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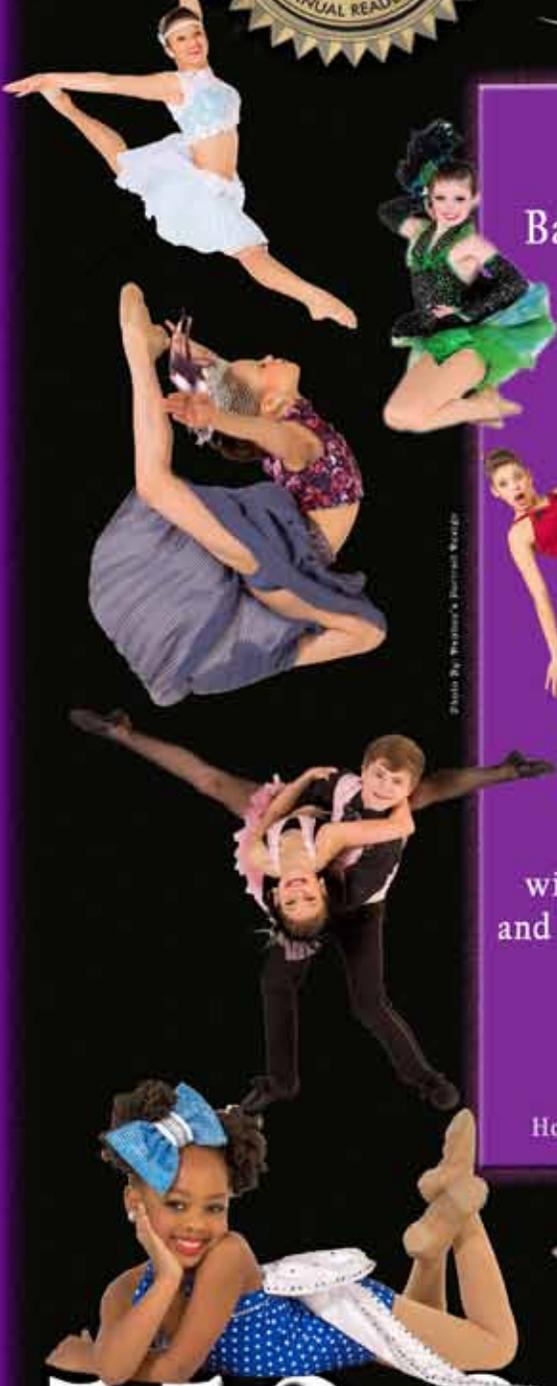
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Publisher's Message

It's hard to believe that in just a couple weeks that summer will be (un)officially over and school will be back in session. It seemed to fly by. Not just for me, but for my 11 year old too. He will be starting middle school this year and even though I have had all summer to try and get used to that, it is still having a little trouble sinking in.

Speaking of big changes, after 8 plus years, 101 issues and LOTS of thought we decided that this will be the last issue of *Clarksville Family Magazine*. Starting next month, we will have a brand new name and fresh new look—inside and out. But don't worry—we aren't taking anything away, only adding to it and making it better. We're excited about what is coming and hope you will be too!

But now back to this issue. As usual, it's packed with lots of great articles and local info starting with Pamela Roddy Magrans' awesome piece on the resuming Dunbar Cave tours (page 6). You also don't want to miss Taylor Lieberstein's piece on free and low cost educational apps for smart phones and tablets (page 22). We have everything else ranging from health and beauty to education to local arts. As always, don't forget to check out the calendar of events to stay plugged into all the cool stuff going on in our awesome city all month long (page 44).

Hope you're having a great summer and as always, thank you for picking us up!

Sincerely,

Carla Lavergne



Clarksville Family

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

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Clarksville Family Magazine

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CAVE TOURS ARE BACK IN SESSION

REDISCOVERING THE TIMELESS TREASURES OF DUNBAR CAVE

Pamela Roddy Magrans

Kala led the group through the iron-gate that marked the start of the cave tour. Stepping gingerly onto the damp path, the brisk cool air was a welcome treat from the 92 degrees of outside the cave. One by one in singular file, each member of our group entered the gate. Flashlight shadows began to flicker across the limestone cave walls. The group grew silent. It was reverent, as if we had entered a museum, a library, or a holy place.



Kala closed the gate behind us and began the tour with an explanation of the evasive cave salamanders that make their home at the entrance of the cave. The twilight zone, as it is called, has some sunlight, but deeper in, when we enter the dark

zone, we will not be able to see the eyeless fish and blind cave crayfish that call this dwelling home. We will more than likely not see any bats since their numbers have drastically diminished over the past few years and it is a rare honor to catch a glimpse of one.

Some people in our group are locals who have toured this cave before. Some others have come from Hopkinsville, KY and this is their first visit. Others have traveled from closer to Nashville, to escape

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SUNDAYS @ 5:00PM TRADITIONAL WORSHIP | GRACE WORSHIP CENTER

WEDNESDAY NIGHT CLASSES/BIBLE STUDY @ 6:00PM

Western Kentucky Women's Show



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the heat of summer by retreating into the naturally air conditioned coolness of a cave. Some of us are parents; some are children. It appears that one couple might be on a date—the young couple attempts to hold hands as they duck under the low hanging roof of the cave. As a group we enter the cave quietly, listening and looking. Cell phones don't work in a cave—a welcomed treat! We will move carefully through the cave passageways. We will move as guests do when we tour



someone else's home. Kala, our tour guide, invites us to follow her and the tour of Dunbar Cave begins.

Dunbar Cave State Park

Dunbar Cave State Park is home to 144 acres of park. A water source, hiking trails, abundant wildlife, and a variety of wildflowers,

trees and shrubs make the Dunbar Cave natural area a picturesque place to hike. Locals will recall a thriving lake, but the lake is currently dried up. Hopefully, renovations to the existing dam will be made in the upcoming year, allowing for the lake to once again house the abundant wildlife that only water can provide. Turtles still hug the logs alongside where the small stream now pushes through the vegetation. A



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stream, instead of a lake, now winds through the overgrowth like a snake.

But that is a description of what is outside of the cave. What is inside the cave is far more ancient. Beneath

the hiking trails there are hidden rooms, unseen wonders, treasures that can only be viewed when we leave the sun behind us.

The cave itself, and coral fossils that can be found



there, stand as evidence that the land we call home was once an ocean floor. The cave was formed over millions of years and is etched in limestone rock. People have always been drawn to the cave—for shelter, for curiosity, for ceremony or community.

The cave, on which the hiking trails are situated, has been a highlight of the Clarksville area for well over 200 years. Thomas Dunbar and his family settled the area in 1784, hence the name of the park. Since then, ownership of the land was debated and it was owned privately for some time. Music legend Roy Acuff purchased the land in 1948 and it became a popular destination for visitors in the 1950s. It became a hub of social activities, featuring bands, concessions, and dancing

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(for those who could pay the entrance fee). In those early years, the cave entrance was open, allowing unmonitored foot traffic. Graffiti inside the cave documents that time quite well.

In 1973 the area was purchased by TN Governor Winfield Dunn and designated a state natural area. For the last three decades, residents and visitors have enjoyed visiting the Dunbar Cave area. Cave tours were a common occurrence



during that time. However, for the past five years the cave has been closed to visitors.

In 2010, the cave was closed to visitors in an effort to protect the bat population from White Nose Syndrome, a fungal disease that spreads

quickly among bat populations and results in rapid demise for impacted bats. The closing was prompted by a national call by the U.S. Fish and Wildlife Service for a moratorium on all caving activities in certain areas that might be impacted by white nose syndrome. Since then, more research has been conducted regarding White Nose Syndrome and protection procedures are now in place to help the bats of Dunbar Cave.

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Cave Tours Resume

Cave tours resumed effective May 2015. Visitors to the cave must bring a functional flashlight (cell phones do not count as a flashlight). Backpacks or purses are not allowed in the cave. Everyone entering the cave must have two pairs of shoes. This rule is strictly enforced. One pair of shoes is to be worn inside the cave, and should be closed toed shoes, suitable for hiking. The other pair will be left at the entrance



of the cave and allows the visitor to change into clean shoes to travel home. The dirty pair of shoes worn in the cave must be taken home and cleaned according to specific directions. This is not for our safety, but rather for the safety of the cave bats, in order to ensure that no

spores causing white nose syndrome are spread from Dunbar Cave to other bat dwelling places. A bag is provided to carry the shoes home for cleaning.

Tours are offered daily on Tuesday through Saturday at 10:00 a.m. and last until about 11:30 a.m. Tours cost \$10 for ages 13 and up. The cost is \$5 for ages 12 and under. Attendees must be at least five years of age. The walk is moderate, and children should be able to walk themselves through

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the cave. Carrying a child through the slippery cave would be dangerous.

Attendees should arrive by 9:30 a.m. so they can check in and be sure they have all the required gear (extra shoes and a flashlight). Bring a light jacket or long-sleeve shirt as the temperature inside the cave is lower than the outside, getting as low as 58 degrees in the dark zone.

Legends, Lore, and Lessons in history

Dunbar Cave is rich in archeological significance. It is estimated that the cave entrance had been inhabited by prehistoric people dating back to 10,000 B.C. – 8,000 B.C. Artifacts found in the cave indicate that the cave was used for ceremonial purposes. Ancient pictographs found on the cave walls depict religious symbols.

Diverse stories, both fiction and non-fiction, have been told about Dunbar Cave over the century and a half that residents in this area

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have been exploring the underground passages. Legends and lore have ushered many curious minds to the crevices and routes that wind through the limestone

cave. History and nature converge at the core of the cave.

