food and gardening. Workshops began in March and included topics such as “Backyard Chickens,” “Growing Mushrooms,” and “Dealing with Garden Pests.”

On June 26, the June Crew will conduct the ceremonial “Passing of the Shovel” to the July Crew.

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# NEW TO THE TAPROOM

In August, the “Summer Chow Event” will celebrate the end of the summer garden and include a potluck meal with members of the community.

“We love seeing families come out and learn about where their food comes from. We also love seeing people at the market and at local hunger relief organizations enjoying the food that we work so hard to produce,” said Regina. New workshops will begin again in the fall.



The easiest way for local families to get involved is by visiting the Downtown Market on Saturdays from May 16 through October 10, between 8:00 a.m. and 1:00 p.m. The Food Initiative participates in the Downtown Market each Saturday and will be selling a variety of fresh fruits, vegetables, herbs and eggs.

Families can also get involved by helping on Community Dig Days. Guests can also tour the garden, help complete some much needed farm work, and participate in workshops held at the farm.

More information can be found at [thefoodinitiative.org](http://thefoodinitiative.org). The Food Initiative can also be found on Facebook, Instagram, and Twitter. The Food Initiative is a non-profit program and donations are accepted. Visit the website to donate to this worthy local program.



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# FINDING STRENGTH THROUGH ADVERSITY

Taylor K Lieberstein

As Tammy Earp's son's 10th birthday approaches she remembers the day a few years ago when she was attacked by gunfire, an event that she will not soon forget. A violent experience such as the one that Earp went through is something that will make you reevaluate your priorities and change your outlook on life. A little over two years after the shooting she is still feeling the lasting effects of trauma and is thankful for every moment she has with her family.

Earp walked out to her vehicle one afternoon to find it surrounded by a hostile crowd. She was confused as to why the group of teens and young adults was so angry and causing a scene around her car. She got into her vehicle hoping to ignore the crowd and get out of their



neighborhood quickly before the situation could escalate any further. Before she could get her car turned around and into drive another car pulled up and a passenger opened fire on her. Multiple bullets were shot at her car as she hid in the floorboard. One bullet was later found wedged into her car speaker

right where her head had been resting while she was in the floor praying for her life.

"The passenger door opened, the seat lifted up, and he had a gun. He pointed it straight at me, coming straight at me. I didn't know what to do so I put my car in reverse and was laying down," Earp said. "I said, 'Please don't kill me. Please don't. I have kids and nobody to take care of them.'"

Two men were arrested, one was found guilty of attempted murder and one was found guilty of aggravated assault. The effects of the senseless shooting spanned far beyond the two men found guilty.

Earp is a single mother of two, one boy who is almost 10 and one girl who is 13. She adopted both of her children after finding out she was unable to become pregnant. After

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many failed attempts to have a child of her own, she felt that she was destined to adopt.

She is a woman who knows the meaning of true love. Both of her children are African American while she is Caucasian. Her love sees no color. She has strong feelings about adoption. The shooting only made those feelings that much stronger. Her son was born addicted to crack cocaine and her daughter was born to a young mother that wanted a better life for her child. Taking care of her two kids and her mother are what she lives for. Being shot at multiple times and not knowing if she would ever see her family again has made her make major changes in her day to day life.

She admits that although it was a devastating event some blessings have come out of the shooting. She is a stronger woman now and she pays more attention. She doesn't take one single breath for granted. Although her kids may tell you she is overprotective she does not care. She says she refuses to be one of those moms who let their kids run around the neighborhood unattended and then cries on the news when they fail to make it home.

Some things such as having to watch her son's baseball games from the car because she cannot be in large crowds are not desirable, however that is the way it is when you go through an event where you have to literally beg for your life to be spared.

"Guns are for safety," Earp reminded me.

The moral of the story here is that unnecessary actions such as the shooting she was involved in can turn lives upside down. There are many details of her life that cannot be printed here because she keeps a certain guard up and always will since the shooting.

There have been a disturbing number of gun violence incidents in the media lately and Clarksville has been no exception. Gun violence headlines have become so frequent that Americans are becoming immune to them. There have been over 100 school shootings in the two years since Sandy Hook. Every day, 48 children and teens are shot

in murders, assaults, suicides and suicide attempts, unintentional shootings, and police intervention. As I write this there have been roughly 13,749 gun incidents in the U.S. in 2015, and we have more than half the year ahead of us.



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# UNDERSTANDING ASTHMA INHALERS

Dr. Catherine Meeks

Did you know that only seven percent of people understand how to use asthma inhalers the right way?<sup>1</sup> Combine that with a wide array of asthma medications, and asthma management can become more than a little confusing. Together, we can change that!

Everybody is different. So your doctor decides which type of medication and inhaler is best for you. But here's a brief overview of what you need to know.

**Types of inhaled medications.** Inhaled medications help airways stay open without some of the side effects of those taken by mouth or injection. These medications work in different ways. For example, some reduce

airway inflammation, while others relax small muscles around airways.<sup>2</sup>

One class of inhaled asthma medication provides quick relief from symptoms such as tightness and gasping. Often used daily—even without symptoms—the other class is for long-term control.<sup>3</sup> If you often use quick-relief “rescue” medications more than twice a week, you may need a change in your treatment.

**Types of asthma inhalers.**

Asthma inhalers are hand-held devices that deliver medication directly into your lungs. People use inhalers either to prevent or stop an asthma attack.

- A metered dose inhaler has a boot-shaped mouthpiece

and a pressurized canister containing medication. Typically, you release the medicine by pushing the canister into the boot. Some of these inhalers contain counters that tell you how many doses remain. If not, track the number of doses you've used.

- Some metered dose inhalers contain a spacer. This temporarily holds medication until it's released, which makes it easier to receive a full dose with a slow breath. Some spacers are built in. Others attach separately to the inhaler. Infants or children may require a facemask to ensure the right dose reaches their lungs.
- Dry powder inhalers release medication when you breathe a deep, fast breath.<sup>4</sup>
- Using air or oxygen under pressure, nebulizers deliver a fine liquid mist of medication through a tube or mask.<sup>3</sup>

**Misuse of inhalers.**

Different inhalers require different techniques. For example, some require coordinating your breath with the medication release. Others require a fast, deep breath. Some require shaking and priming. Others require the dexterity to use a cocking device.<sup>4</sup>

If you don't use inhalers or spacers the right way, you might get too little or too much medicine. A recent study showed that 63 percent of those who misused

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inhalers or spacers missed three or more steps. The most common mistake with metered dose inhalers? Not exhaling before depressing the canister to inhale the medication.<sup>1</sup>

The study found that people's memories fade, so they forget what to do. What this means is you may need a "refresher course" from time to time. Be sure to ask your doctor or me if you have any questions about inhaler techniques. As this study shows, most people are unclear on how to use inhalers, so don't feel embarrassed about asking questions. We are always here to help...even with that refresher course.

*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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# MAKING IT TO THE HORSE A NOVICE GIVES ROAD BIKING A TRY

Ericka Suhl

I arrived with plenty of time to spare at the YMCA in Hopkinsville on the first Sunday warm enough to expect other riders waiting in the parking lot. I had not missed cycling with the Little River Cycling Club on their

rest day, despite how I had fantasized watching them pedal away from the parking lot just as I had arrived. A group of eight men stood together with all the kit and gear of experienced bikers who were desperate to hit the

roads after weeks of being locked inside by snow. I walked over to them and said, "I don't suppose you want a beginner along today." I tried to read their faces while silently begging, "Please say 'no.' Just say 'no.' I'll make it the easiest thing you say all day."

One of them spoke up and asked, "Just how beginner are you?"

"I've gone riding with my husband once."

The group exchanged glances and I knew a gentle let down was in the works. I decided to help them by saying, "You guys are probably dying to tear it up. Maybe I can come back when it's warmer?"

They all responded by introducing themselves, offering handshakes, and the next thing I knew I was following my new friends out into the middle of the highway. The day was gray and cool. The berms and ditches along the roads were still piled high with snow. The sun burned briefly through the low clouds, and then disappeared as we turned into our first backroad, coasting into farmland. A wild feeling came over me as I realized what I was committing to. Panic bubbled and danced up my spine, calling out, "What, what, what are you

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doing?" These men were certainly nice strangers, but I wasn't comfortable enough to throw my bike down in a ditch and cry in front of them. I had to dig deep and keep it together. I was pedaling my pedals. Check. I was holding the handlebars straight. Check. And shifting. Shifting. Wait a minute. I had completely forgotten how to shift!

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## A Different Kind of Flying

After years of proclaiming that a mountain bike was all the bike I would ever need, I sat on a road bike for the first time when my husband finally found the magic words that made all the difference: "This one is on sale." Was it ever. It was a former year's model, and with its black

and hot-pink design, that former year could have easily passed for 1985. Just looking at it, I felt like I was babysitting for movie money and hiding school absence notices from my parents all over again. A young bike tech walked me out to the parking lot behind the bike shop. She was a mountain

biker too, and we chatted about the different styles of riding. While she made a few quick adjustments to the seat, she said that compared to the slow, knobby tires and bouncy frames that help us leap along single-track trails, I was about to enter another world. Skeptical, I pressed down on the pedal and coasted into the parking lot. That tiny bit of pressure sent me smoothly down the hill past rows of blurring cars, picking up wind on a windless day. I felt every engineer and designer who assembled my little hot-pink beauty come to life, like a ghostly giggle that ran right through me, assuring me that my feeling of giddiness was what they had worked so hard to achieve all along. One step and I was flying. They knew they had me. The only thing left was to feel deeply grateful that the bike was on sale.

## The Little River Riders

While I struggled to keep up with the main group, riders took turns staying with me along the route. A rider named JT spent the most time with me, talking about how he had started riding a few years back on the cheapest bike he could find. By then, I had pulled and yanked at all the levers on my handlebars enough to remember how the shifters worked. I



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knew about the Sunday rides because Dave Diamond from Bikes & Moore in Hopkinsville told me it would be a great place to start if I wanted to ride with a group instead of on my own. As much as I fear performing under pressure and meeting new people, it pales next to the thought of getting flattened by a semi while satisfying my need to fly.

