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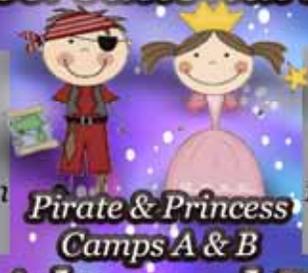


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Camp D
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Camp C
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Publisher's Message

We want to wish all the moms a Happy Mother's Day! We also want to give a heartfelt "Thank you" to our fallen military on Memorial Day and every day. Both of these groups have given some, or all, of themselves so we can have a better life.

In addition to these important holidays, the kiddos are counting down to the end of the school year. At least I know mine is—but I'm pretty sure he has been since Christmas! The beautiful weather seems to finally be here to stay. Soon it will be warm enough for a swim!



One thing I'm always excited to see that comes with May is the return of our award winning Downtown Market. If you're not familiar with our Downtown Market, it's a weekly open-air market featuring local farmers and artisans who offer locally grown fresh produce, food items, and handcrafted products. If you are familiar with it, you've probably been looking forward to it coming back as much as I have! See Taylor Lieberstein's article on page 22 for more information.

This issue is jam packed with articles on everything from health to bird watching. Don't forget to check out the calendar starting on page 52 for what's happening around town.

As always, thank you for picking us up!

Sincerely,
Carla Lavergne

DISCLAIMER

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

Clarksville Living

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TABLE OF CONTENTS

FEATURE • 6

Camp Rainbow—Making Dreams Come True

FEATURE • 12

Backyard Bird Bounty

COMMUNITY • 20

Panhandling in Clarksville

COMMUNITY • 22

Clarksville's Downtown Market Returns

HEALTH • 26

7 Screening Tests for Women

HEALTH • 28

Play It Safe, Protect Your Face

FAITH & FAMILY • 32

Don't Climb Alone

HEALTH • 34

Get the Glycemic Green Light

COMMUNITY • 36

Father Daughter Ball Moves to June

COMMUNITY • 40

Spring Into Summer Festival

HEALTH • 42

Picky Eating: How Does it Happen?

STORYTIME • 46

Dodgeball

PET PIX • 50

CANDID CLARKSVILLE & FT CAMPBELL FAMILIES • 51

CALENDAR • 52

NETWORK • 58

FRIDGE • 62



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Taylor K Lieberstein

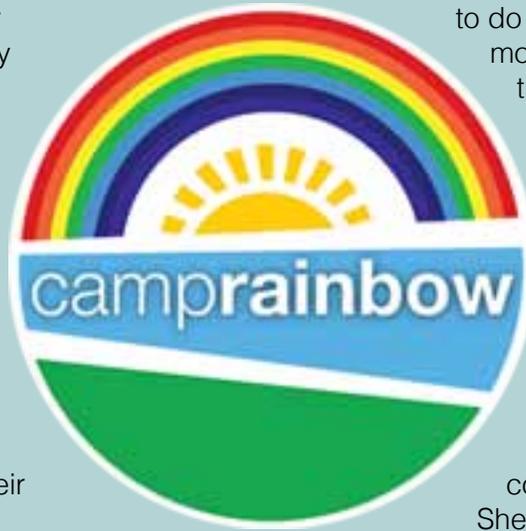
A tradition that began in 1983 will continue this summer at its normal meeting place with the intention of bringing big smiles to little faces of children with life-threatening or life-altering circumstances by way of Camp Rainbow. Many of the campers who return annually are starting to hit the cutoff age. It's bittersweet. Saying goodbye to older campers means saying hello to new children that have yet to experience the week long, life-changing summer camp that is Camp Rainbow.

Mary Woodall and Diane Miner dreamed up Camp Rainbow. Their dreams turned to reality in 1983. For more than 30 summers, during one special week in June, volunteers come together at Brandon Springs Group Camp in Land Between the Lakes, to provide the children endless activities.

Whether fishing, canoeing, making crafts, or climbing on helicopters flown in from Ft. Campbell, these special kids are given the opportunity to do anything they want. Not all but most of the campers are local and they return year after year while they are age appropriate.

“Catelynn Ellis is one of my most memorable campers. She enjoyed coming year after year. She always had a great time and was a fun camper for any counselor to have. As she grew up she began volunteering and helping out at Camp. Everyone that comes in contact with Catelynn just loves her. She is caring, compassionate and just a fun person,” said Lori Abernathy, a director at Camp Rainbow.

Somewhere between 30 and 40 children will have an unforgettable week at Camp Rainbow, a



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five-day camp that caters to the needs of seriously ill children whose medical problems keep them from attending a classic overnight summer camp. This summer camp is far from ordinary. At Camp Rainbow dreams are made into realities, lives are forever changed and memories are made.

“Going into camp week this year we need more campers. We would love to find children who would benefit from Camp Rainbow and spend a week of their lives with them,” said Abernathy.

Each year Camp Rainbow hosts with a different theme. This year’s theme is the Olympics. The plan is to set up the camp grounds like an Olympic village. All week camp counselors will incorporate the Olympics into planned activities. Even though they do plan new and exciting events such as the theme, many of the children, staff and counselors look forward to the recurring activities such as the famous hot air balloon rides, camp fires for roasting hot dogs and making s’mores, hay rides, annual summer softball game, swimming, fishing trips, canoeing, crafts and fireworks.

A typical day at Camp Rainbow is busy and fun-filled while relaxing and rejuvenating at the same time. Counselors and campers wake up and go to a devotional. Each day the devotion is different and may be delivered by one of the staff, counselors or a Pastor from a surrounding Church. Following devotional is breakfast and then campers head out for activities. Daily activities include crafting, swimming and fishing, along with the many special events that are planned on a daily basis. They host pool parties complete with water slides and inflatables. Hair dressing stations, jeep rides, and karaoke are among the many things campers have to get involved in throughout the day. Campers eat lunch, have a rest time and then are back at it for the afternoon. Each day a newsletter is passed out with a schedule of activities so each child can participate in as many activities as possible. They have multiple snack times as well. We even have specific people who are in charge of making sure we have ice cream, popcorn, water, fruit and lots



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of other items available all day every day. We have dinner each evening and then begin the evening events.

While the kids are feeling the love from the camp so is the staff, sometimes more so. Heartwarming is an understatement as far as experiencing Camp Rainbow as a staff member goes.

Although the smiles on the happy campers' faces are enough to make the volunteers' time worth it, each year the campers give so much more than smiles. Many counselors have called their time at Camp Rainbow "a life changing experience."

"This year will be my 19th year at Camp Rainbow. I just love getting to see all the campers arriving

at Camp on Monday with their excitement. I love meeting the new campers and seeing the first time they experience all that Camp Rainbow is. It is a life changing, amazing place for all," said Abernathy.

You can be a part of Camp Rainbow as a non-camper. The directors say they can always use volunteers. This year they can certainly use certified

lifeguards. Any volunteers that wanted to volunteer would need to fill out an on-line application and be screened through a background check. (Volunteers that have personal references through another Camp Rainbow volunteer would definitely want to make a note of that on their application.)



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A counselor's or volunteer's day will mirror the camper's day. Counselors are paired for a one-on-one with each child so the children can choose what they would like to do. A staff member's day will depend on their role at Camp Rainbow. Abernathy's role is photographer, meaning she puts photos on social media and keeps it updated for the camper's families to be able to follow their day. The craft team comes up with all the crafts that will be done during the week. They woodwork, do cement tiles, paint, make jewelry and so many other things! The medical staff administers medicine, oversee the children's medical needs and take care of any emergencies. The pool and lake staff oversees the pool and the lake toys. They ensure the children's safety while in the water. The entertainment team plans all activities for the week as well as coordinates each and every outside guest and makes sure the children are plenty entertained for their weeklong stay. They have an office staff and the special projects teams that oversee everything at camp. There are plenty of camp jobs to go around.

The camp often has former campers come back to serve as counselors at the camp. The experience as a counselor has sometimes helped shape a future. They have had several counselors decide to become nurses or physical therapists after their time at camp. There was one instance where a counselor donated his kidney to one of the campers that he met through Camp Rainbow. Each year Five Star Radio group holds a radio-a-thon where you will hear countless numbers of counselor testimonies.

Camp Rainbow has a relationship with the Bikers Who

Care (BWC) and Five Star Radio Group. With donations from these groups, fundraisers, and other individuals they are able to offer the camp free to every camper. They receive continuous support from other organizations such as fishing clubs, sororities and other caring organizations. The medical care is fully donated by Premier Medical

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Group, they donate their doctors' time and their own supplies to ensure that the campers are taken proper care of while at Camp Rainbow.

The highlight of the week is the arrival of the BWC, a local motorcycle organization that helps raise money each year to put on Camp Rainbow. These motorcyclists provide the kids with a parade of Harleys, a carnival, an endless supply of cotton candy, and rides on a Harley-Davidson motorcycle. The campers are given autograph shirts and when the rolling thunder arrives they meet each biker and get their autograph. The bikers enjoy this as much as the campers, if not more. Afterwards, an assembly/program enables this group to see firsthand what all of their hard work goes to. Through the years, many of the BWC have also served as counselors and staff. The dedication and care of this group is phenomenal. The kids put on a talent show for the bikers at the end of the day and give gifts to the bikers as an appreciation of what they do.

June 13 to June 18, 2016 will mark Camp Rainbow's 34th week of summer camp. This summer, like any other, wishes will be granted and dreams will become reality throughout the week. Campers are selected to attend on a case-by-case basis usually ranging in age from 5 to 15. Camp directors are always searching for children to come and spend a week of their summer at Camp Rainbow. They invite you to look at their website and share information about their camp with any child you think could benefit from what is an unforgettable experience for a young camper. Find out more or how to become involved from any angle at Clarkvillecamprainbow.org and visit them on Facebook to see photos from previous summer camps.



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BACKYARD BIRD BOUNTY

Pamela Roddy Magrans

The red-bellied woodpecker angles his head nervously, scanning side to side. His red eye shimmers like a glass marble. He's an illusive fellow with that bright red crown he does not camouflage well. His iridescent red head feathers are hard to miss, which make him a target for predators like the neighbor's cat. He perches side ways on my wood privacy fence, climbing up the side of the fence cautiously towards the suet feeder near my window. He climbs onto the suet feeder, hanging upside down while grabbing a beak full of protein rich dehydrated mealworms, dried berries, and black sunflower morsels. With a clump of delicacies in his beak, he flies off, giving me a rare view of his



wings, cascading velvet black feathers dappled with white spots. I watch the geometric tail feathers flap once, then twice, as he soars over the fence out of my view. He seeks refuge in the nearby tree; I silently hope he's feeding his clutch, deep within the sanctuary of the willow branches. If so, I'm increasing my chances of seeing those juvenile woodpeckers feeding soon. I don't get a glance of the red-bellied woodpecker very often, so I appreciate his beauty and rareness when he finds his breakfast near my window.

The benefits of bird watching

This New Year I made a resolution to live a "Minimalist 2016." Part of that New Year

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resolution to live a more simple 2016 is to spend more time with nature. Watching the beauty of nature is therapeutic. Numerous studies support the notion that spending time in nature has health benefits. Green spaces in cities have been linked to happier and healthier communities. It's no secret that being around trees, in fresh air, and among nature is good for overall wellness. Being around trees also means being around birds. Where there are trees, there are birds.

