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# Publisher's Message

My son starts 4th grade this year and it seems like summer just started! I'm sure with all the weeklong breaks and other days they get off that it balances out, but it seems like when I was that age, school didn't start until after Labor Day. Yes, I just used the official old person term "when I was that age." Moving on...



Check out the calendar starting on page 58 for plenty of great things to do throughout the month. Even though school is back on, there are still free Movies in the Park; The Roxy's last show of its 2012-2013 season, *South Pacific*, and many other things to keep you and your family entertained.

Reading this month's issue, I am filled with pride in all of the great content from the writers and sweet pictures from our readers. Candid Clarksville and the Fridge continue to bust at the seams. Be sure to email yours to us early (the deadline is the 15th, but lately the Fridge is full even before then) to try and be included in next month's issue!

Try to stay cool for what is typically the hottest month of the summer (though it doesn't seem like it will be the case this year, if we're lucky). Be safe with all of the running around with the kiddos. As always, thank you for picking us up.

Sincerely,

Carla Lavergne

## DISCLAIMER

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

## Clarksville Family

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

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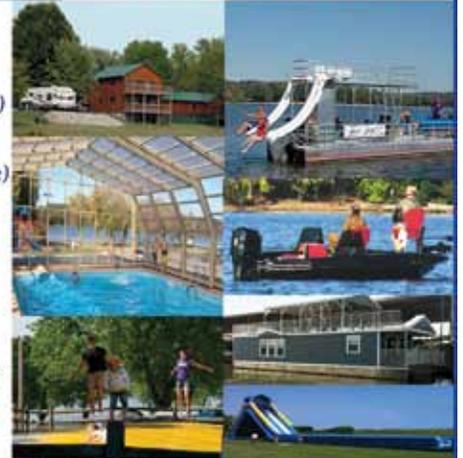
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# COMMON CORE STANDARDS

by Pamela Magrans

August marks a new school year. New school years always bring change—a change of shoe size, a change of backpack, a change of teacher, a change of books. Since the 2011-2012 school year, the Clarksville Montgomery County School System (CMCSS) has also been preparing some curriculum changes. In



conjunction with other states nationwide, new curriculum standards are being implemented in local public

schools. The Common Core State Standards (CCSS) is a nationwide effort to create more rigorous school curricula with fewer, but clearer standards for both teachers and students.

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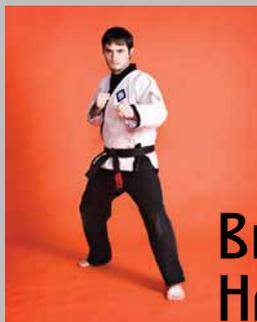


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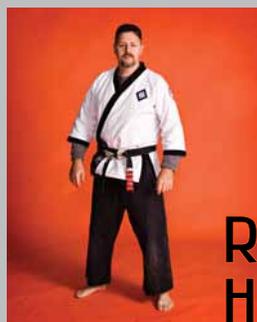
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that—a shared education plan that all states will adhere to as we educate the nation’s growing youth. The Common Core sets clear standards for all participating state schools. As of this month, 45 out of 50 states have adopted the curriculum.

The main purpose: to make sure our high school graduates are prepared to



either enter college or the workforce upon graduation and to ensure that American

children can find their place in the global economy. The Common Core emphasizes skills that will prepare our students for future careers, helping provide a functional education.

The National Governors Association (NGA) and the Council of Chief State School Officers (CCSSO) began the



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development of the Common Core State Standards on a national level. However, each state and local school district is implementing the new curriculum on the grass roots level.

The CMCSS plan to have full implementation in the 2014-2015 school year. What does that mean to parents and students? It means clearer objectives for everyone and a more unified curriculum across the county, which will especially help those students who move across state or school system boundaries.

### **Changes parents might see**

Common Core is divided into three subcategories:

1. English Language Arts (ELA)
2. Math
3. Social Studies, Science and all technical areas

In the ELA, reading material including literature will still be covered, but there will be a push towards informative texts. Informative texts might consist of newspaper articles, historical documents, or other non-fiction literature. By the time students are seniors in

high school, it is estimated that approximately 80% of the assigned reading will be informative texts. In addition, there will be a focus on narrative, expository and persuasive writing. Writing in those genres will be research and evidence based. This means that students will need to draw from the informative reading in order to make evidence based written arguments.

ELA also emphasizes collaboration among students in group discussion and peer learning cohorts. The teacher may often act as a facilitator as students engage in group

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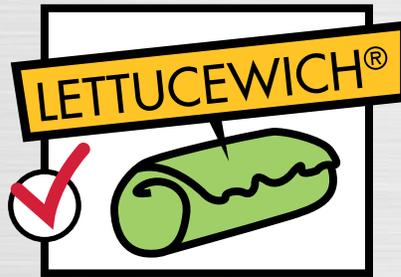
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learning and problem solving. The usual language skills will be mastered, including the mechanics of writing.

One standard parents will NOT see in elementary

Common Core is cursive writing. Given the current online version of communication, keyboarding now replaces the old school cursive writing.

The Math Common Core will focus on constructive responses. Students will be required to show their math work and to explain their work! It is not enough to arrive at the answer; students will need to justify their



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answers. This helps students build on the communication skills they are developing in the English Language Arts courses. Students in math class will be graded not only on getting the right answer, but also on how well they

can prove their answer and persevere through the often-rigorous steps of arriving at an answer.

In the Social Studies, Science and technical areas category of Common

Core parents will begin seeing reading and writing emphasized more than it was in the past. Literacy will be practiced in all subject areas. That means the completely true/false or multiple-choice biology or geography tests may become a thing of the past! All subject areas will meet the reading and writing standards; this practice is often referred to as reading and writing across the curriculum.

The Common Core Standards also require online assessments, created by the Partnership for Assessment of Readiness for College and Careers (PARCC). The PARCC will implement online assessments given nationwide that will assess if the Core Standards are being met in individual schools. Many of us know these types of assessments as the “standardized testing” of the past. However, the PARCC will be given entirely online, thus increasing the need for students to be efficient in keyboarding. Furthermore, the online assessments will provide for faster data collection and result distribution on a nationwide level. Since every student in K-12 now is a digital native, the adjustment to online




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assessments should be a natural transition for most students.

Change is never easy, but it is often necessary. Setting higher standards for our children's education will better equip them for the expectation of college and future careers. Higher standards in our classrooms will prepare our children for the global economy they will be entering as adults. Knowing this is one motivation for implementing a nationwide school curriculum.

As we start the 2013-2014 academic school year, may we each assume an active role in our child's education. As our local schools phase in the Common Core, which emphasizes critical thinking, problem solving and cooperation, may we model that by being supportive of our local schools and teachers in any way we can.

To learn more about the Common Core on a local level visit the [cmcss.net/news](http://cmcss.net/news). To learn more about the nationwide initiative visit [tncore.org](http://tncore.org) or [corestandards.org](http://corestandards.org).

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## MARCH OF DIMES REMINDS PARENTS TO IMMUNIZE CHILDREN FOR THE NEW SCHOOL YEAR

### Women and Pregnant Moms Need Annual Flu Shot Themselves

Influenza, pertussis (whooping cough), and measles are just a few of the infectious diseases still plaguing babies and adults

in parts of the United States today. But fortunately, these are preventable by vaccines, the March of Dimes says, as it celebrates its 75th anniversary this year and its ongoing work to help all babies get a healthy start in life. More than four

million babies were born last year in the United States and the March of Dimes has helped each and every one of them through research, education, vaccines, and breakthroughs.

“Immunizations are as important today as they were in the 1950s when the March of Dimes delivered the first vaccines against polio,” said Dr. Jennifer L. Howse, president of the March of Dimes. “Back-to-school season is a perfect time to make sure that immunization records are up to date and the health of children is protected.”

The March of Dimes, along with the Centers for Disease Control and Prevention and eight other agencies, urges all pregnant women to get their annual flu shot in the fall. The normal biological changes of pregnancy put pregnant women at increased risk of the harmful effects of flu infection. Recent research suggests that the flu vaccine may also lower a woman’s risk of having a stillbirth or miscarriage.