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With all due respect to the hypothetical semi driver, I'm sure it would have been my fault, too. I had a lot to learn. JT showed me a few of the signals to indicate to other riders if there were potholes ahead. I tried making the

simple gesture and nearly lost control of my bike. He laughed and said, "You might want to wait until you're more comfortable with riding before you take your hands off the handlebars."

The coolness of the air set off the quiet stillness of my bike. It handled steady and smooth, as if it had a will of its own. It felt like a creature bursting with kinetic potential, wanting nothing more than to have me there, setting its wheels in motion. I looked up and let the landscape open, crisp and white, while JT switched with Mike to escort me through the long loop. Mike pointed out a legion of deer, running in packs of ten, nearly one-hundred strong. I had never seen so many at once in my life. He told me the little Japanese style bridge that crossed a small pond near the road was his favorite thing to look at on the ride. JT coasted back to us again and we talked about the Clarksville Cycling Club. They agreed that it would be closer to home for me, but they also invited me to ride with them again and assured me there would be more women along the next time. They missed that Sunday not because they were afraid of snow. The ladies were on a racing trip in the deep south, riding through sheets of rain.

**The Clarksville Cycling Club and a Horse Named Outlaw**

The first person I met at the parking area for the Clarksville Cycling Club's Monday night beginner's

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ride was named Eric, but everyone calls him Doc. Doc assured me I would have other beginners to ride with, telling me about a four mile loop we could do a few times until I was tired. I loved this idea until my friend, Stacey, showed up and told me about Outlaw the Horse. He and several other riders who had hit a hilly trek of over 50 miles the day before were in the mood for a slow ride to feed apples to a horse that lives on the outskirts of Guthrie. Stacey was confident I could make it, and I fed off that confidence.

As soon as I we started off, I thought, "What a difference a few weeks can make." Snowy fields had turned bright green. The sun was warm and glowed molten as it neared the horizon. Its orange light rippled through rows of tilled land. I fell out of their formation several times, but I could tell the group would slow at times, waiting for me to catch up. A



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rider named Rachel told me that was typical of the Monday ride and not to feel weird about it. She had been riding with them for a year and said they had encouraged her to do things she would not have tried otherwise. She recalled riding a 65-mile trek and not fully believing what she was doing. I thought about the anxiety I had about that first ride in Hopkinsville, realizing this is a process that



pays off. While dragging behind them, I could hear the other riders laughing, sharing stories and taking

care of each other with warnings about potholes and traffic.

Outlaw the Horse was waiting for us, ready for his snack. He possessed the same energy I felt lurking in the construction of my bike, ready to bound, run, fly. But the bike can do only so much. On the way back to the parking area, I felt every part of my body slowly burn to death. Doc was waiting for me at the last stop sign and asked

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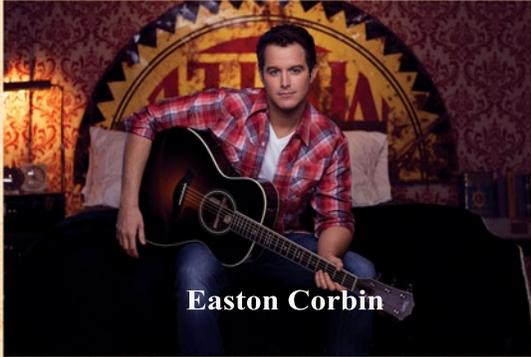


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### June 22-26 - Art Camp

From monster eyes to glow in the dark jellyfish, campers will be creating a variety of interesting and fun projects while they explore different styles and mediums in art. Artists and techniques will be introduced to students as concepts such as origami and negative and positive space.

### July 6-10 • Build It Camp

Boats, castles, monsters, and more will be built in this exciting design camp. Campers will create and engineer an array of projects from recycled materials. The teacher will guide the class in ways to reuse or change used supplies into their own masterpieces!

### July 20-24 • Water Camp

Water, water, everywhere in this fun-filled camp! Our campers will create their own car wash, water wall, and water games to play as the days get hotter and hotter. There will also be two refreshing pool days at the YMCA.

about my feet. I muttered that my butt hurt. He called back, "What?"

"My butt! Hurts!"

"Oh yes. Well, you get used to that. By the end of the season you won't even feel it."

I can imagine. I really can. I want to go out again, push myself a little harder, surprise Outlaw with some apples, and then surprise myself by staying with the main group. Despite how badly I lagged behind, both cycling groups took good care of me, inspiring me with their stories as they guided me through the routes and home again. While I loaded my bike in my car, a couple of the Clarksville riders shouted, "Write good things about us." Not a problem, fellas. No problem at all.

### For More Information

The Little River Cycling Club and the Clarksville Cycling Club have regularly updated Facebook pages showing times and dates for upcoming rides. Visit [Clarkvillecentury.com](http://Clarkvillecentury.com) to learn about the Sunrise Century 100 mile race that saw 990 participants on Labor Day 2014.

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Osteoporosis is a health issue that leads to bone deterioration and an increased susceptibility to fractures in joints critical for mobility, including the hip, spine and wrist.

By the time most women are 20 years old, they have acquired 98 percent of their skeletal mass. Although bone tissue is living and regenerates, as a person ages, more bone is broken down through wear and tear and less is replaced. Building strong bones during childhood and



adolescence can be the best defense against developing osteoporosis later in life.

According to the National Osteoporosis Foundation, there are four vital steps to help prevent osteoporosis. While many women have been told that simply drinking milk can be a good way to build strong bones, no one step is enough to prevent

fractures or osteoporosis. The following four steps combined may significantly reduce the risk:

- 1. Eat a balanced diet** rich in calcium, vitamin D, and fruits and vegetables.
- 2. Participate in weight-bearing exercises**, such as walking, dancing, yoga or strength training.
- 3. Live a healthy lifestyle** with no smoking and limited alcohol intake (no more than one drink daily for women or two drinks daily for men).
- 4. Get a bone density test** and take medication and/or supplements as prescribed.



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### Are You at Risk?

Many women do not know they have osteoporosis until they suffer a bone fracture. After age 30, the likelihood of a woman breaking a bone increases as bones begin to weaken—and the threat increases with age. According to a statistic by National Institute of Arthritis and Musculoskeletal and Skin Diseases, one out of every two women older than age 50 will have an osteoporosis-related break or fracture in their lifetime.

Starting at age 30, all women should talk with their healthcare professionals about their bone health and understand their potential risk for developing osteoporosis. Bone-scanning equipment can be used to test

bone density and diagnose osteoporosis before a painful fracture occurs. Some of the common osteoporosis risk factors include:

- Family history of bone fractures in adulthood
- Small or thin build, low body weight or excessive weight loss
- Diet low in calcium or dairy
- Smoking
- Exposure to certain chemotherapeutic agents used for breast cancer treatment
- Certain medical conditions, including arthritis and hyperthyroidism

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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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Pamela Roddy Magrans

Yoga instructors do their best to create an ambient environment in a studio or workout room. Oftentimes sound, setting, and even the temperature of the room are adjusted to create an ideal setting conducive to the practice of yoga.

But what better way to experience the benefits of yoga than taking the mat into the great outdoors?

A six-week program, sponsored by the City of Clarksville and the YMCA, offers free yoga classes with the picturesque Cumberland River as the backdrop.



Yoga in the Park will be held at McGregor Park on Wednesdays and Fridays from 6:00 a.m. to 7:00 a.m. from May 13 through June 19.

Yoga in the Park is free to the public and people of all ages and fitness levels are welcome. Participants should bring their

own mat. There will be a limited number of loaner mats on hand.

#### Yoga outside

Yoga is the ancient Hindu spiritual practice of meditation through breath control and specific body postures. Practiced for both health and relaxation, yoga is at least 5,000

years old. While modern day American forms of yoga have deviated and expanded on the ancient form, the core concept of yoga focuses on the union of body, mind, and spirit.

The word “yoga” comes from the Sanskrit (ancient Indian language) word “yuj” which



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May 2 - Pitch Perfect\*

May 16 - Jurassic Park\*

June 6 - Disney's Frozen

June 20 - The Lego Movie

\* Movies indicated are rated PG-13.  
All other Movies are rated PG.  
Movies begin at sunset

For the full schedule of movies visit [www.cityofclarksville.com/movies](http://www.cityofclarksville.com/movies)















means “yoking” as a team of oxen or horses would be yoked together. In translation this term became known as “union.” Yoga means to unify or become in union.

That literal definition coincides with our modern day understanding of yoga. Yoga in America today has become a way to unify self with a greater spiritual purpose. In a frenzied and fast-paced society, we seem to know



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Sango Elementary School Spirit Night

**TUESDAY, MAY 12 • 5 - 8pm**

Clarksville Christian School Spirit Night

**MONDAY, MAY 18 • 5 - 7pm**

Carmel Elementary School Spirit Night

**TUESDAY, MAY 19 • 5 - 8pm**

East Montgomery Elementary School Spirit Night

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**MON. 5/11: KIDS MUSIC NIGHT:** Come listen the music of local singer, songwriter and radio personality Lydia Walker. Lydia will perform a blend for children and family friendly music.

**MON. 5/18: KIDS NIGHT:** Watch as Magician Russ Nowack twists and twirls the colorful balloons into the most amazing creations. Fun and interactive entertainment for children...and grown ups...of all ages

**MON. 5/25: SUNDAE BAR!** Create your own Icedream Sundae! See what Russ Nowack, the Magician has up his sleeve or the silly balloon creation he has for you!

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inherently that we need to slow down, breath, and take internal focus. Through body postures and mind control, the possibilities of yoga rest in building both internal and external strength. Yoga allows for a way to unify self. This often occurs alone, but it more frequently occurs in group settings. Yoga classes are a popular way to join with others in meditation.

Taking yoga outdoors allows nature to play a role in that unification of body, mind, and spirit.



Claudia Avillion, yoga instructor, has been leading Yoga in the Park classes for two years.

“Yoga in the outdoors is a completely different experience than yoga indoors. There is something very calming and peaceful about becoming one with

nature, watching the sunrise, listening to birds sing and fish jumping in the water,” said Claudia.