Bird watching is a way to spend time watching nature from your own space. You can watch from your window, from the lawn furniture on your deck, or from your front porch. Birds are



free and are available in countless numbers. You don't have to travel to a park or to an expensive island to witness the variety of colored spring plumage. Clarksville is the home to a wide variety of feathered friends. It takes little work to catch a glimpse. All it takes is attention, time, and a few inexpensive tricks of the trade.

Bird watching increases focus and allow a person to look for details. Like working a crossword puzzle works the brain, analyzing whether that's the male or female red-bellied woodpecker is also an exercise in focus. Analyzing the beak of a bird can indicate what types of food that bird eats. Telling the

A colorful poster for Vacation Bible School 2016. The title "VACATION BIBLE SCHOOL 2016" is written in large, blue, bubbly letters at the top. Below it, the location and contact information for Hilldale Baptist Church are listed. The dates "JUNE 6TH-10TH" and times "9:00 A.M.-12:30 P.M." are prominently displayed. The location is "MADISON STREET CAMPUS (2001 MADISON STREET)". The age range is "AGES 4+ YEARS OLD THROUGH 5TH GRADE COMPLETED". The theme "SUBMERGED" is written in large, blue, bubbly letters, with the tagline "FINDING TRUTH BELOW THE SURFACE" underneath. The poster features illustrations of a large orange fish, a smaller blue fish, and a red and yellow submarine. The Hilldale Baptist Church logo and a QR code are in the bottom right corner. A note at the bottom left states "• MUST BE 4 YEARS OLD BY AUGUST 15TH".

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5TH GRADE COMPLETED

SUBMERGED
FINDING TRUTH BELOW
THE SURFACE

HILLDALE BAPTIST CHURCH

• MUST BE 4 YEARS OLD BY AUGUST 15TH

difference between the house sparrow and the chipper sparrow takes time and attention, an exercise in compare and contrast. Looking closely at a bird's feathers and colors can indicate if the bird is a juvenile or an adult. Much can be told about the bird based on the shape of its feathers, the contour of its beak, and the coloration of its plumage. However,

noticing those tiny details of color, size, feather, and contour require quiet focus. Bird watching is not something that can be done while multitasking. It is a hobby that teaches focus.

Bird watching also teaches patience. Bird watching is like a form of meditation. It does not matter if you take five minutes of your morning, or two hours of your afternoon, observing birds can reduce stress. It is a few moments of each day, when our focus is on another living thing, reflecting on the beauty that nature creates without humans' help. Watching birds is a practice in appreciating nature, a beneficial lesson to teach our children and to practice our selves. To watch a bird, we must slow down, be quiet, and focus on something other than our own needs. That practice alone is a stress reliever.

Attracting diverse birds to your yard

Tennessee is the permanent or temporary home to approximately 400 different species of birds. Species span from the ground dwelling wild turkey to the sprightly aerial ruby throated hummingbird. Some birds migrate and only spend part of the year in Tennessee. Others like the state bird, the mockingbird, call Tennessee home year-round.

To attract a variety of species to your yard, for your personal viewing, try the tips below.

Use a variety of feeders— Ground feeders are good for birds such as the junco or the

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robin. Birds that feed from the ground are looking for worms and insects. Hanging feeders are needed for the more timid birds that don't want to be caught on the ground in the way of predators (like the red-bellied woodpecker!).



Hanging feeders come in many varieties. The best ones are squirrel proof, with a mechanism to limit a squirrel's ability to steal the bird bounty. Window feeders are popular, and have a suction to allow the feeder to hang directly on a window, for maximum close up view. To attract hummingbirds, you'll need a hummingbird feeder and nectar. To attract goldfinches, get a thistle feeder. The best way to attract different types, sizes, and colors of birds is to have several different types of feeders in different locations. The possibilities are as numerous as are the birds. Using a variety of feeders will increase the

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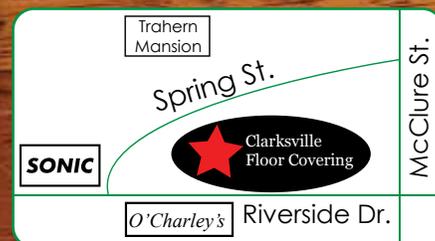
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variety of birds and spring/summer plumage in your yard.

Offer a variety of foods—Different species eat different foods. The most versatile seed to buy is black oil sunflower seeds. Those are easily purchased at many local stores. The sunflower seeds are in the husk. It is fun to watch the goldfinch turn the seed around in their beaks, removing the sunflower seed with ease. To avoid the mess of sunflower husks on the ground, you could purchase sunflower seeds that have already been husked. Those are more expensive, but for avoiding a mess under your feeder, sometimes it is worth the expense. Some birds, like the eastern bluebird,



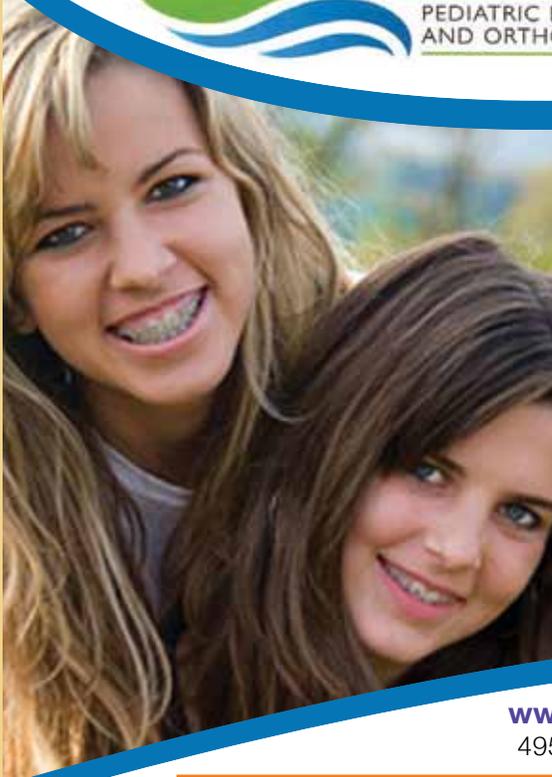
need mealworms, which are easily purchased dehydrated in a bag. The mealworms can be placed in ground feeders, or simply tossed around a flower garden or any area you want to attract the birds.

Suet feeders are an excellent way to attract more birds, like woodpeckers or grosbeaks. Suet cages hold the suet. Suet contains protein rich foods for the larger birds (like woodpeckers) that depend on a dense, rich diet of nuts, berries, and worms. To attract woodland birds (even if you don't have any trees in your yard), suet is a necessity.

To attract hummingbirds in the spring and summer, boil your own concoction of one part



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sugar, four parts water, and a drop of red food coloring (or buy the mix at a local store) and place in a hummingbird feeder hung close to your window. It is best not to hang the hummingbird feeder where you have much human traffic, as those speed demons aren't as afraid of you as you will be of them! The best place for a hummingbird feeder is a place where the birds will have plenty of room to navigate their mid-air antics, but where you can still get a close view. Window hummingbird feeders are an excellent way to get a detailed view of the wonder of the smallest bird on earth!

Using different types of foods is the best way to create a rainbow of color in your backyard air space. Local stores have a variety of choices. Consult online resources to find out which birds you want to attract and what foods and types of feeders are best for those birds.

Offer livable space for a variety of bird species—Many of the birdhouses and feeders available on the market are not conducive for true bird watching and feeding. For example, many birdhouses and feeders seem to be for aesthetics and are not entirely functional for long-term bird watching. Also, many bird feeders do not promote easy access to the seed and might actually promote disease, if not cleaned out regularly.

Birdhouses should have a door or lid where they can be cleaned out occasionally. This way, you can also open the lid (rarely—you don't want to scare the bird or contaminate the nest) and see if there are eggs in the nest. When opening the lid, be careful not to touch anything inside the nest. Never touch the nest, inside the birdhouse, and never touch the egg or a newborn bird. The smell of a human may cause the mother to abandon the nest. The best birdhouses are built with a safe way to view the nest inside (a nonintrusive peek). Some birdhouses have a clear plastic flap on one side or a lid on the top or side that can be easily opened without disturbing the nest inside.

I have two bluebird houses that my father made for me years ago. Both of those have a lid that allows an easy peek at the nest. Before opening the lid, I always tap at the side of the house easily and quietly, just enough to make sure the parent birds have left the nest. I never linger long at the birdhouse, but one quick peek lets me know that I have a fledgling family of sparrows in my backyard.

When the summer is over and there is no activity in the nest and you are sure the baby birds have left you can open the birdhouse lid and clean out the old nest, making clean room for a new family come spring.

Bird feeders should be cleaned out if mold or residue appears. A few years ago, I noticed that my purple finch population had eye problems. Upon close view, I noticed many finches that seemed to have swollen, crusty eyes. I did some research online



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and discovered it was a highly contagious form of the bird equivalent of “pink eye.” It is deadly to a bird population, so I read about how to clean the feeders. I followed the directions online and began bleaching the feeders regularly. With time, the cases of swollen eyes in the finches at my feeders diminished. To avoid any contagious bird diseases, and to keep the food supply clean, it is best to clean the feeders every couple of months.



feeding environments clean, you will soon see a prolific population of birds year after year.

Favor local and/or homemade bird products and food—This summer, visit the Downtown Market to purchase bird watching and bird feeding related products from local vendors. The Downtown Market features a variety of local vendors, some of which sale handmade bird feeders and bird houses.

Hummingbird feeders are especially prone to mold. Those feeders can usually be placed in the dishwasher for a good cleaning. Doing so every few weeks, or if mold appears, is a good way to keep the hummingbird feeders a safe place for your bird population. If you keep your

Buying local means you are purchasing feeders and birdhouses that are unique to this area. Buy a locally constructed bluebird house to attract the eastern bluebird that is indigenous to this area. Bluebirds need a very specifically constructed birdhouse. Specifications can be found online. To



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attract lovely purple martins, also prolific in the Clarksville area, purchase a nest box to encourage colonies in your backyard. Martin houses are high mounted with a variety of holes, to accommodate the colony.

Local craftsman Mike Brown makes unique birdhouses and feeders and would be happy to make you a unique birdhouse or feeder to your liking. Call (931) 801-9612 or email mjbrown99@charter.net to find out how he can craft you a one of a kind charming bird feeder or house. Photos of his martin houses and birdfeeders are featured alongside this article.

Recipe for homemade hummingbird food

Mix one part sugar with four parts water and bring to a boil. Cool and fill feeder. Extra sugar water may be stored in the refrigerator. Refill the feeder when necessary. Watch for ants and wasps and clean if necessary. The insects will interfere with the hummingbird's feeding.

Recipe for homemade Easy Suet

Mix two parts melted fat (beef fat or lard), two parts yellow cornmeal, and one part natural peanut butter together and cook on low for a few minutes. You can add raisins, peanuts, or other dried fruit to the mixture. Pour into small containers (tuna fish cans are good), and refrigerate or freeze until needed. Mixture can be placed in a reusable suet feeder that are available at many local home and garden stores. Fasten containers securely to trees or feeders.