Kala Downey works as a Seasonal Interpretive Ranger at Dunbar Cave Natural Area and has been

leading tours of Dunbar Cave since public tours resumed in May 2015. Kala is an APSU graduate student pursuing her Masters in Biology. Kala grew up in Clarksville and remembers touring the cave as a child.

“When I was young my girl scout troop at Norman Smith Elementary School took field trips to the cave. It's very exciting to me that I can now perform the tours I used to attend,” said Kala.

Kala's interest in the cave and her fierce defense of its ecological resources is apparent in her impassioned explanations of how we should not touch the fungus and how we should step over the puddle of water (not in the puddle). “Leave no trace behind and leave the cave as we found it” seems to be the understood tour mantra for the day.

As Kala led the group through the cave paths, she pointed out the pictographs and historical graffiti. Diverse samples of historical graffiti are scattered throughout the cave, remnants of a time when the cave was open to the public and the visitors

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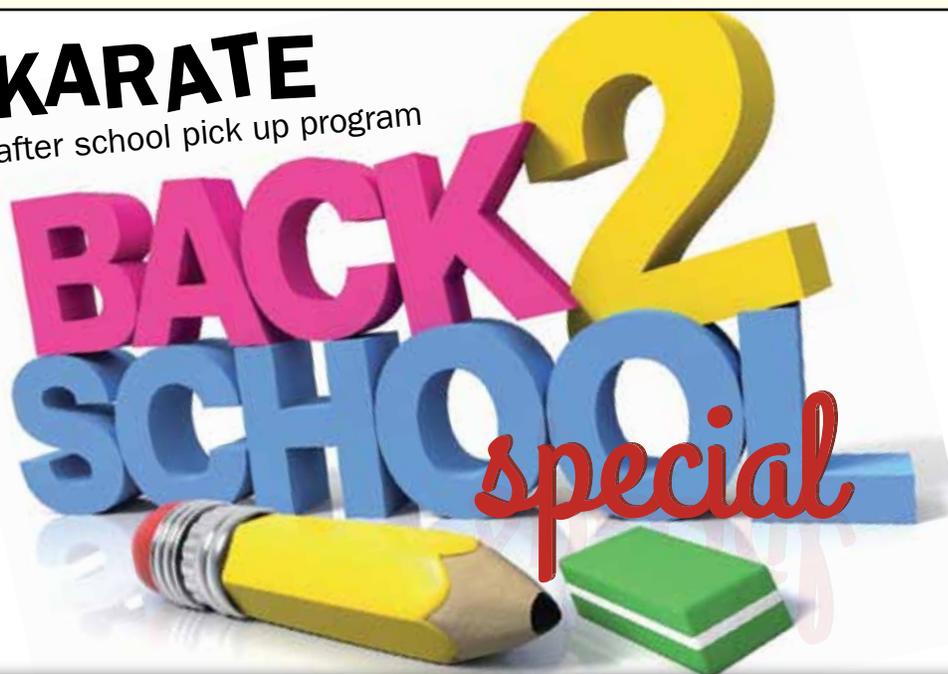
were more interested in leaving their mark than protecting a natural resource.

“What I find most interesting is the way the cave has been used over time for entertainment, for shelter, and the brief stint as a fall-out shelter. I find it amazing that something that can be reduced in description to essentially a hole in the ground can serve in so many capacities and still be a source of natural beauty with its calcite formations and even just its fungus,” said Kala.

At one stop, Kala explained the difference between stalagmites and stalactites and pointed out the dripping water that is still actively creating these magnificent columns that can only be seen in caves. These slow forming cave structures are reminders that the cave is still an actively changing place, an environment all its own, but susceptible to human destruction. We are cautioned not to touch the walls

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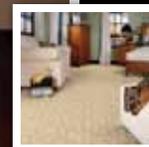
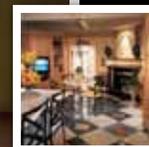
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or ceiling of the cave, especially not the wet straw structures that hang delicately from the ceiling, as it would take hundreds of years for that cave straw to grow back again.

Deeper in the cave, the tour group is instructed to turn off their flashlights. For about 30 seconds we stood in complete darkness. In the dark zone, no light penetrates the cave. There is no dark like that of the dark zone in a cave. As the darkness persisted, the sounds of



dripping water became more prominent. The chirping of cave crickets begins to echo from some far away and dark place. Just before the darkness became too much, Kala instructed us to turn our flashlights back on, and one by one, the cave was once again full of artificial light.

The tour concluded as we circled back to our place of beginning at the entrance of the cave. Sunlight began to push down the path. The coldness faded to warm sunlight. At the entrance of the cave, we took off our hiking shoes. We placed our dirty hiking shoes in a bag that was provided, and we put on a clean pair of shoes.

My teenage boys commented, as we walked down the path to the car, that the tour was more fun

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than they had expected. They recounted a few fun facts they learned from Kala. I was thinking of ancient oceans that once covered the land where I stood. I was pondering the bats and how I had to follow the directions and clean my shoes when



I got home. I thought of ancient people who did not yet have written language, but drew pictures on the cave walls as they

sought the shelter of mother earth's hidden rooms and attempted to answer universal questions. I thought of deep pools of frigid water with fish that had no use for eyes. I thought of bats that should not be disturbed or else the mosquito count in my backyard would get out of balance.

As we boarded the car and drove away from Dunbar Cave, I thought of the hidden cave beneath us, of how a small stream of dripping water and trapped air can make such a difference. I thought of how the cave existed long before humans walked this land we call Tennessee and how it will be here long after we are all gone. The cave is a reminder of the debt we owe to the Earth and the respect it deserves.

To schedule your tour of Dunbar Cave call (931) 648-5526.

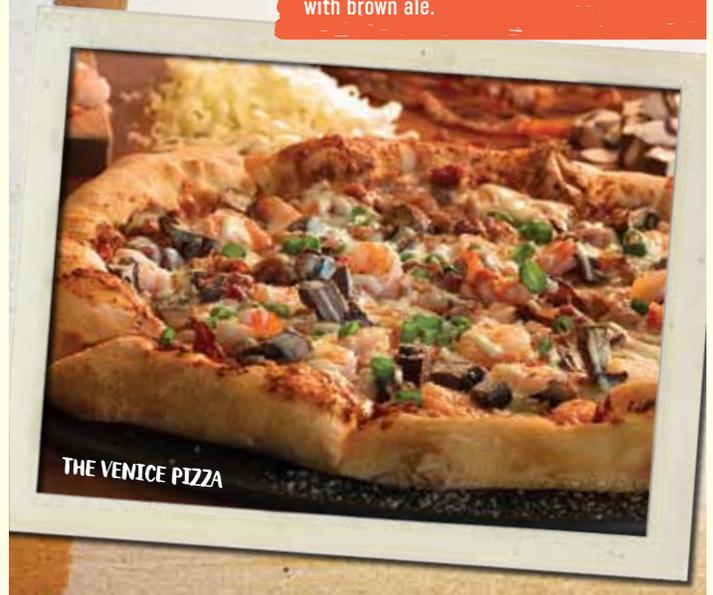
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Dr. Mitchell Kaye

"I have built my cosmetic surgery practice around the principles of communication, surgical skill, and up-to-date technique. I feel that really listening to a patient's needs and goals is a crucial part of the partnership between the physician and patient. This is an ongoing process throughout the length of the relationship and must be actively pursued by both parties. My medical and surgical skills have evolved through daily practice, constant self-evaluation and



recurrent training. It is important to accept new techniques when they are truly superior and avoid fads or gimmicks that have not withstood the test of time. This requires education, judgment, and integrity."

Breast augmentation consistently ranks in patient satisfaction surveys as the most positive experience for plastic surgery patients. It is an operation that can positively change a woman's body image almost overnight. It can produce a beautiful shape that you did not have before or restore something that was lost during your childbearing years.

During your consultation we discuss a number of things such

as size and type of implants: saline or silicone, placement of implant and incision. These factors have been discussed in a previous article in *Clarksville Family Magazine* (January, 2015). A good plan and realistic goals will generally lead to good results, so communication is extremely important.

Q. If I have a breast augmentation and decide to have children in the future will I be able to breastfeed?

A. Yes. Breast augmentation should not prevent you from breastfeeding. You may need to consider where to place the incision. An aerolar incision would not be recommended if you are considering

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breastfeeding in the future. Placement of the implant behind the muscle should also be considered.

Q. Do I need someone to stay with me after surgery and how long do they need to help?

A. It is recommended that you have a family member or friend stay with you for the first 24 hours after the procedure. Patients are generally given a number of anesthesia and pain medications during the procedure. For this reason it is good to have someone at home that can assist you. If you have small children, it may be necessary to have someone help you with the children for a few days.

In a way, tummy tuck or Lipoabdominoplasty is a procedure with a similar set of goals and profile to breast augmentation. You may have excess skin or fat around the middle that will not go away with proper exercise and diet. This is not a weight loss procedure.

The procedure starts with extensive liposuction of the belly and if necessary, the hips and flanks. After this is accomplished, the excess skin is then removed and the shape is contoured surgically. This approach is different than the older style of abdominoplasty that starts by loosening most of the skin of the



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belly first, then removing the excess. It is typical to perform little, if any, liposuction during that session to avoid causing problems with the blood supply of the abdominal skin and subsequent poor healing. In contrast, healing is much quicker with Lipoabdominoplasty, and post-operative problems and significant pain are much less common. Being able to perform liposuction and tummy tuck together saves time and money by avoiding a second procedure most of the time. We expect you to be up and walking the next day,

resuming normal activities in 7 to 10 days and exercise in three weeks.