Being outdoors, in general, has many medical benefits. Whether it is yoga, taking a hike through a wooded area, or enjoying a stroll through the neighborhood, being outdoors has many scientific benefits. People who spend time outdoors suffer less from depression, tend to suffer less from illnesses, and usually possess a more positive outlook on life.

Those benefits apply to being outside in general.

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But if being outside is combined with the benefits of yoga, even more Zen possibilities arise!

**Who can join?**

Anyone and everyone, including well-behaved children, are welcome to join Yoga in the Park.

“People of all ages and fitness levels practice yoga for different reasons. Some need it for flexibility and strength, other yogis prefer the meditative aspects of yoga,” said Claudia.

“I recommend that first timers or participants with physical limitations let the instructor know before the class starts, so we can suggest modifications and can pay close attention to those who might need it,” said Claudia.

If you are a seasoned yogi or a first timer, Yoga in the Park offers a holistic way to practice this ancient meditation. It is free and will be held every Wednesday and Friday mornings from 6:00 a.m. to 7:00 a.m. from May 13 through June 19 at McGregor Park off Riverside Drive.

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## ZUMBA FOR PTSD

Taylor K Lieberstein

We lose over 22 soldiers a day to Post Traumatic Stress Disorder or PTSD according to Active Heroes, a non-profit that supports active military, veterans and their families.

Although the military is not the only place where PTSD can be developed it does make up one of the main



groups of people that the disease affects. It not only affects the soldier, it takes its toll on the entire family. There are many ways to cope with PTSD including counseling, medication and exercise. Exercise is a proven stress reliever. People who are active are generally less depressed and feel far less anxiety. Kariny Sander has turned Zumba into her outlet and wants others to join her in recovery.

Sander has been using Zumba to keep her mind clear since her husband's first deployment. After attending her first class she fell in love with the specialized form of exercise that launched the dance-fitness revolution and changed workouts forever. Zumba is a total workout, combining all elements of fitness—cardio, muscle conditioning, balance and flexibility. Sander is a native of Brazil where her love of dance began at an early age. She has a background in

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various forms of dance, winning contests as a child for some of her performances. While her husband was away on tours she learned enough about Zumba to become a certified trainer. Today she instructs many variations of Zumba and teaches her own classes. She is one of only a few certified Zumba jammers in the state.

Sander's husband Scott was a decorated soldier who served with honor in both the United States Army and Navy. He was active during the Iraqi and

Afghanistan wars. Active deployment took its toll and upon arriving home PTSD hit him hard and the effects were devastating. Tragically he lost his battle with PTSD in the summer of 2013 leaving behind his wife and three children. The pain she went through after the tragedy is unfathomable and hopefully most will never experience that kind of heartache. The ugly truth is that 22 families per day are living this same nightmare. That number is only for PTSD cases that are

brought on by the lasting effects of war. There are various other factors that cause PTSD including but not limited to rape, kidnapping, assault, plane crashes and shootings.

Since losing her husband Sander swears by Zumba as her form of recovery. Zumba by definition is an aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music. To Sander it is much more. It is a form

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of coping with the loss of her husband. She has witnessed and heard various testimonials from people that have attended her classes. It is not only strictly for wives of soldiers but for anyone that enjoys working out and needs an outlet to get rid of battles they are fighting. It is for moms who have lost children, soldiers that are battling post war depression, and people who want to lose weight. It is a place to bring your anger, guilt, mistrust, hopelessness and all other

negative feelings and let go of them during the hour-long sessions. The lights are dimmed so that people aren't watching each other as they let out their feelings.

“Some days I want to lock myself in my room and cry all day, but those are the days that I jump and scream even more in my classes. Inspiring others gives me the strength I need to keep going and of course my kids. I believe God put Zumba into my life for a reason. I truly appreciate all the hard

work that has been put into this program and I know many lives have been touched, changed and even saved,” said Sander.

Sander's Zumba classes are held five days a week and open to the public. The classes are just five dollars per session, which Sander collects none of. The cost is to offset the childcare services that are offered for free during the classes. Some days Sanders even pays out of her own pocket to instruct her classes. Her hope is that one day the class can be offered





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at no cost. The full class schedule can be found on her website at [karinysander.zumba.com/classes](http://karinysander.zumba.com/classes). Although she admits these classes help her tremendously, Sander is genuinely concerned with people that need a place to go and rid of the feelings that cause people to feel negative feelings. This is a proactive and easy way to let go of feelings without the pressures of a support group or individual counseling session. Join Sander in a Zumba workout and see for yourself the wonderful energy and vibes you can achieve from one of her classes.

# SUMMER CAMP

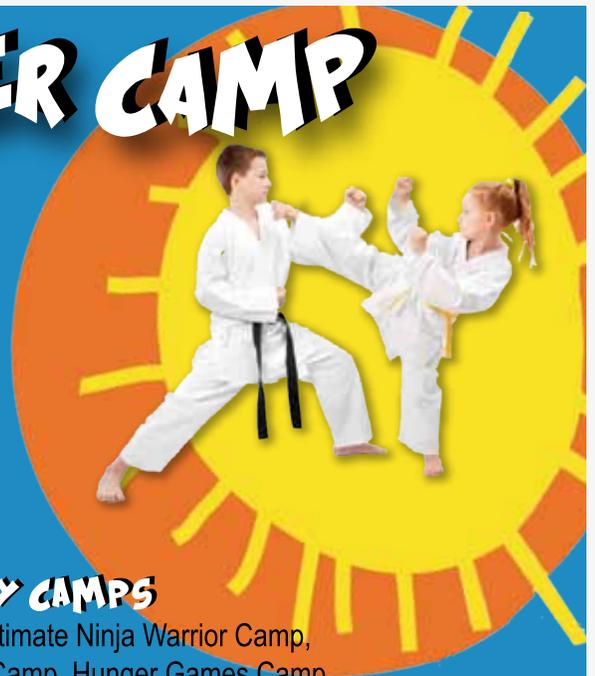
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## MAY IS NATIONAL SKIN CANCER AWARENESS MONTH!

Dr. Mitchell Kaye

This month we will take a break from Cosmetic Plastic Surgery topics and focus on skin cancer, which is appropriate given that May is National Skin Cancer Awareness Month. Some of the statistics are a bit sobering. Each year in the US, nearly five million people are treated for skin cancer. In 2006, in the most recent study available, 3.5 million cases were diagnosed in 2.2 million people. Each year there are more new cases of skin cancer in the U.S. than the combined number of new cancers of the breast, prostate, lung and colon.



### Basal Cell Carcinoma

One in five Americans will develop skin cancer in the course of their lifetime and between 40% and 50% of Americans who live to age 65 will have either basal cell or squamous cell carcinoma (the two most common types) in their lifetime.

There is no question that sun exposure and other

ultraviolet irradiation (UV) sources such as tanning beds are the primary cause of skin cancers, although genetics play a role as well. Racial groups also have different rates of skin cancer, with white, sun-exposed, older males leading the pack. However, all racial groups can develop skin cancers at various rates and with different patterns of disease.

Contrary to popular belief, 80% of a person's lifetime sun exposure is not acquired before age 18. In fact, only about 23% of a person's lifetime exposure occurs

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by age 18. The greatest amount of UV exposure in Americans occurs between ages 40-60. About 86% of melanoma cases, a particularly dangerous skin cancer, are due to UV irradiation from the sun. As a bonus, the daily use of sunscreen by adults under age 55 can reduce skin aging. Over 90% of visible changes of skin aging are caused by the sun. Therefore the daily use of sunscreen can prevent many or most skin cancers as well as the preventable aging effects of the sun. That's a pretty good deal.

Although most people think a nice tan is attractive and a sign of good health, it is a disaster for your skin. The use of tanning beds is particularly dangerous. Nearly 30 million people tan indoors in the U.S. every year. Two to three million of them are teens. Now for the bad news. More people develop skin cancer because of tanning than develop lung cancer because of smoking. Just one indoor UV tanning session increases the user's risk of developing squamous cell carcinoma by 67% and basal cell



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carcinoma by 29%. Just one indoor tanning session increases the user's chances of developing melanoma by 20%, and each additional session during the same year boosts the risk almost another 2%.

Actinic keratosis (AK) is the most common pre-cancer and affects more than 58 million Americans. About two-thirds of all squamous cell carcinomas and 1/3 of all basal cells start as actinic keratoses. These appear to the patient as a red, scaly, raised spot that does not go away. They can be easy



### Squamous Cell Carcinoma

to ignore since there are usually no other symptoms, although they may itch or bleed if rubbed or scratched. They are directly related to sun and UV light exposure and are found on exposed areas such as the face, hands, forearms and upper chest for sun

exposure and anywhere on the body for indoor tanners. Treatment involves correct diagnosis, sometimes by biopsy, and destruction with liquid nitrogen, medications or sometimes removal. Some people develop many of these lesions over time and good preventive care can prevent them from developing a skin cancer.

Basal Cell Carcinomas (BCC) are the most common skin cancer and the most common malignancy in humans. These too are related to sun and UV exposure. BCC can have

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several appearances including: a tan raised growth, flat ulcer, pale ill-defined scar and others. Some are indistinguishable from AK, and in fact may arise from them. They are locally destructive, but relatively few travel to other areas in the body, unlike the more aggressive squamous cell carcinomas or melanomas. Treatment involves surgery and careful follow-up for new or recurrent lesions in most people. Some recurrences or patients with extensive disease or medically unstable patients are treated with radiation therapy.

Squamous Cell Carcinomas (SCC) are also a sun and UV exposure cancer. They can look like red, scaly, flat areas, ulcers or raised growths. Biopsy is very important in establishing a diagnosis. The main difference in SCC from BCC is that the former is much more likely to spread away from the original site, for example to lymph nodes, making it a more aggressive and potentially deadly disease. Luckily this generally only occurs in SCCs that have been

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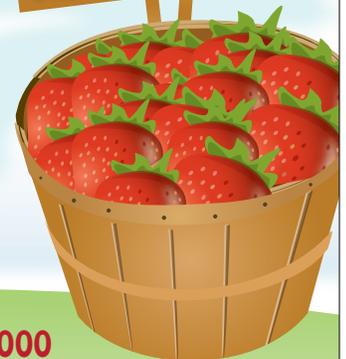
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neglected and have been present for a long time. It is also more common and aggressive in patients who are on immunosuppression, for transplant or rheumatoid arthritis treatment for example. Treatment is similar as that for BCC.