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Brenda Hunley

On a recent trip to shop with a friend and her young son in the Exit 4 area of Clarksville what we saw at the congested intersection ended up being the topic of conversation all afternoon.

What I am referring to is the three people standing at different points in the intersection holding a cardboard sign asking for donations.

“Mom. Mamma! Look at that man. What’s he doing?” five-year old Cameron asked.

Before Mom can answer another question is already on its way.

“What does that sign say?”

“It says ‘Homeless Veteran. Hungry—needs money to get home. Thank you.’”

“Mom can we help him?”

Mrs. Vincent looks in the rearview mirror at her son. “Yes, we can.”

As she rolls down her window, the man walks up and takes the few dollars from her and walks back to the car behind us.

“Wait! He can have my snack!” Cameron shouts.

“I gave him money for food sweetheart. The light has turned green. We have to go.”

As we turned onto Wilma Rudolph we were stopped again just under the overpass.

“Look Mom! There is another man with a sign,” Cameron says pointing enthusiastically.

As we continued to our destination, the questions kept coming. He wanted to know why we didn’t pull over to help the second man. He wanted to know why they didn’t just call their family to come get them.

It was a learning opportunity and my friend asked if we might make a quick stop at one of the grocery stores. Agreeing we pulled in. For the next hour we let Cameron shop for those two men. We did not interfere with his choices. Each man got a bag with fruit snacks, cheese crackers, water, apples, beef jerky, and M&M’s. *(Everything Cameron thought he would need if he were away from home.)*

Panhandling as defined by Urban Dictionary is: “to stop people on the street and ask for food or money.”

As adults we generally have one of two reactions to situations like this. We help or we turn away.

One of the best things we can do as a community is address them as fellow human beings. The majority of these folks are not “there” because they want to be.

“Steve” was the name of one of the men who received a food bag from Cameron. He was coming from Alabama where he lost his job, and eventually his home. He is trying to get home to his family in Minnesota. He gets rides from whoever stops and is going that way. He was kind, polite, and thankful.

On the other side of the coin, yes there are those we all hear about that beg during the day then at night drive to their home in a nicer car than we drive. I have no excuse for them, and that is because I believe God will take care of that situation.

Are those people breaking any laws? Well that depends where you are. There are several cities that have banned panhandling. Some with fines, some with warnings to the offender. According to the law enforcement officers I’ve spoken to here in Clarksville there is nothing illegal about what they are doing as long as there is no “aggressive panhandling.”

Aggressive panhandling is defined as: “any manipulative, coercive, or intimidatory behavior to use another person’s sympathy, fear, guilt or insecurity for monetary gain.” In other words, when

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someone won't leave you alone by blocking your path, or hanging out near ATMs, or standing in front of your car trying to offer services.

If you experience any behavior such as this, please report it to our local police department.

Thankfully here in Clarksville we have several solutions to serve our less fortunate citizens and folks passing through.

Our Salvation Army located at 210 Kraft Street can assist anyone in need with food, clothing, and shelter. Their facility can house 66 individuals and 4 families (a maximum of 6 people per family).

During the cold months we have several churches in our area that provide shelter through a program called Room In the Inn.

There are several women and children's ministries, men's ministries to help with jobs, as well as ministries for drug and alcohol struggles.

Loaves and Fishes Soup Kitchen located at 215 Foster Street accepts volunteers Monday through Saturday from 8:00 a.m. to 1:00 p.m. Volunteers need to be 18 or older. Their phone number is (931) 645-9020.

Our local Manna Café is a great place to gather information if you are someone in need, or someone who wants to help those in need. Please contact them if you are a group, or even a family wishing to serve our community. Our family has helped several times and they welcomed us as well as others as there are many jobs to do that do not require you to be 18 years old. Manna Café's offices are located on Franklin Street behind Gateway Tire and Service Center. Their phone number is (931) 933-0970.

According to Manna's website, more than 15% of Clarksville's population doesn't know where their next meal is coming from. This is not just the few we see at Exit 4, there are many silently suffering peppered all over our city. Won't you consider helping our local less fortunate citizens?

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CLARKSVILLE'S DOWNTOWN MARKET RETURNS

Taylor K Lieberstein

One of the most celebrated farmers' markets in Tennessee kicks off later this month. The lively Clarksville Downtown Market, now in its 9th season, is back with some of our favorite reoccurring vendors and a few new ones. The weekly open-air market features local farmers and artisans who offer locally grown fresh produce, food items, and handcrafted products. The Market strives to provide an opportunity



for local customers to connect with local businesses, while enhancing quality of life in our community.

The market is open on Saturdays from May 21 through October 8, 2016, (Closed July 2 and Sept 10). Normal hours are 8:00 a.m. to 1:00 p.m., although they are subject to change on select Saturdays in June and August. It is

always held in the open air at the City Hall Parking Lot on Public Square.



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The market provides the community access to local food options while serving as a communal gathering place for thoughtful consumers. In the same sense it provides sustainable business opportunities to local farmers, producers and artisans.

The Clarksville Downtown Market has been connecting local producers and artisans with local shoppers every Saturday from May through October since it was established in 2009. Fresh produce and handcrafted items are available from a variety of regional farmers, small businesses, and non-profits at the outdoor market on Public Square in Historic Downtown Clarksville.

The market has grown from 16 vendors in 2009 to more than 70 vendors in 2015 and that doesn't include the rotating vendors. The increase in vendors increased the number of customers the market sees weekly as well. Last year Farmland named the Clarksville Downtown Market the number one market in



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Tennessee and placed it 19 out of 100 markets nationwide.

The market offers seasonal fruits, vegetables, fresh meats, cheeses, sauces, eggs, baked goods, canned items, potted flowers and herbs, fresh cut flowers, soaps, décor, candles, jewelry, clothing, live music, and so much more. Ready-to-consume items vary from weekend to weekend but may include lemonade, popsicles, hot dogs, kettle corn, breakfast items, and



Mexican cuisine. Most Saturdays offer live music, meet and greets with the market mascot, Corny the Cob, and special themed weekends.

Some of market goer's favorite vendors include La Casa Taqueria, The Food Initiative and Tennessee Grass Fed. There are so many unique and creative people in this city, the market is the perfect example of how much our community has to offer.

For the grand opening, Saturday May 21,

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entertainment will include the music of Lydia Walker Athey and Bruce Livesay and the Hui Hawaii O Tenesi Hawaiian Civic Club. Additionally there will be giveaways for the first 150 people in attendance. For the little ones, arts and crafts time will be given at no cost.

The family-friendly Clarksville Downtown Market is known to put on special event weekends throughout market season. Past events include Christmas in July, Summer Grilling, Water-a-Flower Day, Scavenger Hunt, Ask Your Forrester and Dog Days.

There is a lot to be said about the Clarksville Downtown Market. It stacks up against some of the top farmers markets in the country. If you haven't experienced a Saturday at the market be sure to stop by during the first Saturday market on May 21 and shop or browse the more than 70 vendors. Stay up to date with the market by liking their Facebook page.



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7 SCREENING TESTS FOR WOMEN

Dr. Catherine Meeks

May is the month when many women celebrate Mother's Day. Maybe breakfast in bed, homemade cards, extra hugs...? It's pretty wonderful to feel so cared for. But how well do you take care of *yourself*—whether or not you're a mother?

One big piece of self-care involves regular screening tests, which can prevent many health problems—or help you nip them in the bud as early as possible. Life can get hectic, though, so it's easy to forget or to put it off. Here is a brief overview of the tests the U.S. Preventive Services Task Force recommends for women. Remember: these are guidelines only. Talk with your doctor about your unique needs.

1. Blood pressure test. Starting at age 18:

- Get tested at least every 2 years if your blood pressure is lower than 120/80.
- Get tested once a year if your blood pressure is between 120/80 and 139/89.

- Discuss treatment with your doctor if your blood pressure is 140/90 or higher.

2. Bone mineral density test.

- At age 50, ask your doctor if you are at risk for bone disease (osteoporosis).
- At age 65 or older, have at least one bone mineral density test. Ask your doctor whether you need repeat testing.

3. Breast cancer screening.

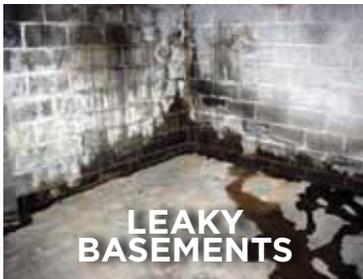
- At age 40, discuss your risk with your doctor to decide if you need regular mammograms.
- Starting at age 50, have a mammogram every 2 years.
- At age 75, ask your doctor whether or not you need to be screened.

4. Cervical cancer screening.

- Starting at age 21, get a Pap test every 3 years if you have a cervix.

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- Starting at age 30, you can get a Pap test and human papillomavirus (HPV) test together every 5 years if you have a cervix.
- At age 65 or older, ask your doctor whether or not you need a Pap test.

5. Cholesterol test. Starting at age 20, get a regular cholesterol test if you are at increased risk for heart disease. Ask your doctor how often to do this.

6. Colorectal cancer screening. From age 50 to 75, get screened for colorectal cancer. This may include one or more tests, such as fecal occult blood testing, sigmoidoscopy, or colonoscopy. Ask your doctor which test is best for you and how often you need it.

7. Diabetes screening. Starting at age 18, get screened if your blood pressure is higher than 135/80 or if you take high blood pressure medicine.

In addition, if you're sexually active, ask your doctor whether or not you need any special tests.

What if one of the tests above reveals that you have a health condition? You might feel overwhelmed by a new diagnosis. Many people do. We can offer you private consultations and a wide range of resources to help you manage what's ahead. For example, if you need to monitor your blood pressure at home, you can find blood pressure kits for sale right here. Or if you need help managing any drug interactions, we can

work with your doctor to find better options for you. Don't forget: Health Mart is with you each step of the way.

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.

Source:

OWH: "Screening tests for women." Available at: <http://www.womenshealth.gov/screening-tests-and-vaccines/screening-tests-for-women/> Accessed 4-2-16.

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No one heads out to play soccer or basketball expecting to be injured. We only expect to have fun. However, there is always the chance of an accident. Every year about three million people are treated for facial injuries in emergency rooms across the U.S. The injuries include trauma to the eyes, nose, skin, teeth and other areas of the face and neck. And that number doesn't include those who see their own physician or dentist with an injury. Dr. George Lee and Dr. Matthew DeFelice of Cumberland Surgical Arts would like to take this opportunity to remind you of the importance of helmets and mouth guards to prevent head and facial injury.

Spring brings more outdoor activity and generally signals an increase in trauma from skateboards, bicycle riding, swing sets, and other recreational activity including organized

and backyard sports. In fact, more injuries are sustained from backyard activities than from organized team sports. It's imperative for kids and adults to wear proper protection when participating in any sport that requires it.

Some people don't want to use facial shields because they don't want to look funny. Some hockey players worry that shields will fog up and obscure their vision. Other athletes don't want to appear scared of being injured. Mouth guards can make talking difficult.

But these concerns aren't worth the price of a serious facial injury.