According to the Tennessee Department of Health, children entering Tennessee child care facilities, pre-school or pre-Kindergarten must be up to date at the time of enrollment and are required to provide an updated certificate after completing all of the required vaccines due by 18 months of age. ([health.state.tn.us/ceds/required.htm](http://health.state.tn.us/ceds/required.htm))

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The March of Dimes was founded in 1938 by President Franklin Delano Roosevelt to combat polio, an epidemic disease that paralyzed or killed up to 52,000 Americans, mostly children, every year. The March of Dimes fulfilled President Roosevelt's dream of a nation free of this fearful disease by funding the development of the first safe and effective polio vaccines by Dr. Jonas Salk (1955) and Dr. Albert Sabin (1962).

Following the successful development of the polio vaccines, the March of Dimes



supported many other important immunization campaigns.

For example, in 1969-1970, Dr. Virginia Apgar worked with the March of Dimes to

lead a national immunization program against rubella (German measles), which can cause a range of serious birth defects if contracted during pregnancy. The campaign was so successful that there has not been a case of congenital rubella syndrome in the U.S. in more than 30 years.

Today, the March of Dimes and Sanofi-Pasteur are partners in the "Sounds of Pertussis" campaign urging parents, grandparents, other relatives and caregivers to get a booster shot for pertussis (whooping cough), a highly contagious and potentially fatal disease in babies, so they won't unknowingly infect the

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newborns in their lives. The U.S. Centers for Disease Control and Prevention (CDC) reports that America is currently experiencing the largest outbreak of reported pertussis cases in 50 years. The pertussis vaccine is reported to have saved more than a half a million lives in 2002 alone. For more information, visit [soundsofpertussis.com](http://soundsofpertussis.com).

As always, the March of Dimes encourages parents to ensure that their children get all their vaccinations on schedule. More information is available from the March of Dimes web site:



[marchofdimes.com/baby/wellbabycare\\_vaccinations.html](http://marchofdimes.com/baby/wellbabycare_vaccinations.html).

The March of Dimes continues to fund vaccine research and to work with international coalitions seeking to improve

immunization rates and eradicate preventable diseases so they will never again threaten babies and children.

The March of Dimes is the leading nonprofit organization for pregnancy and baby health. With chapters nationwide and its premier event, March for Babies®, the March of Dimes works to improve the health of babies by preventing birth defects, premature birth and infant mortality. For the latest resources and information, visit [marchofdimes.com/tennessee](http://marchofdimes.com/tennessee) or [nacersano.org](http://nacersano.org). Find us on Facebook.

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## THIS MONTH'S HEALTHY RECIPE: SOUTHERN FRIED CHICKEN

Brought to you by Gateway Medical Center



Perfect picnic food, this crispy Southern fried chicken recipe gives you all the flavor without the high fat of traditional fried chicken. A delicious marinade keeps the chicken tender and juicy.

### Ingredients

- 1 cup low fat plain yogurt
- 1 tsp dried thyme
- 1 garlic clove, minced
- 1 tsp paprika
- 1/4 tsp cayenne pepper
- 1/2 tsp salt

6 boneless, skinless chicken breast halves or 6 boneless, skinless chicken thighs (1 3/4 to 2 lb)

1 Tbsp transfat-free margarine, melted

1 cup seasoned breadcrumbs or panko bread crumbs

### Preparation

In a large bowl, combine the yogurt, thyme, garlic, paprika, cayenne and salt and mix well. Add the chicken and coat it with the mixture. Marinate the

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chicken, covered and refrigerated, for two hours or overnight.

Preheat the oven to 400°.

Lightly coat a shallow roasting pan with nonstick cooking spray. In a shallow dish, combine the margarine and breadcrumbs. Dredge the chicken in the breadcrumbs, shaking off the excess. Transfer the coated chicken pieces to the pan.

Bake chicken breasts for 25 minutes and thighs for 30 to 35 minutes, or until tender.

### Nutrition Facts

Serving Size: 1 piece of chicken  
 Recipe Yield: 6 servings

#### Amount Per Serving

<b>Calories</b>	256
<b>Total Fat</b>	5 g
Saturated Fat	1 g
<b>Cholesterol</b>	79 mg
<b>Sodium</b>	462 mg
<b>Total Carbohydrates</b>	16 g
Fiber	1 g
<b>Protein</b>	35 g

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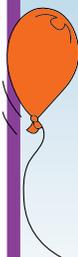
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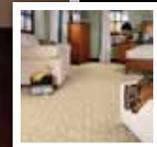
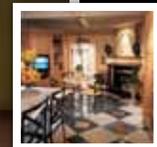
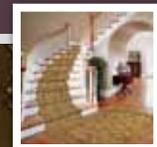
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## BLACKBERRIES & THE BIBLE

by Chris Edmondson

I love gardening and growing things. While I was a pastor in Iowa, I got hooked on gardening. It was a great way to release stress and to get your hands dirty. And though I moved back to my home state of Tennessee, I still love

growing things, even though the dirt in Tennessee is the worst dirt in the world: red clay and limestone.

A couple of years ago, I planted eight blackberry bushes. Nothing ushers in the summer like going out and

picking blackberries off the vine. I remember growing up and going to my MeeMaw's house (my Grandmother) and picking blackberries and getting torn up by the thorns. I only have thornless blackberries. No thorns and all of the berries! I love blackberries, and so do my children. I send them out to pick the ripe ones, and they come back with empty buckets and full stomachs!

Yesterday, I went out to do my daily picking of the blackberries, and my mind wandered to spiritual things. So, without further delay, here are some spiritual principles I have learned while picking blackberries. Hope you enjoy.

**1. You have to be diligent about picking blackberries.** Just when you think you've picked all the ripe ones, you realize you didn't—there're about a hundred more!! God's Word is like that. *You can spend you're entire life reading the Bible and never pick it clean and glean all that you can from God's Word.* When looking into God's Word, we have to be diligent to glean everything we can from the Bible. Proverbs 2 says this...

Search for them as you would for silver; seek them like hidden treasures. Then you



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will understand what it means to fear the LORD and you will gain knowledge of God.

Proverbs 2:4-5

How does one search for silver? Where is silver located? Beneath the earth. Just like I have to move the branches and turn the

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leaves upside down to find blackberries, we must be persistent in looking into God's Word, not giving up when things get a little difficult and we don't understand a word or a concept within the first two minutes of reading it.



spent the past 45 minutes picking blackberries, but when I go over to the other side of the fence, I am able to see a lot that I missed. *In order to get the most out of the Bible, we need to change our perspective when reading it.*

**2. You have to change your perspective when hunting for ripe berries.** Again, just when you think you have picked all of the berries that are ripe, you turn over another leaf, you look from

a different angle, or you change your perspective and look from underneath and BAM! You realize that you missed TONS of blackberries! I just

When we come to the Bible, we need to ask questions of it. Like, "How would this have come across if we were living during the time of Moses?" "How would we

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have understood this if we were living in the first century, listening to Jesus?" We have to change our perspective. Though God gave us the Bible for us to read today, we have to understand the context in which the original audience would have understood it. If not, you will miss the *wow factor* and understanding His Word.

Here's an example: The reason why Jonah didn't want to go to Nineveh to tell them to turn from God is that he was also listening to two of God's prophets, Amos and Hosea, who were saying, "If Israel doesn't get right with God, I'm going to use the Ninevites to judge you." So he is thinking, "If I don't go, then they won't hear that God loves them, won't respond and turn to God, and then God will wipe them out and the people of Israel will be safe." It's all related.

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**3. During the summer, it seems like a blackberry vine is always producing fruit!** God's Word is similar. In Isaiah 55:10-11, it says...

"The rain and snow come down from the

heavens and stay on the ground to water the earth. They cause the grain to grow, producing seed for the farmer and bread for the hungry. It is the same with my word.

I send it out, and it always produces fruit. It will accomplish all I want it to, and it will prosper everywhere I send it."

Isaiah 55:10-11

God's Word will always produce fruit. That is an amazing promise! You don't get that promise from any other book. Why? Because God's Word is living and active. It will always change hearts. So get into God's Word!

