

June 2015



Clarksville Family

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Rossvie Senior, Destiny Terry,
at Port Royal State Park.

Her parents are Tammy & Jimmy Terry
of Clarksville



Portrait by Alison Weakley Photography

Dance Force

June

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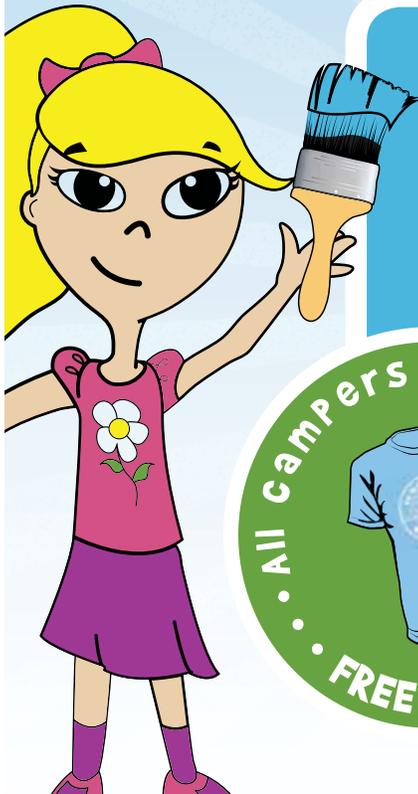


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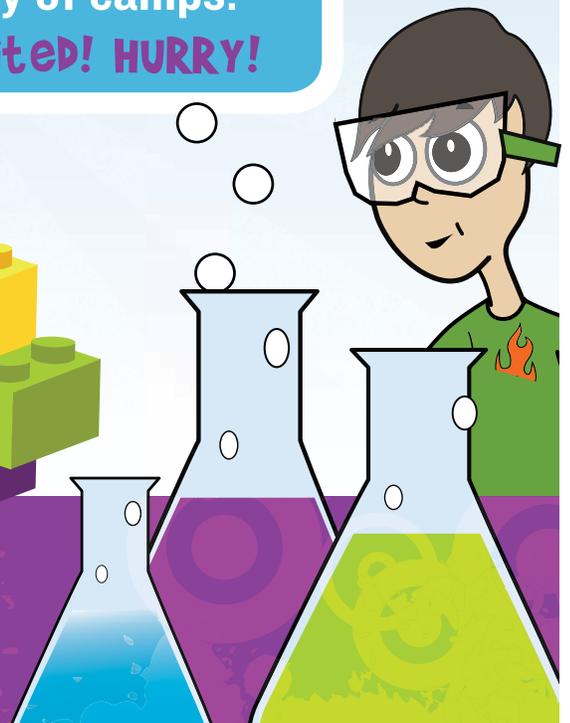
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Publisher's Message

Well, it looks like summer might finally be here. *Time to start complaining about the heat instead of the cold ;-)*

Of course I love summer and am excited but I don't think anyone is more excited than the kiddos who are out of school. I know mine can't wait to go swimming every day.

As with every year, there are lots and lots of things to do in and around Clarksville during the summer. So much that it's hard to cover it all, but we do our best!

The Fair is back bigger and better, there are countless camps with all types of focuses, there is the Summer Reading Program at the library, free movies in the park, and much more. Be sure to check the calendar starting on page 50 to start your planning.

Of course also we have Father's Day this month. Please take a few moments to read Pamela Roddy Magrans' touching and eye-opening article about the changing face of fatherhood on page 26. We've also packed this issue with other great articles on everything from health, advice, entertainment, saving money and more!

Here's to a safe and happy start to your summer. As always, thank you for picking us up!

Sincerely,

Carla Lavergne



DISCLAIMER

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

Clarksville Family

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Clarksville Family Magazine

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STOP CMV

Pamela Roddy Magrans

Leah Nicole Mitchell, called “Bug” by her family, will be seven years old this summer. Leah has cerebral palsy and is confined to a wheelchair. She suffers from chronic seizures. She has little to no hearing and is considered cortically blind. She is fed by a feeding tube and can have nothing by mouth. She suffers from sleep apnea and wears a CPAP at night. Her life is not that of an average seven year old. But her mother, Erika Layne, sees beyond those limitations. Her mother sees the beautiful brown-eyed girl who emanates love and invokes kindness. When her mother peers into Leah’s eyes or witnesses Leah’s smile, she sees all



the future babies that will come after Leah who shouldn’t have to face the same struggles.

Leah’s story begins in utero, when she contracted the human *Cytomegalovirus*, otherwise known as CMV. A preventable virus, CMV

is the most dangerous cause of birth defects that you’ve probably never heard of.

What is CMV?

CMV is a virus that is commonly found in both children and adults. Most people with CMV never know they carry the virus. It is estimated that 50-80 out of 100 individuals are infected with this virus by the time they are 40 years old. However, most people do not even know they are infected

and do not show symptoms. This virus becomes dangerous when a pregnant woman contacts the virus and the virus is spread to the unborn child, this is called congenital CMV. When the virus is spread to an unborn child, the impact can be life changing and life threatening.



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CMV is common among healthy children ages one to three, who often pass the virus among their peers in childcare settings or at home. The pregnant women most at risk are those women who work in the health care industry, childcare, or care for the elderly or other young children.

CMV is easily processed by a healthy immune system. CMV is spread through bodily fluids such as urine, saliva, blood, tears, semen, and breast milk. The problems with CMV arise when it is passed unknowingly to an unborn fetus.

According to the Center for Disease Control and Prevention (CDC) for every 1,000 live births in the U.S. one to two babies will suffer from long-term CMV related problems. Those risks may not seem high, until you are the 1 in 1,000.



Birth defects vary widely between cases. Each case of CMV is as unique as the child. Problems can range from hearing and vision loss, to seizures, mental disability, and liver and spleen problems, among many other issues that can reduce life expectancy.

Oddly, CMV is not talked about much in parenting circles. CMV impacts more babies than Down's

syndrome, spinal bifida, and other commonly talked about birth defects. Unlike many genetically caused birth defects, CMV is entirely preventable. Since it is caused by a virus certain behaviors can prevent transmission to the unborn fetus.

The problem is that most pregnant mothers are unaware about the consequences of CMV and how to protect their unborn child. According to the CDC, in 2010, only 13% of women and 7% of men had heard of congenital CMV. To combat the lack of awareness of this life-altering virus, the STOP CMV organization was born.

June is National Congenital CMV Awareness Month and the founders of StopCMV.org, along with supporters across the country, are bringing awareness to communities nationwide.

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Tuesday June 16th: Open at 6:00pm Til 11:00 pm \$1.00 All Rides (Diamond Equipment Night)
Wednesday June 17th: Open at 6:00pm Til 11:00 pm Arm Bands \$15.00 for all rides
Thursday June 18th: Open at 6:00pm Til 11:00pm / Arm Bands \$15.00 for all rides (Kubota Coleman Tractor Night)
Friday June 19th: Open at 6:00pm Til 11:30pm Arm Bands \$20.00 for all rides
Saturday June 20th: Open at 1:00pm Til 11:30pm Arm Bands \$20.00 1:00PM til 6:00 After 6:00pm \$25.00 for all rides (Budweiser Night at the Fair)



According to StopCMV.org, research is underway to develop vaccinations to prevent against CMV. Those vaccines could be available in 10-20 years, but will not be possible without public awareness, funding, and pressure on the federal government, health industry, and pharmaceutical companies. To develop a vaccine,

this issue must be pushed to the forefront of research and funding is needed. The inspiration behind the STOP CMV campaign is that future CMV related birth defects can be irradiated.

How to Prevent CMV

CMV is a common virus. Normally, CMV can be passed

between healthy adults with little or no impact on health. The dangerous aspect of CMV is when a pregnant mother catches the virus and it is passed to the unborn child. Symptoms of CMV mimic those of the common cold or mononucleosis. Often, a mother who has passed CMV to her baby will not be aware of this until the fetus is already impacted. In addition, CMV can also be passed from a nursing mother to the newborn via breast milk. Nursing mothers should also be cognizant of this issue.

The CDC has issued several preventative measures that all pregnant and nursing mothers should practice in order to prevent CMV's negative impact on newborns.

1. Wash hands often with soap and water for 15-20 seconds, especially after changing diapers, feeding a young child, wiping a young child's nose or drool, or handling children's toys
2. Do not share food, drinks, or eating utensils used by young children
3. Do not put a child's pacifier in your mouth
4. Do not share a toothbrush with a child
5. Avoid contact with saliva when kissing a child
6. Clean toys, countertops, and other surfaces that come into contact with children's urine or saliva

Hand-Raising to STOP CMV

Erica Layne, Leah's mother, is a full-time student at APSU who also works full-time. In what little spare time she has, this mother is also a CMV advocate. Erica hopes that Clarksville residents will take notice and pass this information to

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pregnant mothers. She and Leah are participants in the STOP CMV photo campaign.

Hand-raising is the process of taking and collecting hand photos from family, friends, neighbors, coworkers, and members of your community. To join in this hand raising campaign or to view photos of those impacted, visit StopCMV.org/en/help/hands.html.

“The day after Leah was born, I was told by the doctor to plan her funeral. No parent should have to plan their child’s funeral,” said Erica.

As a mother of a CMV child, Erica has had her share of both joys and hardships. Her hopes rest in preventing future children from having to face the obstacles faced by her daughter, Leah.

“If I were to give advice regarding my experience with CMV, I would tell pregnant mothers to not be afraid to talk about CMV with your doctor,” said Erica. “You have to start the conversation. Be diligent with hand washing around your other children while pregnant even if they seem healthy. Take extra precautions if you work in a daycare or school.”

The STOP CMV campaign is both a financial campaign and an educational tool. Parents and children impacted by CMV

across the country are working together to bring this information to all pregnant mothers in hopes of reducing the future cases of congenital CMV.

Equipped with the inked palms representing the preventable nature of this congenital defect, Ericka hopes to bring awareness to this issue, not only to prevent future cases, but also to bring about funding to help work towards a future vaccine.

To learn more about or to donate to the CMV campaign visit StopCMV.org. Statistics in this article were obtained at cdc.gov/cmvtrends-stats.html.

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Taylor K Lieberstein

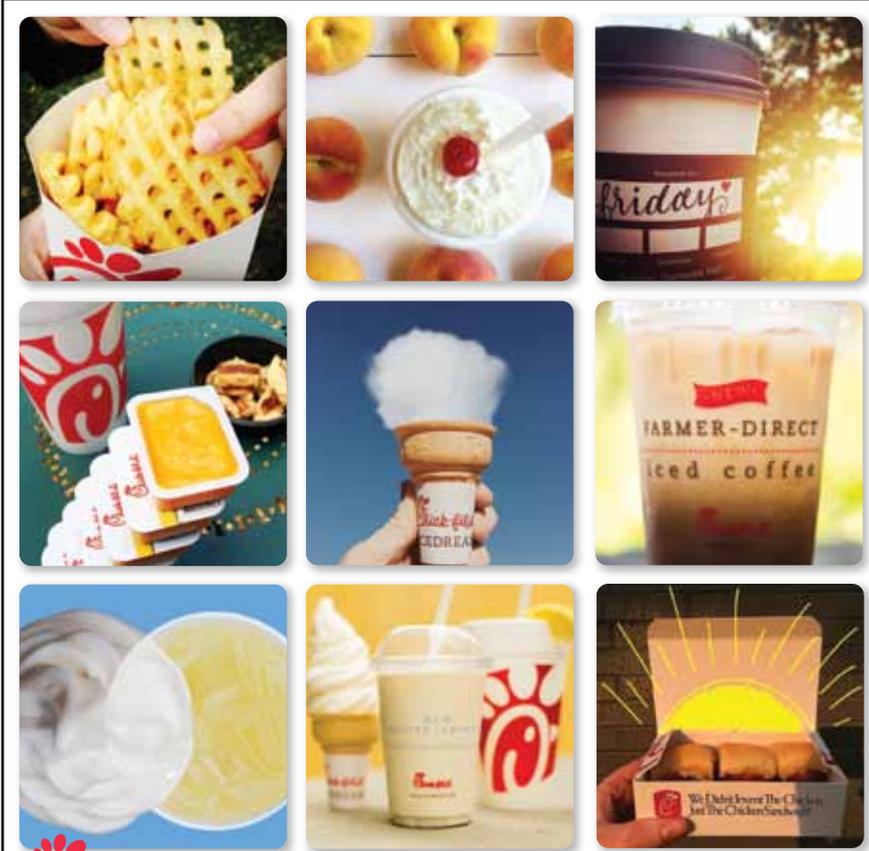
Most Americans, despite the challenging economic times, still intend to participate in their annual rite of the season—a summer vacation. Nearly 6 in 10 Americans plan to travel this summer, although about the same number are looking for ways to do so on the cheap, according to a recent American Express Spending and Saving Tracker survey.