Repairing injuries to the mouth and face is uncomfortable and can be expensive, potentially costing thousands of dollars.

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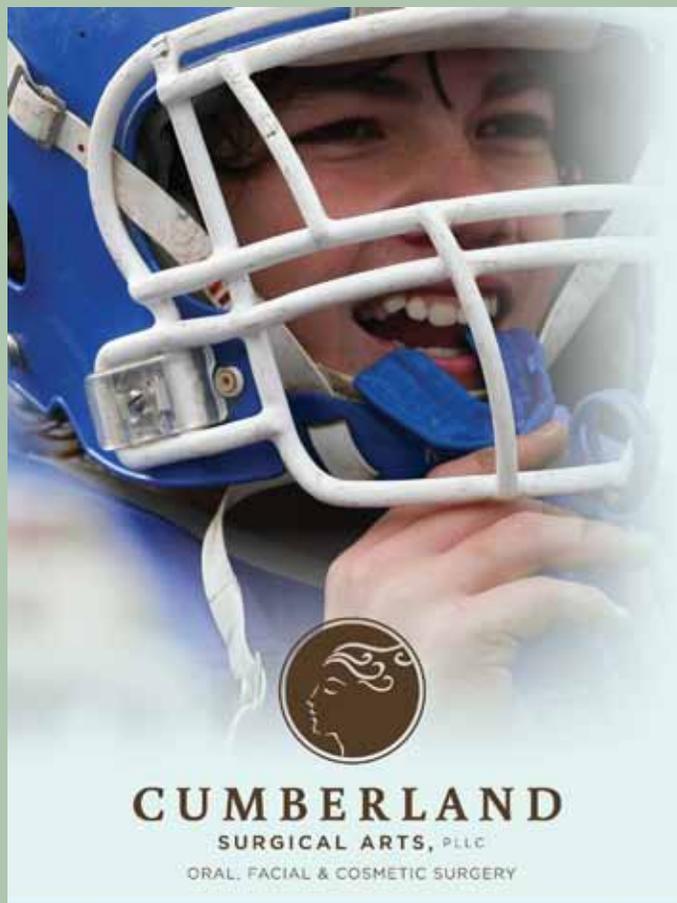
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Fortunately, mouth guards are an easy and relatively inexpensive way to prevent teeth from being knocked out, broken, or displaced in the first place. Mouth guards can be custom fit during a consultation with your dentist or fitted to your mouth after purchase.

Mouth guards aren't just necessary for organized sports but for recreational activities like biking, skateboarding, or a neighborhood game of pickup. Even if a sport or activity doesn't involve contact, you can fall and injure yourself on the grass or pavement. Mouth guards, also called mouth protectors, help cushion a blow to the face, minimizing risk of broken teeth and injuries to your lips, tongue, face or jaw, according to MouthHealthy.org, the ADA's consumer website.

The Academy for Sports Dentistry offers these 5 tips regarding preventing facial injuries:

- 1. Mouth Guards are a Must.** Mouth guards are significantly less expensive than the cost to repair an injury, and dentists and dental specialists can make customized mouth guards that hold teeth in place and allow for normal speech and breathing.
- 2. Helmets are always Helpful.** Helmets absorb the energy of an impact and help prevent damage to the head.
- 3. Have 20/20 Vision with Protective Eyewear.** Eyes are extremely vulnerable to damage, especially when playing sports.
- 4. Face Shields Save Skin...and more.** Hockey pucks, footballs and racquetballs




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can cause severe facial damage at any age.

5. Cheer and Shout Out Your Support for Mandatory Protective Gear.

Athletes who participate in football, hockey and boxing are required to wear mouth guards. If mouth guards have been proven to significantly decrease the risk of oral injuries, why is it not mandatory in every sport for kids to wear them?

There are three types of mouth guards available:			
Type	Description	Pros	Cons
Custom-Made	Custom made from a full-mouth impression taken in the dentist's office and sent to a dental lab for fabrication.	Provides the most protection and comfort. Covers all teeth and cushions the jaw. No interference with speech or breathing. Adjustable for all sports.	More expensive than commercially made mouth guards.
Mouth-formed or "Boil and Bite"	Boiled in water for a period of time and then formed to the teeth by applying pressure.	Cost effective. Available from department and sporting goods stores. Provides better individual fit than stock mouth guards.	Tend to wear quickly and may need to be replaced during the sports season. Difficult to adapt to orthodontic appliances. Difficult to speak and breathe with.
Stock or commercial mouth guards	Rubber or polyvinyl and sold in small, medium, or large sizes.	Sold in major department and sporting goods stores. Inexpensive.	Cannot be modified to fit the individual's mouth. Least effective in terms of protection. Impairs breathing and stays in place only when mouth is closed.

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The Academy for Sports Dentistry, American Academy of Pediatric Dentistry, American Association of Oral and Maxillofacial Surgeons, American Association of Orthodontists and the American Dental Association recommend that all children and adults engaging in organized sports or recreational activities should wear comfortable, well-fitted mouth guards that do not restrict breathing, resist tearing and are easy to clean.

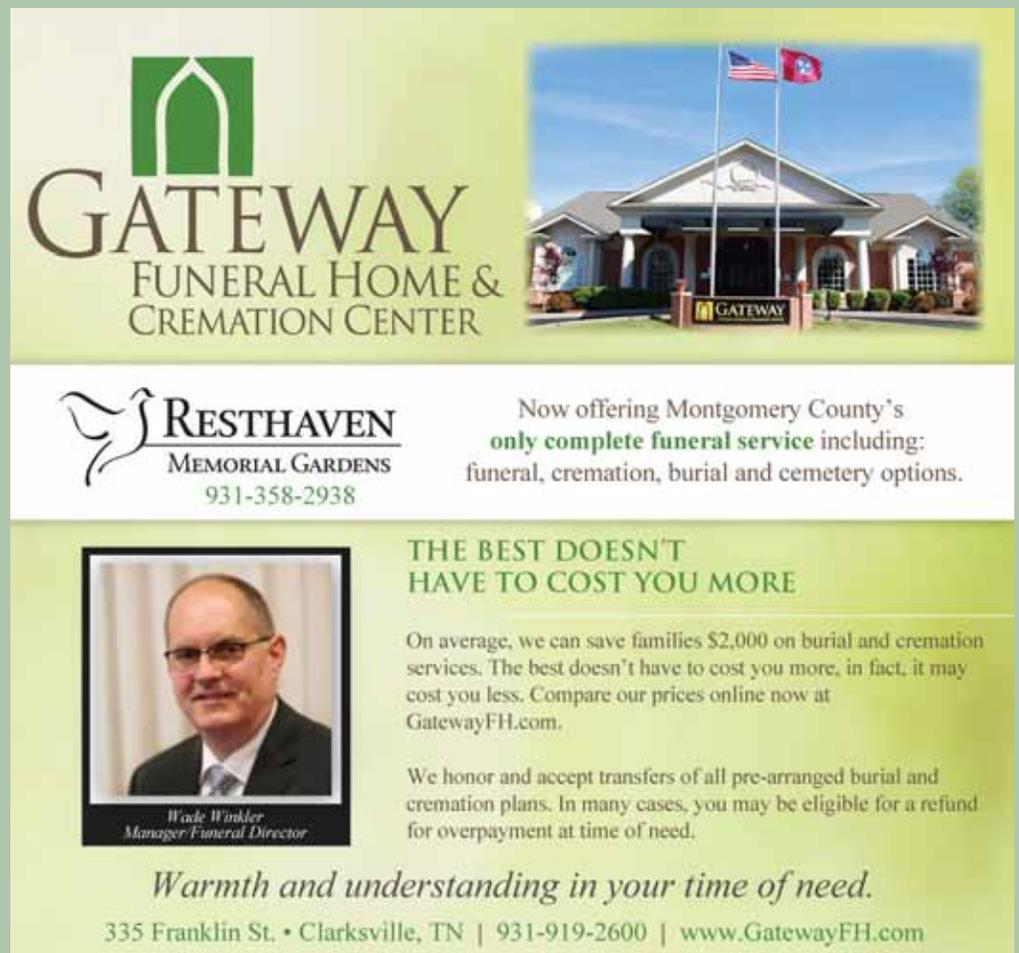
Organized sports include, but are not limited to, football, wrestling, basketball, baseball, volleyball, ice and field hockey, softball and soccer. Recreational sports include cycling, inline skating, skateboarding or any activity in which the face could come in contact with a hard object, another person or the pavement.

Because different sports involve different levels of risk and potential injury, talk to your dentist or dental specialist before selecting a mouth guard that meets the needs of you or your child's specific activity.

While not all facial injuries are extensive, they are all complex since they affect an area of the body that is critical to breathing, eating, speaking and seeing. Prevention is the best policy, but accidents do happen. Knowing what to do in the moments immediately after an injury to the head, neck, or face can make

all the difference in the healing process. The American Association of Oral and Maxillofacial Surgeons has created a wallet-sized guide to First Aid for Head, Neck, and Facial injuries. It can be found for download at aaoms.org/docs/media/facial_protection_month/facial_firstaid_card.pdf. For more information about facial injury protection, see your dentist or dental specialist.

Cumberland Surgical Arts is an oral, facial and cosmetic surgery practice in Clarksville. Dr. George Lee and Dr. Matthew DeFelice are both board-certified Oral and Maxillofacial Surgeons. For more information about Cumberland Surgical Arts, visit their website at cumberlandsurgicalarts.com or call them at (931) 552-3292.



The advertisement for Gateway Funeral Home & Cremation Center features a green and white color scheme. At the top left is the Gateway logo, a green archway above the text "GATEWAY FUNERAL HOME & CREMATION CENTER". To the right is a photograph of the funeral home building with two flags flying. Below this is the Resthaven Memorial Gardens logo, a stylized bird, with the text "RESTHAVEN MEMORIAL GARDENS 931-358-2938". To the right of the Resthaven logo is the text: "Now offering Montgomery County's only complete funeral service including: funeral, cremation, burial and cemetery options." Below the Resthaven logo is a portrait of Wade Winkler, Manager/Funeral Director. To the right of the portrait is the headline "THE BEST DOESN'T HAVE TO COST YOU MORE" and the text: "On average, we can save families \$2,000 on burial and cremation services. The best doesn't have to cost you more, in fact, it may cost you less. Compare our prices online now at GatewayFH.com." Below the portrait is the text: "We honor and accept transfers of all pre-arranged burial and cremation plans. In many cases, you may be eligible for a refund for overpayment at time of need." At the bottom of the advertisement is the text: "Warmth and understanding in your time of need. 335 Franklin St. • Clarksville, TN | 931-919-2600 | www.GatewayFH.com"

DON'T CLIMB ALONE

FAITH & FAMILY

Larry Riley, Senior Pastor, First Baptist Church

Chalky hands. You reach up for the next hand-hold as you hug the imposing rock wall in front of you. As your fingers slide into the just-too-small grooves your arms are already shaking. You tell yourself not to look down, but you do it anyway. Your head swims and so does your stomach. Is the ground really that far away? You try and pull yourself up, but you can't hold on any longer. You fall from the rock face and feel the sense of weightlessness. Some distant part of yourself realizes you are screaming. You feel yourself jerked by the rope as you dangle thirty feet in the air. Your friend who is spotting you below holds the rope that just saved your life. He is yelling up to you to keep going...