**4. A blackberry vine only produces blackberries for one year.** After that year, that vine will never produce another berry. Isn't that interesting? There is no "coasting" when you're a blackberry bush. You've got one shot to produce, and after that, you're kindling!

The same is true in our spiritual life. We must continually be growing, not relying on past growth or past intimacy with God to carry us through our present. One of my mentors in seminary, Howard Hendricks, used to say, "When you teach, you are giving people water. Are you giving them the stagnant leftovers from what you learned last year, or are they able to drink from a fresh stream of living water that you



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received from Jesus just this morning?" Are we stagnant pools of tepid water, or fast flowing streams of fresh mountain water?



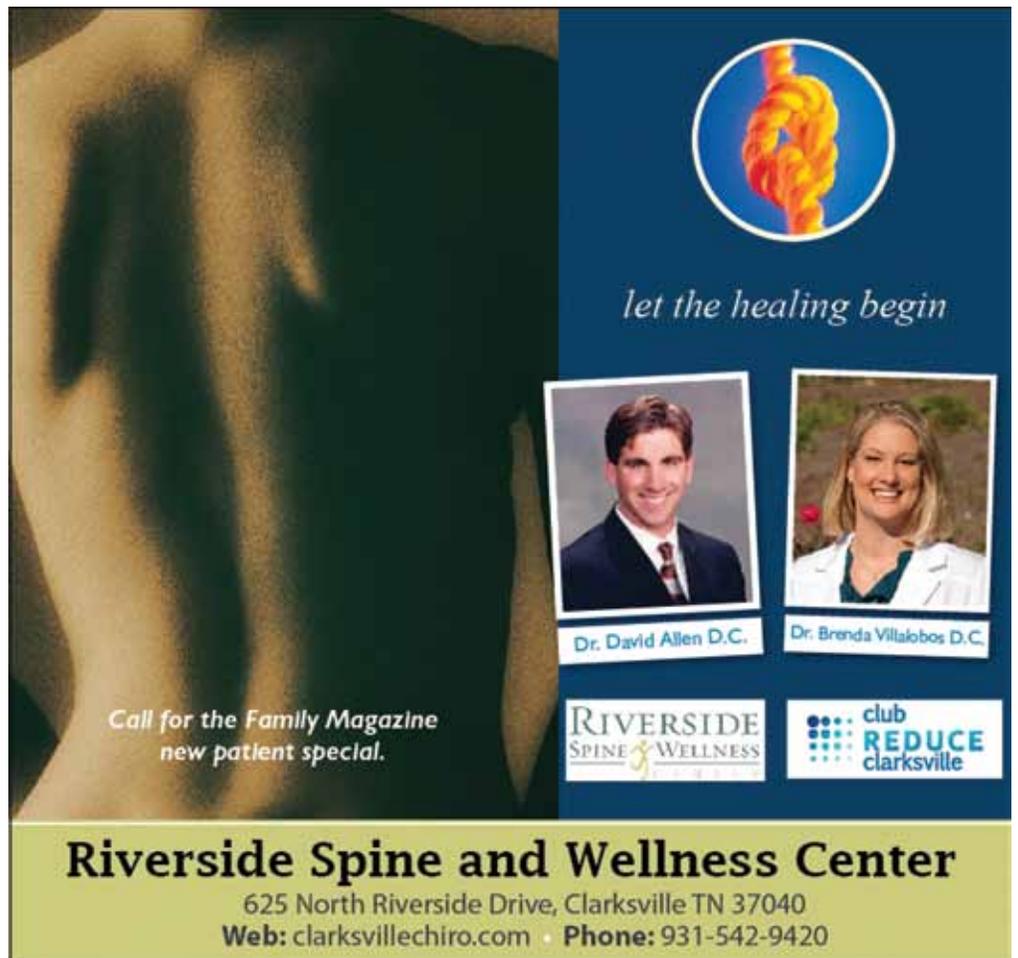
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*Chris Edmondson is a father of three boys and is happily married to his best friend. Chris is the lead pastor of oneChurch.tv, a church for those disconnected to God. oneChurch.tv meets at Northeast High School across from the Regal 16 Movie Theatre at Exit 1. Check them out at [www.onechurch.tv](http://www.onechurch.tv).*

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## BACK TO SCHOOL MADE EASY: SOLUTIONS TO THE STRUGGLE

by Taylor Lieberstein

It's almost time for the children to trade in those five days a week of swimming for five days a week in the classroom. It is always a challenge to get back into the swing of things after a long summer break. No more sleeping until noon, no more leisurely meals, and then add homework to the equation. On top of said transition from summer to school year the children are also exposed to a lot of newness: teachers, classmates and challenges. Switching from the laid-back fun in the sun of summer to rules and routines can be a big jump for parents and children alike. With a little preparation and the right attitude, it doesn't have to be so hard.

Just in time for the approaching school year we have put together some expert tips from veteran Kindergarten teacher, Lisa Price, of Glen Ellen Elementary School. Grab a pencil and take some notes.

### Re-establishing bed times

*After a rule-free summer you need to stress the importance of a good night's sleep. Naturally they won't love this new regimen that hasn't been enforced since late May. How do you enforce a healthy bedtime?*

Starting a few weeks before school, push back your children's bedtime by 15 – 30 minutes each night until you reach the desired bedtime for your children. For example, if your child has been staying up

until 10:30, the first night of the new routine, bump the bedtime back to 10:15. The next night, bump it back to 10:00, and the night after that 9:45, and so on until you reach the desired bedtime. Once you have established this bedtime, it is important to be consistent and encourage a bedtime routine. Some things you might have your children do to establish their bedtime routine is brush their teeth or read a story with mom and dad.

### The Wake Up

*After two months of going to bed and getting up whenever they want, kids need to get back*

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on a schedule. One that involves waking up early to eat breakfast before rushing out the door. How do you get the kids to do that?

Once you have helped your children establish a normal bedtime routine and schedule, and they are getting the recommended amount of sleep, morning wake up will be easier. For those children that resist the “morning wake up,” let them know up front they will have consequences, such as an earlier bedtime, if they do not cooperate. Set a designated time to be ready that will still allow time to eat a quick breakfast with your children. Practice the routine before school starts. For example, when your children get up, have them get dressed, make their bed, and brush their teeth. Practice makes perfect!

**The Morning Rush**

*For many families, the toughest hurdle is getting kids out the door on time. This is especially hard if you have to get ready for work as well. What*




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is a good way to balance your time and not have the child and parent running late?

Of course the easiest way to balance time is to be ready before your children need to wake up. However, this is not always an option for parents. Giving children responsibility of getting themselves ready is a good idea. Even younger children can do a big part of this. Staggering wake up times for multiple children can help to deter morning fuss

between them. Several things can be done the night before to help the morning run smooth: picking outfits out, showering, packing lunches, and having school items organized and in a designated spot can help to ensure your family is on time. Try and model being on time with your children.

**Leaving things behind**

*Like we established earlier, there is a morning rush and many times that results in leaving supplies, a change of*

*gym clothes and/or homework back at the house. What's the best when and how method to be prepared for the following school day?*

It is important to set a time each night to go over anything your children need to be prepared for the following school day. Whether it is a form signed, fieldtrip or lunch money, or a project due, these things should be taken care of the night before. Having a designated spot for items such

as backpacks, shoes, keys, cell phones, purses, sports equipment, and projects can help to ensure the family is prepared and have what they need during the morning rush. Help your children by giving them a designated spot close to the door where they can just grab and go. The key is to be organized. Yes, being organized takes a little time in the beginning, but the more organized you

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are, the smoother the morning routine will be and the time investment is well worth the return.