The “mommy makeover” is a term that covers the natural combination of these two procedures improving the shape and size of the breasts (augmentation and/or lifting), removing excess fat deposits (liposuction) and restoring a flat, tighter belly (lipoabdominoplasty). The specifics are tailored to the patient’s needs.

Q. Can a breast augmentation and tummy tuck be performed at the same time?

A. If the tummy tuck is a relatively small one, and the breast surgery is an augment and not a more complex lift/augment, then we usually perform these two procedures together on the same day. This has obvious advantages of one surgery, one recovery period and a lower cost since the operating room is used only once, albeit for a longer time. Longer and more complex combination cases are best performed in two operating sessions, although they can be done within a few days of each other to keep the overlapping recovery time down to a minimum.



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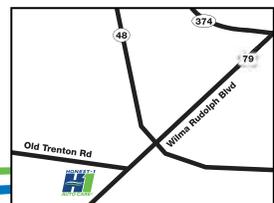
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Dr. Mitchell D. Kaye performs an array of cosmetic surgery and non-surgical services at the Advanced Cosmetic Surgery Center of Kentucky located in Hopkinsville. He completed his training at the Johns Hopkins Hospital. He is board certified by the American Board of Cosmetic Surgery, the American Board of Facial Plastic and Reconstructive Surgery and the American Board of Otolaryngology. He teaches actively across the United States and has twice received awards for the highest scores in Board Certification in Cosmetic Surgery exams in the United States.

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APPS FOR LEARNING

Taylor K Lieberstein

Its back-to-school month, stocking up on notebooks, pencils and book covers is a no-brainer—but only really resourceful moms know which apps can turn a tablet or smartphone into a bona fide educational tool. (In other words, rather than playing mindless games for hours, your children could actually learn something while using up the family's entire monthly

data package.) Suggesting worthwhile options that don't feel like schoolwork for iOS, Android and Windows devices might boost your cool mom credentials. Use this handy app list to tip them off to an educational app they just may get hooked on.

Say Word—Say Word is an educational challenge developed for kids and adults and offers a scorecard when each grade is completed. Say Word is very educational and will help students practice choosing the correct homophone from sets of confusing words. Most students need nearly constant review of these sets of words, and mastering them is extremely important, because errors with homophones are frequently missed by spell-check systems. *iOS, free*

Amazing World Atlas—Amazing World Atlas is created by Lonely Planet to explore and learn about world geography. It includes flag and capital information in interactive games, quizzes, and exploration tools. Use

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Amazing World Atlas as a more interactive way to do research on world geography, including continents, countries and cities. You can also use this app to review a world geography unit, playing games and taking quizzes. *iOS, \$2.99*

YouTube—Videos of rapping teens, funny animals and everything else under the sun make parents view YouTube as the enemy of homework. Not so with the YouTube app and a

subscription to Crash Course (terrific 10-minute lessons in history, literature and science) plus other educational channels at [youtube.com/education](https://www.youtube.com/education). The awesomely entertaining John and Hank Green of Crash Course ([youtube.com/crashcourse](https://www.youtube.com/crashcourse)) have an enormous following among 13- to 17-year-old boys. *iOS and Android, free*

Presidents vs. Aliens—Sure it would be nice if your son knew as much

about past U.S. presidents as he does about how to create worlds on Minecraft. Download this and he'll soon be able to name the 27th commander-in-chief and rattle off who occupied the Oval Office during the Louisiana Purchase, which heads of state were Republican, and more. Best not to ask yourself why it's so much fun to fling presidents' heads at invading aliens. Just go with it. *iOS, \$0.99*



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MindSnacks—Anyone who makes it to level 10 in one of these clever games is probably ready to toss around a little French (or Spanish, or any of five other languages). Quick reflexes are a must, otherwise your character dies. But, more importantly, learning vocabulary words is required to keep playing. *iOS, free for app and first lesson, then \$4.99 for additional content*

Khan Academy—Of course you can find the

venerated Academy through any Web browser and on YouTube, but install the app and all of the math, science and other lessons—typically tracking along with your kid's core course of study—are a tap away. *iOS and Windows, free*

iTunes U—This innovative app offers access to a deep well of free educational content from top schools and prominent libraries around the world. Just tap to study history at Yale,

physics at MIT, sociology at Berkeley and much more. *iOS, free*

OneNote—This app creates a virtual three-ring binder that fits on a tablet but expands to work on the Web or a computer. Create a notebook for each class, adding sections for each day or project. Take notes, capture audio, and save files, scans and video. If you have Microsoft Office 2013, you already own the desktop version. *iOS, Android and Windows, free*



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Quizlet— Lets you create simple tools that let you study anything, anywhere. Download the FREE app to: Study on the go, play games to study, create your own flashcards (or search millions created by others), improve your study habits and Study with images and audio. This app is great for all learning styles. *iOS and Android, free*

Apps are potentially powerful learning tools, when approached correctly. From time-

saving tools to reading helpers, there are apps that can help your kids do just about anything. Since most of these apps are free they're at least worth downloading. Kick off the school year right by trying out some of our favorite educational apps on your middle and high school students.

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What comes to your mind first when you hear the phrase “youth ministry” or “student ministry”? For some of us it is pizza, games, and summer camp. For others, it could take on an assortment of responses. Well, there is no shortage of answers to this question because student

ministry in the Baptist church of America has seen its fair share of change over the course of the past 20 years.

One of the most recent developments is the concept of the Next Generation ministry. This is a relatively new direction

in student ministry that is currently being adopted by many churches. The foundation of this ministry model is predicated on the words from Psalm 78:4 “but we must tell the future generation the praises of the Lord (HCSB)”

At First Baptist Clarksville, this new notion of Next Generation ministry is what is driving the recent changes in our staff and what will soon result in the change of trajectory for our student ministry.

This past June, FBCT added Chad Scarbro to the staff as its Next Gen Pastor. Chad comes from First Baptist Church in Powell, TN (near Knoxville) where he served in a similar role for the past seven years. Chad is serving FBCT alongside his wife Amber and their four children.

The Next Gen ministry at FBCT will encompass 1st through 12th grade students. One might initially consider this to be a very large group, and they would be correct in their assertion! The rationale for including such a vast number of participants underneath the ministry umbrella of one primary leader is both strategic and visionary.

Before we delve into the specifics of the vision of the Next Gen ministry, it is safe to say that one person cannot lead every single aspect of these ministries. Notably, there are two other staff members in place who help administrate and facilitate this Next Generation ministry. Chloe Vanlandingham has been in place as the Children’s ministry director (1st- 5th grade) for one year now and Lexi Shirey has recently moved into the role of administrative assistant. These



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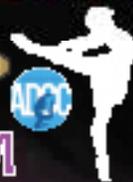
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two ladies, along with several volunteer leaders and teachers, make up the current personnel in the Next Gen ministry.

Chad Scarbro will oversee all of these leaders, while working together with this team to cast the vision for the ministry. Pastor Chad will also work directly with the Middle School and High School students in what has commonly been understood as the Student Pastor role.

The Next Gen position is one that is constantly evolving as we try to gain a better understanding of what it means to equip the students with a biblical worldview, while harmoniously coming alongside the parents to assist them in their most vital responsibility of discipling their children in the home. This is where the Next Generation concept of ministry becomes intriguing. The notion that the church would help the parents to set the direction for the spiritual formation of the children from 1st- 12th grade, while joining them in their biblical responsibility to train their children, is a noble task to say the least.

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At FBCT, the spiritual formation of our students is our number one priority in the Next Gen ministry. We desire to present everyone mature in Christ (Colossians 1:28). The Next Gen ministry exists to foster a biblical worldview in our students by looking holistically at the direction of the ministry starting in 1st grade and continuing through High School graduation. This ministry (when it is working on all cylinders) will have a consistent plan of discipleship for all of the students. This includes everything from curriculum to ministry opportunities, small group bible studies, and mission efforts. All of these components of the Next Gen ministry will

work together to aid the parents in their role of teaching their children to love the Lord God with all of their heart, soul, mind and strength (Deuteronomy 6:5).

As previously mentioned, parental involvement is vital in the Next Generation ministry. FBCT will urge the parents to participate in the ministry as it moves forward. The Next Gen concept is not a program that exists to usurp the role of the parents in the spiritual formation of their children; rather it is one that promotes family discipleship and parental involvement. However, there will always be students whose parents do not participate in this ministry. In some cases, these students' parents are not

believers in Christ. In these instances, the Next Gen ministry leaders will have to work together to take on the primary role of discipleship for these students.

The Next Generation model is one that is growing rapidly in our culture. Like all ministry models, there are some questions yet to be answered about all of the moving parts. However, one thing is certain, this model is deep-rooted in biblical doctrine and it is propelled by the desire to train parents and children alike, in the Word of God.

There has never been a time in our world that this ministry model has been more necessary. It is exciting to think that the

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Next Generation of students might have the ability to be trained in the doctrines of Scripture at church and in the home. It is equally exciting to consider that this process of discipleship is going to be streamlined for the students beginning in 1st grade and proceeding to the day they receive their High School diplomas.

We would love for you to join us in this noble endeavor!

Sincerely,

The Next Gen Leadership Team

If you have any further questions about the Next Generation ministry at FBCT, please feel free to contact the church office at (931) 645-2431 or email the ministry at info@fbct.org.