If you've ever been rock climbing before many of these feelings probably seem familiar. Life is at times a lot like rock climbing. It's fine, probably even fun at the bottom of a climb. You look down and know that if you jumped off without a rope you'd still land without injury. Your arms feel loose and limber, and everything

is good, but eventually you hit that spot where the next step seems incredibly hard to take. The end seems farther than ever.

Don't worry. You aren't alone.

The cliché thing to say right here is "You can do it." Guess what? I believe that is absolutely true. You can do it, but there's a caveat: You can do it, but you can't do it alone.

Think back to when you were reading through that rock climbing experience. It was pretty scary when you just thought you were climbing alone. Some people actually free-climb rock walls, meaning no ropes or harnesses. It's just them and the wall. If anything goes wrong... Well, let's just say it's not good. I agree with you. It sounds pretty crazy. Rock climbing with a rope is already scary enough!

While many of those climbers are amazing and finish the climbs time and time again, it's a risk, that for most of us, we wouldn't want to choose. For us normal humans that fall time and time again, it's incredibly helpful to have that friend waiting to catch us, to encourage us to keep moving, and that will be there to celebrate with us when we finally reach our goal.

Having a friend or family member to confide in and to support you through your journey is not only important because of the support and encouragement they bring, but also because of the perspectives they bring to the table.

When we have been working for a long time on anything we tend to lose

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perspective. We often go to two different extremes. We either overwhelm ourselves by looking at how far we are from the end, and become hopeless that we'll reach the end. At the other end we can become so laser focused on the tiniest details in front of us that we fail to move forward.

When we share our struggles with those we love they often can see the next steps more clearly. They can help us break our large obstacles into small chunks.

When you do this you take something that seems overwhelming and you break it up into very doable chunks. Each one of those chunks then becomes a small victory that pushes you on to the next doable chunk. Sometimes on that rock wall you literally cannot see where to go next, but with the help of a friend guiding you to that next move you can reach out and grab a handhold you couldn't even see and lift yourself up. It can be scary to put trust in others, but in doing so we can together reach new heights, get through the hard spots, and ultimately come closer together.

The writer of Ecclesiastes wrote this reminder of how in living in community we become stronger: "A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken."

I encourage you to reach out to those around you. Maybe that's a family member you have talked to some but that you haven't truly confided in. Maybe it's

a friend that you just haven't seen in a while because of how busy you've been. Whoever it is, send that text; make that call; ask them to meet for coffee or lunch. The time you spend investing in these relationships can truly make even the hardest parts of the journey a little easier. Please don't forget your harness, your rope, and above all...don't climb alone.



Larry Riley, Senior Pastor, First Baptist Church

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GET THE GLYCEMIC GREEN LIGHT

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If you live with diabetes, meal planning is crucial. Learning the glycemic index (GI) of foods can help.

Knowing the GI of your foods can be useful for people with Type 2 diabetes. A carbohydrate's glycemic index tells you how long it takes your body to turn it into sugar. This helps you keep better control over your blood glucose levels by incorporating more foods with a low GI into your diet.

Red Light (GI of 70 or more)

A good rule of thumb is that the more processed a food is, the higher its GI is. If you have diabetes, this category, which includes foods such as white rice, white

bread, and certain breakfast cereals, and even puffed rice cakes, should make up a very small portion of your diet.

Yellow Light (GI of 56-69)

Middle-of-the-road foods are OK to have in your diet as long as you are eating them in moderation. Medium GI foods include items ranging from brown rice and corn tortillas to microwave popcorn and spaghetti.

Green Light (GI of 55 or less)

Foods with a low GI are packed with protein and fiber and include options such as chickpeas, grapefruit, apples and beans. Fruits and vegetables, which are full of fiber, are especially good options.

Making a Change

Did you know that the glycemic index (GI) of a food can change? The value isn't static, and knowing what factors affect it can help you plan your meals.

Cooking time—Longer cooking times may increase the GI of a food because the starches break down when carbohydrates are cooked longer.

Processing—A glass of apple juice has a higher GI than an apple, which is why people with diabetes are often advised to eat a piece of fruit and drink water rather than drink a glass of juice.

Storage time—Similar to the effect of cooking time, the longer a fruit or vegetable ripens, the higher its GI will be.

Protein and fat—Eating carbohydrate-based foods in combination with foods high in protein or fat decreases the impact the carbohydrate has on your blood glucose levels.

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date information and peer support related to self-management of diabetes. The group meets the third Tuesday of each month at 5:00 p.m. in the Liberty Rooms of Tennova Healthcare – Clarksville. For more information visit Tennova.com or contact the Diabetes Program Coordinator at (931) 502-1696 or the Registered Dietitians at (931) 502-1690.

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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FATHER DAUGHTER BALL MOVES TO JUNE

Martha Sitzler

It was a cold, icy Thursday in February. We knew it was coming, but fervently hoped it would not. With days of freezing rain and little likelihood of temperatures above freezing, we knew we had a tough decision to make. For the sake of safety, the first two nights of the 2015 Father Daughter Purity Ball would not go on as planned. We had about 250 parents to reach, and nearly 600 people to reschedule. It was freezing outside, but inside we were burning up the phone lines!



Somehow it worked. Everyone got to attend, even if it was on a different night than originally planned. It wasn't long, though, before we decided February might not be the best month to host the Ball. Honestly, the only reason we kept scheduling it for February was simply the fact it had always been in February. Not anymore!

This year, the Father Daughter Purity Ball moves to June. Summer dresses. Strappy sandals. No more coat check. No freezing rain or snow or ice.

Father Daughter Purity Ball 2016
Hosted by Hope Pregnancy Center

June 10, 11, & 17:
daughters entering grades K-5

June 18:
daughters entering grades 6-12

Once upon A time...

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June 4th at 10:00 am

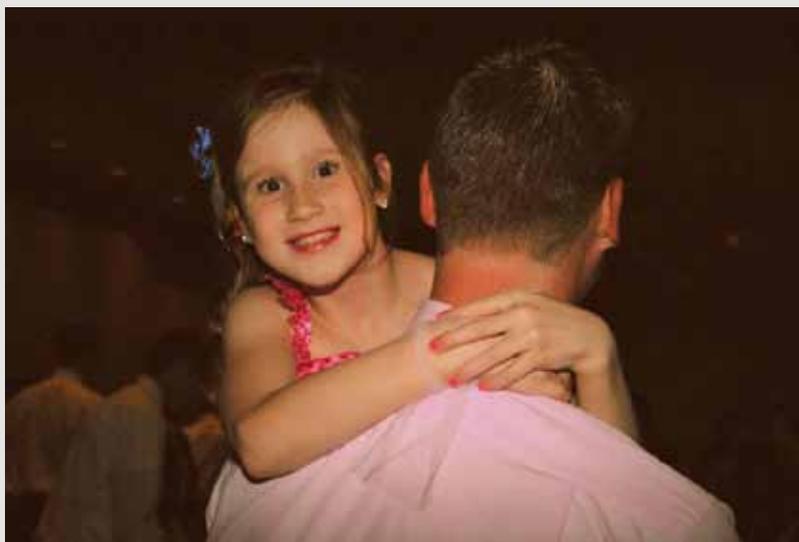
Competition Camp
Aug 22nd-25th
5:00 pm-8:00 pm

Fall Registration
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No rushing home from school to get ready for the Ball. We hope all of that means the wait has been more bearable for our guests. So far, the feedback has been very positive. With June being the month we celebrate Father's Day, most of our dads are even more excited.

For anyone who has never attended the Ball, there is something really special about it. It's difficult to put it into words, but the evening is magical for



daughters and dads alike. A lot of work goes into preparing for the event. We carefully plan the theme, decorations, speaker, message, gift, and countless other details. It all contributes to the success of each night, but I think the most powerful element is simply the time set aside for dad and daughter to spend together. The energy in the room is palpable, the excitement contagious. And the smiles we see are beautiful.



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We know from the stories we hear from parents, grandparents, and other role models that what we observe is real. It might be the dad who really couldn't see why his five year old needed to go to a ball, but whose heart melted when she got in the truck after the event and sighed, "This was the best night of my life, Daddy." Or the mother who says her daughter attended for the first time last year, and has been looking forward to this year's ball since about July. Or the pastor who takes two little girls from church whose father



was killed in Afghanistan, the stepfather who is building a strong relationship with a girl whose biological father isn't around, or the grandfather who attends with his son and two granddaughters so they each have a date with whom to dance.

Going beyond the event itself, there is something special about the poise and confidence I observe in many young women who tell me they have attended the ball with their father since they were little girls. It's there I see the fruit of a family who has






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worked hard to build strong relationships between parents and children, and I'm proud that the Father Daughter Ball has been a small part of that.

Last year we weren't sure we'd make it through two weekends for the Ball. This year, we anticipate as many as 1,400 guests and hope for beautiful weather for each of the four nights we will offer. The ball is held at Valor Hall in Oak Grove, KY. Girls entering grades K through 6 and their dates will have three nights to choose from, June 10, 11 and 17. Girls entering grades 7 through 12, and college-age young women, will join us on June 18. Each night will include dancing, dessert, door prizes, a brief message of encouragement, and a special gift for each young lady.

Registration is required for this event. Please visit Hope Pregnancy Center's website for details and to reserve your place at the Ball. Go to HopePregnancy.net and click on "Get Involved" to reach the portion of our site that includes events. We look forward to seeing you there. Like many young ladies around our region, we can't wait!

Martha Sitzler serves as Executive Director at Hope Pregnancy Center. This medical pregnancy help center provides accurate information and quality services to those facing an unexpected pregnancy, as well as anyone struggling with a past abortion experience. Visit them online at HopePregnancy.net, or call (931) 645-2273 for more information.



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SPRING INTO SUMMER FESTIVAL

Taylor K Lieberstein

This month Oak Grove Tourism will host its 9th annual Spring Into Summer Festival Salutes Fort Campbell, a two-day festival that is held to honor and support the troops in the surrounding area over Memorial Day weekend. The internationally acclaimed festival is family friendly and free to the public. The event will be held on Saturday, May 28, 2016 and Sunday, May 29, 2016 in Oak Grove, Kentucky. All activities will start

at 12:00 p.m. both days. This event will take place at the Oak Grove War Memorial Walking Trail Park at 101 Walter Garrett Lane, Oak Grove, Kentucky.

Throughout the event there will be a carnival, various vendors and a rotating stage show, all at no cost. Other activities include pony and train rides. The Fastrax Veterans Parachute Jumpers will make an entrance from the sky before the big show starts, the jumpers are comprised of military men and women

who volunteer to put on the show to the public. The opening act is Drew Baldrige while the headliner for this year's event is country music artist Rodney Atkins. The Tennessee native will take the stage on Saturday evening at 7:00 p.m. Atkins has received six nominations from the Academy of Country Music and two from the Country Music Association, winning Top New Male Vocalist from the former in 2006. The evening will conclude with a firework display as always. Previous headliners of the award winning festival have include Easton Corbin and Thomas Rhett, among other big names.