**Packing a healthy lunch**

*Sending kids to school with a nutritious lunch can be time consuming. Although school lunches are mandated to be healthier this year, many parents still prefer their kids bring food*

*from home for financial and health reasons. Any frugal and swift strategies you have known to work?*

Packing lunches at night while dinner is cooking can help save on time. Encourage children to learn how to help pack lunches and give them this responsibility. Create a designated spot in the refrigerator for lunch items

such as drinks, fruits, and veggies. At the beginning of the week, prepare fruits and veggies by washing and putting them in individual bags or containers. This will make the nightly routine of packing a lunch quicker. To save money, stay away from prepackaged snack items. They are more expensive and less healthy. Only pack what you know your



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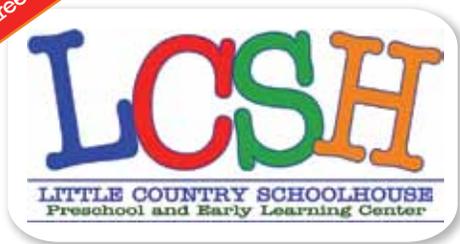
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children can eat during their lunchtime. Your children will let you know if they want more food, but will be less likely to tell you they didn't eat all the food you packed. Remember to keep it healthy and limit sugary foods.

**The Homework struggle**

*Toughest of all for some, is the return of homework, which can quickly bring on whining from children and procrastination from parents who don't want to deal with them. What are some ways you can get them to finish their homework in a timely fashion without a huge struggle?*

Discuss with your children a designated homework time

by giving them some input on the set time. The later you allow children to start homework, the more tired they will be, thus the whining begins! Be sure your children have an area for homework to be completed. This area needs to be free of distractions such as siblings and TV. You should be the facilitator and encourage by giving praise. Discuss homework with your children, but give them the sole responsibility of completing. Allowing your children to face the consequences at school for not completing the homework is sometimes enough for them to have future homework assignments completed. Let

children know they can play or watch a TV show once the homework is completed. Most importantly, stay positive, even if it is difficult. Children need to know there is a purpose for homework. If you have concerns about homework that is assigned, always talk to the teacher and stray from relaying negative messages through your children. Your positive attitude will transfer to your children and help to make homework time more successful. Model the attitude you would like to see in your children.

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by Drs. Montee and Renfroe

### Birth to 3 years old

The 20 baby teeth that will erupt during the first three years of your baby's life are important for chewing, speaking and appearance. They also hold space in the jaws for upcoming adult teeth. Even though they fall out, your child's baby teeth are important, and you should take good care of them.

Begin cleaning your baby's mouth after every feeding by wiping your baby's gums with a clean gauze pad or a soft

washcloth. This removes plaque and food, and helps your baby become used to having her gums and teeth cleaned—and it will make tooth brushing easier later on.

Brush the teeth of kids over age two with a pea-sized amount of fluoride toothpaste. Be sure they spit out excess toothpaste afterward.

Your child's baby teeth are at risk for decay as soon as they show up—usually around six months of age. Tooth decay in

infants and toddlers usually occurs in the upper front teeth, but it can also occur in other teeth.

It's also important to put your baby to bed **WITHOUT** a bottle. Sugary liquids from a bottle pool around the teeth while the child sleeps. Bacteria in the mouth use these sugars as food. They then produce acids that attack the teeth. Each time your

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child drinks these liquids acids attack for 20 minutes or longer. After these attacks, the teeth can decay.

Pacifiers dipped in sugar, honey or sweetened liquids can also lead to tooth decay since the sugar or honey can provide food for the bacteria's acid attacks.

### 3 to 6 Years Old

Once again, you can protect your child's teeth by brushing for two minutes, two times a day with fluoride toothpaste—and make sure they spit out excess toothpaste afterward.

Sucking is natural for babies. Whether it's their thumbs, fingers, pacifiers or other objects, sucking helps babies feel secure and happy. Young children may also suck

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to soothe themselves, but the habit should be broken no later than age three to prevent damage to teeth and to allow the jaws to develop normally. After your child's permanent adult teeth come in, sucking may cause problems with the proper growth of their mouth and teeth alignment. Using pacifiers at a later age can be as much of a problem as sucking fingers and thumbs, but it's usually an easier habit to break.

### 6 to 12 Years Old

From around ages 6 to 12, children gradually lose their baby teeth and their adult teeth start to appear. The first adult teeth to come in are molars. These first molars are important because they help shape your child's face and affect the position and health of the other adult teeth that are about to arrive. Your dentist may recommend **sealants** for your child's molars. Sealants are a protective coating that is bonded to the pits and

grooves of the molar where decay is most likely to occur. Sealants are very effective in preventing tooth decay on the biting surfaces of the molar teeth.

Brush your children's teeth until they are able to do so themselves, usually around age eight. Then, supervise their brushing to make sure they brush thoroughly.

During this period, your dentist should look for crowding, crossbites, and/or developmental jaw problems, and may

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recommend early orthodontic treatment or may advise waiting until all of the permanent teeth erupt for braces.

**12 to 17 Years Old**

Cavities aren't just for little kids—you can get them at any age. When you eat sugary foods and drink sugary sodas, juice or energy drinks, you put yourself at risk for tooth decay and gum disease. Good oral hygiene is especially important for people wearing braces. And it's always important to wear a mouthguard when playing sports like basketball, soccer, football and hockey to prevent dental emergencies; however, if an emergency occurs, the following tips will help:

**What if a tooth is knocked out?**

If your tooth is knocked out, immediately call a dentist for an emergency appointment. It is important to see your dentist within an hour of when your tooth

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is knocked out for the best chance of the tooth surviving the trauma. Handle the tooth by the crown (the top), not by the root (the pointed part on the bottom). Touching the root of the tooth can damage cells that are necessary to reattach the tooth to the bone. Gently rinse the tooth in water to remove dirt. Do not scrub the tooth! Place the clean tooth in your mouth between the cheek and gum to keep it moist. It is important not to let the tooth dry out. If it is not

possible to store the tooth in the mouth, wrap the tooth in a clean cloth or gauze and immerse it in milk or saline solution (the solution used for contacts).

If a baby tooth is knocked out, the tooth should not be replanted. The patient should be seen as soon as possible to make sure there are no remaining pieces of the tooth.

**What if a tooth is pushed out of position?**

If your tooth is loosened and pushed out of position,

call your dentist right away for an emergency appointment. In the meantime, attempt to reposition it to its normal alignment using very light finger pressure—but don't force it!

**What if a tooth chips or fractures?**

There are different types of tooth fractures. Chipped teeth are minor fractures. Moderate fractures include damage to the enamel, tissue, and/or pulp. Severe fractures usually mean that a tooth

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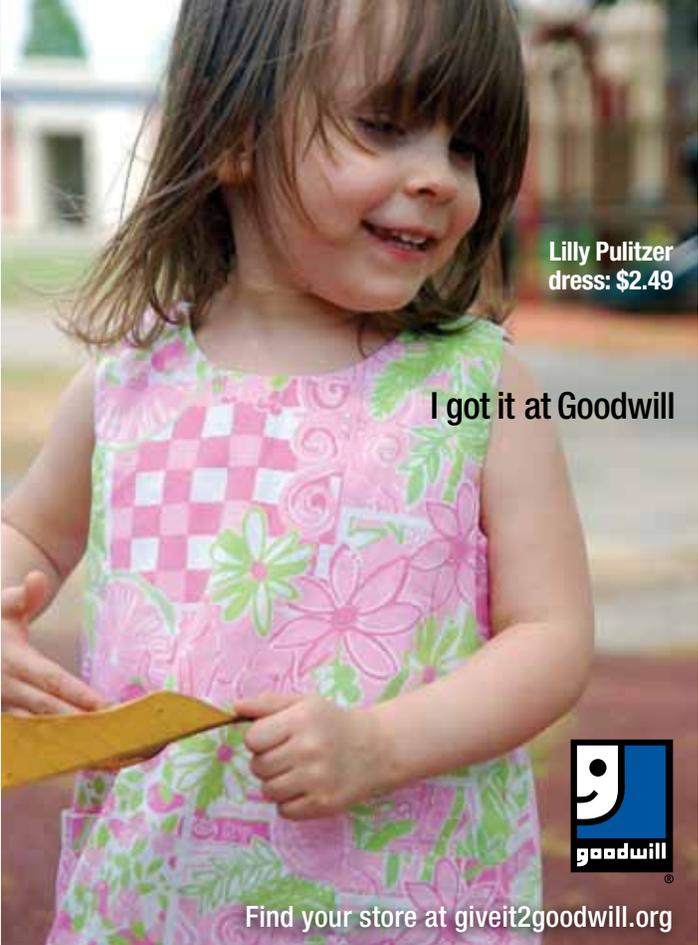
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has been traumatized to the point that it cannot be recovered. If you fracture a tooth, rinse your mouth with warm water and use an ice pack or cold compress to reduce swelling. Take ibuprofen, not aspirin, for pain. Your dentist can smooth out minor fractures with a sandpaper disc. Alternatively, restorative procedures may be needed to fix the tooth.