On average, Americans will spend \$1,200 per person during their summer vacation, totaling just under \$5,000 for a family of four. Nearly 70 percent of those families with trips planned say they will drive, instead of fly, the survey found. One in four will be looking to offset higher gas costs by cutting back in other ways. While those numbers are the average cost there is no rule saying a memorable vacation has to cost that much per person. You can save hundreds of dollars by being a savvy traveler.

Don't let your next trip to the beach leave you in a sea of debt. Here are a few ways to stay within your budget and at the same time plan a better, cheaper vacation.

Getting there is half the fun, as my father always says. Honestly, some of the favorite memories of my annual childhood summer beach vacation were made in the backseat. It is often cheaper to travel by car. Make proper use of apps such as GasBuddy to get there for less. High gas prices still beat the price of roundtrip airfare and a rental car by a long shot. The sights you will see and people you may meet along your route will last a lifetime. Pack a cooler of snacks for the card ride because they're cheaper than gas station treats. Rent DVDs from the public library because they are free entertainment for the little people in the backseat.

If you must fly to reach your destination consider bundling the air and hotel together, which almost most always turns out cheaper. Remember that airline ticket prices vary depending on the day of the week, time of year, and upcoming holidays so the more flexible you can be with your travel dates the better the rates that you can choose. It's always cheaper to fly during the middle of the week than on a weekend, because most people travel on the weekends and airlines hike their prices then. Prices are also a bit cheaper if you fly after a major holiday. Early-morning or late-night flights are cheaper because fewer people want to travel then. Before you commit to your departure, make sure you check other dates so as to pick the cheapest day. Even the difference of one day can mean hundreds of dollars in savings.



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Go where no one else is going. The most popular destinations are constantly shifting as a result of worldwide events. For instance trying to go to Key West during the annual songwriter's festival week equals raised prices that you don't want to pay.

Rent a home using sites such as Vacation Rental by Owner (vrbo.com) FlipKey (flipkey.com) or Airbnb (airbnb.com) for more reasons than one. These places give you room to spread out, they are likely cheaper, and they usually come equipped with full kitchens that offer the option to prepare some meals versus eating out for every single meal. Go even further by splitting the cost of a larger rental home with another family. Private owner rentals can even give you the option to negotiate your rate, for the chance at an even bigger bargain.

Skip the restaurants that aim to pull in tourists, eat what the locals eat. The restaurants that are for tourists offer unreasonable prices because they assume the travelers don't know any better and will pay three times as much as normal for a hamburger. Dinner at a neighborhood pub or individually owned restaurant offers another kind of twofer: inexpensive, good food and a chance to mingle with locals. To find such places, don't ask the concierge for advice, but chat up a local storeowner, rental car clerk or hotel maid. Make use of apps such as Yelp and Urbanspoon which rank restaurants not only by price but also by how much people enjoy the place. Spend less on meals without depriving yourself by visiting restaurants during happy hour for discounted prices.

Plan your schedule around free museum days, inquire about

last-minute discount tickets for performances, and explore free parks and other no- or low-cost attractions. A quick online search can bring to life some exciting adventures. Search free attractions in the area and don't be afraid to venture off the beaten path. Nature trails are another great way to enjoy free relaxation, recreation and yet another way to experience how the locals live.

Summer vacations are just as American as apple pie. There are lots of creative ways to reduce the cost of your vacation this season, from selecting a lesser-known destination to bargaining with your hotel for extra perks. They don't have to end in credit card debt.



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TOO HOT? TOO COLD? JUST RIGHT!

Dr. Catherine Meeks

Here's something you may not give a second thought: "Climate control" for your medications. Those little pills (or liquids) may appear untouched by the environment but they're not. Extreme heat or cold can make a big difference in how well your medications work.¹ Proper storage is key. Here are a few things you should know.

When you receive a medication, check to see if there are specific instructions about storage. Know which need refrigeration, if any. If none do, follow these general guidelines. Store medications:

- In their original container
- At room temperature (59°F to 86°F)

- Away from moisture
- Protected from light¹

At home. At home, a good storage spot might be a locked dresser drawer or kitchen shelf—*not* in a bathroom medicine cabinet, next to the stove, or on a countertop where the sun comes streaming in. Both bathrooms and kitchens not only get hot at times, but can also be very high in humidity.²

Keep all medications in the same place, except for those that need refrigeration. Be sure that your fridge's temperature setting isn't too high. That can put medication at risk of freezing. Insulin is an example of a drug that needs cooler temperatures. Unopened insulin

vials, cartridges, and pre-filled pens should be kept in the fridge at a temperature between 36°F to 46°F. Once punctured, however, most types of insulin can be stored in the fridge or at room temperature.¹ Ask if you have questions about yours.

When traveling. What if you are traveling during the "dog days of summer"? Don't be leaving your medications in the glove compartment or trunk of your car while off scouting the Grand Canyon! Temperatures can skyrocket in a closed car.

In fact, don't even leave them in the trunk while driving—keep them inside the car, where you can control the temperature.

One British study found that trunk temperatures can go as high as 81.5°F to 110.3°F during a heat wave.³

For medications that need to be refrigerated, use a refrigerator (or freezer gel pack for longer periods), cooler, or fridge throughout your whole trip.

When flying, avoid packing away your medication in checked luggage. Baggage compartments can also undergo extremes of temperature. Instead, keep your medications in your carry-on luggage in their original, labeled containers. Don't be alarmed if airport security asks to inspect your medication.

Any more questions? I'm glad to talk this all over with you. Or, if it helps, I can

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Dr. Catherine Meeks
Pharmacist, Owner



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Just remember this: extreme environmental changes can affect your drug's potency. And, depending upon your condition and your type of medication, that can be serious—even life threatening.

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

Sources

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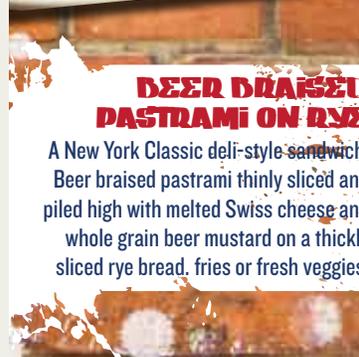


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John McDonald

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myself, when roads became impassable, schools closed, performances were cancelled, and I could not leave my home for days.

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and helpful criticism.

The 2015 Parks & Rec 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. At 2:00 p.m. on the final day, Thursday, July 9, family and friends are invited to a free “informance,” a chance to see what their charges have learned during the six-week program.



Summer Interns in *13: The Musical* at the Roxy Regional Theatre

Registration is available online at recpro.cityofclarksville.com or in person at the Clarksville Parks & Recreation office on

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“I am writing a letter to request your consideration as a summer intern at the Roxy Regional Theatre.”

Tanner Sigears

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have already completed a summer of Parks & Rec, taken Saturday School of the Arts classes, and/or have appeared on the Roxy's mainstage. All applicants are also required to write a letter stating why they wish to be a part of this program.

“Last summer, as an intern, I learned so much about the workings of a theatre, besides just acting on a stage. Building, painting, organizing,



Local children with Kendall Anne Thompson in *The Sound of Music* at the Roxy Regional Theatre

so much goes into preparing for even one show.”

Austin Stewart

Interns arrive at 9:00 a.m. each morning for pre-assigned tasks, such as painting the sets for *The Music Man*, sorting costumes, annotating props, etc. Then Leslie Greene rehearses *A Midsummer Night's Dream*, which will be presented at High Meadow on Friday, July 10, at 10:00 a.m.

“I am really excited for this summer!

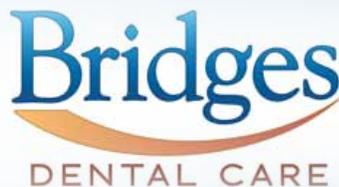
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I think that *A Midsummer Night's Dream* will be fun, and High Meadow is a gorgeous place to perform it. I think that we'll have a

talented group of interns this summer, and I can't wait to work with truly amazing people."

Jesse Boyle

The interns break for a bag lunch at 12:30 p.m., just in time to watch the Parks & Rec participants sign in for the afternoon.

"My experience as an intern has always been wonderful. From learning to value hard work and commitment, having fun helping the kids in Parks & Rec, and forming friendships with talented and unique people, I have learned a lot."

Lauren Mund

At 1:00 p.m., the interns join the Parks & Rec Summer Theatre program for a dance routine choreographed by my partner, Tom Thayer. Then we workshop a script that the Roxy will produce in early winter next year, *Little Red Riding Hood & Friends*. At 2:30 p.m., my best friend Leslie Greene leads the class through a round of improvs and theatre games. Hopefully, fun has been had by all as they learn some social skills and gain self-esteem, while eagerly looking forward to the next day's class. The day is done at 3:00 p.m.



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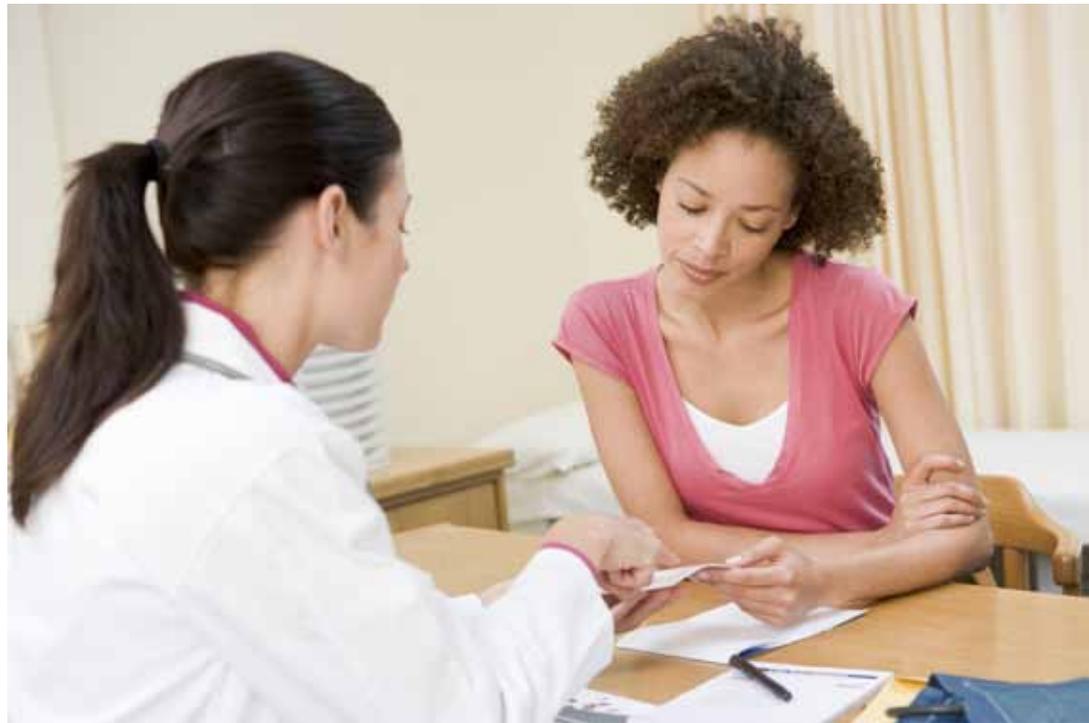
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THE CHANGING FACE OF FATHERHOOD

Pamela Roddy Magrans

When Harry Chapin became famous for his 1974 billboard hit “The Cat’s in the Cradle” the traditional family looked very different than it does today. His lyrics repeat the nursery rhyme image of “little boy blue and the man on the moon” like it’s an outdated refrain from a simpler, but not necessarily better time.