Earlier this year the Oak Grove Tourism and Convention Commission brought home awards from its 2015 year, winning at the Southeast Festivals & Events Association Convention and the International Festival & Events Association. It is the largest event Christian County hosts each year and it's no surprise that this festival has been awarded as the one of the top three festivals in both the southeast region and worldwide. Based on previous years, over 40 thousand people will attend the small town summer kickoff event.

This event boasts fun for everyone in the community! So, come out and enjoy free family fun May 28th and May 29th. For more information visit visitoakgroveky.com and like Spring into Summer Festival's Facebook page for additional updates.

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PICKY EATING: HOW DOES IT HAPPEN?

Ericka Conley

*I do not like green eggs and
ham*

*I do not like them here or
there*

I do not like them anywhere

*I do not like green eggs and
ham*

I do not like them Sam-I-Am.

Dr. Seuss, 1960

I do not like green peas, asparagus (I think they taste like green peas), liver, and I hate the smell of bananas. That's pretty much it on my "foods-I-don't-like-list." Growing up, I pretty much ate anything that was put in front of me. There was never the idea that if you didn't like something that

you were given that you would be able to get something else. My parents never even entertained that idea.

Breakfast would usually consist of some kind of cereal such as corn flakes or Cheerios. Sometimes my mom would buy us a sugary cereal such as Cap'n Crunch or Cocoa Puffs. The jackpot would be her buying the value-pack, which would include several different kinds of cereal in small individual boxes. Sometimes my sister and I would argue over who would get which type of cereal. Lunch (if not at school), would consist of either a bologna, salami, or a peanut butter and jelly sandwich or ramen noodles. Dinner was generally something like red beans and rice (I'm from Louisiana), some type of meat and vegetables or sometimes a chicken pot pie.

We would generally eat out once a week... either McDonald's or Wendy's where we were not asked what we wanted until we were much older...seeing as how my parents were the one's paying for it. My sister and I weren't too particular about what we got. If we were particular it would have been just too bad. We both liked everything and any type of fast food was a "win-win" situation. Many times while watching television commercials, I would see different types of food being advertised and I was always very interested in trying them. I loved when my father made gumbo, hot tamales and fried fish with homemade hush puppies. I was always interested in food from other cultures. The ingredients and seasonings that were used always fascinated me. I recall going to a family friend's house who was from Hawaii where she made Hawaiian BBQ chicken. It was amazing. I'm not quite sure why I was

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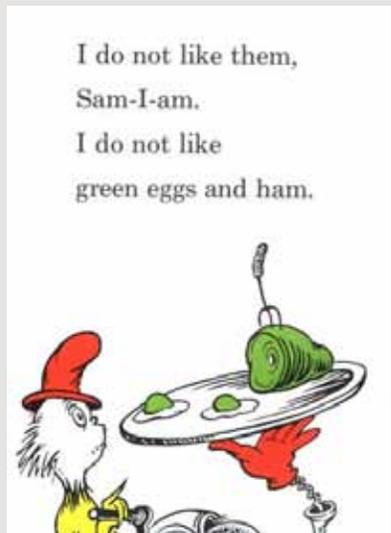
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always open to trying new foods. My sisters and family are pretty much the same way.

It wasn't until my later adulthood that I learned of something called "picky eating." I must admit that when I first learned that some people were picky eaters I felt that they were probably spoiled in their childhood—very wealthy, or something of that nature. I have learned that many people who are picky eaters have psychological reasons that cause this.

I recently spoke with a college student who told me that when he was a child he didn't like cheese and his sister wouldn't eat cheese either. Later on, he began to eat cheese and in turn, his sister did also. Another college student said that her brother is terrified of cheese. She believes that if her parents had made him eat it, he would like it. Also, a friend of mine, when offered a piece of German chocolate cake, said that she doesn't eat cake "that color." I think this is interesting to note. It forces me to ask the question: when is picky eating a problem?

I recently viewed a video about a man named Dan Jansen who was interviewed by VICE. He has survived on a diet of pizza for that last 25 years. He says that he is obsessed with pizza. He eats it at least once a day. The pizza must be cheese only. He states that he doesn't like



vegetables of any kind. His fiancée has pushed him to see a therapist to discuss his food aversions. Dr. Greg Chasson, psychologist sways that when someone has aversions to a wide variety of food, there is a deeper issue.

Some people are afraid of certain food textures, colors and smells. One lady said that she doesn't eat pasta and that pasta reminds her of worms. Another lady said that she only eats bread products and has

An advertisement for Busy Bee Cleaning Co. The ad is set against a background of a wooden door with a brass handle. At the top, there is a logo for "Busy Bee Cleaning Co." featuring a cartoon bee character with blonde hair, wearing a pink and white uniform, holding a pink duster. Below the logo, the text reads: "Busy Bee Cleaning Company is based on the belief that our customers' needs are of the utmost importance." To the right of this text is a yellow starburst graphic that says "10% MILITARY DISCOUNTS". Below the starburst is a list of services: "• Move-In/Move-Out Services", "• Weekly/Bi-Weekly/Monthly Cleaning", "• Deep Cleaning/Military PCS Cleaning", and "• Military/Sr. Citizen/Public Servant Discounts". At the bottom of the ad, the address "512 Madison Street, Clarksville, TN 37040" and phone number "931-645-3428" are listed, along with the text "Licensed-Bonded & Insured". At the very bottom, there is a black banner with white text: "Visit our website for more information: www.busybeecleaningservice.vpweb.com". To the right of the banner are social media icons for Facebook, Twitter, and YouTube, along with a logo for "CLEANING FOR HEROES" and the BBB logo.

panic attacks when trying new foods.

At one time doctors believed that only children were picky eaters but it is now known that adults can be picky eaters as well.

This can be the result of ongoing food aversions from childhood or a traumatic incident in their lives. For example, a person may have eaten something that wasn't fully cooked and from that moment



on they would not consume that food again or asked for it to be cooked until almost burned. In some instances food aversion can be cured during childhood

with the help of their parents not being as lenient if their child won't eat certain things and introducing various foods into their diets.



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In an article in the Huffington Post, 26-year old Kaleigh Roberts, a self-proclaimed “picky-eater” said that when she was growing up, she avoided sleepovers at all costs. She was afraid of someone else’s mother preparing food for her. She had a “crippling” fear of someone forcing her to eat. Eating on dates has also been a problem for her and an anxiety-ridden experience. Along with her article, she included this chart to help

Normal Picky Eating	Selective Eating Disorder
Onset - around 18 mos - 3 yrs	Onset - typically birth to age 4
usually accepts 30 or more foods	usually accepts less than 20 foods
choice, control	fear, anxiety
prefers a specific food for a long period of time	often rejects entire food - groups - (usually meat and/or vegetables)
typically has no medical issues	often associated with OCD, ASD, food trauma, oral-motor delay, swallowing disorder, SPD, or gastrointestinal disorders
typical sensory experiences	often repulsed by texture, taste smell and/or food touching
grows out of picky phase usually before age 6	can persist into adulthood. Eating socially is extremely stressful and often avoided.
will eat in response to hunger	refuses unfamiliar foods despite hunger
... is a normal part of childhood development	... is an eating disorder

Intended only to illustrate the differences between typical toddler pickiness and disordered picky eating in teens and adults. Not all examples are present in every individual with SED. Symptoms vary from person to person. Always seek a formal medical diagnosis from your primary healthcare provider.

others understand picky eating and when it is a severe problem:

At times picky eaters with severe food aversions can feel all alone. However, there are support groups available to help and encourage picky eaters. Websites such as pickyeatingadults.com are a great help. While picky eating can appear to be only a result of a spoiled mentality, it can definitely be the root of a deeper problem.



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Brenda Hunley

Our story opens up with our animal friends in the Woods of Dunbar playing a game of dodge ball.

It's a warm day, the sun is high in the sky, and Boomer Chipmunk has the ball. Running up to the line he throws the ball as hard as he can toward Sandy the Snake on the opposite team. Sandy is able to slither away just as the ball lands to her right.

"Ha! You missed!" she hissed.

Clyde the goose, also on Sandy's team, grabbed the ball and threw it toward Lily the Dragonfly on Boomer's team. Lily was not as quick as Sandy. The ball carried her little body straight to the straw wall.

Chester Chipmunk ran to his friend as the ball rolled off to the side. "Time out! Time out!" he shouted. The referee blew the

whistle as everyone watched to see how Lily was doing.

"Lily! Are you okay?" Chester asked as he lifted her little wing.

"I'm okay, just sore," Lily said getting up and wiping herself off.

The team and the folks watching all cheered as she got up and fluttered over to the shade of a nearby tree.

The referee blew his whistle again and the game was on. After several throws back and forth Earl the goose was the next one to meet the ball up close and personal.

"Earl! Earl! CAN YOU HEAR ME?" yelled Clyde the goose.

"I can hear you and so can the nice folks in Kentucky!" Earl chided. Earl shook his head and went over to the shade next to Lily.

Doc Owl flew over to the shade tree to check on his friends.

Now the teams were even strength. As the ball flew from one side to another, it got slower and slower between throws. The referee blew the whistle in three short bursts. "Time for a water break!"

It got very quiet, as each player took long, deep gulps of fresh, cold water. Some were so hot they poured the water on their heads as well. After several minutes each member of the group moved into the shade and just stretched out in the cool grass. The crowd



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that was watching gave up and went home when they noticed no one was coming back out to the clearing to play.

"It's too hot to keep playing!" whispered Randy Raccoon to Dart the Bluebird.

"I agree," Dart said pulling his ball cap over his eyes.

"How about you Clyde? Are you up for another round?" Boomer asked pouring water into his ball cap. He quickly put the hat on his head and with water streaming down his face, he laughed. "That feels good!"

Clyde the Goose turned toward Boomer. "I think I like sitting still."

Lily looked over at Chester. "I think I am just going to go home. I am tired."

Doc Owl turned his head around on his shoulders. "Lily, lets do a couple of tests first. Is that okay with you?"

"Yes," Lily said.

Owl looked at Lily's wings. "Flap your right wing. Okay good. Now move your left wing. Good."

"My wings feel fine, Doc," Lily said.

Doc got close to Lily and looked deep into her eyes. "Lily I need you to not move your head, just your eyes, okay?"

"Okay."

Doc Owl moved his wing back and forth in front of Lily. Lily's eyes followed everywhere Doc moved.

"How many feathers am I holding up?" Doc asked.



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2016 SUMMER youth program **June 6-July 15**
Monday-Friday 9:00am-3:00pm
Ages: 6-8, 9-12, and 13-16

ON-SITE REGISTRATION
(come early, spaces fill up quickly)
June 3 • 9:00am until noon

HOW TO REGISTER:

- 1 Choose a site from the list below according to your child's age.
- 2 Download application and medical information form online.
- 3 Bring completed forms to site of choice at the time of registration.