Dr. Stan Montee is a veteran and a Fellow of the American College of Dentists and a Fellow of the Academy of General Dentistry and he has practiced dentistry in Clarksville for the past ten years. Dr. Derek Renfro is also a veteran and recently moved to the Clarksville area to practice dentistry. They are partners at Clarksville Dental Center – St. B located at 1715 Wilma Rudolph Boulevard, past the Co-Op. For more information visit their website at [clarksvilledentalstb.com](http://clarksvilledentalstb.com) or call (931) 645-2469.

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# 7 WARNING SIGNS OF ALZHEIMER'S

by Dr. Catherine Meeks

In about 40 years, the number of older Americans with Alzheimer's disease—a form of dementia—is likely to triple to nearly 14 million people.<sup>1</sup> That's why the U.S. government is funding extensive trials to try to get a handle on the disease—especially at its earlier stages.<sup>2</sup>

In the meantime, spotting the signs of Alzheimer's in a loved one can help you get a handle on what to do next. It isn't always easy to know the difference between a simple memory lapse and something more

serious. After all, everyone has those tip-of-the-tongue experiences once in a while.

One early sign of Alzheimer's is having *new* problems struggling for a word or name, or getting lost in the middle of a conversation. This is especially true if it happens along with other warning signs like these:

**1. Forgetting what was recently read or learned.** Someone might also forget important dates or events or ask the same question over

and over. Another sign is relying heavily on memory aids or family members for things you easily remembered in the past.

**2. Finding everyday tasks challenging.** The person might get lost when driving to a familiar location or have trouble remembering the rules of a favorite board game or the steps in a recipe memorized long ago. It might also be tough to plan, keep track of, or complete tasks like monthly bills.

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**3. Becoming confused by time, place, or space.** Some people with Alzheimer's might have trouble judging distance. They might lose track of time or how they got to a certain place.

**4. Misplacing items of value.** Sometimes items get stored in unusual places—like a cell phone in the fridge or a wallet in the dryer.

**5. Lacking judgment.** This can show up in different ways. For example, your previously dapper father might wear the same pair of wrinkled slacks for seven days in a row. Or your penny-pinching mother is suddenly giving away huge sums of money to telemarketers.

**6. Withdrawing from work or social activities.** Again, you know your loved one best. Maybe the sports fanatic no longer knows what's happening with a favorite team. Or the



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social butterfly of the family shies away from all get-togethers.

### 7. Having a change in personality.

Sometimes a person with Alzheimer's becomes more depressed, fearful, or anxious—or may easily lash out at family members. If these kinds of changes occur, they tend to happen in later stages of the disease.<sup>3,4,5</sup>

It's important to know that not everyone will experience the same set of symptoms. Nor will the

disease always progress at the same rate.<sup>5</sup> Trust your instincts. If you feel something is changing, have a discussion with your doctor. I can also be a sounding board. It may be time for a medical evaluation. There isn't a cure for Alzheimer's yet, but treatment can help with symptoms and support services can make a world of difference.<sup>4</sup>

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.

Dr. Catherine Meeks  
Pharmacist, Owner  
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student health because I felt better. The second go round was truly awful.

So, in the middle of my sophomore year I woke up one morning with both ankles swollen. They were about the size of grapefruits all the way around. They were hot to the touch and painful. My roommate took me home and my parents took me to the hospital on post. The first doctor I saw said I must have sprained my ankles because I was marching with the rifle team wearing combat boots. I hadn't fallen or tripped and it was both ankles. He took no x-rays and didn't even touch them. He was late for a

meeting and left me with ACE bandages. I had no clue how to wrap my ankles. My father was livid! He found the doctor in his meeting, and let's just say that doctor got quite a shock concerning his career. In the meantime a specialist came in and said he was going to probably get in a lot of trouble but he was going to go over his captain's head. He knew a rheumatologist upstairs and was going to get me in to see him. He was the first of three that have treated me over the years.

The summer of my sophomore year brought me home and the RA got worse. I ran fevers, lost a lot

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of weight, and the pain was unbearable. By October I had suffered through three major attacks. That's what I called them. I couldn't move, I fell asleep mid-sentence, had no energy or appetite. My parents would have to do everything for me. They fed me, bathed me, took me to the bathroom, even turned me over in bed. I would get stuck turning over in my sleep. They would have to move my arms and legs for me while I sat. If I stayed in one place too long, I would get stiff and of course it hurt so bad. I became depressed wondering when I would have another attack. I had no warning

signs; I would just wake up one morning and be stiff and feverish.

I returned to school that fall and managed to get through without having to be put in the hospital. That's what the doctor threatened me with after that last attack in October. He wanted me to take the Ascriptin (aspirin + Maalox for Lupus and RA) he prescribed—8 to 16 pills a day—and rest at least 2 hours a day. I was 18 and thought he was nuts. I tried to follow his orders and lied to him so I could stay at school. When I would have flare ups, I just did the best I could. I had learned how to just suffer

through because they weren't like the attacks, and I could keep moving once I got going.

Eventually, I ended up at Vanderbilt with the head of rheumatology as my doctor. I had become somewhat of a medical mystery and my first doctor was being transferred. He wanted me to see the best. I participated in a drug study for several years. I never knew if I was taking the mystery drug or the placebo. Nothing changed with my RA and to this day, I believe I was taking aspirin because of the ringing in my ears...it was the same as when I took the Ascriptin.

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Maximized Living

Fast forward to my first marriage. It ended after seven years and part of it I attribute to my RA. He wanted children and I'd suffered a miscarriage. We had gone to a fertility doctor and found that I was allergic to his sperm, so they did an intrauterine insemination. It worked the first time, but I lost the baby during my first trimester. He couldn't handle the uncertainty of the flare ups, and after making it through stage 4-B Hodgkin's Lymphoma himself, he decided he'd had enough.

During the late 80s up until the present the doctors tried various medicines to ease my RA: Feldene (pain and swelling

due to RA), Cortisone shots, Naprosyn (anti-inflammatory for RA), Plaquenil (for Lupus and RA—which caused vaginal ulcers), Arava (For RA—which caused my hair to fall out), and Methotrexate (for Lupus) to name a few. In the early 90s, I was diagnosed with asthma. I already knew I had allergies, but they had become severe. I also suffered frequent sinus infections. I began taking allergy shots; three injections, twice a week. I was also using prescription allergy pills, two asthma inhalers, a nasal inhaler, and two eye drops. I was still using all those and taking shots once every six weeks when I started seeing Dr. Dale.

In the early and late 90s I added more diseases to my life: endometriosis, infertility, two more miscarriages with my second husband, and was hospitalized for a week with aseptic meningitis, which caused me to miss three months of work. The meningitis left me with residual headaches and a neurologist to add to my doctor list. I took Neurontin (for nerve pain) and two other drugs that I can't remember the names of. I also missed another six weeks of work because the meningitis came back and the neurologist gave me a new diagnosis: Mollaret's Syndrome.



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I was diagnosed with depression around 2002 and took Paxil for a little over a year and a half. I continued to have problems with my periods and had a hysterectomy in 2007. It was during the 2000s that I added a gastroenterologist to my list of doctors and a new diagnosis...GERD. The little purple pill, Nexium, became my best friend. Oh, I tried various other prescriptions and OTC drugs, but Nexium was the only one that worked.