Over the past four decades, fathers have embraced change and overcome negative stereotypes to evolve the new 21st century American family. Claiming his place in the new nuclear family, fathers will always be an essential, motivating, and guiding force in the lives of their children.



What’s in the Cradle?

The song “The Cat’s in the Cradle” chronicles the work-

focused father who has little time for his son, until he retires and realizes his son no longer has time for him. This was not the father’s fault, of course. In the 1970s the role of the father was to provide for the family. As long as the father brought home the paycheck, in the 1970s, little more was expected.

Holding down a job, providing food, and dishing out discipline when needed was the stereotypical image of the successful father in the 1970s when Harry Chapin penned his lyrics. However, as Chapin’s song illustrates, that fathering stereotype has both some



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limitations and regrets. Having a warm cradle and a sliver spoon always comes at a cost to someone.

The image of “the cat in the cradle” is a reference to the hand string game of past childhoods, where strings wrap from finger to finger in a complicated web of shapes. Each turn allows the player to reshape the pattern by loosening a string from its place in the web. The game of cat’s cradle ends when the strings cannot be altered into a new pattern. The Cat’s Cradle game is an appropriate analogy for Chapin’s song about fathers and sons. Being a father in today’s changing landscape of family demands creating a new pattern.

The “Boy in Blue” mentioned by Harry Chapman reminds us of the innocence of the child amidst the nursery rhyme perpetuation of color associations between boys and girls. The final nursery rhyme reference in Chapin’s song is the “Man on the Moon,” depicting the father



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in some far away place, an office or cubicle, perhaps where he is unreachable by the son. That “man on the moon” ironically for Chapin becomes his own reality as the boy grows up to be just like his father.

The song came along in the 1970s, amidst the feminist movement and a revolution in new thinking about parenting, gender roles, family culture, and stereotypes. “The Cat’s in the Cradle” song wreaks havoc on the accepted idea that a man’s work should trump fatherhood in this new Age of Aquarius. Instead, Chapin’s song gave a new generation of fathers something to ponder



about reversing those gender roles in parenting. Today the song still echoes the vitality of

a father in a child’s life and the dangerous irony that a child will copy what they see.

By 1992, musician Eric Clapton released his song “In my Father’s Eyes” where he lyrically celebrates the role of active father as not only a provider, but as a nurturer. Eric Clapton’s song emphasizes the father as a source of inspiration, guidance, and a life-long relationship.

“In my Father’s Eyes” became the new mantra in the 1990s as that generation of fathers forged a new road not tread by fathers before. As the family structure began to change and

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gender stereotypes were dismantled, the father of the 1990s was faced with being a type of father he had never seen. Clapton's song reminded us of the longing of an active father.

The movement from Harry Chapin's "The Cat's in the Hat" to Eric Clapton's "In My Father's Eyes" shows a generational and cultural shift in the perspective of a father's role. The lyrics of those songs chronicle the changing times and the changing role of fatherhood.

Television and the Bad Dad Stereotype

In Hollywood's attempt to empower the female in television and cartoons, many shows of the 1980s and 1990s went too far in empowering the mother at the father's expense. Less than stellar portrayals of dads in cartoons over the past twenty years have created a negative stereotype of the father in the family.

Bumbling fathers like the ones depicted in *The Simpsons*, *Family Guy*, *Fairly Odd Parents*, *Jimmy Neutron*, and even *The Suite Life of Zach and Cody*, perpetuated the image of a father as a disrespected man out of place in domestic duties. Those television fathers were "dumbed down" in order to empower either



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the children, or in some cases, the mother. Comedy may be the culprit, but a good laugh at Dad may come at a great cost.

In many television series in the 1990s and early 2000s the mother was depicted as the rule-maker, income bringer,

and more intelligent and respected parent. Television shows of that same time period showed fathers who were dumb, lazy, or non-existent. Sometimes the children themselves were the brilliant ones solving all the problems

with magical powers, such as in *Teen Titans* or *Power Puff Girls*. Even Dora and Diego had little need for parents.

Thankfully, culture has moved beyond those images and, over the past decade, is providing a more well-rounded and accurate image of the 21st century father. More recent cartoons are depicting a more diversified family and demonstrating less gender stereotyping.

Disney's *Phineas and Ferb* shows a blended family, but Ferb's father is still depicted as a scatterbrain step-dad. The Disney cartoon *Doc McStuffins* includes a stay-at-home dad who actively oversees the playtime of his daughter. Other cartoons for children today are embracing the non-nuclear family as a background and setting for the show's stories. This reshaping of the gender divide via cartoons will shape the conceptions of future generations of parents.

Over the past 30 years the role of fatherhood has been through the blender. Massive changes in family culture and structure, a growing divorce rate, unemployment, and the endangerment of the nuclear family have created a situation where a father can embrace the many diverse roles of parenthood.

Fathers and Families from 1970s to Today

In the 1970s, as harmonized by Chapin's "The Cat's in the

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Cradle,” the father was the traditional breadwinner who worked a 9 to 5 job. His career caused him to be away from the children for long hours each day. When the father in the song gives his son a baseball, but has no time or energy to play catch in the front yard, that conflict was a realistic depiction of the overworked father who was there to yield an income, but was not expected to do much else in terms of parenting. That stereotype is changing, mainly due to the desire of modern Dads to be more active in their child’s lives.

According to the Pew Research Center, in 1970 40%

of women were stay-at-home moms. In 2012 that number dropped to 20%. The harsh economy is to blame for some of that need for a two-income household. However, the divorce rate is also to blame. It is estimated that nearly half of all marriages will end in divorce, leaving half of all children spending at least some of their childhood in a single parent household.

This reshaping of the American family means out with the old stereotypes and in with whatever works. There is no longer “man’s work” and “woman’s work.” Parents do what they must to get along these days.

Even in a two-parent household, there has been an increase in stay-at-home dads. More dads are taking on the primary role of caring for young children. That would have been a shocking thing thirty years ago! The Pew Research Center reports that in 1989 10% of dads were stay-at-home dads. In 2012, the percentage of stay-at-home dads was 16% and is still growing.

The nuclear family has been defined as a family living under one roof consisting of two married parents (male and female) with their biological or adopted children. For most of recorded history, that

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definition of a family has held. However, in the last decade, the nuclear family is no longer the majority of American households.

In 1970 40% of families were nuclear families. In 2012 only 24% of American families are defined as nuclear families. This changing structure of the family has opened doors for fathers to take a more active and nurturing role in the lives of their children.



Many fathers today have taken advantage of technology to work from home. Many fathers desire a deeper relationship with their own

children than they had with their own father. The modern father wants to braid his daughter's hair and coach his son's soccer team. The modern father is embracing the changing times to offer more love and time to his children.

The New Face of Father

There is no new face to fatherhood, because we've essentially thrown out the house plans. Society has entered a juncture






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where the 21st century father will be whatever he wants to be.

We should empower those dads to work if they want or stay home with the kids if they want. We should empower them to tote baby in the carrier while they rake the leaves. We will commend the dad who goes on the school field trips. We will praise the dad who takes the boys to the summer library-reading program. We will also respect the dad who works two jobs so his wife can stay home with their baby. We will honor the soldier dad who has to deploy for half the year. We will commend the firefighter dad who never plays golf and goes without that nice new grill so his wife can homeschool the children.

We should empower each of those fathers to take an active role in providing for and nurturing their children, in whatever ways they see fit. In doing so we should not limit a dad's job, but celebrate the dads who are paving a new road to fatherhood.

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Dr. Mitchell Kaye

I've noticed that men are less likely to talk about their appearance than are women, but that doesn't mean they are less interested in looking their best. Many men want to correct something that they never liked to begin with, like an overly large nose, but most men that I see want to change something that has developed over



Liposuction: Before and After

time like a "spare tire" or baggy eyelids. The thinking that goes along with this isn't hard to understand, we all want to project our best appearance to the outside world to improve our chances of success at work or to look good for the

sake of being attractive. What always amazes me and provides me with a great deal of satisfaction is how much happier people are when their looks match up to the inner concept of their ideal appearance.

Liposuction: Number one on the list is a toned, fit and tight body. A roll of fat around the middle that



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won't go away with diet or exercise, excessively large breasts, or a double chin are a confidence killer for men. Liposuction is not a weight loss program, but it is highly effective at removing a disproportionate area of fat. By the way, targeted exercise to one area of the body, the belly for example, will not cause accelerated weight loss to that area. As long as the skin overlying the area will contract and shrink down over time, after the fat is removed, a liposuction session can change the shape of a man's body dramatically. The simplest and best tested technique is Tumescant Liposuction (see last month's article in *Clarksville Family*). It has an excellent safety record and has minimal downtime. Other technologies including laser, water or ultrasound assisted Liposuction do **not** add to the result but **do** add to the cost and complexity of the procedure, in my opinion.



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Lipoabdominoplasty: This is a procedure that combines tumescent liposuction with the removal of excessive loose skin from the front of the belly to tighten up and define the appearance of the belly. Typically the areas treated are: the front of the abdomen above and below the belly button, love handles, flanks and pubic area as needed. This is an outpatient procedure and the



Lipoabdominoplasty: Before and After

patient goes home the day of surgery. Patients resume their work schedule in 7-10 days and exercise schedules over the 6-week period after surgery, depending on the type of exercise. When combined with a well thought out exercise and diet program,

the results are often very dramatic and long lasting.

Male Breasts:

If there is one thing men hate, it is having overly large or feminine appearing breasts. Once medical problems or drug side effects are eliminated as possible causes during a pre-operative visit, the majority of these men will benefit from Tumescent Liposuction targeted to the chest. A well-performed

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male breast liposuction should take only an hour or two and have very limited post-operative discomfort or down time. Results are immediate, but the final result will take several months as the skin of the breast undergoes the desired tightening in the post operative period. As in other forms of liposuction, it is necessary to wear a compressive garment to speed this process along. It is unusual to need skin removal. Occasionally some firm breast tissue is left after the fat extraction and will require removal through a small skin incision.

Get rid of lines and wrinkles: As our skin ages and we contract our facial muscles over and over again, lines and wrinkles will form. The common areas are the Crow's Feet around the eyes, deep forehead Worry Lines and Frown Lines between the eyes. Botox™ will relax the muscles beneath the skin and significantly reduce the overlying lines and furrows. This



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is an office procedure that takes about 15 minutes and has zero down time. It will require repeat treatments to maintain the result, typically every 4-6 months.

Skin Care: Most men will ignore skin care. Remember to use sunblock daily. If your skin is already severely sun-damaged or sandblasted come in to get some



professional advice. It is effective and simpler than you think. It is not "make-up."

