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Evan Welch, Damian Hardison and Parker Rice help roll out Clarksville's new Bcycle bike share program. Read more on page 28.

MARCH 2016
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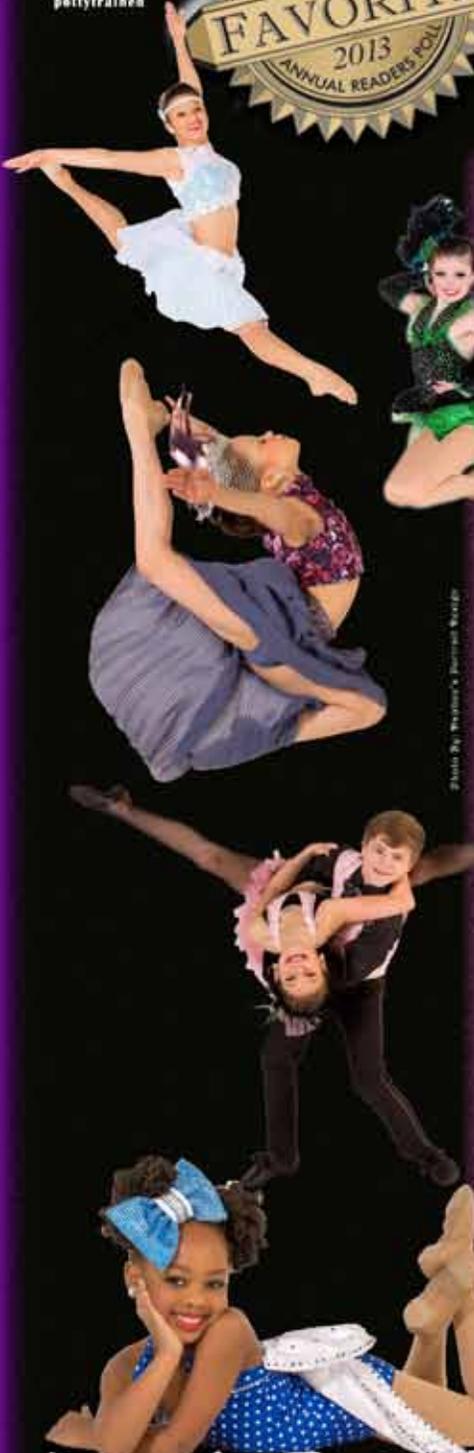


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Publisher's Message

Well, even though we have already had our share of snow (and snow days) this year, I think it's safe to say that the groundhog's prediction seems to be spot on. And I'll take it! At this time last year, one of our biggest snows in recent memory had just happened and it seemed to take forever to go away.

Now that more sunny days seem to be ahead of us, what better way to spend them than a bike ride in the park? Don't have a bike or a way to transport yours down to the park? No problem! That's where Bcycle, the city's cool new bike sharing program, comes in. Read all about how some students at Clarksville Academy secured the grant and how the city is maintaining this awesome new program for our community on page 28.

There are quite a variety of article topics this month. Everything from how to spot a real antique (page 32), keeping a close watch on your kiddos when it comes to social media (page 34), running for a cause (page 30) and Taylor Lieberstein's interview with local dentist and recent *Bachelorette* contestant, Dr. Chris Strasburg on page 6.

As always there's the calendar to keep you updated with what's going on in our fair city starting on page 50.

Here's to a great March, a happy spring and as always, thank you for picking us up!

Sincerely,
Carla Lavergne



Clarksville Living

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

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Clarksville Living Magazine

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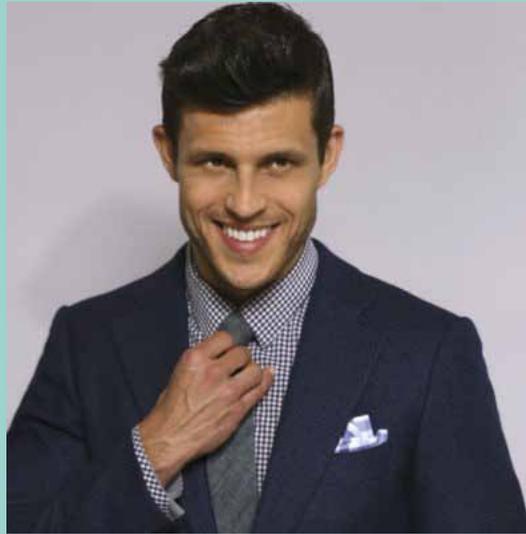


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Taylor K Lieberstein

I spent Valentine's Day with a guy who was *almost*, almost—as in he made it to the top 6 out of roughly 30 contestants—chosen as the recipient of the final rose from Kaitlyn Bristowe on the popular ABC show, *The Bachelorette*. I also spent Valentine's Day with my dentist. The former reality television star is my very own dentist. Truth be told we were conducting the interview for this article. I just like to pretend it was a date for dramatics.



contestant on the 11th season of *The Bachelorette* who left the show in a very emotional exit in Ireland on the June 29 episode. Here is what I found out about the dentist who traveled all the way from the West Coast to practice dentistry in Clarksville and maybe finally even find love.

Fresh out of UCLA's dentistry program he was looking to make a move. While living back at home during the period between graduating and obtaining his dental license he found work in Middle Tennessee. He had some experience with Southern

Either way I can honestly say I had dinner with Chris Strandburg, DDS on Valentine's Day. For the record, it wasn't an actual date. We agreed that we were proud to be so committed to our work that we would sacrifice the hallmark holiday to collaborate and discuss his love life, public persona, dental practice and numerous television appearances. He was a

culture due to having dated two Southern girls. He remembered that he liked their values along with the general demeanor. The South had a refreshing feel about it to Strandburg who grew up in Northern California where people can be pretty standoffish.

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"I knew if I could find a place and a job in the South that I would consider making the move. I saw the potential of an awesome city that was on the rise. After getting settled in, I immediately felt reassured that this was a perfect fit for me. People from all parts of the world live in Nashville. It is amazing that even the transplants embrace such a Southern mentality," said Strandburg.

He moved to Nashville just shy of four years ago where he started practicing dentistry in and around the city. While working in Hendersonville he was asked by a friend to help with patients at Warfield Dental Center in Clarksville. He quickly took a liking to both the team and the patients so he transitioned into a full time position at the office. He doesn't mind the 45-minute commute to work because he thoroughly enjoys the community. When he can get away from the office he likes to relax in Clarksville's downtown district.

"It really is a picturesque Southern community. I don't think it gets enough credit for what it is. It's beautiful, not overwhelmingly populated but still there

is a lot going on. There is actual history here and places to enjoy my free time unlike many of the cookie cutter communities you come across on the West Coast," said Strandburg.

Prior to moving to Music City he had an appreciation for country music. Although in his younger years he thought the genre was ridiculous. His mind changed while spending numerous hours alone in the lab during dental school. Along the way he discovered the Pandora country station and his love for the Southern sound was born. Maybe he was unconsciously trying to prime himself for his move to the South. These days he admits he is a passionate defender of country music. Dan and Shay, Eric Church and Thomas Rhett are among some of his favorite artists. Additionally he has some musical talent of his own, playing guitar. Although he says he doesn't feel as confident talking about his talent in the country music capital of the world as does back home, understandably so.

The former *Bachelorette* contestant has more talent than just playing guitar. He did some modeling work



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in college. His biggest achievement during that time was appearing on a season of *The Janice Dickinson Modeling Agency* reality television show, a show that featured models that hoped to be featured in corporate ad campaigns. The then twenty-year-old Strandburg did get placed. He was in a few campaigns most notably one for Abercrombie and Fitch. The dentist hasn't completely retired from his modeling career. He is currently represented by the Block Agency, doing modeling on the side when he can make the time.

"For me it [modeling] is a hobby, if I can make time for modeling on the side that's great. However, I am not relying on it nor am I changing the direction of my life to pursue it," he said. "As a career I don't think it's right for me. Even in a best case scenario I don't think I could make a living doing it. I never saw a lot of success in the entertainment industry plus my heart wasn't in it. I think those reasons go hand and hand as to why I chose a different path."

The UCLA graduate did not always plan to work in the dental profession. During undergrad

he was seriously considering the entertainment industry. In the end he realized that he wanted to do something more intellectual, which led him to consider becoming either a dentist or a physician. After shadowing each profession he found dental work to be more his style. The patient interaction and working with his hands were two of the main factors that pulled him into the direction of dentistry.

For Strandburg auditioning for *The Bachelorette* was not as much about finding love as it was about doing something out of the ordinary that could maybe, possibly end in falling in love. After turning down the opportunity to be on *The Bachelorette* a year prior he decided (along with some influence from his sister) that it was time to accept the challenge. He auditioned, was cast, and the rest is history. Although he did not win the season he admits that more than a few good opportunities have come out of his role on the popular reality television show.

The season he appeared on ABC added in a creative twist. The pilot featured two women, Kaitlyn

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Bristowe and Britt Nilsson. The male contestants had to choose which of the women they wanted to try and win the affection of. He went after the heart of Bristowe. She too was drawn to him after he introduced himself by making an unforgettable entrance in a motorized cupcake costume. He was hoping to showcase himself as a light-hearted guy as opposed to an intimidating dentist. It was a genius self-marketing move, he was coined Chris "Cupcake" Strandburg. A nickname he will not likely shake anytime soon. He made it a long way before being sent home. Safe to say it was a sweet entrance.

"I had a conversation with each of them that first night. I began on the fence but soon I was buying it with Kaitlyn and not as much with Britt. Although Britt did have a lot going for her, I felt the strongest connection with Kaitlyn. We were instantly laughing. By the end of the evening she was the obvious choice for me," said Strandburg.

Throughout the show the network painted a pretty one-dimensional picture of him. After the cupcake stunt his scenes were heavily edited to make him look like the silly, fun guy around the clock. Most of his serious scenes were cut which disappointed him being that he is a serious person for the most part. At the same time he feels it could have been worse had they edited him to look like one of the overbearing, always mad contestants.

Although in the end he was eliminated he says an abundance of positives came out of being on the show. He walked away with a new appreciation for himself and a handful of friends that he knows he will stay in touch with for life. He formed a close friendship with the winner of the season, Shawn Booth, who also resides

in Nashville. He frequently sees both Booth and the former *Bachelorette*, which is not the normality after a reality show like this ends.

As one could imagine, spending two months in a house with no contact with the outside world makes it relatively easy to get to know each other on a deep level. He also formed a close friendship with the current *Bachelor*, Ben Higgins, also sent home by Bristowe on season 11. Higgins' season is currently

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airing on ABC and will wrap up in March. Although he couldn't disclose any details about the season, Strandburg says he does have his favorite picks for his former competitor. He also thinks that he has an idea of which contestant Higgins may pick during the final rose ceremony.

"It was a great experience and I learned a lot about myself. I was able to maintain a good relationship with all the guys with the exception of a few. That was really affirming to me. I was able to be in this weird situation and among all these different personalities and managed to have mostly friendly interactions," said Strandburg. "Another cool realization came to me the day after I was eliminated. The hosts of *Good Morning America* were making jokes about my public meltdown on the cliff. Normally I am the sensitive type but in this case it didn't bother me. Somewhere during the hype and criticism about my elimination I came to realize that people will form these negative opinions about me regardless of how I react. They will soon be

distracted by something else so it shouldn't matter to me what they have to say. At the end of the day they don't know anything about me."

The show as a whole was overwhelming for him. He never found time to relax and embrace the experience, which would have resulted in him enjoying himself more. Instead he was constantly feeling nervous about being in front of the camera. The version of him that ABC showed the world was a little inaccurate due in part to the network's editing work and also in part to the fact that he wasn't the most accurate version of himself most days. He watched season 11 unfold in the company of his friends and the rest of America, one Monday night at a time, many times trying hard to remember what he was going to say and do next.

Since appearing on *The Bachelorette*, Strandburg's day-to-day life has changed dramatically. Adoring fans approach him in restaurants for a chance to meet him most times accompanied by a mini-photo shoot. While his life has changed, Chris hasn't. He is happy to smile for the pictures and meet his fans.



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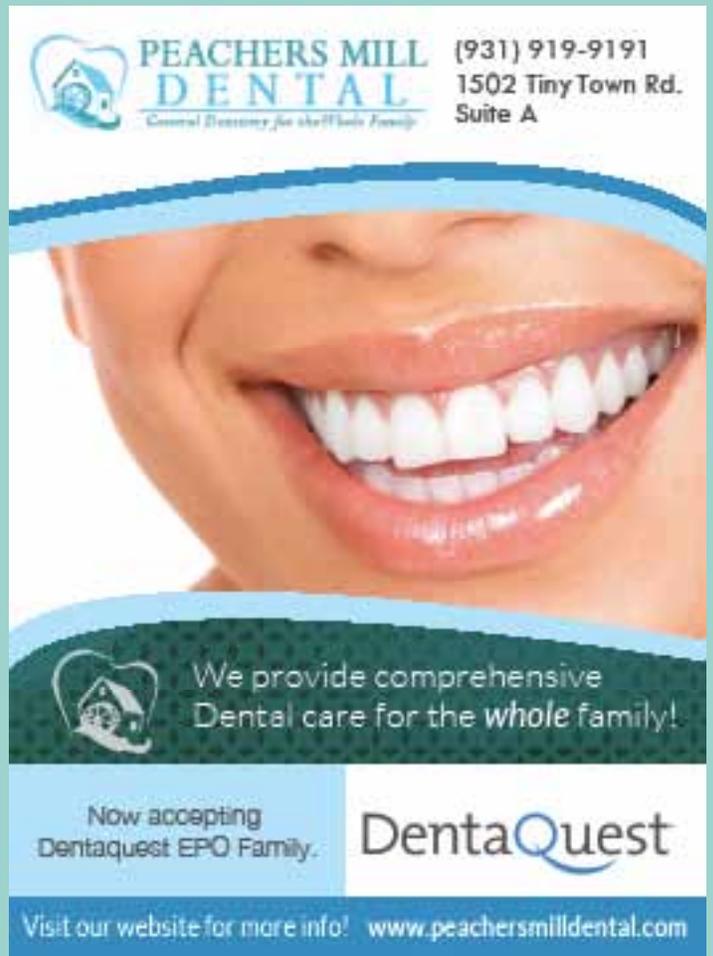
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Being publicly recognized is not something that feels natural by any stretch. After the show aired he recalls going downtown and sometimes literally posing for pictures for up to three hours. It was not something he could have prepared for. It would be like if it suddenly started happening to you tomorrow, a surreal feeling, he tells me. In fact, while I was interviewing him a middle-aged woman approached the table saying that he was her favorite cast member and asked him to take a photo with her daughter. I watched the whole thing play out from across the table. He promptly agreed to the photo shoot in a way that made it apparent that he was more than happy to fulfill her request.