Melanoma is the most deadly skin cancer and unfortunately it is becoming more common. Sun exposure due to lifestyle, tanning and possibly a stronger sun exposure due to climate change are the probable causes. It is important to note that only



Actinic Keratosis

a few sunburns in one's life dramatically increase the risk of this disease, as does indoor tanning. Fair-skinned, sun-exposed people are at highest risk, although all humans can develop this disease. It can also occur in non-skin areas such as the mouth, nailbeds

and rectum. Warning signs include: change in size or appearance in a pre-existing mole, a bleeding or painful skin lesion, red, white or blue color change in a skin lesion especially if the skin lesion has irregular borders or is greater than the diameter of a pencil eraser (6mm). The acronym **ABCD** reminds us that skin lesions with: **A**symmetry, **B**leeding, **C**olor change and **D**iameter greater than 6mm require immediate evaluation. Any of these symptoms warrants prompt attention by a physician who deals with skin cancer on a

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daily basis. Treatment begins with proper diagnosis and includes history, physical exam, biopsy and other tests as indicated. The stage of the disease relates to the depth of invasion of the skin and presence or absence of spread elsewhere in the body. Treatment includes surgery, radiotherapy in some cases and more recently the use of immunotherapy and tumor vaccines.

In summary:

1. Protect your skin against the sun with good quality sunblock before exposure and preferably on a daily basis. Re-apply often.
2. Remember the ABCDs.
3. Examine your body regularly for skin lesions with suspicious changes and, if they are present, GET THEM EVALUATED.
4. No tanning beds.
5. Have these problems checked and treated by an appropriately trained and experienced skin cancer surgeon or dermatologist.

Dr. Mitchell Kaye sees patients in his practice for Skin Cancer

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Dr. Kaye performs an array of 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



### Melanoma

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



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IT'S ALL IN THE NAME...

Brenda Hunley Illustrated by Willie Bailey

It is a warm, sun-filled Saturday afternoon in the Woods of Dunbar. Our animal friends are preparing to play a game of Spy verses Spy by coming up with rules and secret code names.

Chester Chipmunk has called a meeting with his friends and little brother Boomer.

"Welcome to the first meeting of the Spy Friends Society. First we will start with a pledge to the flag of the United States. Boomer... take off that hat!" Chester said as he pulled a small American flag out of his backpack. As the group saluted and repeated the oath they moved closer together and started whispering.

"I hereby open the first meeting to suggestions from the members," Chester said, peering over his sunglasses.

"I think we should have code names," Dart the bluebird said as he looked around to make sure no one was listening.

"Fun!" said Lily the dragonfly clapping her hands.

Boomer stood with his chest out, his right arm raised high. He had an announcement to make. "I don't need time to think. My name will be: Awesome... No Wait! The Epic Master! No! The Amazingly Awesome, Epic-Jedi Master Teacher Leader."

Chester shook his head and tried real hard to wipe the smile off his face. It was impossible. Looking at his little brother, all four inches of



him, standing on a rock all puffed out, making grand gestures just made him laugh out loud! Chester laughed so hard at his brother that big tears were rolling down his cheeks as he laughed.

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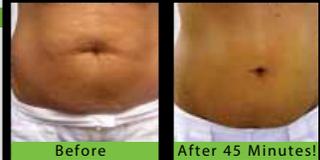
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“Oh Boomer! You are Awesome! A Jedi—you are not,” Chester said doing his best Jedi Master Teacher voice.

“Boomer, that’s too long to say,” Lily said. “Chester, why are you crying?”

“How about Boom Smack or Shake—a-Boom-Boom?” Dart laughed.

Boomer gave Dart a high five. “That works too! What do you think Chester?”

“Chester, why are you crying?” Lily asked again.

“I’m not crying. It’s funny!” Chester said as he wiped the tears off his whiskers.

“I want to be Ninja Lady Warrior!” Lily announced looking quite fierce.

Chester rolled his eyes, “Okay. If this is what you guys want that’s fine with me. Dart, you are hereby dubbed Flying Arrow.”

Dart nodded in agreement. He then started digging in his backpack for his binoculars. “That works.”

“Lily—Ninja warrior is fine.” Lily bowed silently, and made some chopping moves with her hands and some kicks with her feet.

“What should my name be?” asked Chester.

“You are the leader, right?” asked Boomer.

“Uh-huh.”

“How about Captain?” asked Lily.

Chester shrugged, “Okay. Any other suggestions?”

“Big cheese!” grinned Boomer.



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Dart nudged Boomer and said, "How about Captain Cheese?"

Everyone had a good laugh at Chester's expense as they waited for his answer.

Rubbing his whiskers, Chester thought.

"I do not want to be Captain Cheese!"

The group was silent.

"Could we just use Captain?" Chester suggested.

"Fine with us," Dart said. Lily grinned.

"I like Captain Cheese or the Big Cheese better myself," Boomer mumbled.

"The Big Cheese is funny," giggled Lily.

Chester sighed deeply. He figured he could be called worse. "Fine. Big Cheese. Does everyone have their walkie-talkie? Make sure you are on the same channel. Use code names only. Your mission is to find out something no one else knows. What time do we want to meet back here?"

"Let's be back by the time the sun is over there above your house," Dart suggested.

The group split up, each going a different direction to see what they could find.

Lily was able to hide in a patch of daisies and listen to Sandy the snake and Ricky the raccoon talk.

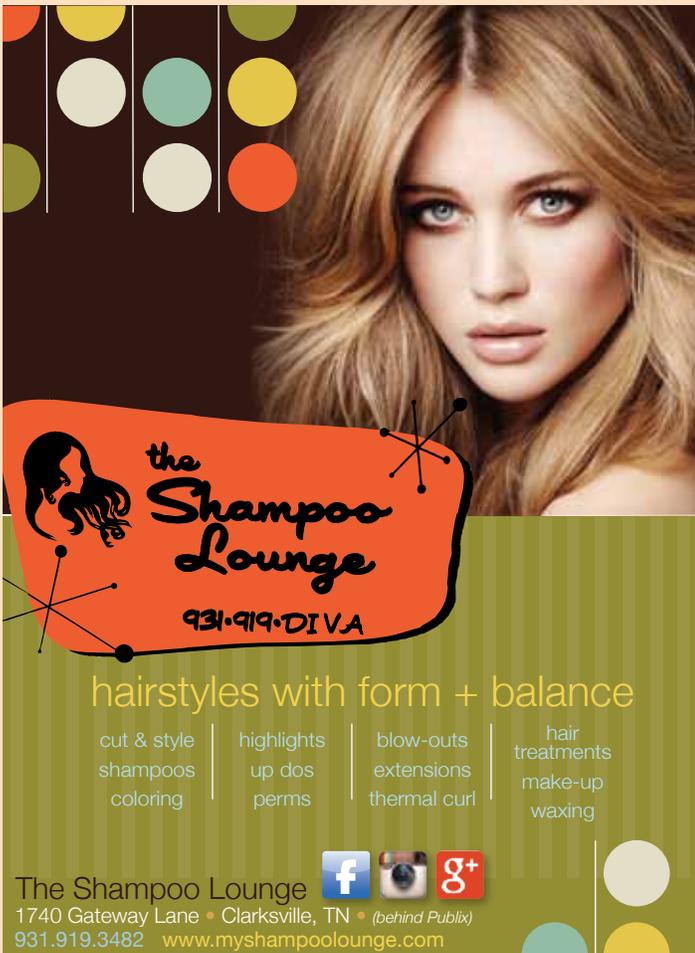
Dart headed down to the water to see what our two favorite geese Clyde and Earl were up to.

Chester went to the Ranger station to see if he could learn any news from the rangers.

Boomer headed over to the picnic tables to see if there was any food. He was hungry, and he hoped he could eat and find out something interesting at the same time.

The afternoon sun slowly made its way across the sky toward the west. Our animal friends were busy snooping around for clues to a good story to share. For some they found it right away, and others it took almost all afternoon.

By the time the group got back together, they were eager to share what they learned.

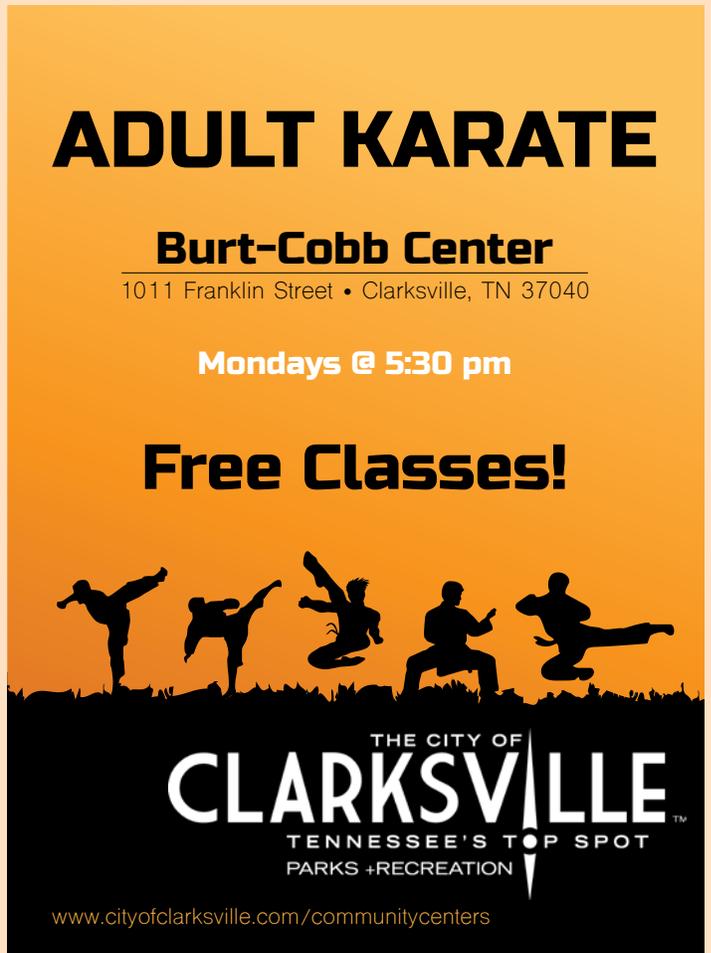


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“Welcome back team. Let’s go to the house and have a snack and something cold to drink,” Chester suggested.