Baggy Eyelids: Nobody wants to look tired or ticked off all the time, especially when you aren't. Like it or not we read

other peoples' faces for clues about their emotional state. If you have deep bags or excessive eyelid skin, most people will often

assume that you are tired, sad or angry. This can be corrected with a Blepharoplasty or eyelid tuck. The excess skin and bulging fat is removed and the fine lines and wrinkles can be improved with a peel. A man's eye

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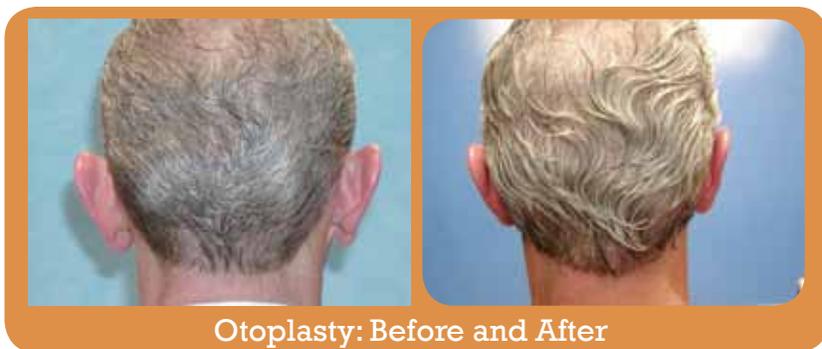
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should look like a man's eye and not a woman's, so a little residual heaviness to the lids is natural and is often considered an attractive masculine characteristic. The procedure typically takes an hour or two and is performed as an outpatient. There is limited activity for 10 days but otherwise no significant downtime.



Otoplasty: Before and After

Protruding Ears: For some reason, ears that stick out too far are a source of needless ridicule and they can have a disproportionate effect on self-esteem. Kids are particularly cruel in this respect. Boys and men will have a hard time covering

this up with their hair the way a female might. An Otoplasty will change the shape of the ears back to a normal contour. The results are permanent.

Interestingly, once this is corrected nobody will typically notice it, except for the patient. People generally don't notice normal ears we just take them for granted.

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0470. You can also submit a question about this or other cosmetic procedures to: admin@mdkaye.com. Type "Clarksville Family" in the subject area.

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

American Board of Facial Plastic and Reconstructive Surgery and the American Board of Otolaryngology.

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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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A REWARD WORTH WAITING FOR
 Brenda Hunley Illustrated by Willie Bailey

Chester and Boomer Chipmunk were preparing for another day trip with Ranger Bill. This was a reward to them for helping clean up around the lake in time for the Spring Fling. Then after the event, they cleaned up as well.

Perhaps you are wondering why the chipmunk brothers weren't helping with the Spring Fling. The Rangers had a special guest who brought in some big birds to show the people visiting the Woods of Dunbar. Those big birds would have thought Chester and Boomer were food, not friends.

As Chester and Boomer walked toward the Ranger station, they heard some loud

whispering coming from down by the lake. Curious, they stopped to listen. It didn't take the brothers long to figure out the whisperers were their friends, Clyde and Earl. Clyde and Earl are two Canadian geese that make the Woods of Dunbar home during the spring and summer months.

"I tell you, I saw seven!" Clyde whispered.

"Saw seven what?" asked Boomer.

"Boy! You are nose, nosey! Hasn't anyone ever told you to mind your own business?" hissed Earl.

"Seven? Seven what?" asked Chester.



Shaking his head back and forth, Clyde looked at Earl. "Now look at what YOU did. YOU had to talk so LOUD that even the chipmunk family could hear you!"

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“What? Would someone please tell me what is going on?” Boomer insisted.

Taking a deep breath, Earl slowly and quietly explained that his cousins, Stewart and Sabrina’s eggs had hatched. There were seven baby goslings.

“So why are we whispering?” asked Boomer.

“Because you don’t want to scare them when they are trying to learn to swim,” Clyde scolded.

Earl rolled his eyes. “Really? Are you seriously going to try to get them to believe that? Baby geese are born knowing how to swim. They have to learn to fly.”

“Hmmm. I don’t remember that. I do remember that I have always known how to do both,” Clyde mumbled while sorting through his wing feathers.

“I seem to remember that differently,” Earl smirked.

“That’s cause you pick and choose what you want to remember,” Clyde replied.

Chester and Boomer watched as the babies followed their mom into the water.

“One, two, three, four...” Chester started counting as each little gosling stepped into the water.



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“Five, six!” added Boomer.

“Where is seven?” asked Chester counting the babies again. “I only see six. Where is number seven?”

The friends looked at each other then started counting the babies again. Six little goslings followed their mom and dad into the water. There was no sign of number seven anywhere. Clyde started checking alongside the water. Earl waddled into the water and stuck his head and neck deep into the water to see if the little one was swimming under the water. Popping his head out from under the water Earl called,

“Nothing here!”

The sound of Earl's honking caused Dad goose to look in their direction. Once he understood what Clyde and Earl were talking about he called out to Mom goose.

Carefully Mom goose came back toward them with six little ones in tow.

“Let's split up and look,” Clyde honked.

All this honking had caused a group of people, rangers included, to look and see what or who was causing all that noise.

Ranger Bill headed toward the water to see what was going on and why the geese were so upset. He was very surprised to see Chester and Boomer in the mix.

“Boys, what is going on?”

“Clyde said there were seven babies. I only see six,” Chester said.

“We cannot seem to find number seven,” Dad goose said sadly.

“Seven was right here, did he not get into the water?” Mom goose asked.

“No. I was counting as each one went in. There were just six,” Boomer added.

“Six! Six! Come here!” Dad goose ordered.

“Yes sir?” asked a little voice.

“Where is your brother?”

“I thought he was behind me when we left the nest,” Six chirped quietly.

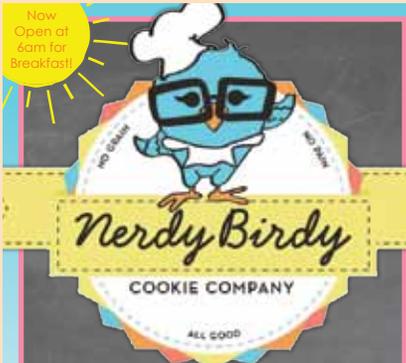
“Has anyone looked in the nest?” asked Ranger Bill.

“Well no. No we have not. Let's go!” Dad goose said half flying, half waddling toward a big bunch of reeds.

Looking into the nest there was one little goose sleeping. Number seven had not gotten up yet today!

“He is asleep!” Dad goose said as he tenderly looked down on his sleeping son.

Mom goose shook her head. Gently poking number seven with her beak, she woke him up. “Its time for a family swim, let's go, slow poke!”



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Number seven looked at his mom and stretched his little wings and webbed feet. "Okay, mom," he said sleepily.

Boomer laughed. "Seven likes to sleep as much as I do."

The small group applauded as all seven little goslings stepped into the water to swim with their parents.

Clyde looked at Earl. "See? I told you they knew how to swim!"

"You HAVE to be right don't ya?"

"If you would just recognize that I am the goose who knows all," grinned Clyde.

Earl shook his head then his body all the way to his tail feathers. "Whatever brother, whatever."

Ranger Bill grinned and shifted his attention to the chipmunk brothers. "Are you two ready to go?"

"Yes! Yes we are!" they shouted.

"Then let's go!" Ranger Bill held out his hand so he could put the chipmunks into his pockets. Eagerly Chester and Boomer climbed into his chest pocket.

The ride through town was exciting as the sun was going down and the lamplights were coming on, shining a soft glow

out into the street. The first stop was an ice-cream shop. The workers were singing when the group entered. There were so many choices that it took a little bit for Chester to select chocolate nut lovers and Boomer to pick vanilla with gummy worms mixed in. Sitting down at the table the chipmunks shared their adventures of the day with Ranger Bill.

Looking at his watch Ranger Bill told them to finish as the movie was going to start soon. Both boys clapped their paws in excitement. They didn't know they would get a movie as well!



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Once they were at the movie theater they took time to look at all the movie posters.

“Which one do you guys want to see?” asked Ranger Bill.

“The super hero one.”

As Ranger Bill bought tickets, the chipmunks watched the human families as they also bought tickets.

“Wouldn’t it be fun to be human and get to go to movies all the time?” Boomer asked Chester.

Chester wasn’t listening because he had been spotted! A little girl in a yellow dress had been watching Ranger Bill come into the theater. The girl

pointed at Chester and told her mom she saw a chipmunk in the Ranger’s pocket.

When the mom looked, she didn’t see Chester because he had already ducked back deep inside the pocket.

“Is that the Ranger that we met at the Spring Fling a few weeks ago?” she asked her daughter.

The little girl nodded. “I think so. Ranger Bill was his name.”

Chester and Boomer could see through the threads in the Rangers pocket. They could see that the mom and the little girl were coming toward Ranger Bill.

“Hello, Ranger Bill,” the lady said, extending her hand toward the Ranger.

“Hi there. How are you today?” Ranger Bill asked.

“I don’t know if you remember us, but my daughter and I met you at the Spring Fling a few weeks ago.”

“Oh, we did? Okay. I am sorry, I met so many people that day,” he said with a smile.

“Ranger Bill?” asked the girl.

Ranger Bill bent down and looked the little girl in the face. “Yes, that’s me.”

“Do you have a chipmunk in your pocket?”

He may need your foot steps to follow...

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"No. I have two chipmunks in my pocket. This is Chester and Boomer Chipmunk," he said taking the chipmunks out and setting them in his hand.

"Is that the Chester and Boomer from the stories in the magazine?" asked the Mom.

"Yes. The very ones," Ranger Bill said smiling. "They helped clean up the trash left behind after the event. Ice cream and a movie is their reward."

"May I pet them?" asked the girl.

"Chester, Boomer, is it okay?" asked Ranger Bill.

The chipmunks nodded their heads.

The little girl very gently reached out with her pointer finger and just barely brushed each chipmunk. "Hi! I am Faith."

"Hi, Faith!" Chester said.

"Hi, Faith!" Boomer squeaked.

Faith smiled. "You two are my favorite."

"We read your story every month," Mom said.

Ranger Bill nodded and looked at his watch. "We'd better hurry if we are gonna watch this movie."

"Have fun. Bye guys," Faith said as she turned to walk away.

Ranger Bill waved goodbye.

"So, are we in a magazine?" asked Boomer.

"Yes, every month."

"What is so interesting about us?" asked Chester.

Ranger Bill smiled. "You two are pretty interesting with quite a following."

"REALLY!?"

"Yes, really."

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

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(931) 409-2466
alisonweakley@gmail.com
alisonweakleyphotography.com

**JAMMIN
IN THE ALLEY**

FREE CONCERT SERIES • OPEN TO THE PUBLIC
7-10 PM STRAWBERRY ALLEY • DOWNTOWN CLARKSVILLE

**JUNE 12 JULY 10 AUGUST 14
SEPTEMBER 4**

For more info, visit facebook.com/jammininthealley

THE FAIR

Taylor K Lieberstein

With everything from cotton candy and a racing pigs show to funnel cakes and a BMX stunt show the county fair offers some of the old school fair entertainment mixed in with some new additions. The Clarksville Speedway will host the fair once again this month. This year's fair offers one of America's favorite midways filled with rides and games, enough for five days worth of fun.

The 2015 Montgomery County Fair kickoff is on Tuesday night, June 16, which is also dollar ride night and runs through Saturday night, which is Budweiser night. Armbands can be purchased for \$15 Tuesday-Thursday night, \$20 on Friday night and Saturday day and \$25 on Saturday night.

When:

June 16th - 20th, 2015
The midway opens at
6:00 p.m. each night.

Where:

Clarksville Speedway
1600 Needmore Road
Clarksville, TN 37040

Midway Admission:

\$3 Adults

\$1 for kids 3-10

2 and under are free

Parking is free.

Quick history of the fair, a little over five years ago when the Clarksville Fairgrounds became Liberty Park the county fair had to find a new home. William Scogin of the Clarksville Speedway was more than happy to take the responsibility of hosting the fair from the Clarksville Jaycees. It has been held at the speedway ever since.