I asked about how his girlfriend (yes, he does have one) reacts in these fan-girl type situations and he said she is usually the one doing the camera work for him and his fans.

His main concerns following being cast for the show revolved around his patients. Who would take care of them during the almost seven weeks of filming? Additionally, due to his contract with ABC, he was not



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able to disclose why he would be absent from his team and patients for almost two months. Thankfully it all worked out with little to no push back from everyone.

“It felt like letting people down in a sense. A huge deal was never made about it. Still there was a feeling that my patients may have felt left behind. I did not know how to handle that part of it and fulfill my contract with the network at the same time,” he said.

There were a few patients who were understandably upset. That was one of the only negative aspects that came from being on the show. Luckily the first commercial for *The Bachelorette* season 11 aired roughly a month and a half before the show started and he appeared in it. As soon as his team and patients saw him in the commercial they were immediately able to put the pieces together and better understand his sudden leave of absence.

The show started airing on ABC at the end of May 2015. From May to June Warfield Dental Center saw twice as many new patients and, as you would

imagine, many of them were female. Strandburg says the odds could be based on the fact that women tend to visit the dentist more in general, although it would not be too far of a stretch to say they wanted their teeth looked at by the reality show contestant.

Since appearing on *The Bachelorette* last summer the dentist has managed to merge his love for the entertainment industry with his love for dentistry. He has made two guest appearances on CBS’s talk show *The Doctors* covering topics from celebrity gossip to gum disease. While his reality television personality is made up of all things playful he is super serious when it comes to dental health. I asked him about his top dental tips. The following are among his most important things to know about taking care of your smile.

- Dental health is closely linked to overall health.
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- The thought of going to the dentist strikes fear into most everyone. It is one of the main reasons people refuse to go regularly. It is common and understandable. However, it is important to remember that dental problems never heal themselves. They only grow worse. Going tomorrow will be much better than waiting until next year.
- Some people may need to start with something small such as a dental exam. This is a chance to get to know the team that will be cleaning and/or working on your gums and teeth.

Strandburg's dental practice, Warfield Dental Center, is not the only practice in town headed up by a West Coast native. Coincidentally his best friend from UCLA bought a practice in Sango last year.

"While there is a lot of movement in the community, Clarksville still manages to hold tightly to its Southern charm. The fact that my patients come from all over the country is attractive," said the California native. "It's a dynamic community that I believe is going to continue to stand out for at least the next decade. Many cities could stand to possess some of the diversity that Clarksville has to offer," said Strandburg.

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THE CHANGING LANDSCAPE OF COLLEGE STREET

Pamela Roddy Magrans

When Vernon Jenkins opened his car dealership in Clarksville in 1953, Clarksville looked very different. No interstate ran between Clarksville and Nashville. No restaurants dotted the highway to what was then called Camp Campbell. Wilma Rudolph had not yet won the Olympic metal that would prompt the renaming of a major thoroughfare in town, and the passenger train—the “Night Train to Memphis”—was still the fastest way to West Tennessee. Clarksville had a population of 13,000. Vernon Jenkins had a three-year-old son named Don.



the Jenkins dealership was located on Madison Street near the old hospital location that is now occupied by Publix. As business increased and more space was needed, the dealership looked closer to downtown.

Over the course of several decades, the business changed, but its commitment to the Clarksville community never did. Vernon’s son, Don, joined the family business and continued to grow the company. Locally owned and operated, the

Jenkins and Wynne dealership remained committed to the residents of Clarksville. The Jenkins and Wynne family now run the Honda and Ford dealerships.

In 1953, the dealership run by Vernon Jenkins had eight employees and only \$100,000 worth of vehicle inventory. However, the business quickly established a reputation for fair dealing, honesty, and good service, and by the end of the first year sales totaled around \$1 million. At that time,

Eventually, the dealership relocated to the south side of College Street across from Austin Peay State University (APSU). The landscape of College Street has remained much the same for over three decades. The



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car dealerships occupied the south side of College Street, while the historical APSU buildings occupied the north side. Changes like economic shifts, technological advances, and even tornadoes took their toll on both through the course of three decades.

During that time, APSU and the Jenkins and Wynne family have been good neighbors, and that did not cease even as the Jenkins family purchased property and decided to move the dealership to 2655 Trenton Road, near 101st Airborne Parkway.

At the same time that the Jenkins and Wynne dealership was growing, so was APSU. Between 2000-06, APSU's enrollment increased 30 percent, making it one of Tennessee's fastest-growing universities. In 2009, APSU hit the 10,000 students mark for the first time in history. APSU now has a goal to reach 15,000 students. However, the university has been land-locked and space has limited new infrastructure and expansion.

In 2013, when Don Jenkins announced his property on College Street was for sale, private businesses from across the country were interested in purchasing the property for luxury condos or retail space. However, Don Jenkins was aware that APSU was hoping to expand towards the downtown Clarksville area. Wanting APSU to have the first chance to purchase the adjacent property to allow for APSU expansion was paramount to Don Jenkins. Being good stewards of the land, the Jenkins family decided to sell the property to APSU.

In 2014 the Tennessee Board of Regents approved purchase of the property. After approval by the State Building Commission, APSU closed on the Jenkins and Wynne property in January of 2016.

The purchase price for the Jenkins and Wynne property was \$8,790,000. The land was purchased with institutional reserves and short term financing through the Tennessee State School Bond Authority. The purchase provided

APSU with the 10.75 acres of land that was once used as the car dealership, along with the five buildings that total 90,000 square feet.

This land acquisition on behalf of APSU will meet both short term and long-term goals. It will also begin the changing landscape of College Street.

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As a result of this purchase, APSU now owns land that stretches towards the downtown area. This will allow for APSU to have a presence downtown and to blend college and downtown attractions.

The goal is to create a campus identity in the downtown area and on the south side of College Street. Creating visual campus gateways and connecting the downtown area with the campus will facilitate opportunities for public and private partnerships.

In the short term, the space will be used for APSU parking, meeting an immediate need for students. The buildings will be used for APSU academic and/or administrative uses as soon as the space can be evaluated and allocated for appropriate purposes. In the long-term, master plans will have to be reviewed by various entities, but will remain focused on creating a sense of community between APSU and the downtown area.

APSU having a presence on the south side of College Street has the potential to not only transform the physical landscape of College Street, but to enrich the community. Draft images depict estimates of what College Street might look like once development is complete. While all drawings and plans are tentative at this time, it is clear that change is underway on College Street.

Blending downtown retail spaces with college spaces will help to recruit new students, helping APSU, the downtown area, and our city to flourish. Jenkins and Wynne's new location four miles up the road will allow their business to expand inventory and continue serving the Clarksville community.

In providing more land for academic, social, and community space, this land acquisition between Jenkins and Wynne and APSU will promote change in the downtown area and will revamp the landscape of College Street.



Pamela Roddy Magrans is a mother of two and loves calling Clarksville home.

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Dr. Catherine Meeks

Based on the most recent science, the 2015-2020 Dietary Guidelines for Americans were released at the beginning of 2016. Before you say, “Here we go again,” let’s take a closer look. The guidelines may sound familiar, but there are some differences from past years.¹

Overall guidelines. For the most part, these guidelines don’t advise you about how much to eat of different foods, such as vegetables or meat. Instead, they focus on helping you fit healthy eating into your own unique lifestyle. To that end, they provide three examples of healthy eating plans: a healthy American diet, a Mediterranean-style diet, and a vegetarian diet.

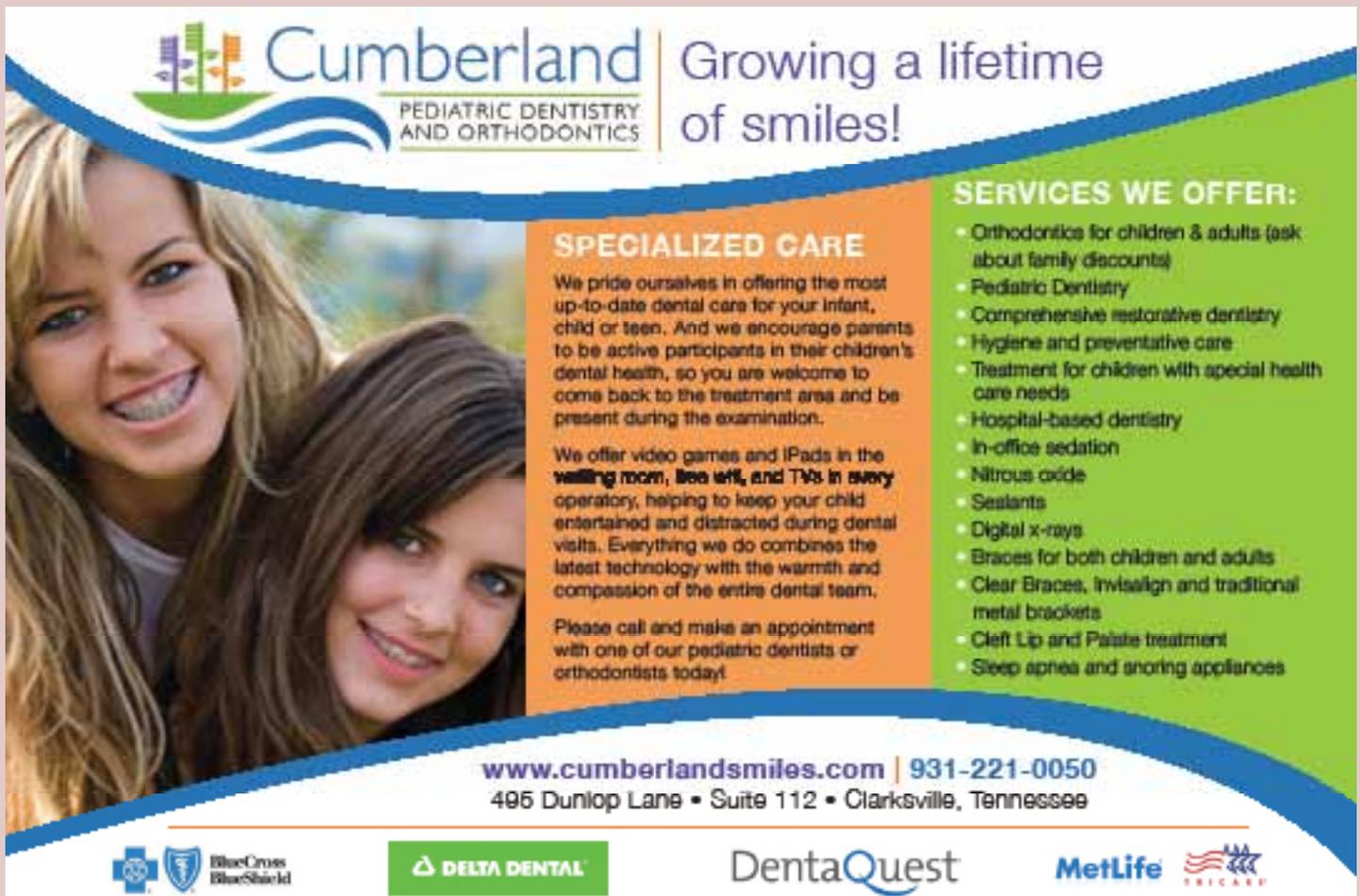
What these three types of diets share is an emphasis on more plant-based foods, healthy fats, and whole grains. The guidelines also suggest making meals and snacks from scratch. That helps avoid the common pitfalls of processed foods, such as high levels of salt and sugar.

Overall, a healthy eating pattern includes:

- Any vegetable, but preferably a wide variety
- Fruits, especially whole ones
- Grains—with at least half being whole grains
- Fat-free or low-fat dairy
- A variety of protein sources, including seafood, lean meat, poultry, eggs, beans, peas, nuts, seeds, and soy products
- Oils¹

Specific guidelines. The last set of guidelines came out in 2010. They simply advised people to reduce their intake of added sugars, without giving numbers. The newest guidelines, however, are more specific. They suggest you limit added sugars to fewer than 10 percent of your daily calories. Right now, added sugars account for more than 13 percent of Americans’ daily calories.¹

Soft drinks, fruit drinks, sweetened coffee or tea, flavored waters, and alcoholic beverages account for nearly 50 percent of all added sugars we



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consume. A recent study revealed that people who drink sugary drinks daily tend to put on more deep-belly fat over time.² That's the kind of fat that surrounds vital organs and is linked to type 2 diabetes and heart disease. Other sources of added sugars are snacks and sweets, as well foods like bread and prepared meals.

The new guidelines also suggest that you limit saturated fats to no more than 10 percent of your daily calories. That's a goal that fewer than a third of Americans meet. Sadly, these fats can increase levels of bad cholesterol, and your risk of stroke and heart disease.⁴ About a third of saturated fat comes from prepared foods containing cheese or meat—foods like burgers, tacos, and pizza—as well as dairy products, snacks, and sweets.¹

Finally, the guidelines advise eating fewer than 2,300 milligrams per day of salt—a little less than a teaspoon. That's a guideline that nearly all Americans are failing to meet. But it's not

something to ignore. That's because too much salt can increase blood pressure, which also increases risks of heart disease and stroke.³

Don't know where to begin? Stop by and we'll have a chat. I can offer you a tip or two!