Once each friend had filled a plate full of goodies and had a tall glass of lemonade Chester brought the meeting to order.

“Welcome back team. First order of business: Did everyone accomplish their goal?”

“Yes, Big Cheese!” snickered Boomer.

“Go ahead Shake-a-Boom-Boom!” grinned Chester.

Boomer got out his notepad and started looking at his notes.

“At oh-930 agent Shake-a-Boom-Boom headed down to the picnic tables in search of a snack. Upon reaching his target area he began a search of his grid. He started at the south corner and ended at the trashcans located in the northeast corner.

“There were several left overs. I had some chips, red licorice, and part of a bologna sandwich. Then another family started throwing peanuts at me. It was awesome! Due to my skills and impressive self control I still have some left in my bag!”

“Boomer!” Chester said as Boomer took a deep breath. “What news did you bring back?”

“This IS my news! Those were some amazing snacks! Oh! And I heard there is another *Avenger* movie coming out this month. I went and asked Ranger Bill if he would take us and he said YES!”

“How wonderful!” Lily said clapping her hands together.

“Good job, Boomer,” Dart said after taking a long drink of his lemonade.

“What do you have, Lily?”

“I found out that the Frog families here have been very popular as the humans have been coming for night visits with the rangers to learn about the different sounds they make.”

“That is pretty interesting. Thank you, Lily,” Chester said looking at Dart. “Dart? What do you have?”

Dart cleared his throat, took a deep breath and started sharing his story.

“I found out that there was a group of people that came from the college to help spread the mulch from all those Christmas trees. The rangers were very glad

to have help. Also, Clyde says he got to talk to the big white heron-like bird that flew in last week. His official name is The Great White Egret. His relative is the blue heron that usually comes to visit in the spring. Clyde says that the white egret showed him his wingspan. Do you know how big it was? It was 64 inches! That is over five feet wide!

“Earl got to meet with the American Coot that was here last week. Did you know he was from Mexico? Earl says since he doesn’t understand Spanish he just listened and smiled.”

“Earl? Earl smiled?” asked Chester.

“He said he did!” Dart laughed.

“Chester! It’s your turn! What did you learn?” asked Lily.



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"I learned that Ranger Bill and his wife are having a baby soon. I found out that Ranger Bill is going to a conference this year in a place called Key West in Florida. I found out that four of our first group of junior rangers graduate high school this month!"

"A baby?" asked Lily. "A boy, or a girl?"

Chester blushed, "You know? I forgot to ask!"

Lily laughed and Dart grinned.

"I can't believe those 7th graders are now seniors!" Dart said stretching his wings.

"Ranger Bill said we can go to the graduation if you want."

"Really? That will be fun. I wonder what they do?" Lily asked.

"I guess we will find out, huh?" Chester said while adding more ice to his drink.

"We sure learned a lot today!" yawned Lily.

"Yes we did. I'm tired. See you guys tomorrow!" said Dart as he gathered his backpack and headed for the door.

"I'd better go too," Lily said fluttering her wings. "See ya later!"

"Bye, Dart! Bye, Lily!" Chester called.

"Boomer, are you finished with your snack?" asked Chester.

When there was no answer, Chester turned around and looked for his brother.

"Boomer?" he called.

When there was still no answer, he started looking around the room. Peeking around the back of couch, he found him. Boomer had gone to sleep while everyone shared the adventures of the day. Chester woke him up and helped him get to bed.

"Good night, Boomer," Chester said as he reached to turn out the light.

"Good night, Chester," Boomer mumbled under the covers.

As Chester washed his face and paws before bed he smiled. It had been another great day in the Woods of Dunbar.

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

## GOVERNOR'S SQUARE MALL



### events

#### Wellness Weekend presented by the Montgomery County Health Council

Saturday, May 16 & Sunday, May 17, 1pm-4 pm, Mallwide. Governor's Square Mall in partnership with the Montgomery County Health Council, Montgomery County Health Department, and Northwest Health Science Academy will host a special two-day event to connect the community with local resources that promote personal wellness and health and fitness solutions.



GovernorsSquare.net • MallGiftCards.net

10am to 9pm, Mon.-Sat. • 11am to 6pm, Sun.  
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For more details and a full list of upcoming events visit [GovernorsSquare.net](http://GovernorsSquare.net) or the Customer Service Center. All events are subject to change without notice.

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June 13, 8am-1pm • Clarksville Downtown Market

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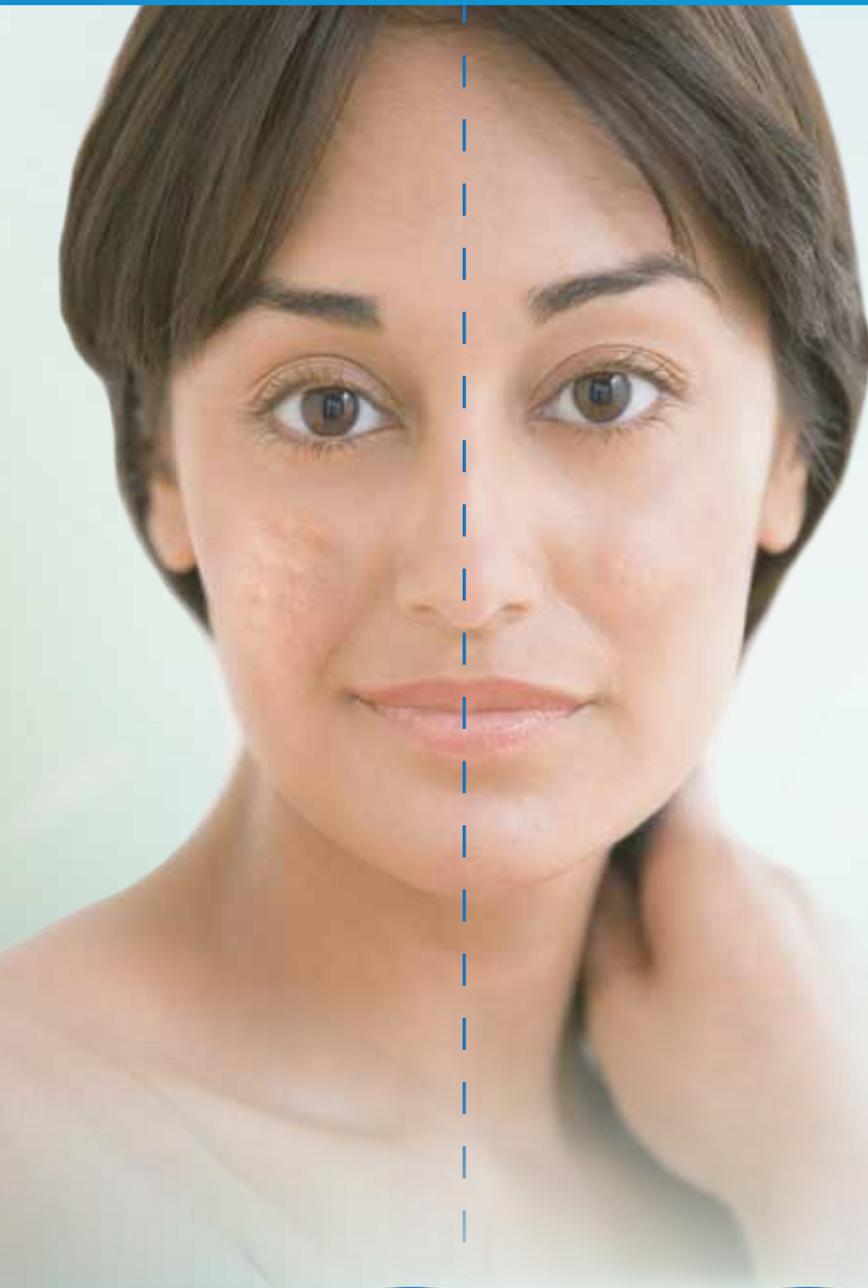
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 A Soldier is a son, a Soldier is a daughter, a Soldier is a  
 husband, a Soldier is a wife, a Soldier is your sister, a Soldier  
 is my brother, a Soldier is a father, a Soldier is a mother, and  
 most of all a Soldier is truly your friend because, a Soldier is  
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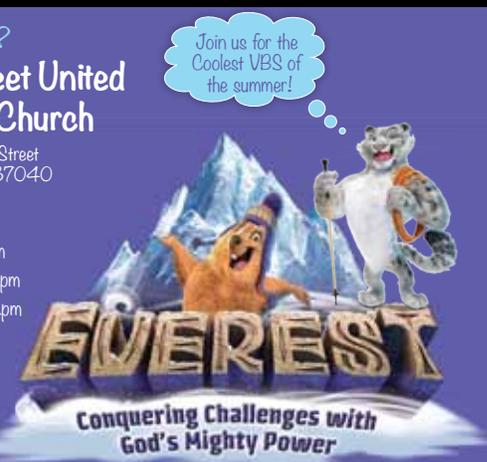
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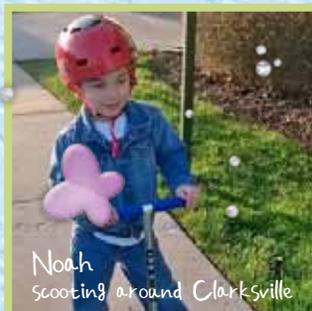
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# Ongoing

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Molly Kent  
(931) 516-9011  
[MKent@camelotcare.com](mailto:MKent@camelotcare.com)

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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  
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Starting May 16, every Saturday from 8:00 a.m. to 1:00 p.m. Over 70 vendors. Visit [ClarksvilleDowntownMarket.com](http://ClarksvilleDowntownMarket.com) for more information. See ad on page 7.