This year's events include Matthews Mobile Mini Golf (locally owned and operated by a military family), the Marvelous Mutts Show, the Molly's Ark Petting Zoo (also locally owned and operated), weekend mud drag races, the Swifty Swine Racing Pigs show and roller derby on Thursday night at the Red building. Arena events (mud drags and roller derby) do require additional admission but they are not to be missed.

The Molly's Ark petting zoo is hands on and will be open each night of the fair. The Mathews Mobile Mini Golf course is a nine-hole course where the greens are challenging for adults and still suitable for children. Finally let me say if you have never seen a pig race before, do not miss this event. Swifty and his

friends don't race for the money, what they are after is the Oreo cookie, waiting on a silver platter at the finish line.

Let us not forget the most beloved part for some of us, fair food. Funnel cakes, cotton candy, candy apples, chicken on a stick, Philly cheese steaks, and a few other favorites will be on site. Other scheduled entertainment will include daily pig races, daily Frisbee, a diving dogs show, and a number one ranked BMX show. In addition there will be various vendors including but not limited to the Clarksville Zombie Hunters and a sunglasses shop.

Sponsors for the 2015 county fair are Coleman Tractor, Budweiser of Clarksville, Clarksville Gun and Archery, Diamond Equipment and Five Star Radio Group. Bikers Who Care will be parking cars and will have a tent set up for fair goers aged 21+ to hang out. Come out and enjoy the midway and arena events and support one of Clarksville's favorite past times.

CANDID Clarksville



Girls having fun at Magic Wheels Skating Center!

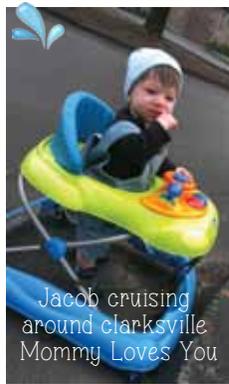
My Andre Nesta . So handsome and full of life.



Antonio, his teacher Ms. Green, with his classmates from Moore Magnet at the Queen City Race



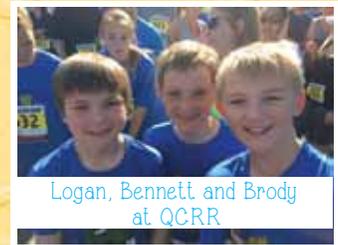
Adrian Zion (9 months) cheering his big Bros on at the ball field!!



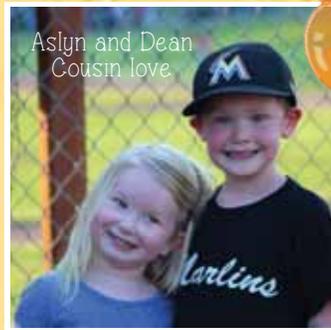
Jacob cruising around clarksville Mommy Loves You



Barksdale third graders Kyleigh Koyama and Bonny Powell ran the 5K QCRR



Logan, Bennett and Brody at QCRR



Aslyn and Dean Cousin love



Go Cubs!



Email photo to candid@clarksvillefamily.com by June 15th

Ongoing

CAMELOT CARE

Saturdays at 9:00 a.m. on July 18 & 25; August 1, 8 & 15. A private therapeutic foster care agency, will offer free foster care classes for all those who are interested.

One Church (office)
1919 Tiny Town Road #500
Molly Kent
(931) 516-9011
MKent@camelotcare.com

CELEBRATE RECOVERY

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

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

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

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

CHESS CLARKSVILLE

Fridays, 4:00 p.m. until.

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

CLARKSVILLE DOWNTOWN MARKET

Every Saturday from 8:00 a.m. to 1:00 p.m. Over 70 vendors. Visit ClarksvilleDowntownMarket.com for more information.

CLARKSVILLE SCRABBLE CLUB

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

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

FAMILY LIFE CENTER ACTIVITIES

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

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

GENEALOGY DISCUSSION GROUP

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

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

HABITAT FOR HUMANITY RECYCLING OF MONTGOMERY COUNTY TN

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

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

HOPE RIDERS BIKER CHURCH

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

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

MONTGOMERY COUNTY BEEKEEPING ASSOCIATION MEETING

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

Chick-fil-A Wilma Rudolph

3096 Wilma Rudolph Boulevard
(931) 552-5511

KIDS NIGHTS

Mondays 5pm-7pm
SAM THE BALLOON MAN

8 Monday 5pm-7pm
KIDS CRAFT NIGHT
We will be doing a dad-themed craft for Father's Day.

22-23 Monday-Tuesday 5pm-7pm
TEDDY BEAR SLEEPOVER
Kids will wear PJ's on the 22nd, to have dinner, and will bring their favorite teddy bear. The teddy bear will spend the night at the store and have adventures overnight. The kids will come back on the morning of the 23rd to pick up their teddy bears and have breakfast.

Clarksville-Montgomery County Public Library
350 Pageant Lane

TODDLER TUESDAY WITH JAM WITH JAMIE & FRIENDS

11:00 a.m. and 1:00 p.m. every Tuesday in June. \$10 per child. Jam with Jamie & Friends is a group of children's musicians who



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Pediatrician
Dr. Barbara Aquino



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

931-645-4685
www.aquinopediatrics.com



It's a great time to schedule your child's physical and immunizations!

provide musical entertainment for playgroups with interactive jam sessions with all the classic kid favorites and oldies, rock and Top 40 tunes. They bring a variety of props and instruments including shakers, animal puppets, scarves, bubbles and a parachute.

Recommended for ages 1 month to 6 years old with each session lasting 45 minutes. Tickets are \$10 and may be purchased in advance at governorssquare.net or the day of starting 30 minutes before each session. Each child requires a ticket, parents and guardians attending do not. Please do not leave children unattended during the sessions.

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

WALKING WELLNESS WEDNESDAY

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

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

June

5 FRIDAY FAMILY AND COMMUNITY EDUCATION YARD SALE

8:00 a.m. to 2:00 p.m. There will be vendors showcasing a wide variety of handcrafted jewelry, sewn, knit and crochet creations, woodwork, jams and jellies and canned vegetables. Please come out and join us for a fun and enjoyable event.

Smith-Trahern Mansion
1st Street and McClure
(931) 648-8245

6 SATURDAY MOVIES IN THE PARK—DISNEY'S FROZEN

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

8 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 FRIDAY BACK TO SCHOOL FASHION SHOW MODEL SEARCH

The Back to School Fashion Show will be held on Saturday, July 25 at 3:00 p.m. Stop by the table in Center Court to sign up to model in the show. We are looking for boys and girls ages 5 - 18. Models must have an open schedule from July 20 until July 25 for fittings, rehearsals, and the show.

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

MADISON STREET UNITED METHODIST CHURCH EVEREST VBS

5:00 p.m. to 8:00 p.m. Children age 4 - rising 8th grade are invited to join us for the coolest weekend of the summer! Through many exciting activities including games, music, crafts, and even magic children will learn how to conquer challenges with God's mighty power! Preregistration is required. See ad on page 45.

Madison Street United Methodist
Church
319 Madison Street
931-647-0221
MadisonStreetUMC.org

13 SATURDAY MADISON STREET UNITED METHODIST CHURCH EVEREST VBS

10:00 a.m. to 2:00 p.m. Children age 4 - rising 8th grade are invited to join us for the coolest weekend of the summer! Through many exciting activities including games, music, crafts, and even magic children will learn how to conquer challenges with God's mighty power! Preregistration is required. See ad on page 45.

Madison Street United Methodist
Church
319 Madison Street
931-647-0221
MadisonStreetUMC.org

14 SUNDAY FLAG DAY MADISON STREET UNITED METHODIST CHURCH EVEREST VBS

9:00 a.m. to 12:00 p.m. Children age 4 - rising 8th grade are invited to join us for the coolest weekend of the summer! Through many exciting activities including games, music, crafts, and even magic children will learn how to conquer challenges with God's mighty power! Preregistration is required. See ad on page 45.

Madison Street United Methodist
Church
319 Madison Street
931-647-0221
MadisonStreetUMC.org

Summer is a
Great Time
to Get in Shape
and **Kriegisch
Martial Arts** is
the Place to Start.



Present This Ad and Receive a
4-Class Trial Program for just \$21.95

Includes 2 private classes, 2 group lessons and a KMA t-shirt.
Deadline to register June 26, 2015

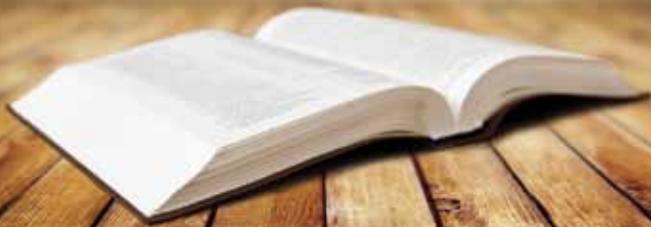


New Students Only • Ages 5 & Up!
931.472.1008
2690 Madison Street, Suite 190
www.kriegischmartialarts.com

FREE MESSAGE EVERY SUNDAY

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

Fellowship	9:00 a.m.	Steve Louder, Pastor
Sunday School	9:30 a.m.	
Worship	10:30 a.m.	



Chick-fil-A Madison Street

1626 Madison Street
(931) 648-4468

**KIDS NIGHTS
5pm-7pm**

**1 Monday
Magician Russ Nowack/
Craft Night**

**8 Monday
Lydia Walker/Music
Night**

**15 Monday
Magician Russ Nowack/
Craft Night**

**22 Monday
Magician Russ Nowack/
Craft Night**

**29 Monday
Magician Russ Nowack/
Craft Night**

**PROJECT LINUS
MEETING**

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

CUTS FOR CATS AND PUPS

12:00 p.m. to 4:00 p.m. Luster Salon will be offering \$25 wet cuts, \$10 eyebrow waxing, \$5 hand paraffin treatments and \$10 VersaSpa sunless tanning to benefit Cats Are Us and Montgomery County Friends of the Shelter. Every dollar raised at this event will be donated equally between these two rescue organizations.

Cats Are Us and Montgomery County Friends of the Shelter are both volunteer organizations that rely solely on donations. From taking in stray animals, rescuing from high kill shelters to providing much needed medical care and holding adoptions events throughout Clarksville, these two organizations work tirelessly to help the abandoned cats and dogs of Clarksville.

Both Cats Are Us and MCFOTS will have animals available for adoption at this event. Dr. Baugher from Cats on Commerce will also be donating a free vet check up for any cat adopted at this event. Monetary donations will be accepted as well as much needed supplies like cat and dog food, cat litter, trash bags, cleaning supplies, etc. Those donating at this event will be entered to win one of several door prizes as well as the chance to win a grand prize worth over \$200 in products and services at Luster Salon.

Luster Salon
350 Warfield Boulevard
(931) 542-1312

**15 MONDAY
MEGA SPORTS CAMP
VACATION BIBLE
SCHOOL**

Through Thursday, June 18, 6:30 p.m. to 8:30 p.m. Join us for an awesome week of fun as we build our sports skills and learn more about what it means to "Get Ready" to live the way God wants us to live. Children 3 years of age through 5th grade will have the chance to strengthen their sports skills in a fun supportive environment while learning about Jesus' plan for their lives.

Clarksville First Church of the Nazarene
150 Richview Road.

**16 TUESDAY
FAIR AT CLARKSVILLE
SPEEDWAY**

6:00 p.m. to 11:00 p.m. \$1 all rides (Diamond Equipment Night).

Molly Ark Petting Zoo, 6:00 p.m. to 9:00 p.m.

Mathews Mobile Mini Golf

Marvelous Mutts 6:30 p.m., 8:00 p.m. and 9:30 p.m.