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

Sources:

1. HealthDay: "New U.S. Dietary Guidelines: Limit Sugar and Salt, Boost Fruit and Veggie Intake." Available at: https://www.nlm.nih.gov/medlineplus/news/fullstory_156575.html Accessed 1-29-16.
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BEYOND DENTURES, BRIDGES AND PARTIALS DENTAL IMPLANTS TO REPLACE MISSING TEETH

Katie Lee, RN, BSN

Do you have missing teeth that spoil your smile? Do you avoid smiling in public, or cover your mouth with your hand when you talk? This is a very common problem, but that doesn't make it any less embarrassing. After all, your smile is generally the first thing people notice about you, and as the old saying goes, you never get a second chance to make a first impression. If you've suffered tooth loss, knowing as much as you can about your treatment options is important to getting the best possible results from your dental restoration.

Most Tooth Replacement Options Are Relatively Short-Lived

While many patients assume that once their dental restoration has been completed, they'll be able to declare "mission accomplished" and get on with their lives, the fact is that, for patients who choose conventional dentures or fixed bridges, treatment will be an ongoing affair. To retain a healthy, comfortable fit and adequate oral function, full or partial dentures will need to be relined every two years or so, and most need to be replaced entirely every five years, on average. Fixed bridges need regular replacement too, typically every 5 to 10 years. Dental implants offer the best hope of staying away from major dental work for a good long while, since

the average lifespan of a dental implant is 20 years with proper care, and they may even last for the rest of your life.

Bone Loss in the Jaw Is a Problem with Most Options

Losing teeth—or more specifically, tooth roots—leads to bone loss in the jaw. That's because bones need stimulation to retain size and strength. In the jawbone, that stimulation is provided by tooth roots as you bite and chew. Missing teeth treatments, such as removable dentures or dental bridges, which replace just the crown of the tooth, offer no such stimulation, allowing the jawbone to shrink away beneath them. The only option that protects against bone loss is dental implants, since this form of dental restoration replaces lost tooth roots as well as crowns.

So why does bone loss matter? Not only can it weaken your jaws it can change the appearance of your face, since the jawbones support facial features. As your jaws shrink, your face will begin to get shorter, your cheeks will develop hollows and creases, and your lips will appear thinner—a process referred to as facial collapse that causes premature facial aging.

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Some Teeth Replacement Options Can Cause More Dental Problems

Partial dentures and fixed bridges rely on surrounding natural teeth for support and retention, which can, over the long-run, cause damage to those teeth. That, of course, means more dental work. This sort of damage isn't an issue with dental implants, since they offer replacement teeth that are self-supporting.

Most Teeth Replacement Options Will Change How You Eat

Teeth replacement options that rest on the gum ridge, like dentures, do not function as efficiently as

dental implants with a crown

- attractive smile
- full chewing ability
- preserve healthy teeth and jawbone
- stops bone loss

traditional crown & bridge

- attractive smile
- grinds down healthy teeth
- bone loss under bridge
- greater risk for cavities and tooth failure

untreated missing teeth

- unattractive smile
- loss of chewing ability
- accelerated bone loss

you bite and chew as teeth that are firmly anchored to the jawbone, such as natural teeth or implant-based restorations. That means that using those options to replace missing teeth will make eating some foods much more difficult.

Replacing Missing Teeth: Here's What Dental Implants Can Do For You

Dental implants are today's best option for replacing missing teeth—most especially when it comes to those very visible front teeth. What makes them better than other options, like a bridge or partial denture for instance? Dental implants offer what no other teeth replacement option can—new teeth that

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look, feel and function like healthy, natural teeth. That's because dental implant restorations are structured like natural teeth, with an artificial tooth root (the implant) placed into the jaw, bonding with the bone tissue like a natural tooth root to support a natural-looking crown.

When you flash that smile, those new implant supported teeth will be indistinguishable from your remaining natural ones, and you won't have to worry about a denture slipping out of place or a bridge coming loose. Nor will you have the functional limitations common to other options—such as avoiding certain foods that may be difficult to manage with partial dentures or bridges. Additionally, replacing the tooth root means that you'll have protection against bone loss, which means better oral health and appearance.

About The Dental Implant Procedure

While no two patients are alike and the process is very individualized, for the average dental patient, the process will involve seeing an oral surgeon to plan and perform the dental implant procedure, during which the dental implants will be placed into the jawbone. These procedures are, from the patient's standpoint, relatively quick and comfortable, with many patients finding it

no more uncomfortable than a simple tooth extraction. After a healing period of three to four months to allow the implants to integrate with the jawbone, small posts, called abutments, will be attached to the implants, onto which natural-looking crowns will be placed to complete the dental restoration.

These steps may vary somewhat from one patient to another according to the type of implant used, bone grafting required, and the particular treatment plan. For instance, some implants come with abutments attached, eliminating a step, and some patients may be able to be fitted with immediate-load implants, eliminating the waiting period between the dental implant procedure and the placement of their new teeth.

While there are many more details to look into as you consider teeth replacement options, these are among the most important ones in terms of your long-term oral health, comfort and appearance.

So how to get started? The first step is a consultation appointment with your general dentist and oral surgeon. If your dentist and oral surgeon agree that you're a good candidate for dental implants—and most people are—




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treatment planning will begin and you'll be on your way to getting rid of the gaps left by missing teeth, transforming them into a bright and beautiful smile.



Katie is a registered nurse with Cumberland Surgical Arts, office of George Lee, MD, DDS and Matthew DeFelice, DDS. Drs. Lee and DeFelice specialize in Oral, Facial, and Cosmetic Surgery. Cumberland Surgical Arts is located at 2285 Rudolphtown Rd in Clarksville and can be reached at (931) 552-3292 or cumberlandsurgicalarts.com.

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Our clinical supervisor, Brenda celebrates 5 years at Aquino Pediatrics! She is pictured here with her husband Jeff during their wedding ceremony.

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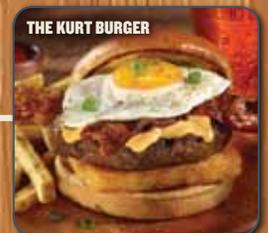
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Larry Riley, Senior Pastor, First Baptist Church

Most of us would agree that love is pivotal to the human experience. Love is one of the things that truly make us feel human. But what is love? It can be defined in so many ways. We have written countless songs from the beginning of human language to modern day pop songs. Endless amounts of books have been written about it, movies and TV shows made, and countless other things trying to unveil what love is. All of these are trying to express or define love.

The one thing about love that holds true no matter what is that it involves people. Love happens *in community*. One could argue on semantics that you love yourself, or that you could love a thing—though I would call the latter more obsession than love. Besides those examples every feeling or act of love involves two or more people. Some of you may be introverts, some may be extroverts, but we all need social interaction no matter what personality type we have. This holds true for all of us. We are social creatures at heart.

In the book *Heaven*, written by Randy Alcorn, Alcorn tells the story of this man who was in an accident and was stranded in the open ocean on a tiny raft. Each day the brutal sun beat down on him with no shade in sight. Miles upon miles of water surrounded him as far as the eye could see, but with not a drip of it drinkable. Eventually, a fishing boat saw him and rescued him. When he was brought to shore a news reporter interviewed him and asked him what the worst part of the

ordeal was. The man replied that the worst part wasn't the horrible sunburns, intense hunger, or lack of water. The worst part of being stranded was *being alone*.

What this man was missing was love, and love happens in community.

Think back to the movie *Castaway* starring Tom Hanks as Chuck, a lone survivor on a deserted island stranded for years. We saw a similar struggle with him as this man is so starved for love and attention that he paints a face on a volleyball and names him Wilson in order to have some semblance, even a shade, of community.

We, like the man in *Heaven* and Chuck in *Castaway*, need to interact with people. We do the same thing Chuck did: We might not paint faces onto volleyballs, but we do look for community in every way we can except for reaching out to others. Why do you think sitcoms like *Friends*, *Frasier*, *Malcom in the Middle*, and countless others were so popular? In these shows we see a beautiful representation of community. The characters love each other. They laugh together. They may get mad at each other from time-to-time, but they go above and beyond to fix the hurt. These sitcoms give us a beautiful picture of family, a small taste of the type of community we so deeply crave.

Our tendency is to isolate instead of to reach out, though. Many of us don't have these rich gatherings of close friends





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around us. Why is this? If being with people that love us is intrinsically important to our health and happiness, then why is it easier to stay at home alone? Why do we sometimes even turn down opportunities to build relationships with others?

The truth is that fear stops us. Fear tells us that people won't like us. Fear tells us that we've been hurt before, and that we might get hurt again. Fear says that you don't really need people, that you're okay in your own little bubble. We all know this isn't the truth, though. Right? You might be living, and you might be okay, but there's that one thing that's missing.

What was it that the man stranded on the open ocean said was the worst part of his experience? What drove Chuck to creating a personality out of a volleyball and naming him Wilson?

These stories took men to the extremes of life and death, but through the process they discovered what was even more important than surviving. Maybe we can all learn from their journeys (hopefully without the being stranded part).

Yes, it's scary to put yourself out there. Maybe, you don't know where to start. Once you're out of school and not forced to sit next to strangers and make friends in classes it gets a lot harder. There are a lot of areas that can help get you connected. There could be people at your workplace

that are starved for friendship. That can be a great place to start. Maybe you have an interest or a hobby and there's a gathering going on in town at some point. Joining a local church and getting involved with any groups that they have going on is another great starting point.

I hope and pray that whomever you are reading this that you either have a strong community around you or that you find one. I pray that if you are lonely that you have the courage to take that next step of connecting. Believe me: it's worth it.

“And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.”

Hebrews 10:24-25 ESV



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IS 5 A DAY ENOUGH?

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When it comes to eating fruits and vegetables, experts agree that more is better. Eating a lot of vegetables and fruits can lower your blood pressure, improve your cardiovascular and gastrointestinal well-being, and reduce your risk of cancer and vision-related problems. The trick is figuring out how many servings a day you should eat.

More than the Minimum

The saying “five-a-day keeps the doctor away” may make it sound like five servings of fruits and vegetables is enough to keep you in tip-top shape.

In reality, the five-a-day suggestion is a minimum recommendation. The United States Department of Agriculture recommends that half of each meal be made up of fruits and vegetables.

Your minimum daily recommendation depends on your age, gender, total daily calories and activity level. The Centers for Disease Control and Prevention (CDC) has an online calculator that lets you input some basic information to find out the right amount.



For example, the CDC recommends a moderately active 45-year-old woman have two cups of fruit and two and a half cups of vegetables daily. For a man of the same age and activity level, the recommendation is two cups of fruit and three and a half cups of vegetables.

In this example, the woman is eating about four servings of fruit and five servings of vegetables a day, depending on her food choices. Of course, she’s not limited to that. Research suggests that the higher your intake of fruits and vegetables a day, the longer and healthier your life will be. Consider this a starting point.

Sorting out Serving Sizes

You’ve made up your mind to eat more fruits and vegetables, so now what? Understanding how much is in a serving can help you find out how many servings you are getting and determine if there is room for improvement.

A cup of spinach, half a cup of berries, a fourth a cup of dried fruit, one medium-sized apple and a half cup of tomato juice are all considered one serving.

Don’t let the word “serving” confuse you. In general, one serving equals:

Vegetables

- 1 cup leafy greens (about the size of your fist)
- 1/2 cup chopped vegetables
- 1/2 cup vegetable juice

Fruits

- 1 medium sized fruit (about the size of a baseball)
- 1/2 cup chopped fruit or berries
- 1/4 cup dried fruit
- 1/2 cup fruit juice

If you are looking to make healthy lifestyle changes, start by seeing your doctor. If you don’t already have a physician, Tennova Medical Group is here to help. Our convenient family practice locations welcome new patients of all ages. Call (931) 502-3800 or visit TennovaMedicalGroup.com. Ask about our same- and next-day appointments.

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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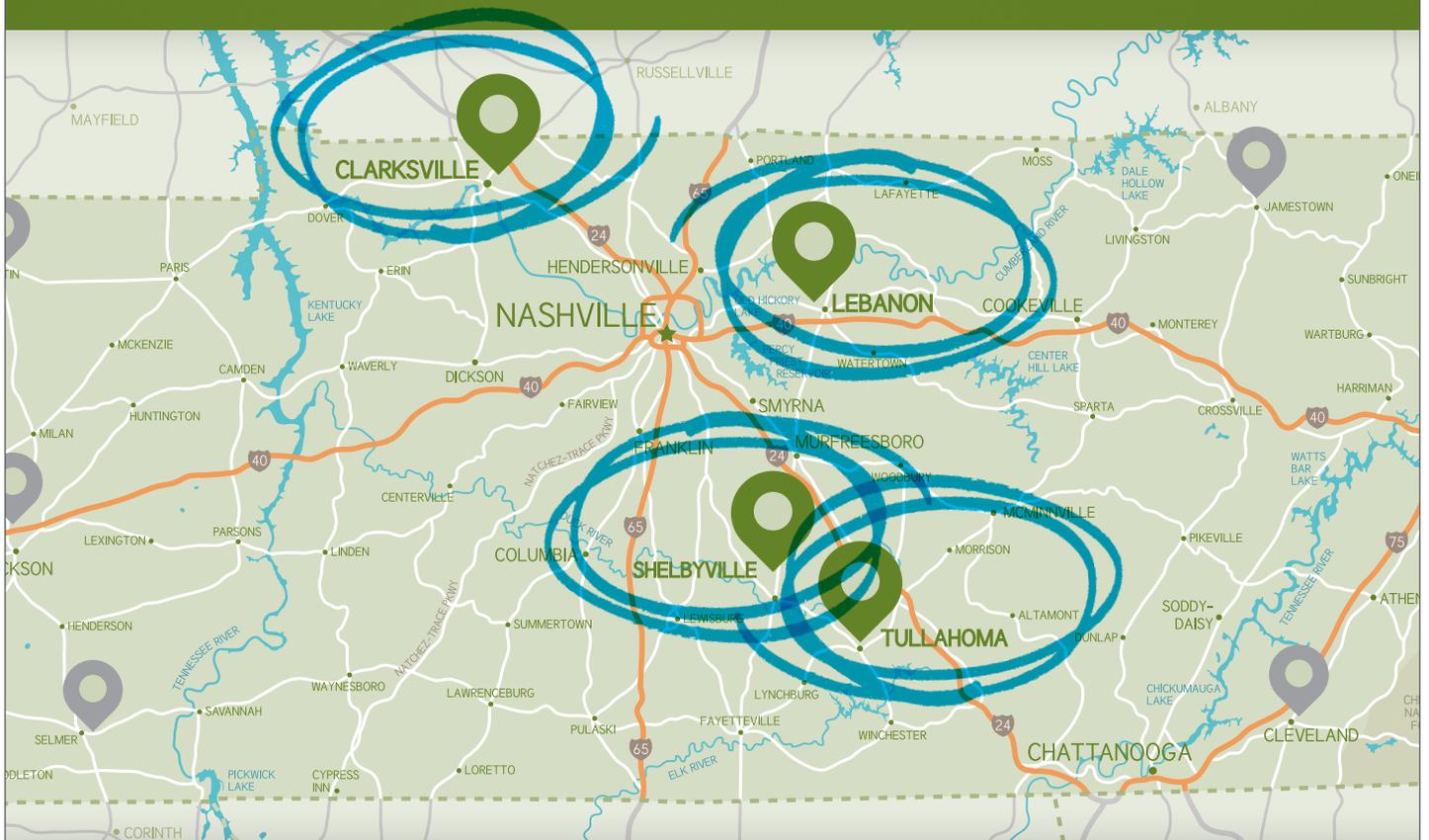
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B-CYCLE IS NOW OPEN IN CLARKSVILLE

Candice Tillman

Thanks to a group of Clarksville Academy students, a grant from the Clarksville-Montgomery County Community Health Foundation and a partnership with the city of Clarksville, a bicycle-share program is now open at Liberty Park and Cumberland Riverwalk at McGregor Park.