Sometime during the 2000s I developed high blood pressure and was put on Maxide for about a year and a half. I dropped some weight and was able to come off that pill. My third rheumatologist finally gave me a name for what happens to my hands when I get cold...Reynaud's Syndrome. He also told me my blood work had several markers for Lupus. Lupus is the cause of the skin problems I have when it flares up. I get the Butterfly Effect across my cheeks and nose, and get huge red and painful erythema multiforme (a splotchy, itchy red rash). Oh, and my most current diagnosis for the RA/ Lupus went from Undifferentiated Mixed Connective Disease to Differentiated Mixed Connective Disease! When he first told me that, I thought that he was joking!!

When I started seeing Dr. Dale, I was taking allergy shots, two eye drops, Advair (for asthma), Albuterol (for asthma), Montelukast (a generic for something for my allergies that I took at night), Nexium, HCTZ (blood pressure went back up), Estradiol (sex hormone to help with reproductive organs), Methotrexate (for Lupus), Phentremine (an appetite suppressant), and Prednisone (steroid for when I had flare ups with the RA that were unbearable).

Thank God and thanks to Dr. Dale, I have never felt better!! I have experienced little to no arthritis pain, for the first time in my life I was able to tell my rheumatologist that I was at a 0 out of 10 on the pain scale! The Lupus red spots don't hurt/itch and are clearing up, the tinnitus in my ears is all but gone, I sleep



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better, my plantar fasciitis pain is all but gone and the burning has stopped when I walk a lot or stand for long periods of time. I walk differently (my left foot used to drag sometimes when I walked), and the best thing of all, I'm currently off **ALL** the medicine. Life is so good! I can't believe that at the age of 50 I finally feel free.

She was healed by following the 5 essentials.



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**Canoe/Kayak Race**

Friends of the Clarksville Blueway will be hosting the 1st Annual: "Rally on the Cumberland - Canoe/Kayak Race" & Outdoor Expo.

**7am Saturday, August 24, Liberty Park**  
**Ages: 13 & up**

Outdoor Expo 10:30-3pm, Kids Race 1pm

Limited equipment available to rent for additional fee. See website for details and race categories.

**Registration Deadline: August 10th**  
[www.clarksvilleblueway.blogspot.com](http://www.clarksvilleblueway.blogspot.com)

Awards will be given out to all race winners.

**Outdoor Expo**  
 Musical Entertainment  
 Kid's Race Starting at 1pm, (Ages 8-12)  
 Food Vendors  
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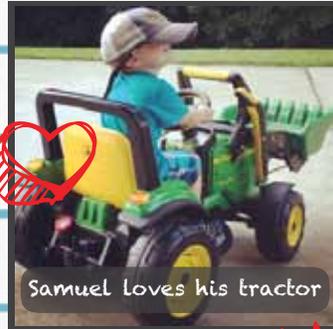
# CANDID Clarksville & Fort Campbell Families



Wyatt, Anastyn & Lucas @ the Wooten's 4th of July bash



Congratulations Teenie Tots & Dance Force!! Hard work pays off! We Love u Mrs. Caroline!



Samuel Loves his tractor



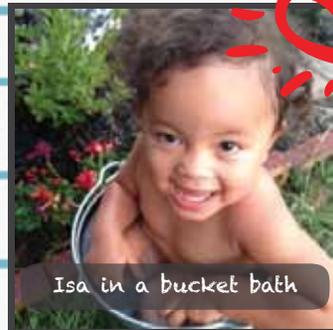
The Farrow's Micah, Aniya, Kayden, Lexie & Makiyah



Our princess Keilany Santana. Love you!



Max Loves his daddy!!!



Isa in a bucket bath



Amanda, Mary & Heather @ the Wooten's 4th of July bash



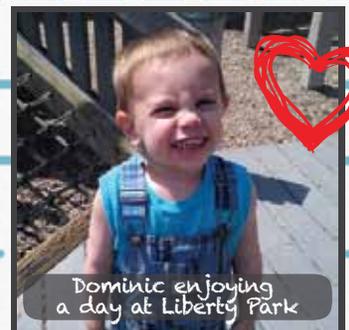
My family Sanchez



Teen Fun @ The Fair



McKinlee & lil' brother Max hanging out with cousins Haleigh & Holli !!!



Dominic enjoying a day at Liberty Park



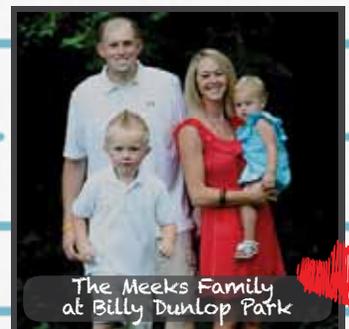
Ruben at the museum



Addison and Elly enjoying the summer



Justin & Lacey having fun @ The Fair



The Meeks Family at Billy Dunlop Park



Knox, Piper and Blaise enjoy a summer visit from Aunt Becky, Jaron, Isaac, Lulu and Selah

Email photos to [candid@clarksvillefamily.com](mailto:candid@clarksvillefamily.com) by AUGUST 15th.

# FREDDY THE EXCHANGE STUDENT

by Brenda Hunley Illustrated by Willie Bailey

Ranger Bill knocked on Dad Chipmunk's tree a couple of times with his flashlight.

"Dad Chipmunk, I've got company here for you!"

A little light came on way down between the roots at the Ranger's feet. Ranger Bill stepped back and turned his flashlight off. The shadows were getting heavier as night was fast approaching the Woods of Dunbar.

Ranger Bill could barely see Dad Chipmunk's whiskers as they parted the soil at the home of Mom and Dad Chipmunk.

"Well, hello there, Ranger. Good to see ya. Now who do you have here?"

The light from the doorway revealed a small brown chipmunk and a much larger than normal armadillo. Dad Chipmunk took a couple of steps back.

Ranger Bill sensed Dad Chipmunk was uncomfortable so he stepped back into the conversation. "This is Freddy Chipmunk and this is Ms. Dill, his teacher. Ms. Dill will be staying at the Ranger station while Freddy will stay with you."

"Oh, okay," Dad Chipmunk said, opening the door a little wider. "Nice to meet you Freddy. Won't you come in?"



Dad Chipmunk reached out his paw to the teacher. "Ms. Dill, nice to meet you too. I'm sure we will see you tomorrow?"

"Yes. Yes, you will. I will be here bright and early to walk Freddy to school."

"Okay, we will have him ready. Thank you, Ranger Bill. Have a good night, everyone."

Dad Chipmunk shut the door rather quickly. He had never seen an armadillo before, and there was one right at his front door. He didn't know whether to be thrilled or scared.

As Freddy and Dad Chipmunk walked into the cozy kitchen, Dad and Mom Chipmunk looked their new little guy over. Freddy still hadn't said anything, but he seemed like he would fit right in.



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His fur was a lighter brown and his stripes went all the way to the tip of his tail.

“So, how about a snack? Would you like something to eat?” asked Mom Chipmunk.

“Yes, thank you,” Freddy chipmunk said.

“MOM!” shouted the twins. All of a sudden the room was filled with color and laughter. Hazel and Coco Chipmunk bounded into the room.

“Can we have a snack too?” asked Hazel.

“Who is that?” asked Coco, looking over her shoulder.

“Girls, this is Freddy. He is here from Louisiana.”

“Hi Freddy!” sang Hazel and Coco.

“If all three of you would like you can sit right here at the table and I will bring it over,” Mom said, as she set three glasses of juice down.

“If it’s all the same to you madam, may I have sweet tea?” asked Freddy.

“Yes, you may,” Mom Chipmunk said, as she swapped out the drinks.

Next, she brought over some fresh baked hazelnut cookies. The girls eagerly munched theirs down, while little Freddy just looked at his.

“I’ve never had hazelnut cookies before. I don’t know if I like them.”

“I will eat it!” volunteered Coco.

“Coco!” scolded Mom Chipmunk.

“Just sayin’ if he isn’t gonna eat it I will,” mumbled Coco.

“She can have it,” Freddy said, looking Coco over.

“No, Coco cannot have it. It is yours. Try it. You might like it. If you don’t we will try something else,” Mom said, pushing the plate back in front of Freddy.