Swiftly Swine Racing Pigs 6:00 p.m., 7:30 p.m., 9:00 p.m. and 10:00 p.m.

King Promotions BMX Stunt Show 7:00 p.m., 8:30 p.m. and 10:00 p.m.

See ad on page 9.

Clarksville Speedway
1600 Needmore Road
clarksvillespeedway.com

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

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

Clarksville-Montgomery County Public Library
350 Pageant Lane

**FAIR AT CLARKSVILLE
SPEEDWAY**

6:00 p.m. to 11:00 p.m. Arm bands \$15 for all rides.

Molly Ark Petting Zoo, 6:00 p.m. to 9:00 p.m.

Mathews Mobile Mini Golf

Marvelous Mutts 6:30 p.m., 8:00 p.m. and 9:30 p.m.

Swiftly Swine Racing Pigs 6:00 p.m., 7:30 p.m., 9:00 p.m. and 10:00 p.m.

King Promotions BMX Stunt Show 7:00 p.m., 8:30 p.m. and 10:00 p.m.

See ad on page 9.

Clarksville Speedway
1600 Needmore Road
clarksvillespeedway.com

**18 THURSDAY
FAIR AT CLARKSVILLE
SPEEDWAY**

6:00 p.m. to 11:00 p.m. Arm bands \$15 for all rides (Kubota Coleman Tractor Night).

Molly Ark Petting Zoo, 6:00 p.m. to 9:00 p.m.

Mathews Mobile Mini Golf

Marvelous Mutts 6:30 p.m., 8:00 p.m. and 9:30 p.m.

Swiftly Swine Racing Pigs 6:00 p.m., 7:30 p.m., 9:00 p.m. and 10:00 p.m.

Free bottle of essential oil when you host a party!

"Pure Nature, Sound Science, Rich Life"
All essential oils are clinical grade.



Offering Classes, Home Parties & 1 on 1 consultations

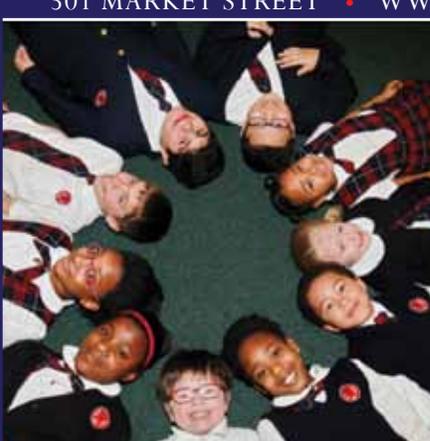
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Before & After Care Available

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Nationally Accredited and AdvancED Accredited School

King Promotions BMX Stunt Show
7:00 p.m., 8:30 p.m. and 10:00 p.m.

Roller Derby Night at Red Building
starts at 7:00 p.m.

See ad on page 9.

Clarksville Speedway
1600 Needmore Road
clarksvillespeedway.com

STAR PHYSICAL THERAPY FUNDRAISER NIGHT

6:00 p.m. to 8:00 p.m. at both
Chick-fil-A locations in Clarksville.

Chick-fil-A Madison
1626 Madison Street

Chick-fil-A Wilma Rudolph
3096 Wilma Rudolph Boulevard

19 THURSDAY FAIR AT CLARKSVILLE SPEEDWAY

6:00 p.m. to 11:30 p.m. Arm bands
\$20 for all rides.

Molly Ark Petting Zoo, 6:00 p.m. to
10:00 p.m.

Mathews Mobile Mini Golf

Marvelous Mutts 6:30 p.m., 8:00
p.m. and 9:30 p.m.

Swiftly Swine Racing Pigs 6:00 p.m.,
7:30 p.m., 9:00 p.m. and 10:00 p.m.

King Promotions BMX Stunt Show
7:00 p.m., 8:30 p.m. and 10:00 p.m.

Mud Drag Races, gate opens at 5:00
p.m., racing at 7:00 p.m. \$10 for
adults, kids 6-10 \$5, 5 and under
free.

See ad on page 9.

Clarksville Speedway
1600 Needmore Road
clarksvillespeedway.com

20 SATURDAY

MONTGOMERY COUNTY WATER GARDEN SOCIETY POND TOUR

9:00 a.m. to 4:00 p.m. Ticket price,
\$12.00; Military w/ID \$10.00;
Children 12 and under free. Ticket
price includes: Self-guided pond
tour and picnic meal at Dunlop
Park at 5:00 p.m.

Ticket sale locations day of tour:

Dave's Small Engine
2480 Hwy 41-A Bypass

Rural King parking lot
1141 Fort Campbell Blvd

For more information call: Linda
Westfall at (931) 648-6350; Terri
Young at (931) 302-3387; or Linda
VanMaanen at (931) 368-1636.

501ST MIDSOUTH GARRISON STAR WARS CHARITY MEET & GREET

12:00 p.m. to 3:00 p.m. Get a
picture with your favorite Star Wars
characters with a \$5 donation. All
proceeds go to benefit Dreams &
Wishes of Tennessee, a 501(c)(3)
non-profit organization that grants
wishes to individuals between the
ages of 5-21 who have relapsed
from cancer or have a second life-
threatening illness diagnosis.

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

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- Insurance Certified
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2631 Ft. Campbell Blvd

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.)



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 f

FAIR AT CLARKSVILLE SPEEDWAY

1:00 p.m. to 11:30 p.m. Arm bands \$20 for all rides from 1:00 p.m. to 6:00 p.m. \$25 for all rides after 6:00 p.m. (Budweiser Night at the Fair)

Molly Ark Petting Zoo, 4:00 p.m. to 9:00 p.m.

Mathews Mobile Mini Golf

Marvelous Mutts 4:00 p.m., 6:00 p.m. and 8:00 p.m.

Swiftly Swine Racing Pigs 2:00 p.m., 4:00 p.m., 6:00 p.m., 8:00 p.m. and 10:00 p.m.

King Promotions BMX Stunt Show 2:00 p.m., 4:30 p.m., 7:00 p.m. and 9:30 p.m.

Mud Drag Races, gate opens at 5:00 p.m., racing at 7:00 p.m. \$10 for adults, kids 6-10 \$5, 5 and under free.

See ad on page 9.

Clarksville Speedway
1600 Needmore Road
clarksvillespeedway.com

MOVIES IN THE PARK—THE LEGO MOVIE

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

21 SUNDAY FATHER'S DAY

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

25 THURSDAY DADDY DAUGHTER DATE NIGHT

Dinner and dancing. This year's theme is "Sail Away." See ad on

page 41. Visit cityofclarksville.com/datenight for more information.

27 SATURDAY DAV CHAPTER 45 CHARITY POKER RUN AND AUCTION

Registration starts at 9:00 a.m., first bike out at 10:00 a.m., last bike out at 2:00 p.m. Auction will be held 2:00 p.m. to 4:00 p.m. 50/50 drawing (chance to win money). Cost \$10 per band. 100% of donations go to DAV Chapter 45.

Appleton Harley-Davidson
2501 Highway 41-A Bypass
Becky Smith
(931) 302-2794

July

3 FRIDAY INDEPENDENCE DAY CELEBRATION

Music at 6:30 p.m. Fireworks at 9:30 p.m. Clarksville's largest fireworks show. See ad on page 21.

Liberty Park
1188 Cumberland Drive
cityofclarksville.com/independenceday

4 SATURDAY INDEPENDENCE DAY SANGO FIRECRACKER BIKE TOUR

61/34/10/3 mile rides. For more information and to register visit our website. Registration includes a t-shirt (if you register by June 20) and lunch. See ad on page 17.

Sango United Methodist Church
3301 Sango Road
SangoUMC.org

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

THE ROXY REGIONAL THEATRE

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

THE ARISTOCATS 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 June 2, 3, 4, 5, 6, 9, 10, 11, 12 & 13

2pm June 6 & 13

Tickets \$10

The 39 Steps

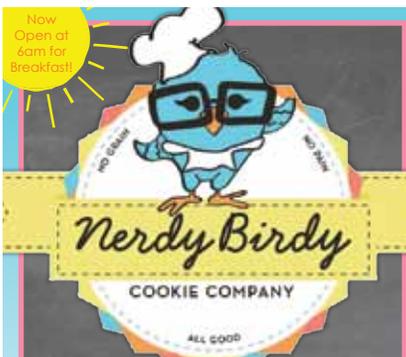
Mix a Hitchcock masterpiece with a juicy spy novel, add a dash of Monty Python and you have The 39 Steps, a fast-paced whodunit for anyone who loves the magic of theatre! This two-time Tony and Drama Desk Award-winning treat is packed with nonstop laughs, over 150 zany characters

(played by a ridiculously talented cast of four), an on-stage plane crash, handcuffs, missing fingers and some good old-fashioned romance!

8pm June 19, 20, 26 & 27; July 3

7pm June 24 & 25; July 1 & 2

2pm June 27



Now Open at 6am for Breakfast!

Nerdy Birdy
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EXHIBITS:

Southern Watercolor Society's 38th Annual Juried Exhibition
Through July 5th

The Illusion of Person and Place: The Spirit of Asia by Bob Sherman
June 2 through 30.

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.

Clarence Cameron White
Through July 31st
Clarence Cameron White was an African-American music composer and violinist born in Clarksville, TN in 1880. This exhibit in our lobby features various artifacts from his life.

Norman Rockwell: The Man Behind the Canvas
Opening June 16th
From the Charles and Joy Flint Collection. Exhibit sponsored in part by Clarksville Dental Center.

ACTIVITIES:

June First Thursday Art Walk
June 4, 5:00 – 8:00 p.m.
Join us for the First Thursday Art Walk on June 4th. The museum will be open with free admission from 5:00 – 8:00 p.m. Author Shana Thornton will be signing copies of her new book *Poke Sallet Queen and the Family Medicine Wheel*. The book is available for purchase at Seasons: The Museum Store.

Flying High 2015
Saturday, June 6th, 5:00 p.m. at the Wilma Rudolph Event Center
Held the first Saturday of June each year, Flying High is an evening celebrating artists and the works of art of the region. Flying High is Customs House Museum's preeminent

fundraiser of the year, supporting educational and exhibit programming of the Museum. This year's theme is Arabian Nights! Tickets to this event are \$125 for Museum members, and \$175 for non-members. To purchase ticket(s), please contact Linda Maki at (931) 648-5780. The evening starts at 5:00 p.m. with a silent auction. Dinner is at 7:00, followed by the live auction at 8:00 and live music and dancing to conclude the evening.

Artist talk with Bob Sherman & Paul Polycarpou
Sat. June 12th, 6:00 – 8:00 p.m.
Artist Bob Sherman will discuss his art found in the exhibit *The Illusion of Person and Place: The Spirit of Asia by Bob Sherman*. Artist Paul Polycarpou of Nashville Arts Magazine will also be speaking. Program is free and open to public.

"Story & Craft Time with Ms. Sue"
June 11, 18, 25, 10:30 – 11:15 a.m.
Join us as we learn about illustrators and their styles while listening to wonderful stories.

"Let's Find"
June 10, 17, 24, 10:30 – 11:30 a.m.
This activity explores exhibits through specific topics and includes a story and a craft.

"Family Day – Happy Birthday!"
June 13, 10 a.m. – 5 p.m.
The museum is 32 years old this month. Join Ms. Sue in the Children's Room at your leisure for some hands-on activities and "remember when" stories.

Children's Room Theme: "Water, Water Everywhere"
Open Daily 10 a.m. – 5 p.m.
During the school year, one member-mom often stopped by the museum with her children after school to spend an hour or so in the Children's Room and in the Explorers' Gallery. Get your membership's worth: visit the museum often and enjoy these activities that change during the month.