The group, comprised of about eight Clarksville students each year, researched and wrote a grant proposal as part of Clarksville Academy's Challenge Based Learning (CBL). This program challenges students with ways in which they can improve their community. The CBL classroom shifts the typical setting in which one instructor teaches set curriculum to multiple students. CBL reverses that model, allowing the challenge to be formulated and investigated, consulting with experts in varying fields as



resources, defining guiding questions, and resulting in a sustainable solution all led by the students.

The students ultimately chose B-cycle, and then wrote a grant proposal. After being awarded the grant from the Community Health Foundation, students then began work with the city to identify locations for the bike stations. Now that the program is in place, they'll continue to monitor

how often the bikes are used and study how they are making a difference.

What is Clarksville B-cycle?

B-cycle is an automated bike-sharing system designed for use by many people for short trips around town. B-cycles are checked in and out of stations constantly to keep bikes available to everyone.

The Wisconsin-based B-cycle company develops bike-share systems for positive health and environmental changes and as another option in a community's transportation network. B-cycle serves a large portion of the rapidly expanding national bike-share market, with 28 and counting B-cycle systems already operational from Salt Lake City to San Antonio to Charlotte.

How much does Clarksville B-cycle cost?

With your purchase of a \$3 access pass, you have complete access to the bike-share system for 24 hours. The \$3 access fee covers the first hour of each bike ride and the bike can be checked out as many times as you like during your access period at \$1 for each additional 30 minutes.

Individuals can purchase daily passes or memberships, including weekly, monthly, and one-year options. Annual and monthly members receive B-cards allowing them to unlock their B-cycle right at the dock and skip the kiosk.

How does Clarksville B-cycle work?

1. Purchase 24-Hour Access using your credit card at one of Clarksville's B-cycle stations (Liberty Park or Cumberland Riverwalk at McGregor Park). You can check out a B-cycle as many times as you'd like over the course of one 24-Hour Access purchase.
2. Ride the B-cycle to a B-station near your destination and check back in.
3. When you're ready to ride again, use the same credit card to check out another B-cycle. Your credit card is

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how we recognize that you have already purchased 24-Hour Access and you will not be charged for checking out another B-cycle.



How do I find B-stations?

- iPhone and Android users can download the B-cycle App showing station locations and real-time bike and dock availability.
- A PDF of our system map can be downloaded from Clarksville.Bcycle.com.
- Clarksville.Bcycle.com provides a map of all B-stations with real-time information about bike and dock availability.
- Each station has a large printed system map that you can refer to.

What If I need to return a bike and the B-station is full? Or I want to check out a bike and the Station is empty?

Use the touchscreen at the B-station kiosk to locate the nearest station with open docks (if station is full) or available bikes (if station is empty). The same "real-time" information is available on the ClarksvilleBcycle website and the B-cycle smart phone apps. If you need more time to return the bike at the other station, the kiosk touchscreen has an option you can use to get 15 free minutes added to your checkout.

B-cycle Day – April 23

Join us at Liberty Park on Saturday, April 23 to celebrate bike sharing with free 60-minute bike rides. (Additional usage fees apply after the first hour.) Free trips all day, with staff on-hand from 9:00 a.m. to 12:00 p.m. to demonstrate how to use the kiosk checkout, answer questions regarding membership options and trail/bike safety.

KEEP IN TOUCH. Take a photo before your adventure #ClarksvilleBcycle. Visit us at Clarksville.Bcycle.com, email us at Clarksville.BCycle@cityofclarksville.com, or give us a call at (931) 645-7476.

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 Tue. Mar. 22: West Creek Elementary 4-7 PM

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Taylor K Lieberstein

Extensive research and scientific studies have suggested that moderate wine consumption (more specifically red wine) may promote a longer lifespan, protect against some cancers, improve mental health, and provide benefits to the heart. Maybe we don't really *need* another reason to drink wine. However if you want a good excuse to sip a few additional glasses this month how about drinking wine at a charity event that helps benefit a local ministry providing meals to hungry children.

This month Run Clarksville will host its first-ever Weekend Wine Run, a 5K run/WineK (1K) walk from 11:00 a.m. to 1:00 p.m. on Saturday March 12, at Beachaven Vineyards & Winery, located at 1100 Dunlop Lane in Clarksville. The event will raise funds for the local chapter of Project F.U.E.L., a non-profit organization designed to feed hungry children.

You don't have to be an experienced runner to get in on the excitement. It's a fun-run for people of all ages, you will not be judged based on your time. You can walk, skip, crawl or dance your way to the finish line. If you're not into exercise and your only motivation is drinking wine or supporting a great cause, you can still enjoy the pre and post race weekend fun.

Register for the race individually or as a team. Teams enjoy the creative freedom of choosing a custom name and helping each other stand out all the way to the finish line. There is no relay component to the race, so if you end up leaving some of

your teammates behind that's okay. Kids 12 and under can run with a participant in the race without registering or receiving a race packet. There is no official dress code, come prepared for fun or comfort. Dress in a team theme, a silly costume, bright colors or in your favorite running gear.

The event, which mixes exercise and wine, is unlike any other race you will experience. Once you cross the finish line the post-race celebration at Beachaven begins. Runners will enjoy access to food trucks and great music while strolling through the vineyards and tasting select Beachaven wines.

Each registered runner will receive a Weekend Wine Run t-shirt, a custom Weekend Wine Run medal/stopper and access to the wine tasting. Registration capacity is limited so if you want to be involved in this one of a kind race visit weekendwinerun.com to guarantee your spot. You can also get race updates and information on how to pick up your race packet by liking the Weekend Wine Run Facebook page.

About the F.U.E.L. Program

A large portion of the proceeds raised during the Weekend Wine Run will benefit the local food ministry, F.U.E.L., which works to relieve hunger in students in our community. According to fuelforkids.org 62 percent of America's teachers have hungry students in their classrooms. Some of these students may not eat aside from the meals the school provides, meaning that some students may be without food from the time

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school lunch ends until school breakfast begins the following day. Some of these students may even go without food for their entire weekend, on occasion that can mean up to 67 hours without a meal. Sadly Clarksville is no exception to these statistics. Children that are hungry struggle to learn. They underachieve academically, experience poor health and are at a higher risk of not graduating. History shows that children fed by this program experience increased academic scores, have a better classroom performance and are more likely to show up for school each day.

The recipients are based not on income levels but on signs of hunger reported by schoolteachers and administrators. With the help of volunteers from churches and local businesses food is placed into grocery bags and delivered to local schools (elementary, middle and high) and then put into the backpacks of hungry children.

Currently the F.U.E.L. program is relieving the hunger of roughly 2,000 students in Montgomery County alone. For the cost of each Weekend Wine Run entry, the program can feed roughly ten children for a weekend. If you want to help eliminate child hunger in our community beyond signing up for the race there are various opportunities to do so. To find out how you can further assist please contact the organization's Founder and Executive Director, Denise Skidmore. She can be reached through her email, skidmore.denise@yahoo.com.

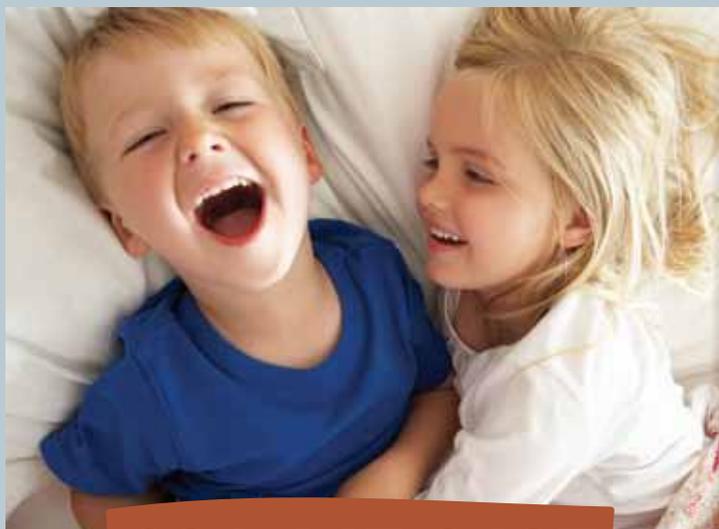
The F.U.E.L. program is always in need of more groups and churches to adopt children in our community. They also constantly can use help spreading the word about the program. All proceeds donated are used to feed children in Clarksville-Montgomery County Schools.

About Beachaven Winery and Vineyards

The Weekend Wine Run will begin and end at Beachaven, home to the popular event Jazz on the Lawn. The established winery is celebrating 30 years of business in Clarksville this year. After the race ends participants of the race will be treated to a complimentary tasting of their critically acclaimed wines.

Each year, Beachaven has continued to expand their production to meet ever increasing sales. In the last thirty years the winery has more than tripled their wine storage capacity, crushing-pressing speed, and bottling line speed. The vineyard's premium quality grapes and modern winemaking technology combine to make Beachaven wines among the best in the world. The media attention and the 500+ awards they have received since 1986 confirm this.

The Weekend Wine Run is right around the corner so get over to weekendwinerun.com today to reserve your spot for a little exercise, a lot of fun and some excellent wines.



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Down Riverside Drive to Hwy 48, two miles down Belmont Road sits a white building with green shutters. A welcoming wood bench and two white wicker rocking chairs greet customers who walk up to the welcome mat at the front door. The hours are posted: Tuesday-Friday 10:00 a.m. to 5:00 p.m., Saturday by appointment. Inside the front door is not a living room or a kitchen. Yet, the furniture inside could tell stories of a century, if wood could speak.

Inside sits a collection of valuable and durable 18th and 19th century antiques. It is the showcase for Creekside Farm Antiques and Restoration, a local business whose owner takes pride in restoring and repairing valuable furniture to its original condition.

Meet Bob Sumner

Bob Sumner has been refurbishing and re-upholstering furniture for as long as he can remember. As a young boy in Houston, Texas, Bob worked alongside his father. Learning the careful and detailed trade of working with valuable wood antiques, Bob grew up appreciating the value and investment of both time and labor involved in a well-built piece of furniture.

After time in the army, serving in Vietnam, construction work, and a couple of decades raising (and racing) Quarter Horses,



Bob Sumner returned to the work of his younger days, and now dedicates himself to restoring antique furniture. Part hobby/part job, his shop at 1057 Belmont resembles more of a home than a workplace. The shop does sit adjacent to the family's home, enabling Bob to work close to home and his wife. Bob's wife of 47 years, Frances Sumner, a native Clarksvillian, is a retired librarian from New Providence Middle School. The library at New Providence Middle School bears her name. The Sumners formerly owned the New Providence Antiques and Restoration that once operated at 1300 Ft Campbell

Boulevard.

Furniture restoration is a way of life for Bob, and he is always looking for his next project. From a solid wood four-poster canopy bed to a Connecticut highboy, Bob is always eager to take the time and care to repair antique furniture. "I love to take an old beat up piece and repair it," said Bob.

In today's throwaway society, many novice furniture refurbishers destroy the original wood surface by distressing techniques, stripping, or painting wood surfaces. Search Pinterest and a variety of ideas come to view for what to do with an antique headboard, hutch, or desk. While many techniques commonly known today as "up cycling" may present modern looks for decoration, none of

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these methods should be applied to an authentic antique. To be an antique a piece must be at least 100 years old. True furniture refurbishing is an art form that requires patience and knowledge, to be done right.

Bob's wife of 47 years, Frances, watches her husband spend nights pouring over the Internet and his extensive library of books on antiques. "Bob prefers quality, whether in a racehorse or a piece of furniture or glassware," said Frances. "The integrity with which he conducts his business may offend someone sometimes, when he tells them it is not worth what it would cost to repair/restore a piece."

However, Bob's expertise and experience in restoring and repairing antiques means his customers can trust his trade and his opinion. He has spent his life learning about and working with antiques. "I consider him a self-taught man," says Frances.

Bob prefers to restore furniture to its original glory, by applying the painstaking skills he learned as a boy under his father's direction. Some of his past work on a Victorian love seat, marble top table, and chairs were once featured in a printed collection of antiques. He has also completed work for museums. While living in Houston, Bob worked on valuable antiques on display at the Bishop's Palace in Galveston and at Bayou Bend in Houston.

"If you refinish it, it's still worth some money," said Bob. "If it's a good piece of solid wood furniture then restore it," he advises.