AGES 6-8 Glenellen Elementary Barkers Mill Elementary Oakland Elementary Burt Elementary Ringgold Elementary Pisgah Elementary Summit Heights Caldwell Lane	AGES 9-12 Crow Center Kleeman Center Burt-Cobb Center Woodlawn Elementary	AGES 13-16 New Providence Middle West Creek Middle Rossvie Elementary
--	--	---

Applications, medical forms, and more information available at: www.cityofclarksville.com/syp

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SUMMER PLAYHOUSE Roxy Theater \$30 per student (ages: 10-16)	CIVIL WAR DAY CAMP Fort Defiance \$60 per student (grades: 5 th & 6 th)
TENNIS DAY CAMP Swan Lake Sports Complex Free (ages: 6-16)	SUMMER TUMBLING DAY CAMP American Twisters Tumbling \$40 per student (ages: 6-16)
ARCHERY DAY CAMP Billy Dunlop Park \$20 per student (ages: 10-16)	SUMMER PADDLE BOARD CAMP New Providence Pool \$145 per student (ages: 9-14)

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“Three,” Lily answered.

Owl nodded. Then he held up four feathers. “Now how many do you see?”

“Four” she answered.

“Good. I just wanted to make sure you don’t have a concussion. You got hit pretty hard Lily.”

“I am okay. I do have a headache, but drinking this water helps me feel better,” Lily answered.

Doc looked at both of Lily’s antennae. “Well. You look like you are okay. It would still be a good idea for you to go home and take it easy the rest of the day. I will stop by when the moon comes up tonight to check on you.”

“Thanks, Doc. I’m going home, everyone,” Lily said as she waved goodbye.

Doc looked over at Earl. “Are you still feeling dizzy?”

“No.”

“How are you doing?” Doc asked.

“I am fine,” Earl answered.

“Earl, how many feathers am I holding up?”

“One,” Earl answered.

“Good. Now how many am I holding up?” he asked.

“Four, I mean five, Doc. Five.”

“Correct. Earl, does your head hurt?” Doc asked.

“No. I just think I got too hot,” Earl answered. “I’m not as young as I used to be, Doc.”



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"It might be a good idea for you to take it easy the rest of the afternoon as well," Doc suggested.

"I will take you up on that one, Doc."

Turning to his friends and fellow teammates he said, "I'm going home—Doc's orders."

Doc flew over to the referee. "What do you think? This group looks pretty tired, don't they?"

"Awe, they will be fine," the referee said taking another drink.

"Chester, what do you think? Did you hear Doc? Should we just stop for the day?" Terry the Turtle asked.

Chester looked around at the group. "Let's take a vote. Who wants to call it a day?"

Several paws waved in the air.

"Any opposed?" Chester asked.

No paws went up, so Chester called the decision out to the group. "Rest time for everyone! For those that just want to go home go ahead, for those that want to nap here in the shade, go for it!"

The referee grinned. "Ya know, I'm a little more tired than I thought. I think I will go home as well."

As the group left to go to their homes, Chester looked around. Today had been a good day. It was a good game, no one was seriously hurt, and now he had time to take a nap.



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Heritage Park (1241 Peacher's Mill Road)	McGregor Park (640 N. Riverside Drive)
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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 thetptwillsound@charter.net for information or to schedule an audition. Find us on Facebook at Cumberland Winds, or at www.cumberlandwinds.org.

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
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Mondays, 5pm-7pm

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**5 Thursday, 5pm-8pm
Carmel**

**10 Tuesday, 5pm-8pm
Immaculate Conception**

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Clarksville Christian**

**17 Tuesday, 5pm-8pm
East Montgomery**

**19 Thursday, 5pm-8pm
Norman Smith**

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www.hilldale.org

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The Clarksville Game Design Club has two separate groups that meet at the Library—the Game 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/. 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](mailto:genealogydiscussion@yahoo.com)

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information contact Jason
Groppel, (931) 561-5530.

Clarksville-Montgomery
County Public Library
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May

2 MONDAY

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

5 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 FRIDAY

ADAPTIVE SWIM DAY

10:00 a.m. to 12:00 p.m. Learn more about our Adaptive Swim Program, become familiar with the pool and meet our instructors.

Indoor Aquatic Center
166 Cunningham Lane
cityofclarksville.com/events

7 SATURDAY

JESUS SPRING FLING THING

11:00 a.m. to 4:00 p.m. Open car and quilt shows,

BBQ, inflatables and family fun. Everything is free and everyone is invited!

Mt. Hermon Baptist Church Activities Grounds
2204 Jarrell Ridge Road
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mounthermonbaptist.org

PROJECT LINUS MEETING: MAKE-A-BLANKET DAY

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

QUEEN CITY ROAD RACE

5K/10K/1Mile. See ad on page 38.

Austin Peay State University
cityofclarksville.com/qcrr

8 SUNDAY

MOTHER'S DAY

9 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
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10 TUESDAY

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14 SATURDAY WELLNESS EXPO

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those that qualify.) For more information or to schedule a mammogram, contact Jennifer at (931) 648-7214.

Governor's Square Mall
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Boulevard

17 TUESDAY

DIABETES SUPPORT GROUP

5:00 p.m. the third Tuesday of each month. Our Diabetes Support Group offers up-to-date information and peer support related to self-management of diabetes. For more information visit Tennova.com or contact the Diabetes Program Coordinator at (931) 502-1696 or the Registered Dietitians at (931) 502-1690.

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18 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

21 SATURDAY

CANOE/KAYAK FLOAT

Details available online.

Robert Clark Park
1449 Tiny Town Road
[cityofclarksville.com/
events](http://cityofclarksville.com/events)

28 SATURDAY

SPRING INTO SUMMER FESTIVAL

12:00 p.m. to 9:00 p.m. See ad an article on page 40.

101 Walter Garrett Lane
Oak Grove, Kentucky
VisitOakGroveKY.com

CIVIL WAR MEDICAL DISPLAY

Details available online.

Fort Defiance
120 Duncan Street
[cityofclarksville.com/
events](http://cityofclarksville.com/events)

29 SUNDAY

SPRING INTO SUMMER FESTIVAL

12:00 p.m. to 6:00 p.m. See ad an article on page 40.

101 Walter Garrett Lane
Oak Grove, Kentucky
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30 MONDAY

MEMORIAL DAY

"A Soldier"



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Taira G. McAfee

A Soldier is born to live
and that's no lie

A Soldier is born to die,
and of course everyone
asks why, why, why

A Soldier is hated, a
Soldier is loved, but
when a Soldier is in
trouble a Soldier looks to
his Father up above

A Soldier who can, is a
Soldier who commands

A Soldier travels far,
a Soldier stays home,
but when so many
Soldiers are gone, this
Soldier knows where he
belongs

A Soldier never gets
enough rest, but no
matter how hard the
task, a Soldier always
does his best

A Soldier rarely sleeps,
but a Soldier still prays
to the Lord for his or her
soul to keep.

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Soldier is a daughter,
a Soldier is a husband,

a Soldier is a wife, a
Soldier is your sister, a
Soldier is my brother,
a Soldier is a father, a
Soldier is a mother, and
most of all a Soldier
is truly your friend
because, a Soldier is the
one you can count on in
the end

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and women of Operation
Iraqi Freedom, 101st
Airborne Division (Air
Assault), and Screaming
Eagles, Fort Campbell,
Kentucky

June

4 SATURDAY

COOPERTOWN BARREL FESTIVAL

10:00 a.m. to 4:00 p.m. Live
music and family fun, kids
zone, wooden barrel games,

food, vendors, heritage and
history. Visit barrelfestival.com
for more details.

Old Coopertown Road
(between Woods and
Battle Creek Roads)
Coopertown, Tennessee

6 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

13 MONDAY

SURF SHACK VBS

5:30 p.m. to 8:00 p.m.
through Friday, June 17
(ending with a Beach Party

Bash and a performance
by the Uganda Children's
Choir). Dinner included.
Ages pre-K (3 & 4) through
5th grade. If your child
registers by May 27 they will
receive a free gift the first
night of VBS. Register at
<http://2016.cokesburyvbs.com/hilldaleumc>

Hilldale United Methodist
Church
1751 Madison Street

Submit your event to
events@
clarksvilivingmag.com by
the 15th of the month for the
next issue.

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THE ROXY REGIONAL THEATRE

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

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 May 6, 7, 13 & 14

7pm May 5, 11 & 12

SHREK the Musical JR.

Everyone's favorite ogre is back in an irreverently fun show for the entire family!

6pm May 20, 21, 24, 25, 28* & 31 and June 1, 2, 3, 4, 7, 8, 9, 10 & 11*

7pm May 26

2pm May 21 & 28 and June 4, 11

* "LUNCH WITH SHREK" AT 12:30PM (TICKETS \$40)

CUSTOMS HOUSE MUSEUM & CULTURAL CENTER

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

EXHIBITS:

Cast of Blues

Through May 25th

A celebration of Mississippi's rich musical heritage, the exhibition A Cast of Blues features 15 resin-cast masks of blues legends created by artist Sharon McConnell-Dickerson, as well as 15 color photographs of performers and of juke joints by acclaimed photographer Ken Murphy.

Carol LeBaron: Life Source

May 5th – July 31st

Tennessee artist Carol LeBaron transforms remembered light to imagery, collecting fragments from both the landscape of her remembered experience and observation of natural forms.

Cumberland River – An American Legacy

May 5th – July 31st

This series of plein air paintings by Larry Richardson explore the Cumberland River. Sponsored in part by Legends Bank.

Erosion: Studies of Finite Permanence

May 3rd – May 29th

Artist Lauren Brady uses layers of transparency and texture in her landscape paintings, exploring the development that occurs with time and what is seen in retrospect.

Working the Spirit Close to Home: The Portraits of William Stamms Shackelford

May 5th – July 31st

This gathering of paintings by William Stamms Schackelford showcases his unique depictions of various people, including portraits of the Clarksville Shackelford family. Sponsored in part by Tennessee State Museum, Austin Peay Department of Art & Design.

Taking a Look at Cave Johnson

May 5th – July 31st

Take a closer look at the life of Clarksvillian Cave Johnson. Johnson was elected to the U.S. House of Representatives in 1828, and later served as president of the Bank of Tennessee from 1854 to 1860. He was also a close friend and advisor to James K. Polk during his successful presidential campaign.

Leisure Time

May 5th – August 7th

This exhibit explores the theme of hunting, fishing, and other outdoor leisure activities in the area with objects from the Customs House Museum & Cultural Center's permanent collection.

ACTIVITIES:

Lauren Brady: Gallery Talk

Thursday, May 5th, 6:15pm

Artist Lauren Brady discusses her work in the exhibit Erosion: Studies of Finite Permanence. Admission is free.

Story & Craft Time: Brought to You by the Letter "M"

10:30 – 11:00 a.m.

Join Ms. Sue for a story and a craft. This month is all about the letter "M". Activities are free with your museum membership or paid admission. May 5th: Mother; May 11th: Mice; May 19th: Music (with live music by Justin Taylor); May 25th: May Flowers.

Free Saturday Family Day: Amazing Mammals!

May 14th, 10:00 a.m. – 4:30 p.m.

We're celebrating the mammals whose names begin with the letter

"M" this Family Day. There will be toy monkeys to play with, moose masks to make, mice stories to read, moles to match, and much more.