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

The museum will be closed Saturday and Sunday, June 6th and 7th, for Flying High, as well as Sunday, June 21st for Father's Day.

CLARKSVILLE-MONTGOMERY COUNTY PUBLIC LIBRARY
350 Pageant Lane • (931) 648-8826 • www.clarksville.org

SCHEDULE AT A GLANCE

Monday
Tween Summer Reading Program: UNMASK! 2:00 p.m.

Tuesday
School Age Program: Every Hero Has a Story 10:00 a.m. and repeated at 2:00 p.m.

Tadpoles and Tagalongs Program 10:00 a.m., 10:30 a.m., 2:00 p.m. and 2:30 p.m.

Wednesday
No programs

Thursday
Teen Summer Reading Program: UNMASK! 3:00 p.m.

Friday
School Age Program: Every Hero Has a Story 10:00 a.m. and repeated at 2:00 p.m.

Tadpoles and Tagalongs Program 10:00 a.m., 10:30 a.m., 2:00 p.m. and 2:30 p.m.

Saturday
All Ages Program: Every Hero Has a Story 2:00 p.m.

"EVERY HERO HAS A STORY" PERFORMANCE SCHEDULE

June 9 at 10:00 a.m. and 2:00 p.m.
Super Science TN with Rich Askey

June 12 at 10:00 a.m. and 2:00 p.m.
Runaway Puppet Theater with Ed May

June 16 at 10:00 a.m. and 2:00 p.m.
Terry Hedges, Magician

June 19 at 10:00 a.m. and 2:00 p.m.
"The World of Reptiles" by Scott Shupe

June 23 at 10:00 a.m. and 2:00 p.m.
Gene Cordova, Ventriloquist

June 26 at 10:00 a.m. and 2:00 p.m.
Natural History Education Company of Middle Tennessee featuring "Underdogs"

July 3 Library Closed for Independence Day

July 7 at 10:00 a.m. and 2:00 p.m.
Experience Science @ the Library. Science experiments with our Super Hero Teen Volunteers.

July 10 at 10:00 a.m. and 2:00 p.m.
Cowboy Dan, music and character education

Saturdays, 2:00 p.m. we will hold a program for all ages

"UNMASK!" TWEEN SUMMER READING PROGRAM

June 8 at 2:00 p.m. **LEGOS** Build a Super Design

June 15 at 2:00 p.m. **MINIONS** Make your own Minion. Minions, minions, everywhere!

June 22 at 2:00 p.m. **MYSTERY PROGRAM** Sherlock Holmes can't even discover what we will be doing during this program

July 6 at 2:00 p.m. **MINECRAFT** Make a Minecraft mask

Receive an "UNMASK!" Readers Prize Card at your first program. When you complete it you'll be eligible for a prize. Limit one prize per week.

"UNMASK!" TEEN SUMMER READING PROGRAM

June 11 at 3:00 p.m. **RADIOACTIVE CANVAS ART** Put on your most wacky attire and come paint a superhero or villain under the glow of radioactive lighting (don't worry, they're just black lights!)

June 18 at 3:00 p.m. **BATTLE OF THE CUPCAKES** Come show off your culinary talent in the cupcake battle of the century. Decorate cupcakes to win prizes.

June 25 at 3:00 p.m. **COMIC CARTOONING 101** Learn how to draw comic strips that even Stan Lee would be impressed with!

July 2 at 3:00 p.m. **CIRCUIT ART** Calling all heroes! Come flex your creative muscles with the ELECTRIFYING craft. It will surely be shocking! (The library does not take responsibility for the cheesy puns used.)

July 9 at 3:00 p.m. **HERO BOOT CAMP** Want to be a hero? Stop in and make your own merchandise and practice your heroic skills... villains welcome.

Receive a Readers Prize Card and when completed, return it for an opportunity to win a prize basket.

ADOPTION & FOSTER CARE

CAMELOT CARE

A private therapeutic foster care provider serving 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.

CENTERSTONE FAMILY CENTERED SERVICES

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

CLARKSVILLE FAMILY ADOPTION ASSOCIATION

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

CARING CHOICES OF CATHOLIC CHARITIES

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

OAK PLAINS ACADEMY

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

OMNI VISIONS INCORPORATED

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

YOUTH VILLAGES

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

ARTS, CRAFTS & HOBBIES

CLARKSVILLE MODEL RAILROAD CLUB

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

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

COMMUNITY SCHOOL OF THE ARTS AT APSU

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

MADISON STREET MUSIC & ARTS ACADEMY

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

MONTGOMERY COUNTY WATERGARDEN SOCIETY

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

PARKS AND REC SUMMER THEATRE

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

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

ROXY REGIONAL SCHOOL OF THE ARTS

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

individual. Children's roles in mainstage productions are often cast from the School of the Arts.

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

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

ATHLETICS

BUDDY BALL SPECIAL NEEDS ATHLETIC LEAGUE

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

CANINE FLYBALL CLUB

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

CLARKSVILLE BADMINTON CLUB

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

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

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

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

CLARKSVILLE IMPACT SOCCER CLUB

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

CLARKSVILLE TENNIS ASSOCIATION

Open to all who love tennis. A great group of people who bend over backwards to provide fun tennis tournaments and

matches for people who are competitive or just play for fun. We encourage all levels and age groups. The President is Preston Howle and he can be reached at PrHowle@aol.com for all who are interested. Visit www.clarksvilletennis.usta.com.

CLUB WEST VOLLEYBALL CLUB

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

EMMANUEL FAMILY LIFE CENTER

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

SWIMMING EAGLES

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

TEAM CLARKSVILLE YOUTH WRESTLING

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

WARRIORS SPECIAL NEEDS CHEERLEADING

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

CHILDBIRTH & PARENTING EDUCATION

ROOTS CHILDBIRTH PREPARATION

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

offers your family excellence in childbirth education, relevant resources and the most up-to-date, evidence-based information so that you can better understand all your options and plan the birth that is right for you. Contact Heidi Duncan, Birth Doula and Childbirth Educator, at (615) 710-7077 or expectingnewlife@yahoo.com for info on classes (group, private or home-study).

BREASTFEEDING EDUCATION AND SUPPORT (WIC)

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

CLARKSVILLE BIRTH COMMUNITY

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

GATEWAY MEDICAL CENTER BREASTFEEDING CLASS

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

GATEWAY MEDICAL CENTER PRENATAL CLASS

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

GATEWAY MEDICAL CENTER SIBLING CLASSES

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

HEALTHY START

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

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

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

NINE MONTHS & BEYOND

A comprehensive source for pregnancy, birth, breastfeeding and early parenting education and resources. Offers birth tub rentals, breastpump rentals, 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.

WHOLE WOMAN BIRTH AND LACTATION SERVICES

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

CHILD CARE

CHILD CARE AWARE

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

MID-CUMBERLAND CHILDCARE RESOURCE AND REFERRAL

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

MONTGOMERY COUNTY CHILD CARE PROVIDERS BY AREA

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

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

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

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

PARENT INFORMATION NETWORK

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

PROGRESSIVE DIRECTIONS

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

TENNESSEE NUTRITION & CONSUMER EDUCATION PROGRAM (TNCEP)

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

CHILD PROTECTION & DOMESTIC CRISIS SERVICES

AL-ANON & ALATEEN

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

CLARKSVILLE RAPE AND SEXUAL ABUSE CENTER

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

CHAP PROGRAM OF CATHOLIC CHARITIES

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

DEPARTMENT OF CHILDREN'S SERVICES

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

LEGAL AID SOCIETY

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

MONTGOMERY COUNTY CHILD SUPPORT SERVICE

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

SAFEHOUSE

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

CHILDREN'S GROUPS 4-H YOUTH DEVELOPMENT

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

BOY SCOUTS OF AMERICA

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

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

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

GIRL SCOUTS OF MIDDLE TENNESSEE

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

LEAP ORGANIZATION

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

COMMUNITY OUTREACH

101ST AIRBORNE DIVISION ASSOCIATION

ONCE AN EAGLE...ALWAYS AN EAGLE

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

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

ALL NATIONS BIBLICAL STUDY CENTER

Offers free Bible courses to the community in the major fields of biblical research.

A complete Online Biblical Studies Program is also available. Online Courses are offered year-round. Visit www.studythescrptures.net or call (931) 648-8844 for more information and to register.

APSU EXTENDED EDUCATION

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

ARMY COMMUNITY SERVICE

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

ASERACARE HOSPICE GRIEF SUPPORT

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

BAYANIHAN FILIPINO-AMERICAN INTERNATIONAL GROUP

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

CRISIS CALL LINE

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

CROATIANS IN TENNESSEE

Our goal is to share our culture and information about Croatia. We would

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

DAGAN FOUNDATION

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

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

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

FREE CAKES FOR KIDS KY & TN

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

FRIENDS OF THE BLUEWAY

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

FRIENDS OF ROTARY PARK

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

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

GATEWAY HOME HEALTH & HOSPICE

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

GOOD NEWS CLUBS

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

HABITAT FOR HUMANITY AND RESTORE

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

HAILEY'S HOPE WITH PROJECT SWEET PEAS

We are a local division of the national 501(c)3 non-profit organization Project Sweet Peas headed here in Clarksville by Kristin Vanderlip. We provide long term stay care packages to families who have babies in Neonatal Intensive Care Units (NICUs). We currently make scheduled deliveries to the level 3 NICU at Monroe Carell Jr. Children's Hospital at Vanderbilt in Nashville. However, we also take personal requests and will mail or hand deliver care packages to other local hospital NICUs. If you or someone you know has a baby who requires time in a NICU, the experience can be stressful and even traumatic; therefore, our care packages are designed to provide families with items they may need or find helpful during their baby's time in the NICU. Please contact us if you know someone who has a baby in a NICU. For more information please visit: [facebook.com/haileyshopePSP](https://www.facebook.com/haileyshopePSP) or email division coordinator Kristin Vanderlip at Kristin@projectsweetpeas.com.

HUI HAWAII O TENESI HAWAIIAN CIVIC CLUB

Chartered by the Association of Hawaiian Civic Clubs in Hawaii, the club's goal is to perpetuate the Aloha Spirit and the Hawaiian Culture throughout the state of Tennessee and the surrounding area. Because of our close proximity to Fort Campbell, we are able to contact many native Hawaiians who are stationed here or have decided to retire in the local area. Many soldiers and their families have been stationed in Hawaii and also elect to join us and partake in the activities. Membership is open to everyone, and we love our times to meet and share the Aloha Spirit and the "local grinds" that everyone learns to love. For more information, please call Marlene Livesay at (931) 572-0804 or visit our website at www.huihawaiiotn.com.

HOPE CENTER

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

HUMANE SOCIETY OF CLARKSVILLE-MONTGOMERY COUNTY

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

LATINA ASSOCIATION

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

LOAVES AND FISHES

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

MANNA CAFÉ MINISTRIES

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

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

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

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

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

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

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

MEALS ON WHEELS

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

MONTGOMERY COUNTY WIC CLINIC

1850 Business Park Drive Suite 103. Provides nutrition education and food vouchers for women, infants, and children (up to age five). We offer breastfeeding education, including two free monthly classes (see calendar for dates and times). (931) 551-8777.

RADICAL MISSION

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

REFORMERS UNANIMOUS

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

SUNCREST HOME HEALTH

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

TENNESSEE REHABILITATION CENTER AT CLARKSVILLE

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

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

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

UNITED WAY

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

VETERANS UPWARD BOUND

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

COUNSELING, SUBSTANCE ABUSE & MENTAL HEALTH ALCOHOLICS ANONYMOUS

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

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

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

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

APTITUDE HABILITATION SERVICES

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

ASPERGER/AUTISM CENTER

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

BRADFORD HEALTH SERVICES

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

CELEBRATE RECOVERY-FIRST CHURCH OF THE NAZARENE

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

CELEBRATE RECOVERY-GRACE CHURCH OF THE NAZARENE

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

CENTERSTONE

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

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.