Restoration of an antique might be as simple as removing grit and grime. However, if the piece needs more attention, restoration becomes an art form. Sometimes repair is all that is needed, in order to retain the integrity of a piece of furniture. Whatever the need, Bob Sumner is ready for the call.

In his shop off Belmont Road, which was originally a barn for his Quarter Horses, Bob has constructed a workshop and a showroom. Valuable antiques in original condition sit silent echoing timeless durability and unspoken history.

Creekside Farm Antiques and Restoration offers a varied selection of 18th and 19th century American and English antique furniture and accessories. "I'll come to your home and look at the item and give a quote," Bob said. "If it's an upholstery job, I will bring samples to your house."

Bob will even pick up and deliver the furniture once the job is complete. In high demand, due to his work ethic and skill, Bob works a couple of months ahead.

If you have a treasured family heirloom table, desk, bed, or chair in storage, or in the attic, let Bob have a look at it this spring.

Contacting Creekside Farm Antiques and Restoration

Contact Creekside Farm Antiques and Restoration at (931) 648-2540 (work) or (931) 206-1210 (cell), or come by the shop at 1057 Belmont Road during business hours. Like Creekside Farm Antiques and Restoration on Facebook and visit their website at creeksidefarmantiquesandrestoration.com.



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Ericka Conley

Social Media is all the rage. It's everywhere and seemingly everyone is connected to it...our friends, family, grandparents and co-workers. It is a handy vehicle for keeping up with friends and family and not to mention our favorite celebrities. Although social media in itself is a very positive outlet, it can have negative effects at the same time. Young people tend to be the most vulnerable to this negativity.

When you are young, you tend to be more impressionable. Although many parents do their best to instill positive ideas and values in their children, it is easy to lose sight of that and concentrate on what people your age are feeling and doing. Most people don't want to feel like they are out of the loop or uncool. During this crucial time between adolescence and adulthood, young people are trying to find themselves and develop their own identity.

Here are three issues that I feel young people encounter the most when it comes to social media:

1: Self-Esteem Young people can sometimes feel that they need to compete for attention. They need to have as many beautiful pictures posted as possible. A person can also feel disappointed if they don't receive at least a certain number of "likes" for one of their pictures. They can feel ugly, thus affecting their overall self-esteem. Also, it is important to note that when taking pictures, some people tend to use a lot of different "filters" to enhance their looks. In itself, using filters is not a bad thing but relying on these techniques to make one appear to look different all the time is not healthy.

Sometimes people will also post pictures or "statuses" that imply that their life is much different than it really is. A person can be

untruthful or misleading about their life and whom they associate with. They can also make it a point to portray themselves as being happy, financially affluent, and at times a little full of themselves.

There are also sad instances where things have been posted on social media that are harmful to others. People take videos of people without them consenting to it being shown on social media for many people to see. The victims of these video attacks are being made fun of and ridiculed.

2: Sex Apart from showing facial pictures, many people take pictures of their bodies and post pictures on social media. Many people, especially young ladies, get a lot of attention from this not realizing that this is actually negative attention. There are also terrible instances where people post sexual videos of others on social media. To do this is tragic and causes much pain and emotional distress. Unfortunately there have been some instances where the victim has committed suicide.

3: Danger There are many teens who are performing unusual and dangerous acts to impress others and to post them on social media. One particular phenomenon is the "fire challenge." This challenge is meant to follow in the footsteps of the "ice bucket challenge" that involves someone pouring a bucket filled with icy water over their heads. This activity was started to raise awareness for ALS (also known as Lou Gehrig's Disease). Donations for research for ALS are encouraged. However, the "fire challenge" is totally different and extremely dangerous. Many teens have posted videos of themselves on social media, pouring nail polish remover on themselves and lighting a match. The idea is the flame is supposed to be easily extinguished by immediately dousing the flames with water.

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However, some young people have gone so far as to use gasoline and other extremely flammable substances. These youth have encountered very serious, near-fatal injuries.

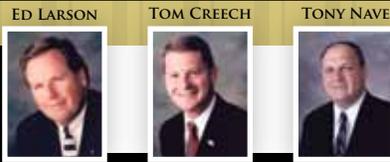
Sometimes with social media there is a separation between fantasy and reality. There is an idea that somehow there won't be any harm because they are doing it for social media but this is definitely not true. The potential dangers and consequences to these acts are very real.

Peter Wanless, chief executive of NSPCC, which operates ChildLine says, "The pressure to keep up with friends and have the perfect life online is adding to the sadness that many young people feel on a daily basis."

ChildLine is a counseling service for young people living in Scotland. Teenagers are able to call in to the center for counseling. Wanless says that many of the problems that the teens call in about are associated with social media. One 13-year old girl told counselors that she felt pressure to keep up with her peers, so much so that she began to hate herself and rarely left her bedroom. The young girl also said, "When I look at other girls online posting photos of themselves it makes me feel really worthless and ugly. I'm always struggling to cope with these feelings and stay in my bedroom most of the time. I'm always worrying about what other people are thinking of me. I feel so down."

A 14-year old boy had this to say. "I don't really have many friends in real-life and spend a lot of time in my bedroom on my laptop. I don't have much confidence in myself and I feel as if my life is really depressing." To hear these admissions are heartbreaking.

There is no doubt that social media has a lot of positive advantages and is helpful...but it is important to pay attention to potential harmful effects. It is so easy to become enthralled in social media that one can lose themselves in a world of negativity and danger. This can happen without really realizing it. I feel that it is important to have friends, family and positive hobbies to be part of so social media won't be the "be all-end all" for someone. Their self-esteem and happiness will be coming from other places besides social media.



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Delora Peters

As Clarksville continues to grow, the needs of families in the community are becoming more apparent. Assistance for the homeless population, military veterans, single mothers, low-income families and foster kids cannot be met without the involvement of non-profits. NewSpring Thrift Store is one of those non-profits making a difference in Clarksville.

NewSpring opened its doors for the first time on Madison Street in 2010. Later that year it underwent new ownership and became known as NewSpring Thrift. Rebecca Tigart, became the new owner and wanted to make the non-profit more community centered. She stated, "What comes out of the community goes back into the community."

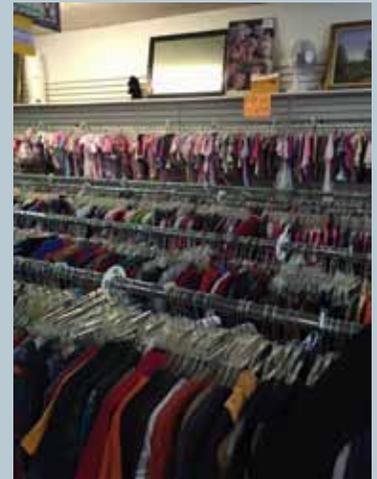
In partnership with the Board of Education, Tennessee Department of Children Services and other organizations in Montgomery County, NewSpring Thrift provides free household boxes to individuals re-establishing as home residents. Most household boxes include the essentials such as cooking utensils, sheets, blankets and towels.



When asked about the mission of NewSpring Thrift, Rebecca stated, "Our mission is to provide hope for individuals from disadvantage backgrounds. We have helped over 400 families in the community in the last year. We provided food and shoes for 300 homeless families and 100 crisis victims, who were battered or lost their homes because of fires."

Additionally, the non-profit provides vouchers to foster care and homeless kids in the Clarksville Montgomery School System. The kids are brought into the store to choose articles of clothing for school and everyday living. Approximately one-third of the services provided by the non-profit are generated through sales.

The number of donations to the non-profit has doubled in the last year. To assist more families in 2016, NewSpring Thrift is in need of volunteers to help sort and hang clothes and also to pick up donations from individuals. These donations will help the non-profit offer more assistance and programs, such as Dress for Success.



"Dress for Success is a free program we are offering to high schools and colleges that provides students with information on how to dress on a budget for internships, job interviews and special occasions," says Rebecca.

The general public can also shop in NewSpring Thrift to find great deals on clothes, shoes, appliances and furniture. The proceeds will be used to continually assist families in the community. The store is open from 9:00 a.m. to 5:00 p.m. Monday through Friday, from 10:00 a.m. to 5:00 p.m. on Saturdays, and closed on Sundays. In the summer and spring, NewSpring Thrift is open from 9:00 a.m. to 6:00 p.m. Monday through Friday, from 10:00 a.m. to 5:00 p.m. on Saturdays, and closed on Sundays.

For more information about the non-profit or to donate to help families in the community you can contact Rebecca Tigart at (931) 896-1634.

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Brenda Hunley

Our story opens on a sunny spring afternoon with a warm breeze washing over all our animal friends living in the Woods of Dunbar and surrounding areas. The sky is clear and blue and the birds are singing. It was as if the whole world was ready for a new season. With the warmth comes busyness.

The Rangers were cleaning up the trails and checking on the animals. Little green patches of grass were showing up all over the woods. There were even some flowers starting to sprout. The turtles were sunning on the exposed limbs in the lake. The birds that had flown south were coming home and building nests.

Mom and Dad Chipmunk were busy as well. They had made sure to stop by earlier this morning to check on their sons, Chester and Boomer Chipmunk. After all it was spring and Mom wanted to see for herself how they were coming along.

It didn't take her long to notice that they needed her help to get things ready for a new year. Dad Chipmunk had taken Boomer to school and was now clearing out dead branches and leaves from the tree.

Chester Chipmunk had been busy doing whatever his mom asked him to do. He had already cleaned his room and scrubbed the bathroom. Now he was outside helping his dad clean up.

"Chester!" Mom Chipmunk called.

"Yes, Mom?"

"How did you and your brother make such a big mess in just a couple of months?" she asked pointing to a sink full of dirty dishes.

"Well we uh..."

Mom pointed to a broom. "Will you please put that broom to good use and sweep the floor in here?" she asked.

"Yes, ma'am." Chester got busy sweeping the kitchen floor.

While his mom worked on the dishes Chester looked around. He didn't realize how dirty things had gotten until his mom came over. He and his brother Boomer had spent the last couple of months sleeping and eating, playing games and watching movies. They had played outside some too, and he wasn't really sure how all this mess got here.

He finished sweeping and looked at his mom. "What now, Mom?" Chester asked.

Mom Chipmunk looked about the room. There were piles of hats and boots, damp towels, video games, and movies scattered about.

"How about you put all the games and movies away on that shelf there and I will make a quick snack for us?"

Chester liked that idea and got busy cleaning up. A part of him wished he were in school like Boomer because then he would not have to clean up, but then Boomer wasn't getting a snack either.



By the time Chester was finished his mom had already washed and scrubbed the kitchen floor. He took a deep breath. Things are certainly looking and smelling better!

After a bowl full of fresh berries Chester and his Dad got busy pulling out all the bedding and loading it onto a small cart to be taken down to the trashcan.

Now that the rooms were empty, Mom Chipmunk went to gather fresh grasses and some winter wheat for spring bedding.

By the time Boomer came home from school everything was back in its place and clean. The sunshine had dried the now clean clothes and the wind helped air things out.

“Wow, Mom everything looks great!” Boomer said giving his mom a big hug.

“Thanks! Your Dad and Chester worked very hard today.”

Boomer looked at his dad and brother. They looked tired.

“Hi, guys!”

“Hi, son.”

“Hey.”

Boomer grinned. “Hey Dad! Guess what? Will you and Chester help me build a leprechaun trap?”

“A what?” Chester asked.

“Class assignment,” Boomer answered.

“But leprechauns? I don’t know of anyone who has ever seen let alone caught one,” Chester argued.

Dad Chipmunk grinned, “I do.”

Mom, Chester and Boomer stopped what they were doing and looked at Dad Chipmunk.

“What? You know someone who caught a leprechaun or saw one?” Boomer asked.

“Yep. Come on down to the treasure room and I will tell you,” Dad Chipmunk said.

“The treasure room?” Chester asked.

“Well yeah, isn’t that where you keep your tools?”



Carmen is a certified health coach with over 15 years of study and five years of coaching experience. She works with people with chronic health conditions or those just wanting to optimize their general health. She has experience with:

- Digestive issues (IBD, IBS, Constipation etc)
- Autoimmunity • Hormone issues • Thyroid disease
- Sleep and stress problems
- Weight concerns and much more

Visit her website at www.carmenhunterhealth.com and sign up to receive her free sleep guide and join her on Facebook at Carmen Hunter Health Coach. There is a health series video posted each week online and tons of great free information on her Facebook page. Mention this ad and get 10% off your first consultation. *This applies to new clients only.*

Call for your free consultation today! 931-610-9042



Easter activities

GOVERNOR'S SQUARE MALL



upcoming events

Easter Bunny Photos

February 27-March 26, Monday-Saturday, 10am-8pm, Sunday, Noon-6pm. Each child that visits with the Easter Bunny will receive a treat from Mr. Bulky Treats & Gifts and a Captain McFinn and Friends activity book

Breakfast with the Easter Bunny

March 26, 9am-10am. Tickets are \$5 and available at The Deli.

Sensitive Bunny

March 12, 9am-10am. Children with special needs can visit with the Easter Bunny in a quiet and relaxed atmosphere before the mall opens. Make your appointment by calling 931-552-0289.



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

“Yes, but who saw a leprechaun?” Chester asked.

“Let’s build. I will tell you both all about it while we help Boomer put together his trap.”

“Okay you boys do that and I will get dinner ready,” Mom Chipmunk said with a wink.

Down in Chester’s treasure room were all sorts of things. There was string and marbles and little toys and jars and rocks and even a key. There was also a big long tool bench that Chester used to set things on so he could figure out how things work. Sometimes he would be able to take things he collected and put them together into grand prizes for his family and friends. It was truly his favorite room in the whole tree house.

Chester and Boomer Chipmunk love adventures and they like to explore. When they go out on a discovery trip they usually bring back something that they found. That is how this wonderful room came to be.

Dad Chipmunk gathered some wood pieces and some string and set it on the bench.

“Well boys we need a plan.”

“Dad! I want to know who caught a leprechaun!” Boomer insisted.