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TENNESSEE'S PROMISE

Pamela Roddy Magrans

As the new school year unfolds and the eager graduating class of 2016 embarks on their last year of high school, many of those seniors will be utilizing the recently created Tennessee Promise to pay for their first two years of college.

The Tennessee Promise is a scholarship and mentoring program that focuses on increasing the numbers of college graduates in our state. The Tennessee Promise is a last dollar scholarship, meaning that the scholarship applies after all other sources of funding have been applied. (It is applied only

after HOPE, Pell and TSAA. Any institutional, outside, or private scholarships are applied after Tennessee Promise covers the cost of tuition). For instance, the Tennessee Promise covers fees not covered by other sources such as the Pell grant, the HOPE scholarship, or state student assistance funds. Funding covers tuition costs, and cannot be applied to the cost of books and/or travel expenses of attending classes.

The goal of the Tennessee Promise is to reduce the financial burden of college for those high school seniors

entering college for the first time. In addition, the mentoring aspect and volunteer service component are aimed at creating a learning environment that guides the student successfully through the first two years of college.

Emily Conley, Regional Director with tnAchieves, states that "In the long-term, Tennessee Promise is working to get more students to, and through, college and technical schools, to reach our goal for 55% of Tennessee's adult population to have a post-secondary degree or certificate by 2025."



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The Tennessee Promise can be used at any of the state's 13 community colleges, 27 colleges of applied learning (Tennessee Colleges of Applied Technology), or several other institutions that offer associate degrees.

Here in Clarksville, the following two colleges accept the Tennessee Promise: Nashville State Community College and Austin Peay State University (applicable towards specific Associate degree programs).

At APSU, students wanting to use the Tennessee Promise funding have the options to begin programs in the following: Chemical Engineering Technology, Engineering Technology, Liberal Arts, and Management Technology.

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Applications for the Tennessee Promise will be accepted from August 17, 2015 - November 2, 2015 via the following website tennesseepromise.gov/parents.shtml. Interested high school seniors should create a log in and apply online. A free application for Federal Student Aid should also be submitted by February 15, 2016.

Two mandatory meetings are required, so applicants should check the website for upcoming times and dates. In addition, students must enroll in one of the eligible institutions and meet the acceptance criteria and application deadlines for the chosen institution. Once enrollment is confirmed, the Tennessee Promise funding will be applied directly to the institution.

Volunteer service is a mandatory aspect of the Tennessee Promise funding. Participants receiving Tennessee Promise funding must complete eight hours

of community service prior to the start of each term they receive funding.

“Upcoming seniors need to make sure they sign up by the deadline of November 2. After they register for the scholarship, it is incredibly important that they make note of each deadline and ensure they meet the requirements for maintaining eligibility,” says Emily Conley.

To remain eligible for the repeated Tennessee Promise funding students must maintain at least a 2.0 GPA at their chosen institution





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and complete the eight hours of community service prior to each new semester. At the start of each new term (students only file the FAFSA once per academic year, by Feb 15th), students also must file the Federal Student Aide Application (FAFSA). Participating students must remain enrolled in 12 semester hours each semester.

The Tennessee Promise offers any eligible student a chance to earn an Associate's Degree or technical certificate or diploma. Students can enter the work force or continue their education upon graduation.

The Tennessee Promise is at the forefront nationwide in promoting the drive to have at least 55% of the Tennessee population with some post-secondary degree or certificate by 2025.

For more information about the Tennessee Promise visit tennesseepromise.gov.



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Cookies, candy and soda should be purchased only for special occasions. Don't stockpile unhealthy snacks. Instead, keep whole-grain crackers, hummus and fresh produce on hand for everyday snacking and meal prep.

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Leave your comfort zone

Having a routine can be a double-edged sword. It holds you accountable, but can also become monotonous. Select one day a week to do something different—such as trying a new walking or biking path—to keep things fresh.

Talk to your doctor if you have questions about your family’s health. If you don’t already have a physician, Gateway Medical Group is here to help. All of our convenient family practice locations welcome new patients of all ages. Call (931) 502-3800 or visit GatewayMedicalGroup.com. Same- and next-day appointments are often available. We accept most insurance plans including Medicare and Medicaid.

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

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DOWNTOWN

Ryan Bowie

As summer begins to dwindle down and the thought of going back to school is in the air, Historic Downtown Clarksville still has a lot to offer for the remainder of Middle Tennessee's warm months.

After two successful Jammin' in the Alley events, already this season, we are looking forward to the final two concerts in the heart of Historic Downtown Clarksville. Mark your calendars for Friday, August 14 and Friday, September 4 as Strawberry Alley closes for vehicle traffic and business open their doors for concert-goers.

John Shephard, with the help of the Downtown Clarksville Association and the Two Rivers Company, stepped up a few years ago to keep this free concert going in the heart of Historic Downtown Clarksville during the summer. As the city looked toward the future with their Liberty Live concert series, John and downtown business owners fought hard and put a lot of time and effort into keeping Downtown Clarksville the place to be on one Friday night each month. Local sponsors also came to the plate, helping to provide the funding necessary to put on the free summer concert series and this year it is stronger than ever.

The first two events, featuring the Jon Royce Band and Joel Brown, brought in close to 700 concert goers to enjoy live music from 7pm to 10pm. Jammin' in the Alley has also partnered with Clarksville's Downtown Kiwanis, a local non-profit, to be able to give back a portion of the proceeds to a worthy charitable organization. When asked, "Why do you do it?" John Shephard said, "I do it to help bring life to downtown and to showcase the history of where this city started."

"SHOP - DINE - FROLIC" is the slogan used in promoting Historic Downtown Clarksville and what better way to do all



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three in one night than with the FREE summer concert series Jammin' in the Alley!

Mother Earth, featuring a mix of 60's, 70's and 80's, will headline the Friday, August 14 concert and The Beagles, playing "country, with a splash of whatever," will headline the Friday, September 4 concert, both from 7pm to 10pm on Strawberry Alley. A portion of the proceeds from the Friday, September 4 concert will go to the Night Stalkers Association.

Hop's Road, Edward's Steakhouse, Kooka's Nest and Hop's Java and Juice will provide outdoor seating with a view of the stage. Vendors

will be onsite for patrons to purchase beer, water and energy drinks. Guests are encouraged to arrive early as limited seating is provided, but feel free to bring your own lawn chairs and find the perfect spot for you and your family.

We would also like to thank all of our sponsors for their support to make Jammin in the Alley a success year after year: Media Works, Budweiser of Clarksville, Five Star Media Group, The Downtown Kiwanis, Appleton's Harley Davidson, Grumpy's Bail Bonds, WJZM, Edward's Steakhouse, Section 125, Clarksville Family Magazine, The Leaf Chronicle,

Two Rivers Company, Mildred & Mable's, Rogate's Boutique, The Blackhorse Pub and Brewery, Couture Crush, Queen City Restaurant Supply, Olson and Wallace Law Firm, David Smith Photography, Mann, Smith & Cummings, The Riverview Inn, Made in the Shade and Gateway Tires.

So, mark your calendars for Friday, August 14 and Friday, September 4 from 7pm to 10pm for Jammin' in the Alley in Historic Downtown Clarksville.

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LOCAL TV STARS

Brenda Hunley Illustrated by Willie Bailey

“Cameras are rolling. And we are live in 5, 4, 3, 2, 1!” the director pointed at the two people behind the desk.

“Good Morning everyone! Welcome to The Morning Show, I am your host Grant and this is Phoebe!”

Phoebe smiled and waved at the camera. “Good Morning! We have some very special guests with us today!”

A second camera turned in the direction of Ranger Bill and his animal friends.

Ranger Bill nodded and waved while Phoebe and Grant came to stand next to him behind a waist high table.

“Good Morning Ranger Bill!” Phoebe said shaking hands with the ranger.

“Good Morning Phoebe, Grant,” Ranger Bill answered shaking hands with both the hosts.

“For our studio audience as well as the folks watching at home, this is Ranger Bill. He is one of three rangers that care for the Woods of Dunbar,” Phoebe said smiling brightly.

“Just north of Nashville is a state treasure: Dunbar Cave State Park. Not only does it have a park with walking trails and places to picnic, but it also is home to Swan Lake, and Dunbar Cave,” Grant added.



“Ranger, what made you want to be a Forest Ranger?” Phoebe asked.

Ranger Bill replied, “As a boy I enjoyed going to Dunbar Cave with my grandfather. We spent

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a lot of time fishing there. I also enjoyed feeding the ducks. The curiosity of nature and wildlife followed me through school. I enjoy everything science and biology. I graduated from Clarksville High School and then went on to college at Austin Peay so that I could be close to my family. Throughout college I interned with the Forest Rangers and learned even more about the area. When they offered me a job after I graduated, I was pretty stoked!"

"Ranger Bill, the lake you mentioned, Swan Lake. Why is it called that? I have never seen swans there."

"Good question Grant. I don't know for sure. There are stories, but that is all I think they are. It is

reported there were swans back in the 30's when Roy Acuff owned the park."

"That was when the park was really hoppin' wasn't it?" asked Phoebe.

"Yes, that was when there were bands coming through, and dances on weekends. My grandfather talks fondly of those days."

"So, what's happening with the area *these days*?" Grant asked. "There have been reports that the water level is down and something called *White Nose Syndrome* closed down tours of the cave.

Ranger Bill nodded. "Yes, we have had low levels of water, and at one point no water at all

in the lake. There was a leak in the dam, so most of it drained out. The last I was told it should be fixed soon. Hopefully by the time this episode airs!"