## CLARKSVILLE SCRABBLE CLUB

3:30 p.m. to 6:30 p.m. the first and third Tuesdays of each month. Beginners welcome.

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## 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).

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**MINGLEWOOD**

**18 Monday**

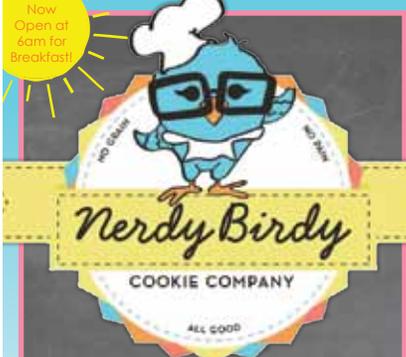
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**MONTGOMERY COUNTY BEEKEEPING ASSOCIATION MEETING**

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

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May

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12 Tuesday 5pm-8pm  
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14 Thursday 5pm-7pm  
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19 Tuesday 5pm-8pm  
**EAST MONTGOMERY**

### KIDS NIGHTS 5pm-7pm

4 Monday  
**Magician Russ  
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11 Monday  
**Lydia Walker/Music  
Night**

18 Monday  
**Magician Russ  
Nowack will be  
making his special  
balloons**

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

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](http://hilldale.org/CHARA-Used-Curriculum-Sale). Childcare available by donation. Contact information: [clarksvillechara@gmail.com](mailto:clarksvillechara@gmail.com).

Hilldale Baptist Family Life Center  
250 Old Farmers Road

## 9 SATURDAY PROJECT LINUS MAKE-A-BLANKET DAY

9:00 a.m. to 3:00 p.m. Project Linus is a non-profit organization that provides homemade/handmade blankets to children in need through the Emergency Medical Services, Hope Pregnancy Center, Camp Rainbow, and the Fisher House on Ft. Campbell. 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

## SPRING FLING

11:00 a.m. to 3:00 p.m. There will be inflatables, hot dogs, popcorn, cotton candy, snow cones, desserts, face painting, and a silent auction. Baskets for auction will be items such as Dollywood Tickets, wood art, restaurant gift cards, Nashville Shores tickets, home baked goodies, car detailing, Gateway Tire certificate, and various others. Come on out and join us for a day of fun.

Pardue Memorial Church  
1895 Memorial Drive  
(931) 648-0459  
Pastor Len Scott

## 10 SUNDAY MOTHER'S DAY

## 11 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

## 12 TUESDAY

**FIRST TIME HOMEBUYER'S EVENT**  
5:30 p.m. Sponsored by Cumberland Bank & Trust. See ad on page 9.

The Looking Glass Restaurant  
329 Warfield Boulevard  
[mycbtmortgage.com](http://mycbtmortgage.com)

## 16 SATURDAY 7TH ANNUAL H&S STRAWBERRY JAM

11:00 a.m. to 3:00 p.m. Inflatable, food, live music, farm animals, vendors, games and strawberries. See ad on page 37.

H&S Farms  
400 Seven Mile Ferry Road  
(931) 387-4000

## WELLNESS RESOURCE EXPO

1:00 p.m. to 4:00 p.m. Visit with local healthcare providers and participate in seminars and demonstrations. This

# Got Pain?

Our doctors can help.  
Visit our site today!

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- Flexible Schedules
- Affordable Rates

Contact us at 931-444-7200 or visit our  
website at [clubztutoring.com/clarksville](http://clubztutoring.com/clarksville)

is a free expo focusing on building a healthy community for all ages.

**Take Action!**  
**presented by Daveisha Moore, Susan G. Komen Greater Nashville Affiliate**

A discussion on the current state of breast cancer, including the latest statistics for Montgomery County and how women can "take action" by being advocates for their own breast health through breast self-awareness

**Do you need a little tune-up? presented by Diabetes Educator Nancy Yount, RN, BSN**  
 3:15 p.m. to 3:45 p.m.  
 Come join us for ways to increase your feel good factor. If you are ready to make healthy changes in your life, stop by to learn ways to lose weight safely. Some of the topics to be discussed will include ways to cope with stress, improve on your diet, and increase your activity level. We will also share programs and opportunities in your community.

**Demonstrations & Entertainment Schedule:**

- 1:00 p.m. to 4:00 p.m. Facepainting
- 1:15 p.m. to 1:45 p.m. Zumba
- 2:45 p.m. to 3:15 p.m. Infinite Fitness

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

**MOVIES IN THE PARK—  
 JURASSIC PARK**

Begins at sunset. Free outdoor movie sponsored by the City of Clarksville. See ad on page 26.

Heritage Park  
 1241 Peachers Mill Road  
[cityofclarksville.com/movies](http://cityofclarksville.com/movies)

**17 SUNDAY  
 YOUTH WELLNESS  
 EXPO**

This day will focus on youth in our community and will include a fashion show, seminars, educational institutions, summer job fair, and much more!

**TABERNACLE CHRISTIAN SCHOOL**  
 301 MARKET STREET • WWW.TCS1999.COM

*wonderful*  
**SUMMER**  
 CAMP

June 1, 2015 through July 2, 2015  
 9 A.M. - 3 P.M.  
 Call now to sign-up  
**552-9431**

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He may need your foot steps to follow.

**Volunteers Needed**

Providing quality mentoring for Clarksville's Youth.

Big Brothers Big Sisters of Clarksville is looking for volunteers to be a part of our program. If you are interested in being a friend to a child and can devote at least 4-8 hours a month, please call our office at 931.647.1418.

*Little Moments Big Magic* **Big Brothers Big Sisters**

931.647.1418 • Peachers Mill Rd. • Clarksville, TN

*Etiquette*  
**CAMP**

JUNE 8<sup>TH</sup>-12<sup>TH</sup> for ages 8-12  
 10 AM - NOON

REGISTER BY June 1<sup>ST</sup>

To be held at the SMITH TRAHERN MANSION  
 101 MCCLURE ST. CLARKSVILLE, TN 37040

Call Patricia Woods at 931-624-8910 TO REGISTER

WWW.EYESUPFORKSDOWN.COM

EYES UP, FORKS DOWN ETIQUETTE & Lifestyle COACHING

YARD SALE • JUNE 5TH AT SMITH TRAHERN MANSION  
 101 MCCLURE ST. CLARKSVILLE, TN 37040 • 8AM-1:30PM • OPEN TO THE PUBLIC

**Youth Camp Comes to  
 Yoga Mat**

227 A Dunbar Cave Road • Dunbar Professional Park • 931-802-2393

Our little Yogis need time to chill and reboot, too. A lot of fun and zen will be had by all! Two age groups offered: 6-9 & 10-12.

Monday - Friday | Noon - 3PM @ the Yoga Mat Studio

1 Week for \$120 | 2 Weeks for \$215  
 (Pre-registration before June 1st for a discounted rate of \$110 per week.)

YOGA MAT

June 15 - 19 & June 22 - 26 | July 20 - 24 & 27 - 31

An awesome yoga camp where kiddos can have fun while learning about yoga poses, breathing techniques, and how to peace out when they need to.

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

**Demonstrations & Entertainment Schedule:**

1:00 p.m. 2:00 p.m.  
Tennessee Titans Mascot  
T-Rac Meet & Greet

3:00 p.m. Fashion Show  
featuring students from  
the Northwest Health  
Science Academy

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

**DIABETES SUPPORT GROUP**

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

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

**18 MONDAY  
DAV CHAPTER 45  
MEETING**

6:00 p.m. potluck meal,  
7:00 p.m. meeting. Please  
bring a side dish item to  
assist with our "Fellowship  
Meal." First time visitors  
please do not bring a

dish to this Potluck Meal.  
At 7:00 p.m. will read  
communication, read  
minutes, new business,  
mention sickness and  
distress, and other  
pertinent information  
we can provide. CSO's  
will assist you with your  
claims. Please bring a  
copy of your DD-214,  
Doctor's documentations,  
marriage certificate, or  
necessary information  
such as PTSD, service  
connected injuries (i.e.  
knee injuries), concerns  
(gunner, hearing loss,  
etc.). Please make copies  
to go with your claims as  
we do not have a copier.

Ajax Turner Center  
953 Clark Street  
(931) 551-6625  
[renee\\_ad56@hotmail.com](mailto:renee_ad56@hotmail.com)

**20 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

**23 SATURDAY  
8TH ANNUAL SPRING  
INTO SUMMER  
FESTIVAL**

12:00 p.m. to 9:00 p.m.  
Free event sponsored by  
Oak Grove Tourism. See  
ad on page 22.

101 Walter Garrett Lane  
Oak Grove, Kentucky  
(270) 439-5675  
[visitoakgroveky.com](http://visitoakgroveky.com)

**24 SUNDAY  
8TH ANNUAL SPRING  
INTO SUMMER  
FESTIVAL**

12:00 p.m. to 6:00 p.m.  
Free event sponsored by  
Oak Grove Tourism. See  
ad on page 22.

101 Walter Garrett Lane  
Oak Grove, Kentucky  
(270) 439-5675  
[visitoakgroveky.com](http://visitoakgroveky.com)

**25 MONDAY  
MEMORIAL DAY**

**30 SATURDAY  
THE SHEXPO**

12:00 p.m. to 4:00 p.m.  
SheXpo showcases  
opportunities for  
women to create their  
own opportunities via

flexible careers or  
business opportunities.  
The SheXpo will  
feature employers with  
flexible career options,  
companies with business  
opportunities, food,  
networking and lots of  
fun! For more information,  
call or visit our website.  
See ad on page 21.

Emmanuel Family Life  
Center  
303 Fairview Lane  
(931) 302-7754  
[www.theshexpo.com](http://www.theshexpo.com)

Submit your event to  
[events@clarksvillefamily.com](mailto:events@clarksvillefamily.com)  
by the 15th of the month to  
be included in the  
next issue.