Dad smiled, “Okay when I was a little chipmunk I went to school and instead of having to make one of these by myself, our class made one together. Our teacher set it on her desk one night and the next day when we came in there was gold glitter all over the floor. The teacher thought it was one of us who made the mess, but none of us did. We cleaned up the glitter and went home.

“The next day when we came to class there was more glitter and also tiny drawings on the chalkboard. Again, the teacher thought one of us was being sneaky. But it wasn’t us. It was a leprechaun.

“Some friends and I asked our parents if we could sleep outside the classroom to watch and see if our suspicions were true. They said it was okay so we took our trap and put some tiny chocolate candy in the bottom of it. We watched all night, but didn’t see

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anything. But when the teacher opened the door to our class, the chocolate was gone and a very small gold coin was left in its place.”

“So what made you think it was a leprechaun?” Chester asked.

“Because of what we saw the next day,” Dad Chipmunk answered.

“What did you see the next day?” Boomer asked.

“The next day the janitor told the teacher that he had seen a green light moving around in our classroom the night before and went to go check it out.”

“Leprechauns have green lights?” Boomer asked.

Dad Chipmunk grinned. “I was told they do. When the janitor went to look all he could see was a green blur darting about in our classroom. When it was still it looked like a tiny little person with green clothes and red hair.”

“What did the janitor do?” Boomer asked.

“He just watched and saw the leprechaun go around the room and look at our books and eat the cookies we left for him. Then he left a small gold coin in the trap and disappeared.”

“So how did you see it?” Chester asked.

“The janitor set up a camera to record our classroom overnight the next night since no one believed him. This time our class left some more cookies and a note to the leprechaun in hopes to hear back from him.”

“What did the camera show?” Boomer asked.

“The camera took some pictures of a green blur with red hair. But what the leprechaun left is what’s truly special,” Dad Chipmunk paused.

After what seemed like forever Boomer asked, “Okay Dad, I bite. What was truly special?”

“He drew us a picture of himself and left a four leaf clover and another gold coin.”

“That’s pretty cool. But no one caught him,” Boomer said.

“True, but every year after that the leprechaun visited our classroom and left a gold coin. He only shows up for a couple of days and we didn’t know exactly when just that it was sometime in March.”

“Dad! You made that up!”

“No he didn’t. BUT I remember in our class we had a visit from him as well. My friends and I never saw him, but he did eat the sweets we left him and he would always leave a gold coin. I remember the gold glitter too. You know they say that leprechauns hide their pots of gold at the end of a rainbow.”

Dad Chipmunk grinned. “Let’s get this trap made and we will see what the leprechaun leaves for your class to find this year.”



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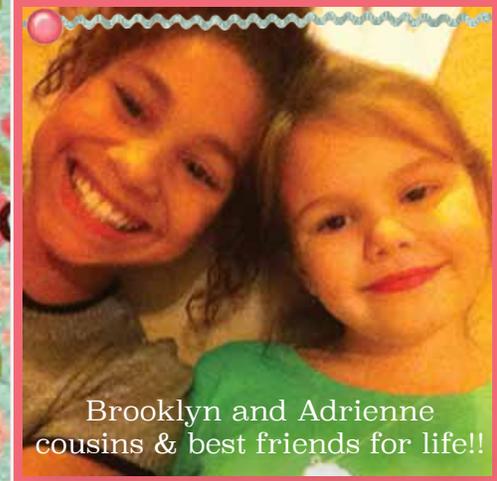
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Polish nails time with daddy.
Love you.



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them like this



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Blair's 1st snow 2016



Boys at church



Happy Valentine's Day



Montes family having fun at Billy Dunlop Park



Sebastian with his
Chinese New Year monkey

Ongoing

CELEBRATE RECOVERY

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

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

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

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

CHESS CLARKSVILLE

Fridays, 4:00 p.m. until.

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

CLARKSVILLE SCRABBLE CLUB

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

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

CUMBERLAND WINDS

Cumberland Winds, a local community concert band, welcomes adult wind and percussion players to rehearse and perform. Rehearsals are held weekly on Thursday evenings and performances are held at various times and locations throughout the year. Contact Mike Ritter, Musical Director, at (931) 436-3465 or at thetpwillisound@charter.net for information or to schedule an audition. Find us on Facebook at Cumberland Winds, or at www.cumberlandwinds.org.

EASTER BUNNY PHOTOS

Through March 26. Mondays through Saturdays, 10:00 a.m. to 8:00 p.m., Sundays, 12:00 p.m. to 6:00 p.m. Each child that visits the Easter Bunny will receive a treat from Mr. Bulky Treats & Gifts and a Captain McFinn and Friends activity book.

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

FAMILY LIFE CENTER ACTIVITIES

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

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

FREE COMPUTER CODING CLASSES FOR CHILDREN AND TEENS

Children and teens from ages 5-18 can unleash their creativity and curiosity with free coding workshops at the Clarksville-Montgomery County Public Library.

The Clarksville Game Design Club has two separate groups that meet at the Library—the Game

Chick-fil-A Wilma Rudolph
3096 Wilma Rudolph Boulevard
(931) 552-5511

SPECIAL EVENTS

31 Thursday, 5pm-7pm KIDS CLUB

SPIRIT NIGHTS

3 Thursday, 4pm-7pm ROSSVIEW HIGH HOSA CLUB

8 Tuesday, 4pm-7pm OAKLAND ELEMENTARY

15 Tuesday, 4pm-7pm ROSSVIEW ELEMENTARY

17 Thursday, 4pm-7pm TINY TOWN BAPTIST

22 Tuesday, 4pm-7pm WEST CREEK ELEMENTARY

Design Club for ages 10-18 and the Junior Coder's Club for ages 5-9. Each group meets every other Saturday at the Library in the upstairs computer lab.

Registration is not required, but encouraged. Register online and learn more about the program at clarksvillegamedesign.net/about/.

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The event will be first come, first served and limited to the size of the computer lab.

Clarksville-Montgomery County
Public Library
350 Pageant Lane

GENEALOGY DISCUSSION GROUP

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

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

HABITAT FOR HUMANITY RECYCLING OF MONTGOMERY COUNTY

Tuesday through Saturday, 9:00 a.m. to 5:00 p.m. Recycling Coordinator: Denny Mihalinec, RecyclingHabitatMCTN@gmail.com. Recycling bin is located at:

Clarksville Restore
(931) 645-4242
408 Madison Street

HOMESCHOOL PHYSICAL EDUCATION

Through May 26, 2016. Provided by City of Clarksville Parks and Recreation.

Crow Center:
Thursdays at 1:00 p.m. –
Grades K-6
Thursdays at 2:00 p.m. –
Grades 7-12
Kleeman Center:

Wednesdays at 10:00 a.m. –
Grades K-6
Wednesdays at 12:00 p.m. –
Grades 7-12

Cost is \$3 per visit or \$10 per month for each student.

HOPE RIDERS BIKER CHURCH

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

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

MONTGOMERY COUNTY BEEKEEPING ASSOCIATION MEETING

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

Clarksville-Montgomery County
Public Library
350 Pageant Lane

UFO CLUB

Shoot down your UFOs. For the quilters or sewers who have Unfinished Fabric Objects lying around. A great way to make new friends and be inspired to conquer some of your UFOs. Join us on the first Saturday of each month at 9:00 a.m. in the classroom at Quilt and Sew. Call the Mother Ship (Quilt Shop) for further details or directions. Free and fun.

Quilt and Sew
109 South Main Street
Trenton, Kentucky
(270) 466-9222

WALKING WELLNESS WEDNESDAY

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

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

March

2 WEDNESDAY

TODDLER SPLASH

10:00 a.m. to 12:00 p.m. \$3/ person.

Indoor Aquatic Center
166 Cunningham Lane

3 THURSDAY

ART & WALK

5:00 p.m. to 8:00 p.m. First Thursday of each month. 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

6 SUNDAY

WRITERS WORKSHOP

3:30 p.m. to 6:30 p.m. Free and open to the public. This

Join us on Easter Sunday, March 27

7:30 Youth-Led "Son Rise" Service
8:30 Breakfast
9:30 Sunday School
10:30 Worship

Clarksville Cumberland
Presbyterian Church

931.648.0817
1410 Golf Club Lane
www.clarksvillecpc.com



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FAMILY NIGHTS

Mondays, 5pm-7pm

SPIRIT NIGHTS

1 Tuesday, 5pm-8pm

Sango

3 Thursday, 5pm-8pm

Carmel

8 Tuesday, 4pm-8pm

Immaculate Conception

10 Thursday, 5pm-8pm

Clarksville Christian School

15 Tuesday, 5pm-8pm

East Montgomery Elementary

17 Thursday, 5pm-8pm

Norman Smith

24 Thursday, 5pm-8pm

Barksdale

session will focus on taking your writing deeper. For more information visit [facebook.com/clarkvillechristianwriters](https://www.facebook.com/clarkvillechristianwriters).

Hilldale Baptist Church, Bldg B
2001 Madison Street

7 MONDAY

COUNTRY QUILTER OF CLARKSVILLE

6:00 p.m. to 8:00 p.m. We meet the first Monday of each month. We have a sit and sew the 3th Saturday of each month.

We provides homemade/handmade blankets and quilts for Project Linus, Quilt of Valor for soldiers, Red Cross, Camp Rainbow etc. We are looking for new members to help with the making of quilts.

Cumberland Presbyterian Church
1410 Golf Club Lane

10 THURSDAY

AARP DRIVER SAFETY CLASS

Through Friday, March 11, from 8:30 a.m. to 12:30 p.m. each day. This is an eight (8) hour course. The nation's first and largest classroom refresher for motorists ages 50 and older. Learn how to avoid driving hazards, no driving tests, auto insurance discounts in most states. There is a small fee to AARP.

Clarksville Senior Citizens Center
953 Clark Street
(931) 648-1345

11 FRIDAY

HOMESCHOOL SWIM DAY

10:00 a.m. to 12:00 p.m. \$3/ person.

Indoor Aquatic Center
166 Cunningham Lane

12 SATURDAY

SENSITIVE BUNNY

9:00 a.m. to 10:00 a.m. Children with special needs can visit with the Easter Bunny in a quiet and relaxed atmosphere before the mall opens. Make your appointment by calling (931) 552-0289.

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

FELLOWSHIP HEALTH AND CRAFT FAIR

9:00 a.m. to 2:00 p.m. We've combined Healthy Lifestyles with Arts and Crafts. There will be health organizations (free BP checks, Zumba, Yoga,) and Arts and Crafts galore (crocheted, knitted, sewn items, jewelry, baked goods, farm produce) and much more from local vendors around the area. We'll have crafts made by our own congregation as well.

Free Zumba starts at 8:30 a.m. (Prior to doors opening for other events)

Free Yoga class from 1:00 p.m. to 2:00 p.m. (email FellowshipSAM@charter.net to reserve your spot)

Fellowship UMC
2201 Peachers Mill Road

STEWART COUNTY BAZAAR

9:00 a.m. to 2:30 p.m. There will be approximately 30 vendors showcasing a wide variety of handcrafted jewelry, sewn, knit and crochet creations woodwork, aprons, quilts, embroidery as well as jams and jellies. Please come out and join us for a fun and enjoyable event. Admission is FREE! (931) 232-7706.

Dover Visitor Center
117 Visitor Center Lane
Dover, Tennessee

WEEKEND WINE RUN

11:00 a.m. to 1:00 p.m. (check in begins at 9:00 a.m.) Benefiting F.U.E.L for Kids in Clarksville, come enjoy a 5K Run or WineK (1K) Walk.

Entry includes t-shirt, custom Weekend Wine Run mdeal/stopper, and post run wine tasting. Register at WeekendWineRun.com. See ad on page 53.

Beachaven Winery
1100 Dunlop Lane

TABERNACLE CHRISTIAN SCHOOL
301 Market Street • 931.552.9431

THE PUBLIC IS CORDIALLY INVITED TO THE
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TO BENEFIT TABERNACLE CHRISTIAN SCHOOL

MARCH 17th, 2016 • 6 P.M. First Baptist Church
435 Madison Street
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OPEN TO THE PUBLIC

Thursday
March 10th 7:00 AM - 6:00 PM
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Friday
March 11th 7:00 AM - 6:00 PM
(1/2 OFF TO THE PUBLIC)

Saturday
March 12th 7:00 AM - NOON
(1/2 OFF TO THE PUBLIC)

find us on Facebook!

Sale Location: 121 Union Hall Road
Clarksville, TN

CONTACT: Jeannette Smith, Phone 931-358-2979,
Please no calls after 9pm or email
littlelambsandivy@gmail.com

For complete details & instructions go to: www.tnconsign.com

13 SUNDAY

DAYLIGHT SAVINGS TIME BEGINS

PROJECT LINUS MEETING

1:00 p.m. to 3:00 p.m. Project Linus is a non-profit organization that provides homemade/handmade blankets to children in need through the Emergency Medical Services, Hope Pregnancy Center, Camp Rainbow, and the Fisher House on Ft. Campbell. For more information please contact: Jean Marr at (931) 358-0101 or EmmaLee Brake at (931) 648-0918.

Cumberland Presbyterian Church
1410 Golf Club Lane

14 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

15 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

16 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

17 THURSDAY

ST. PATRICK'S DAY TABERNACLE CHRISTIAN SCHOOL FUNDRAISING GALA/ DINNER

6:00 p.m. The public is cordially invited to help celebrate the 10th

Annual Fundraising Benefit Gala for Tabernacle Christian School. Don't miss the opportunity to hear life changing speeches and scripture recitations, stimulating praise dances and inspirational singing by the students. The evening's attire is semi-formal. R.S.V.P. by March 11 at (931) 552-9431.

First Baptist Church
435 Madison Street
(931) 552-9431

18 FRIDAY

CLARKSVILLE MONTGOMERY COUNTY RETIRED TEACHERS ASSOCIATION MEETING

11:30 a.m. to 1:00 p.m. Speaker John Froeschauer, Middle Tennessee Regional Interpretive Specialist, Tennessee State Parks. Call Star Berry for reservations at (931) 647-2508.