"Has the water problem affected the wildlife?"

"Yes, but we still have some water from all the rain we have been having," Ranger Bill said.

"Speaking of seeing wildlife I have been told you brought some of your animal friends with you today," Grant said.

Ranger Bill picked a small box up from off the floor and set it on the table in front of him. With his gloved hand he slowly pulled Sam the bat out into the light.

"This is Sam. Sam is a bat. Her scientific name is *Pipistrellus*

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subflavus, or tri-colored bat. See how she has yellowish brown fur here and then it gets darker toward her middle? She and her family like open wooded areas close to water, so Dunbar Cave is a perfect place for them to live.”

“So, these are not the types of bats to be scared of, right?” asked Grant.

“No. Would you like to hold her?” asked Ranger Bill.

Phoebe took a step back, while Grant stepped up, put on

a glove and held Sam for a few minutes. “I don’t see any white on her nose.”

Ranger Bill shook his head, “Nope. She is a healthy bat. Since she and the other bats are healthy we have been allowed to open up for cave tours again.”

Sam was enjoying the attention so much she stretched her wings wide so that the audience could see how big she was.

Grant grinned. “I think she likes me.”

Ranger Bill agreed, “Yes, she does. Now lets put her back in her safe place so we can see our next wildlife friend.” Ranger Bill slowly put Sam back in her box, and then reached into his shirt pocket.

“So are tours of the cave available now?” asked Phoebe.

“Yes, just call our office or check the website for more information,” Ranger Bill answered. “Now I would like you to meet two very special chipmunks. This is Chester and his brother Boomer.”

Phoebe leaned down so she was on eye level with the chipmunks. “Aren’t they cute!”

“Can I hold one?”

Ranger Bill smiled. “Let’s start with you giving Boomer a peanut,” Ranger Bill said as he handed Phoebe a peanut and she held it out in Boomer’s direction. Slowly Boomer scooted over to Phoebe and very carefully put the whole peanut in his cheek with his

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paws. Boomer looked at Phoebe and ran back to the ranger.

“Are you ready to try to hold this one?” asked Ranger Bill.

“Sure!” Phoebe held out her hand and Chester scampered over, sniffed her fingers, looked over at Ranger Bill, and then hopped into her hand.

Phoebe smiled, “Oh look! He is so cute!”

“Yes he is. But remember, everyone at home, chipmunks are wild. If you see one in the woods, just stop and watch it awhile.”

“How is it this one is so friendly?” Phoebe asked giving Chester his own peanut.

“Chester and I have been friends for a long time and I have earned his trust.”

“So you have chipmunks, anything else?” asked Grant.

“Yes, I do. Beth, will you please bring out our other friends?” asked Ranger Bill putting Chester and Boomer chipmunk back into his pocket.

Beth was a stagehand that worked for the television station. As she came out from behind the curtain she brought two geese and three ducks for everyone to meet.

“Clyde and Earl!” called Grant.

“You know them?” asked Ranger Bill.

“Yes, well sort of. I have heard lots of stories about those two geese.”

“This is Clyde and Earl. They are repeat visitors to the Woods of Dunbar. They are two of the first of our animal friends that will greet you at the park.”

“Yes, I have seen them and heard them when I have visited the park,” Grant said looking at the geese.

“Oh! Look at the ducks Grant!” Phoebe crooned.

Two mallard ducks and one white duck waddled across the stage and up to Ranger Bill.

“I suppose you guys would like a treat for being so good today, eh?” he asked holding out

The poster features a blue background with a white dotted line across the middle. On the left, there is a black box with the text 'Movies in the Park' in white and green. Below this, it says 'Celebrating 10 Years City of Clarksville + Parks + Recreation'. There are social media icons for Facebook, Twitter, and Instagram with the handles #ClarksvilleMovies and @ClarksvilleParksRec. A yellow circle at the bottom left says 'Movies begin at sunset'. On the right, the text 'Free Outdoor Movies' is in large white letters, followed by 'Presented by Convergys' in green. Below that, it says 'Showing at Liberty Park' in yellow. The movie schedule is listed: August 1 'The Book of Life', August 15 'Guardian's of the Galaxy', and August 29 'Back to the Future I & II'. At the bottom right, it says 'Movies shown through October 10' and 'For the full schedule of movies visit www.cityofclarksville.com/movies'. The bottom of the poster has a green grass border.



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a small cracker. After each duck took their treat, they were again escorted off the stage.

“I have two more guests for you to meet,” Ranger Bill said with a grin.

Slowly Ranger Bill picked a covered cage up off the floor.

“This is an animal that you usually do not want to see.” Ranger Bill then pulled off the cloth to reveal—a skunk.

Both Phoebe and Grant took several steps away from Ranger Bill.

Ranger Bill laughed, “Where are you going? This skunk was injured a couple years ago. He does not have his stink glands.”

“We have a family of six skunks that live in the Woods of Dunbar that do have their stink glands, so if you see them, slowly walk in the other direction.”

Ranger Bill put the cover back on the cage and handed it to Beth.

“My last animal friend is: Randy the Raccoon!”

Randy the Raccoon scampered over to Ranger Bill and jumped into his arms. Ranger Bill set him down on the table in front of him.

“See his markings? Isn’t he beautiful?”

Phoebe stood behind Grant. “Is he safe? Does he bite?”

Ranger Bill grinned. “He is safe, but yes, he may bite if he gets scared. Usually this little guy right here just gets into trouble.”

“Trouble?” asked Grant.

“Yes, he has been busted several times for getting into the trash cans at the park. Other than that, he usually isn’t seen much by visitors to the park. He comes out mostly at night and in the early morning hours.”

“What is your favorite event at the park?”

“I like Christmas time when everyone brings us their tree when they are finished with it, and we grind them down as mulch for the trails. But I also like the fall when families come to take pictures in our woods.”

“That’s all our time for now. Thank you Ranger Bill for sharing information about Dunbar Cave, the park and the lake,” Grant said.

“Thank you for having us!” Ranger Bill said waving to the camera.

“And we are out...fading to black in 5...4...3...2...1.”

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

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Barksdale

MOVIES IN THE PARK—THE BOOK OF LIFE

Begins at sunset. Free
outdoor movie sponsored
by the City of Clarksville.
See ad on page 41.

Liberty Park
1188 Cumberland Drive
[cityofclarksville.com/
movies](http://cityofclarksville.com/movies)

2 SUNDAY HAVING HOPE, HAVING BIPOLAR GOLF TOURNAMENT

Visit
havinghopehavingbipolar.com
for more information
or access to resources.

Clarksville Country Club
334 Fairway Drive

MONTGOMERY COUNTY SOCCER ASSOCIATION FALL REGISTRATION

1:00 p.m. to 5:00 p.m. Our
recreational league is
for ages 4-18 (must be
4 years old by July 31,
2015). We also offer an
adult league. Registration
fee is \$50. Players must

show birth certificate.
Online registration is also
available.

Governor's Square Mall
2801 Wilma Rudolph
Boulevard
ClarksvilleSoccer.net

6 THURSDAY

ART & WALK

5:00 p.m. to 8:00 p.m. Free
parking downtown after
5:00 p.m. Monday through
Friday and all day on
weekends.

Strawberry Alley
Downtown Clarksville
(931) 614-0255
artwalkclarksville.com

7 FRIDAY

TAX FREE WEEKEND

Through Sunday, August
9. Get everything
you need for Back to
School during Tax Free
Weekend! Clothing \$100
or less, school and art
supplies \$100 or less, and
computers \$1,500 or less
are all tax free. For details
visit [www.tn.gov/revenue/
salestaxholiday/](http://www.tn.gov/revenue/salestaxholiday/).

LIBERTY LIVE! SUMMER CONCERT SERIES

Free admission.

Liberty Park
1188 Cumberland Drive
[cityofclarksville.com/
libertylive](http://cityofclarksville.com/libertylive)

8 SATURDAY FUN WITH FIDO

1:00 p.m. to 4:00 p.m.
Have an active lifestyle
with your four-legged
friend! Beat the heat!
Dogs will be able to take
a dip in the pool and their
owners can visit with dog-
related businesses and
organizations from around
town, play games, and
register for a chance to
win prizes. Ramps will be
available to provide easy
access to the pool for the
dogs.

Cost for Pool Pooch
Party is \$3 per dog (cash
only). Registration is
easy. Register on-site at
the event or download the
event registration form and
bring with you.

Owners will be limited
to two dogs per family.
Owners may not swim with
dogs. Lifeguards will be

August

1 SATURDAY

With 20 years of A+ results
give our Tutors a try!

Club Z!

In-Home Tutoring Services

- All Subjects
- Proven Study Skills Programs
- Pre K - Adult
- Qualified & Screened Tutors
- SAT/ACT Prep
- Flexible Schedules
- Affordable Rates

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

BASK IN THE SON!

*"I am the light of the world. Whoever follows me will
never walk in darkness, but will have the light of life."*

John 8:12 NIV

Fellowship 9:00
Sunday School 9:30
Worship 10:30

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

on-site. Proof of Rabies and Parvovirus/Distemper vaccination required. All dogs must be at least 6 months old.

Swan Lake Pool
2002 Sanders Road
cityofclarksville.com/funwithfido

9 SUNDAY 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

10 MONDAY ALZHEIMER'S CAREGIVERS SUPPORT GROUP MEETING

6:30 p.m. the second Monday of every month. For information, call Patsy Shell, (931) 648-1884.