Freddy leaned over and sniffed the plate, then the cookie. It smelled really good.

Freddy was a little scared—this trip had been long and he

was so tired, but he wanted to make a good impression—so he took a bite. Then he smiled a big, broad smile.

“That is so good! Thank you!!” Freddy said, as he took some more bites. In no time it was finished, even the crumbs.

“What are you wearing?” asked Hazel, changing the subject.

“These are my bibs,” answered Freddy.

“Bibs? That is not a bib. I wore a bib when I was a baby. Those are not bibs. It looks like jeans with hooks at the top,” answered Hazel.

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Elaina has been practicing since 2006 as a Nurse Practitioner. She believes in building a long lasting and trusting relationship with her patients.

“Bib overalls. We call them bibs back home.”

“Oh. Okay. Is it just boys that wear bibs or do girls wear them too?” asked Coco.

“Girls do—yes,” smiled Freddy.

“Mom! I want a pair of bibs like Freddy’s,” shouted Coco.

“Me too!” shouted Hazel.

“Girls! Let’s get ready for story time, then bed. Freddy is tired, and he starts school tomorrow. He needs his sleep,” said Mom Chipmunk.

“Freddy, let me show you to Boomer’s room. He doesn’t use it much anymore as he spends more time with his brother, Chester. I am sure you will be comfortable there.”

As Freddy got ready for bed, he looked around Boomer’s room. Boomer’s room was different than his room. Instead of toy cars and trophies, Freddy’s room had fishing rods, and nets, and special lures. He looked down and wiggled his toes into the carpet. At home he had wooden floors. He hoped he would have time to look around before school. He was so tired. Freddy had barely laid his head on the pillow before he fell asleep.

In the weeks following, Freddy learned a lot. The food was different, and they all talked funny, but he was having a good time. Today Ranger Bill

let him write out a couple of postcards and then put them in the mailbox for his parents.

So far the best parts were Boomer’s friends and brother, Chester.

Today they were going on a treasure hunt. Freddy had never been on a treasure hunt.

“Hi, Chester!” called Freddy. Chester looked up, “Hey!”

Chester and his friends, Dart the bluebird and Lily the dragonfly, showed Freddy how to look for treasure after the humans finished their picnics and fishing trips.

Freddy got to taste cotton candy for the first time, and was surprised that there were no gators in the lake.

“No gators?” asked Freddy. “No kiddin’?”

Smiling, Dart said, “No. Not here. We have some snapping turtles though, and fish.”

“So, it’s safe to get closer to the water?”

“Sure! We can go swimming over there if you would like!”

Freddy looked alarmed “Oh no! We can’t do that. It isn’t safe!”

“Maybe you would feel better if we went swimming in the pool,” added Lily.

“The pool?” asked Freddy.

“Yes, over there by the tennis courts.”

“I haven’t been there yet. Do snapping turtles live there?”

“No, its just clear water. You can see all the way to the bottom.”

“Really?”

“Yeah, the humans are there during the day, but we can go tonight. When the sun starts to set,” Dart suggested.

As the afternoon sun started to dip in the western sky, Freddy’s excitement grew.

He was excited about this place they called a pool. In the swamp back at home they didn’t swim because of the snakes and alligators. The only place the water ran clear for him was in the bathtub.

“Freddy?”

“Fred?”

Freddy slowly blinked his eyes and looked at Dart and Lily. “Yes?”

Lily laughed. “You were a million miles away!”

“Guess I was doin’ a little day dreamin’!” Freddy said, rubbing his eyes.

“Are ya ready to go? It’s just over the ridge there,” Dart said, flexing his wings.

“Whoo hoo! Sure!” Freddy said, jumping for joy.

As the group climbed the hill, Freddy’s heart was pumping hard. He was so excited.

Looking down, he could see a huge rectangle with water in it. It looked like it was empty. Dart flew down just to make sure. He landed on the fence and waved his friends in.

“All clear!” he shouted.

Freddy stayed close to Chester. Chester ran to the side of the pool that had a number 2 on it. He stopped and stuck a paw in the water. “Ahhh! Nice!”

Freddy looked around and then walked over to the edge and looked down. The water was so still he could see himself in it. That was until Dart started splashing about.

“Dart! Your messing up the water!” giggled Lily. She looked over at Freddy, “Sorry!”

“It’s okay,” Freddy said, as he walked over to the first step. Gingerly stepping in, Freddy relaxed. The water

was not as cold as he thought it would be. It was actually quite comfortable.

Chester jumped off the first step and into the water. He swam in circles, and even dove under the water a few times! Freddy was impressed.

“Come on, Freddy!” called Chester.

“Don’t go getting your gussie up! I’m coming!”

“My gussie?” asked Chester.

Freddy smiled, “Um, it’s how you say...don’t get your stress up? Like that.”

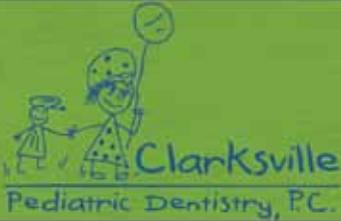
Chester looked confused. “Must be lost in translation. I just wanted you to hurry up and come play in the water!”

SPLASH!!! Freddy jumped in, splashing Lily and Dart.

“How’s that for a splash?” Freddy laughed.

The group laughed and played until dark. Freddy was so tired; he could hardly move one paw in front of another. It had been a great day.

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



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

# HAPPY BIRTHDAY!



Happy 1st Birthday Alexandria!  
 We love you. Love, Mommy & Daddy



Happy 1st Birthday Genesis.  
 Love Mommy, Daddy, Jayden, Jayden & Lilian!



Happy 1st birthday Noah!  
 We love you! Mommy & Daddy



Happy 2nd Birthday Ansie Catel  
 We Love You!  
 Dad, Mom, Keeley & Weston



Happy 2nd Birthday Jacob!  
 Love Mommy, Daddy, Alyson, Grace, & Pepper



Happy 2nd Birthday Rylan!!  
 We love you so much!  
 Love, Dad, Mom, Addison, Papa, Gina & Uncle David



Happy 2nd Birthday Thomas!  
 Love, Mommy, Daddy and Lilly



Happy 2nd Birthday Xelani!  
 Love, Mama, Dada, Carli & Teo



Happy 3rd Birthday to  
 our sweet Boogie!  
 Love, Mama, Daddy & Makenna!



Happy 3rd birthday Elil  
 Your bud, Knox



Happy 3rd Birthday Jeremiah!  
 Love, Mom, Dad, Jay & Micah



Happy Belated 4th Birthday Ava!!!  
 Love, Mommy, Daddy & Drew



Happy 4th Birthday Brylee Morgan  
 We love you big girl!!



Happy 4th birthday Keiana!!!!



Happy 4th Birthday, Maddie.  
 Mommy and Daddy love you



Happy 4th Birthday Weston!  
 We Love You!  
 Dad, Mom, Keeley & Ansie



Conner, Happy 5th Birthday!  
 You are our big boy. Love Family



Happy 5th Birthday Danee :)  
 Love Mommy & Daddy - xoxo



Van, Happy 5th Birthday!  
 You are now ready for Kindergarten.  
 Love Mom and Dad



Happy 6th Birthday Ally  
 We All Love You SOOO Much!!!

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

# HAPPY BIRTHDAY!



Happy 6th Birthday, Austin!  
Love, Mom



Happy 6th Birthday, Brady!  
We love our Peanut!  
Love Daddy, Mama & Maggie



Happy 6th Birthday Drew!!  
Love, Mommy, Daddy & Ava



Happy 6th Birthday McKenzie!  
Love, Mommy, Adam, Nana,  
Papa, Amanda, & Anastyn



Happy 6th birthday Tapanga!  
Love the other T's!



Happy 6th Birthday Zoey!!  
We love you so much!  
Love, Mom, Papa and Gab



Happy 7th Birthday, Ashlyn  
Love, Mommy, Grandpa, Grandma



Happy 7th Birthday Cowboy Sam  
Love you a bushel & a peck!  
Momma, Daddy & Jack



Happy 8th birthday Noodle.  
Love Mom, Dad, Memaw, Pawpaw,  
Nana, Grandpa, Nanny



Happy 8th Birthday Aida Di Monaco.  
Love Amir, Dennis & Ayesha Roelis



Happy 8th Birthday Malcolm!  
Love you!  
Thomas, Kaleb and mommy!!