Madison Street United Methodist Church
319 Madison Street

19 SATURDAY

CUSTOMER APPRECIATION DAY

9:00 a.m. to 1:00 p.m. Free food, special discounts, local vendors, an inflatable, kids activities. See ad on page 19.

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

AARP DRIVE SAFETY CLASS

9:00 a.m. to 5:30 p.m. Take the 8-hour classroom refresher course especially designed for drivers age 50 and over. Please call (931) 802-2484 to register for the class.

Gateway Medical Center
Senior Circle
651 Dunlop Lane

WETTEST EGG HUNT

10:00 a.m. to 4:30 p.m. \$3/ person, pre-registration required. Call (931) 472-3380 or visit cityofclarksville.com/aquatics. See ad on page 36.

Indoor Aquatic Center
166 Cunningham Lane



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931-919-5056

EASTER EGG HUNT

10:00 a.m. Community Easter Egg Hunt for children through 5th grade. There will be candy, prizes and fun for all children.

First Church of the Nazarene
150 Richview Road

FAMILY FUN RUN

10:00 a.m. Northeast Elementary will be hosting a 1-mile Fun Run is for the entire family to make a special emphasis on the importance of reading individually and together as family. Instead of normal trophies or other awards, our prizes will be BOOKS.

The kids are encouraged to dress up as their favorite storybook character and run in the mile race. After the race, both kids and parents are invited to stay for picnic lunch and have reading time together. What a great way to promote physical healthy living AND the JOY of READING! T-shirts will be provided for those whose pre-register.

Books will be awarded to the top three runners in each division. Divisions: 4-6, 7-9, 10-12, and 13+. Cost: \$20-\$25 on the day of the race.

For more information Contact Lisa Kemmer at lisa.kemmer@cmcss.net.

Northeast Elementary
3705 Trenton Road
(931) 648-5662

20 SUNDAY

FAMILY & FRIENDS EASTER EVENT

11:00 a.m. worship service, 12:00 p.m. lunch, 1:00 p.m. Easter egg hunt.

1751 Madison Street
(931) 647-2249
office@hilldaleumc.net

26 SATURDAY

BREAKFAST WITH THE EASTER BUNNY

9:00 a.m. to 10:00 a.m. Tickets are \$5 and available at The Deli.

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

COMMUNITY EASTER EGG HUNT

Registration begins at 10:00 a.m. Egg hunt starts at 11:00 a.m. Children will be separated into age groups. Special appearance by Clarksville 79 Riding Club and their amazing show horses! Horses will be bunny ready in costume and ready to pose with you. Cookie decorating with Maranatha Bakery. Music by

It's Relative. Early registration is available on our Facebook event page or you can stop by The Mill.

The Mill
1101 Dover Road
(931) 338-2800

27 SUNDAY

EASTER

28 MONDAY

ZIP FOR KIDS SPRING BREAK DAY CAMP

9:00 a.m. to 12:00 p.m. through Friday, April 1. Register online at hilldale.org/zipforkids. Deadline to register is March 18. Call Christi or Tom at (931) 648-8031 for more details. See ad on page 20.

Hilldale Baptist Church Family Life Center
250 Old Farmers Road

Ellen McCollum at (931) 648-3695, x101 for more information. See ad on page 12.

Wilma Rudolph Event Center
1190 Cumberland Drive

14 THURSDAY

RIVERS AND SPIRES FESTIVAL

Through Saturday, April 16. Free family fun. Over 60 family friendly activities. Inflatables, interactive games, toddler area. Superhero themed children's parade at 1:00 p.m. on Saturday, April 16. Visit RiversAndSpires.com for more information. See ad on page 54.

Downtown Clarksville

22 FRIDAY

EARTH DAY

April

1 TUESDAY

APRIL FOOL'S DAY

10 SUNDAY

DAY OF PLAY

1:00 p.m. to 5:00 p.m. Free event. Door prizes, fun family resources, give aways, many special appearances. Contact

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

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Class Times
Tuesday & Thursday
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THE ROXY REGIONAL THEATRE

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

The Cat in the Hat

Everyone's favorite feline comes to mischievous life in this adaptation of the Dr. Seuss classic. From the moment his tall, red-and-white-striped hat appears around the door, Sally and her brother know that the Cat in the Hat is the funniest, most mischievous cat they have ever met!

2pm March 5, 12 & 19

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

The Magnificent Ambersons

A spoiled child, a mother's death, the changing times and the loss of great wealth bring George Amberson his ultimate comeuppance in this world premiere adaptation of Booth Tarkington's Pulitzer Prize-winning novel.

8pm March 25 & 26 and April 1 & 2

2pm April 2

The Taming of the Shrew

The battle of the sexes as only the greatest playwright of the English language could tell it!

7pm April 6 & 7

8pm April 8 & 9

2pm April 9

American Idiot

Struggling to find meaning in a post-9/11 world, Johnny, Tunny and Will flee the constraints of their hometown for the thrills of city life. Their paths are quickly estranged when Tunny enters the armed forces, Michael is called back home to attend familial responsibilities, and Johnny's attention becomes divided by a seductive love interest

and a hazardous new friendship. An energy-fueled rock opera of youthful disillusion, this two-time Tony Award-winning hit based on Green Day's Grammy Award-winning multi-platinum album, boldly takes the American musical where it has never gone before!

8pm April 29 & 30 and May 6, 7, 13 & 14

7pm May 5, 11 & 12

CUSTOMS HOUSE MUSEUM & CULTURAL CENTER

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

EXHIBITS:

A Woman's Touch: Celebrating Tennessee Crafts

March 4th – Apr 30th
The Customs House Museum rounds out its Tennessee Crafts celebration with A Woman's Touch. This exhibit features female artisans from across the state of Tennessee. Sponsored in part through grant funding from National Endowment for the Arts.

James Alexander: Sculptural Thinkings

March 10th – May 1st
Trained as both an architect and as a sculptor, James Rodger Alexander utilizes form to articulate and delineate space. Both his large scale sculptural installations and small scale sculptural pieces focus primarily on one reoccurring issue: the resolution of the conflict between opposing forces. These opposing forces may be literal and physical or conceptual and philosophical. The recognition of dualities and the quest for a resolution is the consistent element in his work. James Rodger Alexander is currently

Professor of Ceramics at Alabama State University at Birmingham. He earned his MFA in Sculpture and Ceramics from Louisiana State University, and also holds both the Bachelor of Architecture and Masters of Architecture in Urban Design degrees from Cornell University.

Elizabeth LaPenna: Expressions in Color

March 1st – May 1st
An abstract artist working in acrylics and mixed media, Elizabeth LaPenna approaches each piece from an intuitive perspective, inspired by spirituality and nature. LaPenna is an award winning visual artist whose work is held in both private and corporate collections throughout the United States. A Chicago transplant, raised in upstate N. Y., she is currently based in Nashville, Tennessee.

School Days: From the Collection

March 4th – May 8th
What was it like to attend the Clarksville Female Academy? Items from our collection take a look at

the schools and graduations of Montgomery County from the late 1860s to the 1930s.

Photographs, diplomas, graduation dresses, and school related documents are on display to give insight into the lives of locals such as Carrie Wyatt and Mabel Ray Edmondson.

ACTIVITIES: Story & Craft Time

10:30 – 11:00 a.m.
March 2 & 3 Happy Birthday, Dr. Seuss Ms. Sue will show you her rare edition of Seuss's "The Lorax."
March 9 & 10 Who Has Seen the Wind?
March 16 & 17 It isn't Easy Being Green: Kermit & his Frog Friends
March 23 & 24 Today is Puppy Day. Come have a howling good time!

For Adults: Picture Book Art: Stories from Around the World

March 8th, 2:00 – 3:15 p.m.
From simple line drawings to elaborate paintings, the illustrations

in picture books are amazing works of art that we can hold in our hands. This month we will look at the work of illustrators from around the world. Bring a book for "show & tell" if you would like.

Family Day: Tell me Your Story

March 12th, 10 a.m. – 5 p.m.
Today is National Genealogy Day. Come learn how you can preserve your family's stories. Ms. Sue will show you her grandparents' Ground Observer Corps pins and documentation that they may have spotted a UFO! We'll have things to make and more to show.

Spring Break

March 29th – April 1st
Our model trains are running 10:00 – 11:00 a.m. and 2:30 – 3:30 p.m. Art and craft activities will be available in the Children's Art Room all day!

All activities are free with your paid admission or museum membership. For more information contact Ms. Sue at sue@customshousemuseum.org or (931) 648.5780 ext. 28.

Let's move in the right direction together!



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Amy Davis
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ADOPTION & FOSTER CARE

CAMELOT CARE

Located at 2233 Stokes Road, Suite A, we are a therapeutic foster care provider serving children, adolescents, and their families in the state of Tennessee. For more information on how to become a foster parent please call Molly Kent at (931) 516-9011 or email Molly.Kent@pathwayshealth.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. Deasee Williams: (931) 645-9969 or dwilliams@cctenn.org.

OAK PLAINS ACADEMY

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

OMNI VISIONS INCORPORATED

Every child deserves to be a member of a healthy and supportive family. Omni Visions, Inc. provides therapeutic Foster Care, a home-based program for children who are in state custody and need support, supervision, and personal intervention. Who can be a foster parent? You can! The qualifications are simple: May be married, single or divorced; May or may not have other children; Can own your home or rent; Must be at least 25 years old to become a foster parent; Must be able to meet the financial and emotional needs of your own family. Can work full-time; Must be a resident of the U.S. How do you become a foster parent? The first step is to contact our office. Our phone number is (931) 436-9310 or visit omnivisions.com.

YOUTH VILLAGES

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

ARTS, CRAFTS & HOBBIES

CLARKSVILLE MODEL RAILROAD CLUB

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) 216-5351.

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 csa.apsu.edu.

MADISON STREET MUSIC & ARTS ACADEMY

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

MONTGOMERY COUNTY WATERGARDEN SOCIETY

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

ATHLETICS

BUDDY BALL SPECIAL NEEDS ATHLETIC LEAGUE

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

CANINE FLYBALL CLUB

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

CLARKSVILLE BADMINTON CLUB

The Clarksville Badminton Club offers indoor recreational badminton to anyone Ages 15+, novice or experienced players are welcome. We provide both rackets and shuttles...no fees! Our times and locations of play are as follows: Tuesday mornings: 8:00 a.m. to 10:30 a.m. at Sango United Methodist Church Life Center, 3301 Sango Rd; Thursday evenings: 5:00 p.m. to 8:00 p.m. at APSU's Foy Center on Marion St. Contact Janet at (931) 648-4952 if you need more info.

CLARKSVILLE IMPACT SOCCER CLUB

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

CLARKSVILLE TENNIS ASSOCIATION

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

CLARKSVILLE VOLLEYBALL CLUB

Located at 2231 Madison Street, we provide Volleyball training for all ages. Clarksville Volleyball Club offers training for all levels of volleyball beginner to advanced. Ages 7 and up. Club, clinics, camps and private lessons available. For more information visit www.JVolleyball.com, email Director Jen Garinger at jeng917@hotmail.com or call Jen at (602) 741-8045.

EMMANUEL FAMILY LIFE CENTER

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

SWIMMING EAGLES

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

TEAM CLARKSVILLE YOUTH WRESTLING

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

WARRIORS SPECIAL NEEDS CHEERLEADING

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

CHILDBIRTH & PARENTING EDUCATION

ROOTS CHILDBIRTH PREPARATION

Pregnant? Know someone who is? Roots Childbirth classes are evidence-based, Christ-centered and perfect for any birth plan or birth setting! If you're interested in holistically preparing (mind, body and spirit) for your labor, delivery and postpartum period, our classes will fully prepare you for childbirth in any setting or scenario. Our skilled team of educators all have professional teaching, counseling or Women's Health backgrounds and are the only instructors in our area that are required to complete continuing education courses through Evidence Based Birth™ as part of their certification process each year. Because of this requirement, Roots offers your family excellence in childbirth education, relevant resources and the most up-to-date, evidence-based information so that you can better understand all your options and plan the birth that is right for you. Contact Heidi Duncan, Birth Doula and Childbirth Educator, at (615) 710-7077 or expectingnewlife@yahoo.com for info on classes (group, private or home-study).

BREASTFEEDING EDUCATION AND SUPPORT (WIC)

Montgomery Co. W.I.C. is excited to extend a Breastfeeding Basic invitation to ANY expecting mom in our local community! Learn how to successfully breastfeed your baby at a FREE session at the Montgomery County W.I.C. office! Breastfeeding classes will always be on the FIRST TUESDAY of the month at 11:00 a.m. and the THIRD THURSDAY of the month at 1:00 p.m.! Hope to see you there!

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, CPPA 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, Suite 206, provides assistance to parents in understanding how to select quality child care, how to use the state web site to locate child care, and to understand the star quality rating system. Resources for Parents are available covering topics such as Child Development, Appropriate Behavior Management, Health and Safety, and the Social Emotional Development of Children. Contact number is 931-648-3695.

PARENT INFORMATION NETWORK

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

PROGRESSIVE DIRECTIONS

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

TENNESSEE NUTRITION & CONSUMER EDUCATION PROGRAM (TNCEP)

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

CHILD PROTECTION & DOMESTIC CRISIS SERVICES

AL-ANON & ALATEEN

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

CLARKSVILLE RAPE AND SEXUAL ABUSE CENTER

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

CHAP PROGRAM OF CATHOLIC CHARITIES

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

DEPARTMENT OF CHILDREN'S SERVICES

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

LEGAL AID SOCIETY

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

MONTGOMERY COUNTY CHILD SUPPORT SERVICE

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

SAFEHOUSE

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

CHILDREN'S GROUPS

4-H YOUTH DEVELOPMENT

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

BOY SCOUTS OF AMERICA

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

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

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

GIRL SCOUTS OF MIDDLE TENNESSEE

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

LEAP ORGANIZATION

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

COMMUNITY OUTREACH

101ST AIRBORNE DIVISION ASSOCIATION

ONCE AN EAGLE...ALWAYS AN EAGLE

The 101st Airborne Division Association is a non-profit organization 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.studythescrptures.net or call (931) 648-8844 for more information and to register.