The Art of the Picture Book: the Winnie-the-Pooh Stories A Show & Tell for Adults

May 10th, 2:00 – 3:15 p.m.

Contrary to what many people think, Winnie-the-Pooh was not Walt Disney's creation. It was Ernest Howard Shepard, an English artist and book illustrator, who first brought him to life in "Winnie-the-Pooh" by A. A. Milne. (1926). Please join us in the auditorium for a discussion about E.H. Shepard, A.A. Milne, and their much-loved bear.

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.

The Customs House Museum & Cultural Center will be closed Sunday, May 8 for Mother's Day.

Let's move in the right direction together!



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THE LAW OFFICE OF MICHAEL K. WILLIAMSON

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. Deasree Williams: (931) 645-9969 or dwilliams@cctenn.org.

OAK PLAINS ACADEMY

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

OMNI VISIONS INCORPORATED

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 PrHowle@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_clave@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 warrisorscheersquad@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/clarksvillebirthpost/.

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/LLLClarkville. 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, babyroom vacation and spa packages, and birth plan consultations. Micky Jones, BS, CLE, CLD, CHBE, CAPPA Lactation Educator Trainer at (931) 451-3223 or ninemonthsandbeyond.com.

TENNOVA HEALTHCARE - CLARKSVILLE BREASTFEEDING CLASS

Taught by a Lactation Consultant, 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 Legacy Rooms on the first floor of the Medical Center (651 Dunlop Lane) on the first Tuesday of every month from 7:00 p.m. to 9:00 p.m. Registration is required. To register call (855) TENNOVA (836-6682).

TENNOVA HEALTHCARE - CLARKSVILLE PRENATAL CLASS

Prenatal Classes help parents-to-be anticipate situations that may arise during pregnancy and labor. The classes consist of five, two-hour sessions and are held on consecutive Wednesday or Thursdays at 7:00 p.m. Classes should be attended between the 26th and 34th week of pregnancy. Classes are taught in the Liberty Rooms on the first floor of the Medical Center (651 Dunlop Lane). Registration is required. To register call (855) TENNOVA (836-6682).

TENNOVA HEALTHCARE - CLARKSVILLE SIBLING CLASS

Offers an introduction to sibling interactions, a tour of the Nursery, and time to mingle with other children from expectant families. Classes are typically held the last Saturday of the month in the 3rd floor classroom of the Medical Center (651 Dunlop Lane). Registration is required. To register call (855) TENNOVA (836-6682).

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 Tamera Adjei at (931) 648-5725 or tadjei@utk.edu.

CHILD PROTECTION & DOMESTIC CRISIS SERVICES

AL-ANON & ALATEEN

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

CLARKSVILLE RAPE AND SEXUAL ABUSE CENTER

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

CHAP PROGRAM OF CATHOLIC CHARITIES

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

DEPARTMENT OF CHILDREN'S SERVICES

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

LEGAL AID SOCIETY

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

MONTGOMERY COUNTY CHILD SUPPORT SERVICE

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

SAFEHOUSE DOMESTIC VIOLENCE SHELTER

Provides 24-hour emergency shelter, crisis hotline, professional counseling, advocacy and other services to victims of domestic violence and sexual assault. (931) 552-6900 (collect calls accepted).

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 lineage, bloodline descent from an ancestor who aided in achieving American independence. Email us at sevierstation@yahoo.com.

GIRL SCOUTS OF MIDDLE TENNESSEE

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

LEAP ORGANIZATION

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

COMMUNITY OUTREACH

101ST AIRBORNE DIVISION ASSOCIATION

ONCE AN EAGLE...ALWAYS AN EAGLE

The 101st Airborne Division Association is a non-profit organization that welcomes all Screaming Eagles, from the original veterans to the active duty troopers of today, regardless of where or when they served. For more information on the benefits of being a member or the service the Association offers contact the office between 8:00 a.m. and 4:00 p.m. Monday through Friday at (931) 431-0199 or at our website ScreamingEagle.org.

ALL NATIONS BIBLICAL STUDY CENTER

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

APSU EXTENDED EDUCATION

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

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

ARMY COMMUNITY SERVICE

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

ASERCARE 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.

BAYANHIAN FILIPINO-AMERICAN INTERNATIONAL GROUP

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

CRISIS CALL LINE

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

CROATIANS IN TENNESSEE

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

FRIENDS OF ROTARY PARK

A volunteer group that is diligently working to improve the trail network and playground areas at the park. Those interested in joining Friends of Rotary Park can do so by contacting Chad Eaton at (931) 624-7787 or chadeston@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.

TEMNOVA HOME HEALTH & HOSPICE

1411 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

GRACE ASSISTANCE PROGRAM

Provides emergency services such as assistance with utilities, shelter, prescription medications, transportation, food, personal hygiene items and other basic needs. Additionally, we publish the Community Services Director for Clarksville-Montgomery County and surrounding area. (931) 648-9090.

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.habitatmtn.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, humanesocietyofclarksville.com or clarksvillehumanesociety.org.

LATINA ASSOCIATION

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

LOAVES AND FISHES

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

MANNA CAFÉ MINISTRIES

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

MEALS ON WHEELS

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

MONTGOMERY COUNTY WIC CLINIC

300 Pageant Lane. 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 HABILITATION SERVICES

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

ASPERGER/AUTISM CENTER

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

BRADFORD HEALTH SERVICES

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

CELEBRATE RECOVERY-FIRST CHURCH OF THE NAZARENE

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

CELEBRATE RECOVERY-GRACE CHURCH OF THE NAZARENE

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

CENTERSTONE

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

COLUMBUS ORGANIZATION

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

HEALTH CONNECT AMERICA

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

THE FAMILY GUIDANCE TRAINING INSTITUTE

800 Tiny Town Road, committed to positively impacting the lives of our community's children, youth and their families. Family Guidance Training Institute, Inc. is a 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.

OK HILL RESIDENTIAL

118 Union Street, (931) 647-8257.

PASTORAL COUNSELING CENTER

The Pastoral Counseling Center at 516 Madison Street, is a ministry of professional care dedicated to healing and growth in human life and relationships. In partnership with local congregations the centers are committed

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

THE PATH LIFE COACHING

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

REGIONAL INTERVENTION PROGRAM (RIP)

Regional Intervention Program 404 Pageant Lane, (931) 920-2347, is a program through local mental health agency and not-for-profit organization Centerstone providing behavior modification for preschoolers 18 months through 6 years old. RIP offers a 2-hour classroom setting for children and siblings, in addition to case management for parents two times per week on Tuesdays and Thursdays. RIP currently has immediate openings for the morning program @ 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 TENNENY AREA AFS VOLUNTEER LEADERSHIP TEAM

New AFSer's applications are available for viewing for the 2016-17 school year. Host parents may go to afsusia.org/host to view them and fill out a hosting application. Keep in mind that CMCSST 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 afsusia.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@afsusia.org or (865) 617-0665. The local Miss Tenny Area AFS Volunteer Leadership Team web site is afsusia.org/misstenky/. Follow AFS on Facebook: AFSUSA, Twitter: afsusia, YouTube: AFSV and Flickr: afsusia.

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 Reisinger or Anne Coleman at mops.cpclarkville.com.

CLARKSVILLEMOMMIES.COM

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

MOPS AT FIRST BAPTIST CLARKSVILLE

Meets on select Fridays every month throughout the school year from 9:15 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 clarksvillemopsatfbc.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 Freiberg at mefreiberg@yahoo.com. Find us on Facebook at Spring Creek MOPS.

PARENTS OF MULTIPLES

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

PARENTS REACHING OUT

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

TNSHARE (SECULAR HOMESCHOOLERS: ANY RELIGION, ECLECTIC)

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

TENNESSEE EARLY INTERVENTION SYSTEM (TEIS)

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

WIC NUTRITION EDUCATION CENTER

All prenatal moms are welcome to a free preparation breastfeeding class (includes free breastfeeding information packet). 1:00 p.m. to 2:00 p.m. the third Thursday of each month at the WIC Clinic, 300 Pageant Lane. 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 wilsononbellsouth.net.

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

The only association dedicated to protecting the earned retirement benefits of federal employees, retirees and their survivors. If you are now receiving, or expect to receive, a federal retirement annuity then you should join us as a member and help us actively preserve our federal benefits. We need your support and membership to increase our overall membership numbers. NARFE works on the national and state levels in Congress to propose and oppose legislation in the interest of the federal employee and retiree. With over 200,000 members nationwide and over 3,000 here in Tennessee, we are a strong voice in Washington, DC. Local NARFE Chapter 870 meets on the 2nd Thursday of each month at the Shoney's on North Second Street. We gather to eat at 10:00 a.m. with the business meeting beginning at 11:00 a.m. Even with our speaker, we are normally finished by 12:30 p.m. or 12:45 p.m. We have a private area reserved with our own waitress service. We always have an interesting program. We encourage retired or active federal employees to join us and bring a guest. For more info, please contact Sandra Simms at (931) 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 Causey at (615) 269-7751 ex. 133 or mcausey@tnvoices.org, Jennifer Allen at (615) 854-2165 or JAllen@tnvoices.org; or Sharon Jarrell at (931) 266-6064.

DIABETES SUPPORT GROUP

Need help managing your diabetes? Our 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 at 5:00 p.m. in the Liberty Rooms of Tennova Healthcare - Clarksville. For more information visit Tennova.com or contact the Diabetes Program Coordinator at (931) 502-1696 or the Registered Dietitians at (931) 502-1690.

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 cvoahand-free@jdrf.org.

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)

Meets the second Tuesday of each month from 6:30 p.m. to 8:00 p.m. at the Clarksville-Montgomery County Public Library, 305 Pageant Lane. For more information email nami@clarksville3namin.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 Tennova Healthcare - Clarksville. 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.



MAJOR EXHIBITS OF ART

BY LOCAL ARTISTS IN CLARKSVILLE, TENN

5:00 PM - 8:00 PM ON STRAWBERRY ALLEY

FIRST THURSDAY

== OF EACH MONTH ==

FREE PARKING DOWNTOWN AFTER 5PM, M-F & ALL DAY ON WEEKENDS!

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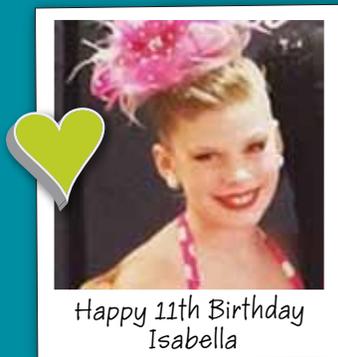
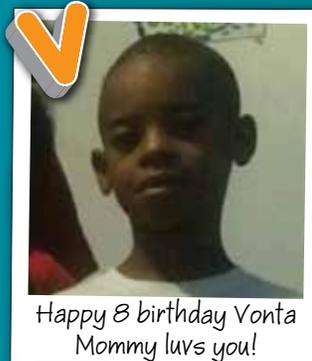
Wanna be on the Fridge?: Email photo to: fridge@clarksvillefamily.com by May 15th.
Please include the name of who is in the photo, their age & a preferred short caption (optional).

HAPPY BIRTHDAY!



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

HAPPY BIRTHDAY



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