**REALTOR**  
Amy Davis  
931-980-2307



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2631 Ft. Campbell Blvd

**EXHIBITS:**

**Southern Watercolor Society's 38th Annual Juried Exhibition**

May 12 through July 5th

**Ed Nash: Exploration**

May 1st through 31st  
 This Exhibit Sponsored by Nashville Arts Magazine

**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

**The Art of Flying High**

May 1st through 31st  
 Preview some of the art that will be available for auction at our annual fundraiser Flying High, on display in the lobby.

**ACTIVITIES:**

**The Big Payback: \$5k by 5 p.m. on May 5th**  
 Tuesday, May 5th

The Big Payback is coming May 5, 2015, and the Customs House Museum is excited to take part in this monumental event! The Big Payback, hosted by The Community Foundation of Middle Tennessee, is a community-wide online giving day that's a special occasion to celebrate Middle Tennessee's spirit of generosity and support the work of nonprofits. This 24-hour online event will help organizations, like the Customs House Museum, raise much-needed unrestricted dollars and bring awareness to pressing needs in our communities.

On May 5th, our goal is to raise \$5k by 5:00 p.m. for improvements to our children's galleries. Your donation of \$10 or more will be a big help! Visit our website or Facebook to find out how you can donate and contribute to your community!

**May First Thursday Art Walk**

May 7, 5:00 – 8:00 p.m.

Join us for the First Thursday Art Walk on May 7th. The museum will be open with free admission from 5:00 – 8:00 p.m. The Clarksville Jazz Project Trio will give a live performance in the galleries from 5:30 – 6:30 p.m.

**Story & Craft Time with Ms. Sue**

May 7, 14, & 28, 10:30 – 11:15 a.m.  
 Ms. Sue has more than 500 picture books in her personal library. Join us this month as she shares some of her favorites. All ages welcome.

**Family Fun Day: "Get Your Kicks on Route 66"**

May 9, 10 a.m. – 4 p.m.  
 You are invited to join us as we take the ultimate "road trip" without leaving Clarksville. There will be sites to see, things to do, and things to make. And while you're here, visit the exhibit "Becoming Clarksville" to find out what Governor Austin Peay did that made travel by car a little easier.

**Let's Find: Things to Count For Children 2 – 5 years old & their adults**

May 26 & 27, 10:30 – 11:30 a.m.  
 Do you know how many Randys there are on the pit crew standing by Jeff Purvis's racecar in the sports gallery? Join us for May's Let's Find as we look for unusual things to

count in the museum. We'll also make a craft and listen to Ms. Sue read some of her special counting books. Siblings are always welcome!

**May in the Children's Room: Backyard Birds**

Our apologies: the Children's Room will be closed May 12 --17 due to a special event. Chickadees, cardinals, crows, and cuckoos are just a few of the birds that might show up in your yard this summer. Visit the Children's Room to discover some other birds that just might come by, too!

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!

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](mailto:sue@customshousemuseum.org)

The museum will be closed Sunday, May 10th for Mother's Day and Monday, May 25th for Memorial Day.

**THE ROXY REGIONAL THEATRE**

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

**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 May 1, 2, 8, 9, 15, 16, 22 & 23

7pm 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

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

## 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) 516-9011 or email [MKent@camelotcare.com](mailto:MKent@camelotcare.com).

### CENTERSTONE FAMILY CENTERED SERVICES

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

### CLARKSVILLE FAMILY ADOPTION ASSOCIATION

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

### CARING CHOICES OF CATHOLIC CHARITIES

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

### OAK PLAINS ACADEMY

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

### OMNI VISIONS INCORPORATED

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

### YOUTH VILLAGES

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

## ARTS, CRAFTS & HOBBIES

### CLARKSVILLE MODEL RAILROAD CLUB

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

### 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](mailto:csa@apsu.edu), or visit [apsu.edu](http://apsu.edu).

### MADISON STREET MUSIC & ARTS ACADEMY

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

### MONTGOMERY COUNTY WATERGARDEN SOCIETY

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

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

### CANINE FLYBALL CLUB

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

### CLARKSVILLE BADMINTON CLUB

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

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

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

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

### CLARKSVILLE IMPACT SOCCER CLUB

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

### CLARKSVILLE TENNIS ASSOCIATION

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

at [PrHowle@aol.com](mailto:PrHowle@aol.com) for all who are interested. Visit [www.clarksvilletennis.usta.com](http://www.clarksvilletennis.usta.com).

### CLUB WEST VOLLEYBALL CLUB

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

### EMMANUEL FAMILY LIFE CENTER

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

### SWIMMING EAGLES

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

### TEAM CLARKSVILLE YOUTH WRESTLING

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

### WARRIORS SPECIAL NEEDS CHEERLEADING

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

## CHILDBIRTH & PARENTING EDUCATION

### ROOTS CHILDBIRTH PREPARATION

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

and Childbirth Educator, at (615) 710-7077 or [expectingnewlife@yahoo.com](mailto:expectingnewlife@yahoo.com) for info on classes (group, private or home-study).

## BREASTFEEDING EDUCATION AND SUPPORT (WIC)

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

## CLARKSVILLE BIRTH COMMUNITY

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

## GATEWAY MEDICAL CENTER BREASTFEEDING CLASS

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

## GATEWAY MEDICAL CENTER PRENATAL CLASS

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

## GATEWAY MEDICAL CENTER SIBLING CLASSES

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

## HEALTHY START

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

## LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

La Leche League offers mother-to-mother breastfeeding information and support in meetings and via phone and email. All breastfeeding and expectant mothers and their children are welcome to attend either or both monthly meetings! Meetings are on the first Wednesday of each month at

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

## NINE MONTHS & BEYOND

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

## WHOLE WOMAN BIRTH AND LACTATION SERVICES

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

## CHILD CARE

### CHILD CARE AWARE

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

## MID-CUMBERLAND CHILDCARE RESOURCE AND REFERRAL

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

## MONTGOMERY COUNTY CHILD CARE PROVIDERS BY AREA

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

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

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

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

## PARENT INFORMATION NETWORK

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

## PROGRESSIVE DIRECTIONS

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

## TENNESSEE NUTRITION & CONSUMER EDUCATION PROGRAM (TNCEP)

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

## CHILD PROTECTION & DOMESTIC CRISIS SERVICES

### AL-ANON & ALATEEN

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

## MONTGOMERY COUNTY CHILD SUPPORT SERVICE

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

## SAFEHOUSE

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

## CHILDREN'S GROUPS

### 4-H YOUTH DEVELOPMENT

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

### BOY SCOUTS OF AMERICA

(931) 647-8811, (800) 899-7268 or [www.mtcbsa.org](http://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](mailto:sevierstation@yahoo.com).

### GIRL SCOUTS OF MIDDLE TENNESSEE

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

### LEAP ORGANIZATION

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

## COMMUNITY OUTREACH

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

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

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

### ALL NATIONS BIBLICAL STUDY CENTER

Offers free Bible courses to the community in the major fields of biblical research. A complete Online Biblical Studies Program is also available. Online Courses are offered year-round. Visit [www.studythescrptures.net](http://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](mailto:jonesma@apsu.edu) or [www.ed2go.com/apsu](http://www.ed2go.com/apsu).

## ARMY COMMUNITY SERVICE

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

## ASERACARE HOSPICE GRIEF SUPPORT

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

## BAYANIHAN FILIPINO-AMERICAN INTERNATIONAL GROUP

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

## CRISIS CALL LINE

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

## CROATIANS IN TENNESSEE

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

## DAGAN FOUNDATION

Creating schools in rural areas for free education and sending orphans and disadvantaged children to schools in Togo, West Africa. Spreading the word of God through evangelism and planting and supporting churches in rural areas in Togo. Digging wells and providing clean water

in rural areas in Togo. Partner with us and join us so together we can change lives in Togo, West Africa.

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

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

## FREE CAKES FOR KIDS KY & TN

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

## FRIENDS OF THE BLUEWAY

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

## FRIENDS OF ROTARY PARK

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

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

## GATEWAY HOME HEALTH & HOSPICE

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

Cheatham, Roberston, Stewart, Dickson, Houston and Davidson counties. Call (931) 552-5511.

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

## 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](mailto: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.huihawaiiotn.com](http://www.huihawaiiotn.com).

## HOPE CENTER

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

## HUMANE SOCIETY OF CLARKSVILLE-MONTGOMERY COUNTY

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

## LATINA ASSOCIATION

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

## LOAVES AND FISHES

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

## MANNA CAFÉ MINISTRIES

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

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

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

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

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

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

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

## MEALS ON WHEELS

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

## MONTGOMERY COUNTY WIC CLINIC

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

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

## RADICAL MISSION

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

## REFORMERS UNANIMOUS

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

## SUNCREST HOME HEALTH

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

## TENNESSEE REHABILITATION CENTER AT CLARKSVILLE

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

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

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

## UNITED WAY

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

## VETERANS UPWARD BOUND

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

221-7601 or at [webbm@apsu.edu](mailto:webbm@apsu.edu). You can also visit our website at [www.apsu.edu/VUB/](http://www.apsu.edu/VUB/).

## COUNSELING, SUBSTANCE ABUSE & MENTAL HEALTH ALCOHOLICS ANONYMOUS

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

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

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

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

## APTITUDE HABILITATION SERVICES

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

## ASPERGER/AUTISM CENTER

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

## BRADFORD HEALTH SERVICES

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

## CELEBRATE RECOVERY-FIRST CHURCH OF THE NAZARENE

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

## CELEBRATE RECOVERY-GRACE CHURCH OF THE NAZARENE

A 12 step recovery program for individuals that are seeking healing and recovery from hurts, habits and hang-ups is offered every Friday evening at Grace

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

## CENTERSTONE

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

## COLUMBUS ORGANIZATION

Provides in-home Applied Behavior Analysis (ABA Therapy) services for children and adults with Autism Spectrum Disorders and Developmental Disabilities. Tricare, TennCare, and many private insurances accepted. (615) 902-0950

## HEALTH CONNECT AMERICA

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

## THE FAMILY GUIDANCE TRAINING INSTITUTE

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

## LIFESOLUTIONS - ASPIRE & JOBLINK

611 Eighth Street, (931) 920-7210.

## MENTAL HEALTH COOPERATIVE

Provides evidence-based services including: Child & Family Counseling, Child Psychiatry and Community Based Case-Management to children and adolescents with emotional/behavioral challenges. Case managers assist families in their homes with parenting and behavior management in addition to linking them to needed resources in the community. Initial intake assessments are offered within one week and at no cost. MHC welcomes TennCare recipients. Located at 201 Uffelman Drive, Suite A.