Clarksville-Montgomery
County Public Library
350 Pageant Lane

11 TUESDAY TRAIL LIFE USA TROOP MEETING

6:00 p.m. Trail Life USA is a Christ-centered outdoor character development adventure program open to boys and young men age 5-17. Boys will love the fun and adventure. Parents will love the commitment to a Christian world view and moral consistency.

Living Hope Baptist
Church
225 Little Hope Road
Thomas Gidley, Troop
Master
(931) 919-3257
TrailLife0101@gmail.com
TrailLife0101.weebly.com

14 FRIDAY JAMMIN' IN THE ALLEY

7:00 p.m. to 10:00 p.m.
Free concert series open to the public. See ad on page 39.

Strawberry Alley
Downtown Clarksville
facebook.com/jammininthealley

15 SATURDAY SPORTS FEST

10:00 a.m. to 2:00 p.m. Free admission. Exhibitors, food vendors, demonstrations, kids zone. See ad on page 38.

cityofclarksville.com/sportsfest

MOVIES IN THE PARK— GUARDIANS OF THE GALAXY

Begins at sunset. Free outdoor movie sponsored by the City of Clarksville. See ad on page 41.

Liberty Park
1188 Cumberland Drive
cityofclarksville.com/movies

18 TUESDAY DIABETES SUPPORT GROUP

5:30 p.m. to 6:30 p.m. the third Tuesday of each month. 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

He may need your foot steps to follow.
Volunteers Needed
Providing quality mentoring for Clarksville's Youth.

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

Little Moments Big Magic Big Brothers Big Sisters
931.647.1418 • Peachers Mill Rd. • Clarksville, TN

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COLLISION & TOWING

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

931.431.6096
2631 Ft. Campbell Blvd

19 WEDNESDAY
ALZHEIMER'S
CAREGIVERS
SUPPORT GROUP
MEETING

11:00 a.m. the third Wednesday of each month. For information, call Patsy Shell, (931) 648-1884.

Clarksville-Montgomery County Public Library
 350 Pageant Lane

20 THURSDAY
HOT AUGUST
NIGHTS

2:00 p.m. to 7:00 p.m. Come and enjoy an evening with Dr. Mitchell Kaye and the staff of Advanced Cosmetic Surgery Center for an Open House. Please follow our Facebook page for full details.

Advanced Cosmetic Surgery Center
 1011 S. Main Street
 Hopkinsville, Kentucky
 (270) 881-1525
AdvancedCosmeticKY.com

29 SATURDAY
STEWART COUNTY
BAZAAR

9:00 a.m. to 2:30 p.m. There will be approximately 30 vendors showcasing their handmade items such as jewelry, wood, art, knit

and crochet items, and other items. Everyone is welcome to come out and enjoy the day.

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

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 Music Man

America's bygone era is glorified in Meredith Willson's award-winning Broadway classic. Fast-talking traveling salesman Harold Hill cons the people of River City into buying instruments and uniforms for a boys' band...despite the fact he doesn't know a trombone from a treble clef! By turns wicked, funny, warm, romantic and touching, *The Music Man* is

family entertainment at its best!

8pm August 1, 7, 8, 14, 15, 21, 22

7pm August 5, 6, 12, 13, 19, 20

2pm August 8

Tickets \$40 (adults) and \$25 (13 and under)

Oliver

Oliver Twist, Fagin, the Artful Dodger, Nancy and Bill Sikes create the perfect mix of comedy, song and dance. Based on Charles Dickens' *Oliver Twist* and complemented by Lionel

Bart's timeless score, this musical has touched the hearts of millions. "Food, Glorious Food," "Consider Yourself," "Pick a Pocket or Two," "Who Will Buy?" and "As Long As He Needs Me" are just a few of the memorable numbers in this show perfect for the entire family.

8pm September 25, 26
 October 2, 3, 9, 10

7pm October 1, 7, 8

2pm September 26 October 3, 10

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

Go, Dog. Go!

Big dogs and little dogs, blue dogs and red dogs, dogs in cars and dogs in trees explore movement, color and space. Celebrate imagination and join the party as P.D. Eastman's classic children's book comes to life onstage!

11am September 26
 October 3, 10

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



Power and Grace
 PREPARATORY ACADEMY



Mrs. Katobwa Stallworth, Principal

Register today for discounted tuition rates! \$110 per week

Enroll now for the 2015-2016 School Year!
 Now enrolling students Pre-K3 through 3rd Grade.



Lettie M. Parker Kendall Center, 207 Oak Street,
 Minutes from Ft. Defiance Interpretative Center
 and 15 minutes from Ft. Campbell.

Call 931-320-9862 or Apply Online
www.PowerAndGraceAcademy.com

Let's move in the right direction together!



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REALTOR
 Amy Davis
 931-980-2307



MLS

Each ERA office is independently owned and operated.
ERA Chappell & Associates, Realty LLC
 303 Franklin St. Clarksville, TN. 37040 • 931-552-2412

CUSTOMS HOUSE MUSEUM & CULTURAL CENTER

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

EXHIBITS:

Norman Rockwell: The Man Behind the Canvas

Through August 23rd
This exhibit features original, candid photographs of America's iconic illustrator Norman Rockwell. From the Charles and Joy Flint Collection. Exhibit sponsored in part by Clarksville Dental Center.

In the Footsteps of Alvin York

Through September 28th
Sponsored in part by Nanette Morford Allstate Agency.

The Ex-Pats

Through September 1st.
These paintings are by expat artists living in the Nashville area.

F. Luis Mora

Through September 1st.
F. Luis Mora (1874 – 1940) was a Hispanic-American artist, working in watercolor, oil, and tempera paints. His illustrations were published in widely read magazines such as *Ladies' Home Journal*, and is in the collections of over 30 museums, including the Smithsonian Museum

of American Art. See his sketches and illustrations from the Customs House Museum collection, now on display.

Diane Davich-Craig: Paintings & Ponderings

Through August 30th
Nashville artist Diane Davich-Craig's work is colorful, happy and sometimes has a little joke waiting for you to notice. Bringing inanimate objects to life is a favorite subject for her. This Exhibit is sponsored by Nashville Arts Magazine.

Art of the Staff

August 5th through September 27th
See a variety of work created by the staff at the Customs House Museum, on display in the lobby gallery.

ACTIVITIES:

August First Thursday Art Walk

August 6th, 5:00 – 8:00 p.m.
Join us for the First Thursday Art Walk on August 6th. The museum will be open with free admission from 5:00 – 8:00 p.m. Meet artist Diane Davich-Craig and see her exhibit *Paintings*

& *Ponderings*, on display through August 30th.

Art & Lunch Film

"Norman Rockwell's World... An American Dream"
Thursday, August 13th, 12:15 pm
Free admission. Bagged lunches welcome. Shown in conjunction with the exhibit *Norman Rockwell: The Man Behind the Canvas*. Film is approximately 30 minutes.

Let's Find

August 5 & 6 and August 19 & 20
10:20 – 11:00 a.m.
This activity explores exhibits through specific topics and includes a story and a craft.

Family Day: "I Want to be an Artist"

August 8, 10 a.m. – 5 p.m.
Art is not just something we hang in galleries or on our walls. Join us today as we explore how artists make our clothing, dinnerware, books, advertisements, wallpaper, and more, so visually appealing. Stop in the Children's Room to create an ad, design a pattern for a plate or a

t-shirt, or draw a picture of a house to live in underwater.

Back to School

Celebration: "Under the Big Top"

August 12
Enjoy circus activities in the Children's Room all day from 10 a.m. – 5 p.m. The model trains will run from 10:30 – 11:30 a.m. and 2:30 – 3:30 p.m.

Story Time with Ms. Sue

August 13th, 10:20 – 10:40 a.m.
Join us as we learn about illustrators and their styles while listening to wonderful stories.

Children's Room Theme: Cats and Dogs

Open Daily 10 a.m. – 5 p.m.
Get your membership's worth: visit the museum often and enjoy activities that change during the month. Activities in August focus on cats and dogs.

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.

BACK TO SCHOOL CHECKLIST:

- * Meet the teacher
- * Buy School Supplies
- * Get Haircut
- * Buy New Shoes
- * Enroll in martial arts classes at Kriegisch Martial Arts.



Send your child back to school ready to achieve and succeed by registering for our Martial Arts Back-To-School Success Program.

For new students ages 5 and up.



REGISTER by Saturday, August 15 2015 & save 50% on a Trial Class Program.

2690 Madison Street, Suite 190
931.472.1008 • www.kriegischmartialarts.com

Aquino Pediatrics

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



931-645-4685
www.aquinopediatrics.com



The smallest things take the most room in our hearts.

ADOPTION & FOSTER CARE

CAMELOT CARE

A private therapeutic foster care provider servicing children, adolescents, young adults, and their families. For more information on how to become a foster parent please call (931) 516-9011 or email MKent@camelotcare.com.

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 call/text Jaime at (931) 980-8498. 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. Deastree 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@uhscinc.com.

OMNI VISIONS INCORPORATED

A multi-state child placement agency. We offer treatment foster care and services. 171 Hatcher Lane, (931) 645-7111 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) 552-8260, jennifer.kessler@youthvillages.org or visit www.youthvillages.org.

ARTS, CRAFTS & HOBBIES

CLARKSVILLE MODEL RAILROAD CLUB

Located in the basement at 420 Madison St. We meet on Monday nights at 6:30 p.m. We play with trains. We are rebuilding our layout and are encouraging any and all who are interested in learning to build a model railroad layout. We are encouraging anyone of any age to come and participate in some great fun which we started to do when we were young. For further information see our Facebook page or call (931) 218-5351.