APSU EXTENDED EDUCATION

Develop a new skill, explore a new idea, learn a new language or seek a new career with one of the classes from Austin Peay State University's Center for Extended and Distance Education. Register early and receive a 10 percent discount on selected courses. Preregistration is

required for each course. New online classes start every month. Melony Jones at (931) 221-7868, jonesma@apsu.edu or www.ed2go.com/apsu.

ARMY COMMUNITY SERVICE

At 6733 Air Assault Street, Fort Campbell, "Family Readiness" is the state soldiers, spouses and family members proactively prepare for, and in which they are able to cope with mobilization, deployments and prolonged separations. To prepare, soldiers (both active and reserve components) and their families attend classes and receive written instructional materials on subjects such as how to prepare a will, how to establish and manage a household budget, how to communicate with children of various ages, and how to maintain communication with the rear detachment of the deployed unit. (207) 798-0609, relocation@fortcampbellmwr.com or www.fortcampbellmwr.com/ACS/FamilyReadiness.htm.

ASERACARE HOSPICE GRIEF SUPPORT

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

BAVANIHAN FILIPINO-AMERICAN INTERNATIONAL GROUP

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

CRISIS CALL LINE

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

CROATIANS IN TENNESSEE

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

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 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 facebook.com/pages/Free-Cakes-for-Kids-KY-TN/529017437122370. Reach Mindy Parker or Christina Johnson at freecakesforkids_fortcampbell@yahoo.com.

FRIENDS OF THE BLUEWAY

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

FRIENDS OF ROTARY PARK

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

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

GATEWAY HOME HEALTH & HOSPICE

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

GOOD NEWS CLUBS

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

HOPE CENTER

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

HUMANE SOCIETY OF CLARKSVILLE-MONTGOMERY COUNTY

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

LATINA ASSOCIATION

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

LOAVES AND FISHES

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

MANINA 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 non 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 ANONYMOUS

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

SUNCREST HOME HEALTH

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

TENNESSEE REHABILITATION CENTER AT CLARKSVILLE

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

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

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

UNITED WAY

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

VETERANS UPWARD BOUND

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

COUNSELING, SUBSTANCE ABUSE & MENTAL HEALTH

ALCOHOLICS ANONYMOUS
Do you or a member of your family, or perhaps a friend, have a problem with alcohol? We can help. Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem with alcohol. The only requirement for AA membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses or opposes any causes. Our primary purpose is to stay sober and to help other alcoholics achieve sobriety. AA 24 Hour Hotline: (615) 647-831-1050. Clark Street AA Hotline: (931)-647-0255 (11:30 a.m. to 12:15 p.m.; 5:30 p.m. to 9:15 p.m.). Alanon/Alateen Family Hotline: (888) 425-2666

APTITUDE REHABILITATION SERVICES

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

ASPERGER/AUTISM CENTER

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

BRADFORD HEALTH SERVICES

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

CELEBRATE RECOVERY-FIRST CHURCH OF THE NAZARENE

7:00 p.m. to 9:00 p.m. every Friday at Fellowship Hall of Clarksville First Church of the Nazarene, 150 Richview Road. A Christ-centered 12 step recovery program for people with hurts, habits, and hang ups. This ministry provides a safe place to share, a place of belonging, a refuge, a place to grow and become strong again...a possible turning point in your life! Come enjoy fellowship and food, praise and worship, teaching and testimonies, then meet in men's and women's share groups. Childcare is available for ages 10 and younger. For more info contact Pastor Brett at (931) 648-0110 or visit www.clarkvillefirst.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 1620 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.

OAK HILL RESIDENTIAL

118 Union Street, (931) 647-8257.

PASTORAL COUNSELING CENTER

The Pastoral Counseling Center at 516 Madison Street, is a ministry of professional care dedicated to healing and growth in human life and relationships. In partnership with local congregations the centers are committed to providing clinical and education services to all who need these services. When you or someone you love is troubled by depression, marital or relationship problems, substance abuse, or a vague sense that your life is a drift, 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. Julie Poole for more information at JulieSpoolerPHD@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@ymcamidtn.org.

INTERNATIONAL ORGANIZATIONS

MISS TENN KY AREA AFS VOLUNTEER LEADERSHIP TEAM

New AFSer's applications are available for viewing for the 2015-16 school year. Host parents may go to afsa.org/host to view them and fill out a hosting application. Keep in mind that CMCS will only allow four exchange students per year for each high school. To ensure getting the student of your choice in your area high school, it is recommended that you apply early. 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. Wills at (931) 378-7258 and afsbars58@gmail.com or Sandy Rich at srich@afsausa.org or (865) 617-0665. The local Miss Tenny Area AFS Volunteer Leadership Team web site is afsausa.org/misstenky/. Follow AFS on Facebook: AFSUSA, Twitter: afsausa, YouTube: AFSTV 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 yfuusa.org/meetstudents. Apply at yfuusa.org/host or call (800) 872-0200 to speak directly with your local Field Director.

PARENT GROUPS

CHRIST PRESBYTERIAN CHURCH MOPS

Mothers of Preschoolers (MOPs) is an international organization aimed at empowering mothers from pregnancy to the day they wave goodbye to their child on the first day of school. We meet from 9:30 a.m. to 11:30 a.m. most 1st and 3rd Thursdays of the month from September to May. Meetings are held at 1230 Rossview Road. Childcare is available. For more information please contact Sabrina Reising or Anne Coleman at mops.cpoclarksville.com.

CLARKSVILLEMOMMIES.COM

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

MNOs are all FREE! ClarksvilleMommies.com is part of TheMommiesNetwork, a 501-C(3). Register to be part of ClarksvilleMommies!

CHARA (CHRIST-CENTERED HOMESCHOOLERS APPLYING RIGHTEOUSNESS ACADEMICALLY)

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

CLARKSVILLE HOMESCHOOL NETWORK

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

CLARKSVILLE, HOPKINSVILLE FORT CAMPBELL SAHM PLAYGROUP

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

HOPE@HOME (HELPING OTHER PARENTS EDUCATE AT HOME)

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

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

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

MOMS CLUB OF CLARKSVILLE

We are moms in and around Clarksville who meet-up for "play dates" and fun "mom time" activities. We consist of two independent clubs, based on location. If you live in Sango or St. Bethlehem areas of Clarksville (east of Wilma Rudolph), you are zoned for MOMS Club of Clarksville-East. To learn more, send an email to eastclarksvillemomsclub@gmail.com. If you live in Ft. Campbell, Woodlawn, Oak Grove, or areas of Clarksville west of Wilma Rudolph you are zoned for MOMS Club of Clarksville-West. To learn more, send an email to momsclubofclarksvillemomsclubwest@gmail.com. Look for both groups on Facebook. A typical month of activities may include story time at the library, lunch at a local eatery, and a crafting play date, to name a few. Clarksville is a growing town with many family friendly activities. Contact us to explore these opportunities together.

MOPS AT FIRST BAPTIST CLARKSVILLE

Meets on select Fridays every month throughout the school year from 9:15 a.m. to 12:00 p.m. at First Baptist Church downtown, 435 Madison Street. Childcare is provided for members. For more information on visiting a meeting or joining please contact Alison Weakley, child care coordinator, at (931) 409-2466, or send an email to clarksvillemops@gmail.com. Check us out online at clarksvillemopsatfb.wordpress.com. We look forward to meeting you!

HILLDALE BAPTIST CHURCH MOPS

MOPS, Mothers of Preschoolers is for moms with children between the age of pregnancy through Kindergarten. We meet most 1st and 3rd Fridays from 9:30 a.m. to 11:30 a.m. starting in September going through May. Meetings are at 2001 Madison Street, Student B Building, Main Campus. Childcare is provided. For more information please contact Arin Johnston or Jenny Kent, Co-Coordiators, at mops@hilldale.org. Visit hilldale.org/mops or find us on Facebook under Hilldale Baptist Church MOPS.

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 Freilberg at mfreilberg@yahoo.com. Find us on Facebook at Spring Creek MOPS.

PARENTS OF MULTIPLES

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

PARENTS REACHING OUT

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

TNSHARE (SECULAR HOMESCHOOLERS: ANY RELIGION, ECLECTIC)

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

TENNESSEE EARLY INTERVENTION SYSTEM (TEIS)

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

WIC NUTRITION EDUCATION CENTER

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

RETIREMENT GROUPS

AARP LOCAL CHAPTER 1957

Meets on the 2nd Tuesday of each month at 10:00 a.m. at Hilldale United Methodist Church, 1751 Madison Street. 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 wilson@bellsouth.net.

NARFE CHAPTER 670, (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 670 meets on the 2nd Thursday of each month at the Shoney's on North Second Street. We gather to eat at 10:00 a.m. with the business meeting beginning at 11:00 a.m. Even with our speaker, we are normally finished by 12:30 p.m. or 12:45 p.m. We have a private area reserved with our own waitress service. We always have an interesting program. We encourage retired or active federal employees to join us and bring a guest. For more info, please contact Sandra Simms at (931) 368-9903, (931) 249-9339 or hsimms6551@charter.net.

SUPPORT GROUPS

ALZHEIMER'S CAREGIVERS' SUPPORT GROUP

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

ARMY COMMUNITY SERVICE

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

ASMT (AUTISM SOCIETY OF MIDDLE TENNESSEE)

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

AUTISM SUPPORT GROUP

Donna Richardson at (931) 503-2315.

CLARKSVILLE ASSOCIATION FOR DOWN SYNDROME (CADSTN)

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

CLARKSVILLE MONTGOMERY COUNTY MULTIPLE SCLEROSIS SUPPORT GROUP

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) 552-1486 or Mary Nell Wooten at (931) 647-8904.

CLARKSVILLE OSTOMY SUPPORT GROUP

Clarksville Ostomy Support is for people who have undergone ileostomy, colostomy, or urostomy or who suffer from CROHN'S DISEASE or other diseases of the bowel. Group meets monthly, on a varying schedule, so please call (931) 502-5001 for next meeting day, time and location.

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 Cassey at (615) 269-7751 ex. 133 or mcausey@invoices.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) 502-1655.

FOCUS AUTISM NOW

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

GRIEF SUPPORT

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

JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)

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

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAM)

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 namclarksville@namtin.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) 553-8959.

YMCA'S RESTORE MINISTRIES SMALL GROUPS

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

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

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

HAPPY BIRTHDAY!



Happy 1st Birthday Ainsley!
 Love, Knox, Piper, Blaise & Finn



Princess Aurora's First Birthday
 It's her party and she will cry if she wants to



Happy 1st birthday Christian!
 Love Mommy, Daddy, Samiyah and London



Happy First Birthday Grace!
 We Love You!



Happy 1st Birthday Gooter!
 We love you! Mama and Dada



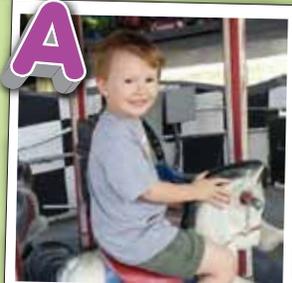
Happy 3rd birthday, Allen!!
 Love, Mommy, Max, Arianna and Eli



Happy 3rd Birthday, sunshine!
 Love You! Mommy & Daddy



Happy Birthday
 Tanner Rizzuto



Happy 4th Birthday Avery!
 We Love you!! Mama & Daddy



Happy 4th Birthday Tucker!
 Love, Mama, Daddy, Ben & baby



Happy 5th birthday our Isa!
 Love daddy, mama and gabriel



Happy 5th birthday!
 We love you, Mom, Dad, Hope & Wyatt



Happy 5th Birthday Samuel!
 Your pals, Knox, Piper and Blaise



Happy 6th birthday Aveleen!
 We love you so much!
 Mama, Daddy, and Colton



Happy 6th Birthday Devonna
 Love Mom & Dad



Happy 6th birthday Enzo!
 We love you!



Happy 6th birthday to our
 little Princess Jayonna
 Love Ya GiGi & PaPa



Happy 6th birthday Kentley!
 We love you very much!
 Daddy, Mommy, Kender, & Camden



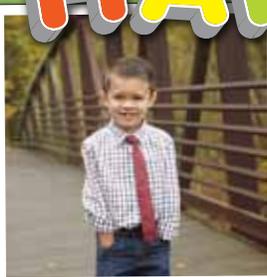
Sebastian is 7!!!



Happy 8th Birthday Jaykob
 Love Mom, Dad, Katrina, Teighlar & Kyndra

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

HAPPY BIRTHDAY



Happy 8th Birthday Nathan!
Love, Mom, Dad & Ali



Happy 8th birthday!
We love you, Mom, Dad, Hope & Kaden



Happy 12th Birthday Kender!
We love you very much!
Daddy, Mommy, Camden & Kentley



Happy 12th Birthday Rylee!!!
We love you,
Daddy, Mama, Justin and Jaxson



Happy 13th Birthday Jaylen
We Love You



Happy birthday
to my baby girl
love u mom



Happy 17th Birthday Alexis!
Love, Mom Brad & Sister



Happy 18th birthday KeJanae
Love your Cousins & TT Toni



Happy 21st Birthday Jimario
Your Family Loves you



Happy birthday to aunt
love u rhonda



Happy birthday cuz



Happy birthday cuz



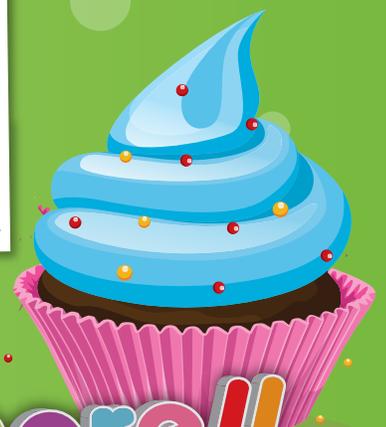
Happy 50th Birthday to the
best Mom & Gi-Gi
We Love You



Happy 2nd Birthday Reesel! Love Mommy,
Daddy, Bennett & Clay



Happy 11th Birthday Addie Lynn
We love you...Mommy, Daddy, Landon & Harper



And many more!!!

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Angela Orr

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