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.

OAK HILL RESIDENTIAL

118 Union Street, (931) 647-8257.

PASTORAL COUNSELING CENTER

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

THE PATH LIFE COACHING

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

REGIONAL INTERVENTION PROGRAM (RIP)

Regional Intervention Program 404 Pageant Lane, (931) 920-2347, is a program through local mental health agency and not-for-profit organization Centerstone providing behavior modification for preschoolers 18 months through 6 years old. RIP offers a 2-hour classroom setting

for children and siblings, in addition to case management for parents two times per week on Tuesdays and Thursdays. RIP currently has immediate openings for the morning program @ 10:00 a.m. to 12:00 p.m. Contact Taboya Holman, Clarksville RIP program Coordinator @ (931) 920-2347 or Taboya.Holman@centerstone.org.

VIVIAN HOUSE

125 Vivian Street, (931) 920-7235.

WEEMS ACADEMY

812 Greenwood Avenue, (931) 920-7370.

WESTERN KENTUCKY

MEDICAL OPIOID TREATMENT

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

YMCA'S RESTORE MINISTRIES COUNSELING CENTER

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

INTERNATIONAL ORGANIZATIONS MISS TENN KY AREA AFS VOLUNTEER LEADERSHIP TEAM

The Miss Tenny 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 AFSer's applications are already available for viewing for the 2015-16 school year. Host parents may go to www.afsusa.org/host to view them and fill out a hosting application. Keep in mind that CMCSS will only allow four exchange students per year for each high school. To ensure getting the student of your choice in your area high school, it is recommended that you apply early.

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

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

YOUTH FOR UNDERSTANDING USA (YFU)

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

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

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

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

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

PARENT GROUPS CLARKVILLEMOMMIES.COM

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

CHARA (CHRIST-CENTERED HOMESCHOOLERS APPLYING RIGHTEOUSNESS ACADEMICALLY)

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

CLARKSVILLE HOMESCHOOL NETWORK

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

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/

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/

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

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

MOMS CLUB OF CLARKSVILLE

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

We consist of two independent clubs, based on location. If you live in Sango

or St. Bethlehem areas of Clarksville (east of Wilma Rudolph), you are zoned for MOMS Club of Clarksville-East. To learn more, send an email to eastclarksvillemomsclub@gmail.com. If you live in Ft. Campbell, Woodlawn, Oak Grove, or areas of Clarksville west of Wilma Rudolph you are zoned for MOMS Club of Clarksville-West. To learn more, send an email to 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. Check us out online at clarksvillemopsatfbc.wordpress.com. We look forward to meeting you!

FT. CAMPBELL MOPS

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

HILLDALE BAPTIST CHURCH MOPS

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

SPRING CREEK MOPS

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

PARENTS OF MULTIPLES

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

PARENTS REACHING OUT

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

TNSHARE (SECULAR HOMESCHOOLERS: ANY RELIGION, ECLECTIC)

SHARE is a non-religious home school group for Clarksville and the surrounding areas. All homeschoolers are welcome to join this group, regardless of religious

beliefs, race, homeschooling methods, or family lifestyles. An online support and information network is available as well as bi-monthly meetings. This group is a community in which we all play an important role in deciding and implementing the activities we want for our children. For membership information please visit: www.facebook.com/#!/groups/tmSharehomeschool/

TENNESSEE EARLY INTERVENTION SYSTEM (TEIS)

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

WIC NUTRITION EDUCATION CENTER

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

RETIREMENT GROUPS

AARP LOCAL CHAPTER 1957

Meets on the 2nd Tuesday of each month at 10:00 a.m. at Hilldale United Methodist Church, 1781 Madison Street. We are affiliated with the National AARP and to become a member of the local chapter, you must be an active member of the national chapter. The local dues are \$5 per year. Our motto is "To Serve and Not to Be Served" in our communities. We have guest speakers monthly who reflect on services to our seniors. We welcome guests at all our meetings, and have light refreshments after each meeting. We need your support so that we can continue to influence the needs of seniors by our voice in local, state, and federal government. For additional information, please contact The Rev. Dr. W. Ira Wilson, President at (931) 920-3983 or email wwilson@bellsouth.net.

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

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

Local NARFE Chapter 870 meets on the 2nd Thursday of each month at the Shoney's on North Second Street. We gather to eat at 10:00 a.m. with the business meeting beginning at 11:00 a.m. Even with our speaker, we are normally finished by 12:30 p.m. or 12:45 p.m. We

have a private area reserved with our own waitress service. We always have an interesting program. We encourage retired or active federal employees to join us and bring a guest. For more info, please contact Sandra Simuns at (931) 368-9903, (931) 249-9339 or hsimms6551@charter.net.

SUPPORT GROUPS ALZHEIMER'S CAREGIVERS' SUPPORT GROUP

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

ARMY COMMUNITY SERVICE

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

ASMT (AUTISM SOCIETY OF MIDDLE TENNESSEE)

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

AUTISM SUPPORT GROUP

Donna Richardson at (931) 503-2315.

CLARKSVILLE ASSOCIATION FOR DOWN SYNDROME (CADSTN)

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

CLARKSVILLE MONTGOMERY COUNTY MULTIPLE SCLEROSIS SUPPORT GROUP

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

CAMP WILLOW CREEK

Camp Willow Creek is designed for young people ages six to sixteen who have lost a loved one due to death in the past two years. The child must have turned six years old by January 1, 2014. Camp Willow Creek teaches these young

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

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

CLARKSVILLE OSTOMY SUPPORT GROUP

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

CLARKSVILLE PARENT/ CAREGIVER SUPPORT GROUP

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

DIABETES SUPPORT GROUP

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

FOCUS AUTISM NOW

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

GRIEF SUPPORT

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

JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)

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

NAMI (NATIONAL ALLIANCE OF THE MENTALLY ILL)

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

PARENTS HELPING PARENTS

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

TENDERPAWS PET THERAPY

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

YMCA'S RESTORE MINISTRIES SMALL GROUPS

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

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

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

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

HAPPY BIRTHDAY!



Happy 1st Birthday to Asa and Aeris.



Happy 1st Birthday Declyn! Mommy, Daddy and Camdyn love you so much!!



Wishing our little boy a very Happy 1st Birthday Love you MUCH, Eli!!



Happy 1st Birthday Justice! We love you very much! Love mom, dad, yerik



Happy 1st Birthday sweet boy! We love you so much! Love Mom & Dad xoxo



Happy 1st Birthday Tayley! Love Mom and Dad!!!



Happy 2nd Birthday Ava! We love you! Mama, Da Da and Jordyn



Happy Birthday Alexander Love Grandma Mary & grandpa



Happy 3rd birthday sweet boy! We love you!



How can it B Lainey bug is 3 Luv Mom Dad n Bruder



Happy 3rd Birthday Mason We all Love You



Happy Birthday Maleah. You're such a big girl!!! Love your family :-)



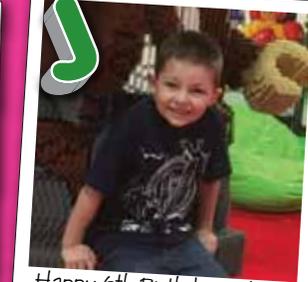
Happy 5th Birthday Landen! Love Mommy & Daddy



Happy 6th Birthday!!! Love Mom, Dad, & Bia



Happy 6th birthday Anna Claire! Love, Daddy, Mommy, Madeline, Pop & Kitty



Happy 6th Birthday John!! We love you infinity!!! Love, Mommy, Dad, & Jaylee!!



Happy 7th Birthday Kate & Molly We love you! Mom & Dad



Kbugg we love you happy 8th birthday big boy



Happy 8th Birthday Natalia! You are our SUPERSTAR!!! Love, Your Family



Happy 9th Birthday Aili We Love You!

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

HAPPY BIRTHDAY!



Happy 9th Birthday DaNivea &
Happy 3rd Birthday Khyree!
We love you both!



Happy 9th birthday,
Samantha Grace



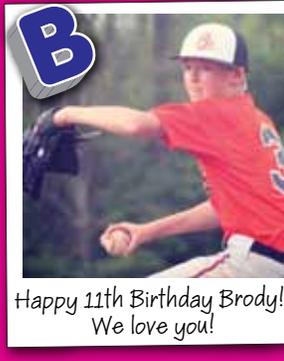
Happy 9th Lauren Wilkinson,
we love you!



Happy 9th birthday, Megan!
All our love, Mom, Dad, & Lauren



Happy Birthday Alyssa.
Love you bunches:
your whole family



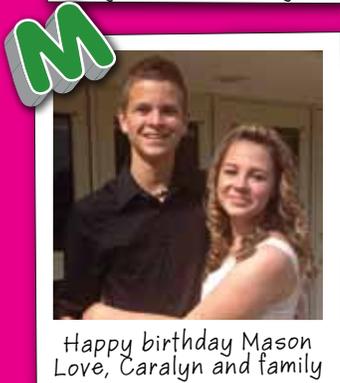
Happy 11th Birthday Brody!!
We love you!



Happy 12th Birthday Austin!!!



Happy 13th Birthday Layah!
Love Mom, Pop and Mia



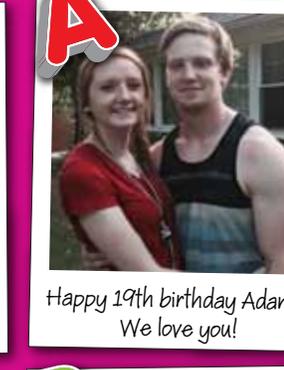
Happy birthday Mason
Love, Caralyn and family



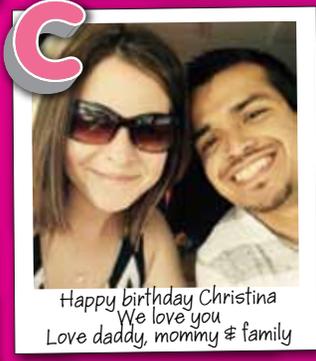
Happy Birthday Paige!!!
We Love You



Happy 18th, Miranda!
We love you



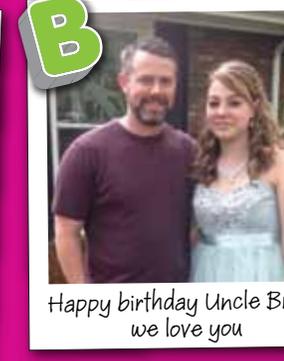
Happy 19th birthday Adam!!
We love you!



Happy birthday Christina
We love you
Love daddy, mommy & family



Happy 21st Birthday, Stephanie!
Love, your family and friends!



Happy birthday Uncle Brian
we love you



Happy birthday grandmom
Love, Rylan, Addysen and Mason



Happy 84th birthday
grandma Jane
We love you



To our G.G. Goochie Granny.
Happy Birthday In Heaven.
Your kids & grandkids n families.

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.

TAKE A VACATION

FROM YOUR AUTO LOAN PAYMENTS

NO PAYMENTS FOR 90 DAYS
WITH A PURCHASE OR REFINANCE

RATES AS LOW AS

1.89%^{APR*}

DRIVE  ALTRA
.org

931-552-3363 • www.drivealtra.org

1600 Madison St. • 184 Stone Container Dr. • Clarksville
800-755-0055 • www.altra.org

Altra
Federal Credit Union

*Rates available to qualified members beginning 6-01-15 for new or used autos/trucks for limited terms on purchases or refinances from another financial institution. Rates are based on other account relationships and services used at Altra, personal credit history, payment method and vehicle information. Promotional rates and terms apply only to new loans. See Altra for complete details. Limited time offer. Equal Housing Lender. Federally insured by NCUA.