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

## OAK HILL RESIDENTIAL

118 Union Street, (931) 647-8267.

## PASTORAL COUNSELING CENTER

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

## THE PATH LIFE COACHING

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

## REGIONAL INTERVENTION PROGRAM (RIP)

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

## VIVIAN HOUSE

125 Vivian Street, (931) 920-7235.

## WEEMS ACADEMY

812 Greenwood Avenue, (931) 920-7370.

## WESTERN KENTUCKY MEDICAL OPIOID TREATMENT

Methadone Maintenance Treatment combined with counseling and professional help for medical, psychiatric, and socioeconomic issues has the highest probability of being effective for opiate and heroin addictions. Methadone is one of the longest-established, most thoroughly evaluated forms of drug treatment. Once accepted into the program, individuals will receive doses

of methadone and individual counseling to address the patients specific treatment needs. Please give us a call at (270) 887-8333.

## YMCA'S RESTORE MINISTRIES COUNSELING CENTER

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

## INTERNATIONAL ORGANIZATIONS MISS TENN KY AREA AFS VOLUNTEER LEADERSHIP TEAM

The Miss 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](http://www.afsusa.org/host) to view them and fill out a hosting application. Keep in mind that CMCS 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](http://www.afsusa.org/study-abroad) for more information and/or contact Becky Heywood (sending coordinator) at [AFSbecky@comcast.net](mailto:AFSbecky@comcast.net) ongoing on an exchange with AFS-USA.

Local Contacts: Dr. Barbara Y. Wills at (931) 378-7258 and [afsbarb58@gmail.com](mailto:afsbarb58@gmail.com) or Sandy Rich at [srich@afsusa.org](mailto:srich@afsusa.org) or (865) 617-0665. The local Miss Tennky Area AFS Volunteer Leadership Team web site is [www.afsusa.org/misstennky/](http://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](http://yfuusa.org/meetstudents). By opening your home and heart to a student from overseas, you and your family will gain a new global perspective, many memories, and quite possibly a new family member for life!

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

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

Volunteer opportunities along with study abroad programs for American students and cultural immersion Adult Study Tours are also available. Learn more at [yfuusa.org](http://yfuusa.org).

## PARENT GROUPS CLARKSVILLEMOMMIES.COM

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

## CHARA (CHRIST-CENTERED HOMESCHOOLERS APPLYING RIGHTEOUSNESS ACADEMICALLY)

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

## CLARKSVILLE HOMESCHOOL NETWORK

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

## CLARKSVILLE, HOPKINSVILLE FORT CAMPBELL SAHM PLAYGROUP

The Clarksville, Hopkinsville, and Ft. Campbell SAHM playgroup is here to support mothers who are navigating the phases of newborn through preschool with their children. We do all kinds of different activities throughout the year from Moms' Night Out, Potluck Lunches, Coffee and Donuts playdates, and other activities and events that include moms, kids and families. [sahm.meetup.com/1943/](http://sahm.meetup.com/1943/)

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

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

## LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

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

## MOMS CLUB OF CLARKSVILLE

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

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

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

## MOPS AT FIRST BAPTIST CLARKSVILLE

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

## FT. CAMPBELL MOPS

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

## HILLDALE BAPTIST CHURCH MOPS

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

## SPRING CREEK MOPS

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

## PARENTS OF MULTIPLES

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

## PARENTS REACHING OUT

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

## TNSHARE (SECULAR HOMESCHOOLERS: ANY RELIGION, 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/](http://www.facebook.com/#!/groups/tnSharehomeschool/)

## TENNESSEE EARLY INTERVENTION SYSTEM (TEIS)

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

## WIC NUTRITION EDUCATION CENTER

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

## RETIREMENT GROUPS

### AARP LOCAL CHAPTER 1957

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

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

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

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

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

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

### ARMY COMMUNITY SERVICE

At 6733 Air Assault Street, Fort Campbell, "Family Readiness" is the state soldiers, spouses and family members proactively prepare for, and in which they are able to cope with mobilization, deployments and prolonged separations. To prepare, soldiers (both active and reserve components) and their families attend classes and receive written instructional materials on subjects such as how to prepare a will, how to establish and manage a household budget, how to communicate with children of

various ages, and how to maintain communication with the rear detachment of the deployed unit. (270) 798-0609, [relocation@fortcampbellmwr.com](mailto:relocation@fortcampbellmwr.com) or [www.fortcampbellmwr.com/ACS/familyReadiness.htm](http://www.fortcampbellmwr.com/ACS/familyReadiness.htm).

### ASMT (AUTISM SOCIETY OF MIDDLE TENNESSEE)

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

### AUTISM SUPPORT GROUP

Donna Richardson at (931) 503-2315.

### CLARKSVILLE ASSOCIATION FOR DOWN SYNDROME (CADSTN)

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

### CLARKSVILLE MONTGOMERY COUNTY MULTIPLE SCLEROSIS SUPPORT GROUP

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

### CAMP WILLOW CREEK

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

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

are available through Gateway Hospice; please call the office for further information.

### CLARKSVILLE OSTOMY SUPPORT GROUP

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

### CLARKSVILLE PARENT/ CAREGIVER SUPPORT GROUP

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

### DIABETES SUPPORT GROUP

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](http://www.focusautismnow.com)

### GRIEF SUPPORT

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

### JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)

Meets the last Saturday of each month. Contact [cvoehland-free@jdrf.org](mailto:cvoehland-free@jdrf.org).

### NAMI (NATIONAL ALLIANCE OF THE MENTALLY ILL)

Meets the second Tuesday of the month from 6:30 p.m. to 8:30 p.m. at the Clarksville-Montgomery County Public Library, 305 Pageant Lane. For more information call Karen at (270) 885-9410 or Bertha at (931) 216-3590. Some one you love has a mental illness, recovery is possible. Help. Hope. Healing.

### PARENTS HELPING PARENTS

A bereavement support group for any person who has ever loved and lost a baby or child. You can expect compassion, support and useful information to help you through this time of grief. Held the first Monday of each month from 7:00 p.m. to

9:00 p.m. in classroom 2 off the "A" lobby at Blanchfield Army Community Hospital, Ft. Campbell. The group is open to the community. For directions or information e-mail Sharee at [InfantLossProject@yahoo.com](mailto:InfantLossProject@yahoo.com) or call the chaplain's office at (270) 798-8777.

### PARKINSON AWARENESS AND FELLOWSHIP GROUP

Interested in knowing more about Parkinson? Do you need the support of those who have Parkinson? You are welcome to all meetings on the second Thursday of each month at 5:00 p.m. This lively group of people meet at Church of Christ at Trenton Crossing, 2650 Trenton Road. Contact Glen Ezell at (931) 648-2908 or Chris Ezell at (931) 614-5524.

### TENDERPAWS PET THERAPY

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

### YMCA'S RESTORE MINISTRIES SMALL GROUPS

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

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

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

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

# HAPPY BIRTHDAY!



Happy 1st Birthday, Camden



Happy 1st birthday  
Mason Craig!!!  
Papa and gram mom love you



Happy 2nd birthday Addysen  
our princess - we love you



Happy 2nd Birthday, Emily & Ally!  
We love you - Momma, Daddy & Mia



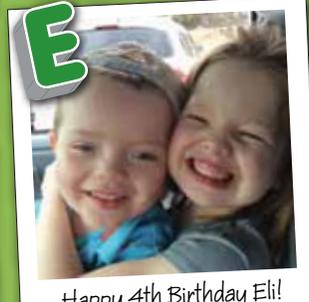
Wishing our sweet lady bug  
A Happy 2nd Birthday!  
Love u Kaelynn Marie!



Ready for a birthday!!!!...Max is 2



Happy 4th Birthday Aniyah!!  
We love you! Love your family



Happy 4th Birthday Eli!  
We love you, Dad, Mom, Stef & Sissy!



Happy 4th Birthday baby girl!!  
We love you so much!



Happy birthday Monika  
Mommy and Daddy love you!!



Happy 5th birthday  
to our Kitty cat, Sickies!  
We love you!



God Bless you and  
Happy 5th Birthday, Sophia!  
We love you!



Happy 5th Birthday,  
Love, Mommy & Daddy



Happy Birthday, Choe!  
Mommy, Daddy, Cole & Tristan love you!



Happy 6th Birthday Hailey Shael!  
Love Always, Mommy & Daddy



Happy 6th Birthday Little La La!



Happy 6th Birthday, Momma Mia!  
Love Mom and Pops



Happy Birthday Makayla  
We love you!!!!



Happy 9th Birthday, Caitlin!  
We love you! Dad, Mom & Daniel



Happy 9th B-day Lulu!  
Xoxo, love you bunches! Momma

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

# HAPPY BIRTHDAY!



Happy 10th Cannon!  
Love, Mom, Dad, Bracken, & Charlie



Happy 10th Birthday Cami!!  
We love you - Mom and Dad



Happy 11th Birthday Alaina!  
Love Mommy, Daddy, & Matthew



Happy 11th Birthday Jakobie  
We love you!



Happy 13th Birthday Bethany!  
We love you!!!  
Dad, Momma & Nathan



Happy 13th birthday Isaac  
Love Mom Dad and Daijah



Happy 13th birthday, Matthew!  
We love you so much!  
Love, Your Family



Happy 15th birthday Payton!!  
Love, Your Family



Happy birthday to the best  
son-in-law ever...Balvino  
Love, dad, mom and family



Happy Birthday Daddy!  
We love you!  
Natalie & Kate



Happy Birthday Rosemary  
Love, The Lugo's, Carlos & Desiree



Happy birthday, Grammie!  
Sherri, and your grandchildren,  
all five of them!



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.





# KIDS-N-PLAY

CHILDREN'S INDOOR PLAY CENTER

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at [KidsnPlay.com](http://KidsnPlay.com)

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JUMP on the last day of camps!

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