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 www.csa.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.

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: 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.usia.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-6th 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, & 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) 494-6686 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. Breastfeeding is one of the most important life-lasting gifts you can give to your baby. You can do it; WIC can help! Montgomery County WIC, 1850 Business Park Dr, Suite 103, (931) 551-8777.

CLARKSVILLE BIRTH COMMUNITY

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

GATEWAY MEDICAL CENTER BREASTFEEDING CLASS

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

GATEWAY MEDICAL CENTER PRENATAL CLASS

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

GATEWAY MEDICAL CENTER SIBLING CLASSES

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

HEALTHY START

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

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

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

NINE MONTHS & BEYOND

A comprehensive source for pregnancy, birth, breastfeeding and early parenting education and resources. Offers birth tub rentals, breastpump rentals, babymoon vacation and spa packages, and birth plan consultations. Micky Jones, BS, CLE, CLD, CHBE, CINAPPA 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.

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) 647-8333 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 Tamara 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.middlealanon.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) 899-7288 or www.mtcbas.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.gsmtdn.org. Girl Scouts build girls of courage, confidence and character who make the world a better place. Email bkely@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 that welcomes all Screaming Eagles, from the original veterans to the active duty troopers of today, regardless of where or when they served. For more information on the benefits of being a member or the service the Association offers contact the office between 8:00 a.m. and 4:00 p.m. Monday through Friday at (931) 431-0199 or at our website ScreamingEagle.org.

ALL NATIONS BIBLICAL STUDY CENTER

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

APSU EXTENDED EDUCATION

Develop a new skill, explore a new idea, learn a new language or seek a new career with one of the classes

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

ARMY COMMUNITY SERVICE

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

ASERACARE HOSPICE GRIEF SUPPORT

A grief support group provides opportunities to connect with others who have had a similar experience and talk about the experience in a safe, supportive, and understanding environment. Remember that support groups will take several sessions to help develop coping skills and strategies to deal with one's loss(es). AseraCare Hospice offers grief support groups and individual bereavement services free of charge open to anyone who has or is experiencing grief. A new six-week support group will start every 10-12 weeks. For more information, please contact Henry Moore Jr. at (931) 851-4100.

BAYANHIAN FILIPINO-AMERICAN INTERNATIONAL GROUP

A tax-exempt, non-profit organization. Its purpose is to promote Filipino-American culture to all Filipinos and to other 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 us 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! A volunteer run and supported organization that provides customized birthday cakes at no cost to children. We provide these cakes specifically to the children whose parents are experiencing financial difficulties and are unable to provide a birthday cake for their child. We simply ask though, if you use this service, that you are truly in need. Volunteer bakers are always welcome. No special talents or formal training needed, only a love of baking, a passion in your heart and a desire to bring a little sunshine into a child's day. If you do not bake or don't have time to bake, then you are welcome to donate store bought cakes. To learn more about our organization or ways you can help, check us out on [facebook.com/pages/Free-Cakes-for-Kids-KYTN/529017437122370](https://www.facebook.com/pages/Free-Cakes-for-Kids-KYTN/529017437122370). Reach Mindy Parker or Christina Johnson at freecakesforkids.fortcampbell@yahoo.com.

FRIENDS OF THE BLUEWAY

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

[facebook.com/FriendsOfTheBluewayClarksvilleTN](https://www.facebook.com/FriendsOfTheBluewayClarksvilleTN) for more information and sign up for email updates at outdoorclarksville.com.

FRIENDS OF ROTARY PARK

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

GATEWAY HOME HEALTH & HOSPICE

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

GOOD NEWS CLUBS

Teach children about Jesus in their schools! Though most children do not attend church, 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, run by volunteers who are 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 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) 972-0804 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) 431-7880.

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, humanesocietyofclarksville.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 FISHS

At 215 Foster Street, provides a hot meal Monday-Saturday 10:30 a.m. to 12:00 p.m. Also provides a

distribution center for food donated to agencies that feed hungry people on Tuesday and Friday from 1:00 p.m. to 2:00 p.m. (931) 645-9020.

MANNA CAFÉ MINISTRIES

Serving The Montgomery County area with hot meals and food pantry. FOOD PANTRY - Mondays, Wednesdays and Fridays between the hours of 10:00 a.m. and 4:00 p.m. at our warehouse on Franklin Street. HOT MEALS - We serve hot meals three days a week. Tuesdays at 5:30 p.m. located at Vacation Hotel on Providence near Peachers Mill Road. Thursdays at 5:30 p.m. located at the Clarksville Montgomery County School Systems Office located in the large parking lot on Crossland and Gracey Avenues. Saturdays at 8:30 a.m. for breakfast served at BOTH locations. We are committed to uplifting those in need through kindness, love, respect and a full stomach. 1319 Franklin Street, (931) 933-0970.

MEALS ON WHEELS

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

MONTGOMERY COUNTY WIC CLINIC

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

RADICAL MISSION

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

REFORMERS UNANIMOUS

Christ-centered recovery program that offers guidebooks and weekly meetings with supportive caring people. Designed to assist people with addictive behaviors and any struggles of life. Meets at Bible Baptist Church, 3102 Prospect Circle, Fridays from 7:00 p.m. to 9:00 p.m. Visit www.reformu.com or call (931) 233-0919.

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) 647-8311-1080. 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

At 2237 Lowes Drive, 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 501(c)3 licensed community mental health center and alcohol and treatment facility. Offering quality, private, compassionate services to persons who seek emotional wellness. Therapeutic and psychiatric services include: assessments, individual counseling, marriage and family counseling, group counseling, supervised visitation, mental health case management, and alcohol and drug treatment and education services. For further information call (931) 431-7580.

LIFESOLUTIONS - ASPIRE & JOBLINK

611 Eighth Street, (931) 920-7210.

MENTAL HEALTH COOPERATIVE

Provides evidence-based services including: Child & Family Counseling, Child Psychiatry and Community Based Case-Management to children and adolescents with emotional/behavioral challenges. Case managers assist families in their homes with parenting and behavior management in addition to linking them to needed resources in the community. Initial intake assessments are offered within one week and at no cost. MHC welcomes TennCare recipients. Located at 201 Uffelman Drive, Suite A. For more information or to make a referral please call (931) 645-5440 or visit www.mhc-tn.org.

OKA HIL RESIDENTIAL

118 Union Street, (931) 647-8257.

PASTORAL COUNSELING CENTER

The Pastoral Counseling Center at 516 Madison Street, is a ministry of professional care dedicated to healing and

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

THE PATH LIFE COACHING

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

REGIONAL INTERVENTION PROGRAM (RIP)

Regional Intervention Program 404 Pageant Lane, (931) 920-2347, is a program through local mental health agency and not-for-profit organization Centerstone providing behavior modification for preschoolers 18 months through 6 years old. RIP offers a 2-hour classroom setting for children and siblings, in addition to case management for parents two times per week on Tuesdays and Thursdays. RIP currently has immediate openings for the morning program @ 10am to 12pm Katrina Watts, RIP Coordinator @ (931) 494-4863, Katrina.Watts@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. 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@ymcamidn.org.

INTERNATIONAL ORGANIZATIONS

MISS TENN KY AREA AFS VOLUNTEER LEADERSHIP TEAM

New AFSer's applications are available for viewing for the 2018-16 school year. Host parents may go to afsausa.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. Go to afsausa.org/study-abroad for more information and/or contact Becky Heywood (sending coordinator) at AFSbecky@comcast.net ongoing on an exchange with AFS-USA. Local Contacts: Dr. Barbara Y. Willis at (931) 378-7258 and afsbarb58@gmail.com or Sandy Rich at srich@afsausa.org or (865) 617-0665. The local Miss Tencky Area AFS Volunteer Leadership Team web site is afsausa.org/misstencky/. Follow AFS on Facebook: AFSUSA, Twitter: afsausa, YouTube: AFS TV and Flickr: afsausa.

YOUTH FOR UNDERSTANDING USA (YFU)

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 yfususa.org/meetstudents. Apply at yfususa.org/host or call (800) 872-0200 to speak directly with your local Field Director.

PARENT GROUPS

CLARKSVILLEMOMMIES.COM

A Mommies Network community, was founded in September 2009 by Blythe Belenky to help connect and support Moms in the Montgomery County, Clarksville, Ft. Campbell and Hopkinsville areas. ClarksvilleMommies.com is for ALL types of moms including those who work full-time. The site offers chatting online in a private forum—discussing everything from the best photographers

to the worst temper tantrums and all that lies between—and meet-ups regularly at member-driven events around the area. And best of its all FREE! Everything—online support, playgroups, and MNOs are all FREE! ClarksvilleMommies.com is part of TheMommiesNetwork, a 501-C(3). Register to be part of ClarksvilleMommies.com!

CHARA (CHRIST-CENTERED HOMESCHOOLERS APPLYING RIGHTEOUSNESS ACADEMICALLY

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

CLARKSVILLE HOMESCHOOL NETWORK

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

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 plays, and other activities and events that include moms, kids and families. sahm.meetup.com/1945/

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 momsclubofclarksvillwest@gmail.com. Look for both groups on Facebook. A typical month of activities may include story time at the library, lunch at a local eatery, and a crafting play date, to name a few. Clarksville is a growing town with many family friendly activities. Contact us to explore these opportunities together.

MOMS 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) 409-2486, or send an email to clarksvillemops@gmail.com. Check us out online at clarksvillemopsatfbc.wordpress.com. We look forward to meeting you!

FT. CAMPBELL MOPS

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

HILLDALE BAPTIST CHURCH MOPS

Meets most 1st and 3rd Fridays from 9:30 a.m. to 11:30 a.m. starting in September going through May. Childcare is provided and your first meeting is free. Come meet great moms and join in the fun. For more information contact Michelle Clayton or Hannah Conway, Co-Coordiators, via email mops@hilldale.org, visit www.hilldale.org/mops or look for us on Facebook under Hilldale Baptist Church MOPS or call the church office at (931) 646-8031.

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 (SECLAR 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, 1751 Madison Street. Affiliated with the National AARP. 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. If you are now receiving, or expect to receive, a federal retirement annuity then you should join us as a member and help us actively preserve our federal benefits. We need your support and membership to increase our overall membership numbers. NARFE works on the national and state levels in Congress to propose and oppose legislation in the interest of the federal employee and retiree. With over 200,000 members nationwide and over 3,000 here in Tennessee, we are a strong voice in Washington, DC. Local NARFE Chapter 870 meets on the 2nd Thursday of each month at the Shoney's on North Second Street. We gather to eat at 10:00 a.m. with the business meeting beginning at 11:00 a.m. Even with our speaker, we are normally finished by 12:30 p.m. or 12:45 p.m. We have a private area reserved with our own waitress service. We always have an interesting program. We encourage retired or active federal employees to join us and bring a guest. For more info, please contact Sandra Simms at (931) 388-9903, (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) 796-0609, 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) 803-2315.

CLARKSVILLE ASSOCIATION FOR DOWN SYNDROME (CADSN)

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

For 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) 852-1486 or Mary Nell Wooten at (931) 647-8904.

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) 581-4100.

JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)

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

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)

Meets the second Tuesday of each month from 6:30 p.m. to 8:00 p.m. at the Clarksville-Montgomery County Public Library, 305 Pageant Lane. For more information email namicklarkville@namintn.org or call (931) 221-2696 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) 853-8959.

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@ymcamidn.org.

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



September 10-12, 2015

ART • MUSIC • FOOD • CULTURE • FAMILY • REGATTA

KIDSAREA **EVENTS** for the whole family

Join us for 'Earth Explorers' in the Kids' Area! Play games, enjoy crafts, explore with the vendors as families learn about the earth in new ways. All games and the parade are free, but wristband required for inflatables.

Inflatables • Vendors • Parade • Games



3 Stages of Entertainment

Cardboard Boat REGATTA

Saturday September 12

Grab your friends and race down the Cumberland in a one-of-a-kind boat designed by YOU!

Register By September 2

Human Foosball TOURNAMENT

Saturday September 12

Your favorite table top game turns lifesize as you and your team compete against others to win big!

Register By September 2

RIVERFEST Art Experience

Thursday September 10

Aspiring artists & filmmakers can take part in the Juried Art and Film Festival now at Liberty Park!

Register By August 12 (Film Festival) August 31 (Juried Art Show)



CLARKSVILLERIVERFEST.COM

FREE ADMISSION 931-645-7476 #clarksvilleriverfest

THE CITY OF **CLARKSVILLE**
TENNESSEE'S TOP SPOT



Wanna be on the Fridge?: Email photo to: fridge@clarksvillefamily.com by August 15th.
 Please include the name of who is in the photo, their age & a preferred short caption (optional).

HAPPY BIRTHDAY!



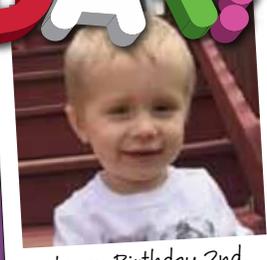
Happy 1st Birthday, Jeremiah! We love you, and we are so proud of you!!!



Happy 1st birthday, Raymond - Love Your Family & mommy Raquel



Happy 2nd Birthday Chloe Rae!!! We all love you to the moon!!!



Happy Birthday 2nd Jayden! Love you!

W



Wishing our precious baby boy a Happy 2nd Birthday! We love you bunches, Will!!!

C



Happy 3rd birthday Cainan Doughty! We love you so much! Dad, Mom, & Connor

J



Happy 3rd Birthday Jared!! Love, Your Family

T



Happy 3rd birthday Tenley! Love, Your Family

J



Happy 4th Birthday Jenny!!! We Love You!

T



Happy 4th Birthday, Thomas! Love, Mommy, Daddy & Sissy

A



Happy 5th Birthday, Abigail - We love you!

C



Happy Birthday Crystal #LoveYaMommie

J



Happy 5th Birthday Jeremiah!! Love, Your Family

S



Happy 5th birthday Samiyah!! We love you! Mommy, London, Christian

E



Happy 6th Birthday Envi!!!! 8/12 We love you, Your Family!!!

D



Happy 8th Birthday Drew!!! Love, Mommy, Daddy, & Ava

M



Happy 7th Birthday Mason! We love you! Daddy, Mommy & sissy

S



Happy 7th Birthday Stef! We love you! Dad, Mom, Sissy & Eli!

A



Happy 8th birthday, Austin! Love, Mom

G



Happy Birthday Gianna You are 8 and beautiful!

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

HAPPY BIRTHDAY!



Happy 8th Birthday Zoey!
We love you so much!
Mom, Papa & Gab



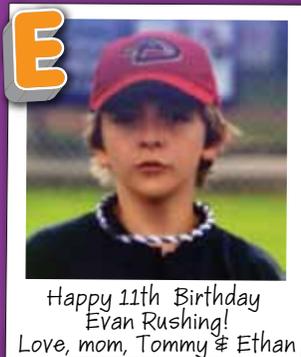
Happy 10th Birthday Kayla!!!
We love you to the moon!!!



Happy 10th Birthday
to our Naty Bug!
Love Your Family



Happy 11th birthday baby girl!
We love you!



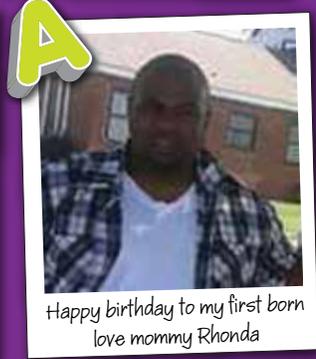
Happy 11th Birthday
Evan Rushing!
Love, mom, Tommy & Ethan



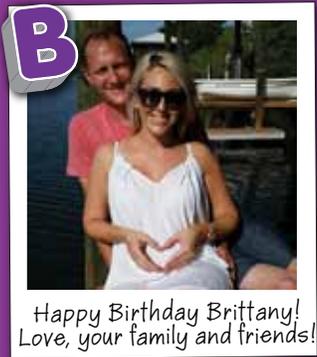
Happy 15th Birthday Sierra.
Love your cousins, Stacy Shemar n DeMari



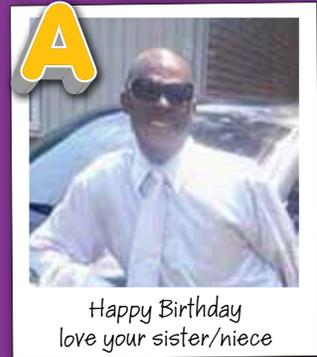
Happy birthday Ashley
Love your big sissy shelly



Happy birthday to my first born
love mommy Rhonda



Happy Birthday Brittany!
Love, your family and friends!



Happy Birthday
love your sister/niece



Happy birthday mommy
love Ivan, Lorenzo & Raymond



Happy Birthday Bridget
love Rhonda



Happy birthday Raquel
love your family and friends



Happy Fourth of July Birthday
to Stacy - Love all your family



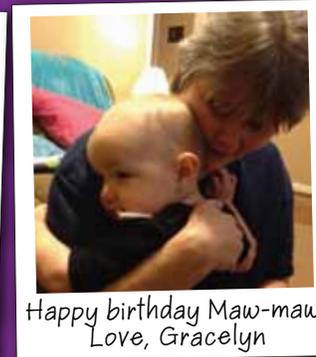
Happy birthday to my sister
love Rhonda



Rhonda Turner
happy 51th birthday
from your kids



Happy Birthday
to the 2love birds



Happy birthday Maw-maw!
Love, Gracelyn

KIDS-N-PLAY

CHILDREN'S INDOOR PLAY CENTER

Now, just by sending your birthday picture
in for the fridge you have a chance to win
a FREE pass to KIDS-N-PLAY!

(look for **K-N-P** 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.

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*Limited time offer. Rate is based on personal credit history. Loans available to qualified borrowers refinancing a mortgage on a primary residence; maximum 80% LTV (Loan-to-Value) includes optional cash out. Available in all states except Texas on owner-occupied and vacation homes; available only on homestead property in Texas. **Member must have checking, direct deposit and eStatements to qualify for Closing Cost Credit of \$150. This is a fixed-rate mortgage; Annual Percentage Rate (APR) and monthly payments remain fixed for 10 years. 2.94% rate includes .25% discount for checking, direct deposit and e-statements. At 2.94%, repayment requires 120 monthly payments of \$9.63 per \$1000 borrowed. Amortizations over 10 years require 10 year balloon. Amortizations up to 15 years available for an additional .25%; up to 20 years available for an additional .50%. Extended amortization and balloons not available in Texas. Weekly, bi-weekly, semi-monthly or monthly payments available EXCEPT in Texas (monthly only). Equal Housing Lender. Federally insured by NCUA.