Happy 8th Birthday  
to the best sister & daughter in the world!  
Love Dads, Mommy, Raylene & Dylan



Happy 9th Birthday  
to our princess Kiara!  
Love You! Mom, Dad, Lilman & Gabbe



Happy 10th Birthday Layla!  
We love you so very much!  
Dad, Mom, Rebecca and Chadwyk!



Happy 11th Birthday Skylyn  
Love- Daddy, Mommy, and Sissy!!



HAPPY 12th BIRTHDAY BEAUTIFUL ALLISON  
YOU ARE A BLESS FOR US  
LOVE YOU! MOM, DAD & SNOOPY



Happy Birthday Aunt Emily!  
We love you bunches!  
Love, Rylan and Addysen



Happy birthday, Ruben.  
Love Diana, Lorenzo and Ivan



Now, just by sending your birthday picture in for the fridge you have a chance to win a \$40 gift card to Chuck E. Cheese courtesy of James Corlew Chevrolet!

(look for  on the winner's picture to see who won this month)

Winners are chosen via random drawing. The winning birthday boy & girl's parent or guardian will be notified each month by phone or email.

# Ongoing

## CELEBRATE RECOVERY

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

Grace Church of the Nazarene  
3135 Trenton Road  
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Friday nights with dinner at 6:15 p.m. and the meeting at 7:00 p.m. A Christ centered 12-step ministry.

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

## CLARKSVILLE CHESS CLUB

6:30 p.m. Thursday evenings.

Freedom Deli  
2088 Lowes Drive  
Contact: Roy  
[clarksvillechessclub@charter.net](mailto:clarksvillechessclub@charter.net)

## CLARKSVILLE DOWNTOWN MARKET

Saturdays through October 19 from 8:00 a.m. to 1:00 p.m. Fresh produce, baked goods, home decor, crafts, local artists, musicians and more. See article on page 30.

Downtown Clarksville  
Public Square  
[clarksvilledowntownmarket.com](http://clarksvilledowntownmarket.com)

## CLARKSVILLE SCRABBLE CLUB

5:30 p.m. to 8:00 p.m. the first and third Tuesdays of each month. Beginners welcome.

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## FAMILY LIFE CENTER ACTIVITIES

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

Hilldale Baptist Church Family Life Center  
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[www.hilldale.org](http://www.hilldale.org)

## HABITAT FOR HUMANITY RECYCLING OF MONTGOMERY COUNTY TN

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

Clarksville Restore (Habitat for Humanity of Montgomery County).  
(931) 645-4242  
408 Madison Street  
[RecyclingHabitatMCTN@gmail.com](mailto:RecyclingHabitatMCTN@gmail.com)

Recycling Coordinator: Denny Mihalinec

## HOPE RIDERS BIKER CHURCH

Church every Sunday morning at 9:30 a.m. Bible Study every Friday at 6:30 p.m. at 1140 Gratton Road. Ride each Sunday at 11:00 a.m. Hope Riders is a full-fledged Biker Ministry and all bikers are welcome.

Epicenter (Youth Building)  
First Church of the Nazarene  
150 Richview Road  
Contact: Pastor Ron  
(931) 801-0379

## MONTGOMERY COUNTY BEEKEEPING ASSOCIATION MEETING

10:00 a.m. the first Saturday every month (except January and July).

Clarksville-Montgomery County Public Library  
350 Pageant Lane  
Jason Groppe  
(931) 561-5530

# August

## 1 THURSDAY ART&WALK

5:00 p.m. to 8:00 p.m. Major exhibits of art by local artists in downtown Clarksville.

Strawberry Alley  
[info@ArtWalkClarksville.com](mailto:info@ArtWalkClarksville.com)  
[Clarksville.com](http://Clarksville.com)  
[ArtWalkClarksville.com](http://ArtWalkClarksville.com)  
(931) 614-0255

## 2 FRIDAY TENNESSEE SALES TAX HOLIDAY

Through Sunday, August 4. Clothing \$100 or less, school supplies \$100 or less and computers \$1,500 or less are tax exempt. Visit [tntaxholiday.com](http://tntaxholiday.com) for details.

## 3 SATURDAY BIG LATCH ON 2013

10:00 a.m. to 12:00 p.m. (Latch from 10:30 a.m. to 10:31 a.m.) This is an opportunity to support World Breastfeeding Week, as breastfeeding moms from around the world come together to "latch on" simultaneously for one minute.

Oak Grove Community Center  
1705 Thompsonville Lane  
Oak Grove, Kentucky  
Liz Reyes  
(270) 955-0055

## BACK-TO-SCHOOL FASHION SHOW

1:00 p.m. Fashion show featuring the hottest fall fashions for kids and teens.

Dick's Sporting Goods Court  
Governor's Square Mall  
2801 Wilma Rudolph Boulevard  
[GovernorsSquare.net](http://GovernorsSquare.net)

## 4 SUNDAY CAST & CROWNS OPEN HOUSE

4:00 p.m. to 7:00 p.m. See ad on page 43.

1017 South Riverside Drive  
(931) 645-2278

**Maxxx'D OUT**  
COLLISION & TOWING

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

**931.431.6096**  
2631 Ft. Campbell Blvd

Licensed, Insured & Locally Owned.

**SPACE WALK**  
Here Comes Fun

Spacewalk is the leader in inflatable entertainment business: space walks, water slides, concessions, and interactive!

It's **BACK TO SCHOOL** time. Go back with a **BIG** splash from...  
**THE WIPEOUT WATERSLIDE!!**

- Pickup or Delivery Options
- \$100 Space Walk Pickups
- Largest inventory in the US!

Order Online Now  
[www.spacewalkclarkville.com](http://www.spacewalkclarkville.com) or call 931-905-1116

**GO BACK TO SCHOOL**  
\$10 off your next rental!!

August 2013 |  
Coupon Code [back2school2013](#) |

## 5 MONDAY STORYTIME & PUPPETSHOW

11:00 a.m.

Kids-N-Play  
525 Alfred Thun Road  
(931) 896-1328  
[www.kidsnplay.com](http://www.kidsnplay.com)

## 6 TUESDAY SPECIAL NEEDS NIGHT

4:00 p.m. to 8:00 p.m.

Kids-N-Play  
525 Alfred Thun Road  
(931) 896-1328  
[www.kidsnplay.com](http://www.kidsnplay.com)

## PRESCHOOL CRAFT DAYS

11:00 a.m. Free craft days and buy one get one free yogurts. Feel free to bring a bag lunch. Kids cup size now available.

Berry Bear Frozen Yogurt  
2341 Madison Street  
[www.berrybearyogurt.com](http://www.berrybearyogurt.com)

## MOVIE NIGHT

6:30 p.m. Free popcorn and buy one get one free yogurts. Kids cup size now available. *Despicable Me* (Wilma Rudolph), *MegaMind* (Sango).

Berry Bear Frozen Yogurt  
2341 Madison Street

or

2257 Wilma Rudolph Boulevard  
[www.berrybearyogurt.com](http://www.berrybearyogurt.com)

## 7 WEDNESDAY ARTS & CRAFTS FOR PRESCHOOLERS

11:00 a.m.

Kids-N-Play  
525 Alfred Thun Road  
(931) 896-1328  
[www.kidsnplay.com](http://www.kidsnplay.com)

## PRESCHOOL CRAFT DAYS

11:00 a.m. Free craft days and buy one get one free yogurts. Feel free to bring a bag lunch. Kids cup size now available.

Berry Bear Frozen Yogurt  
2257 Wilma Rudolph Boulevard  
[www.berrybearyogurt.com](http://www.berrybearyogurt.com)

## 8 THURSDAY CHICK-FIL-A & BYRNS DARDEN

10:00 a.m. to 8:00 p.m. Bring a school supply for Byrns Darden Elementary and receive a free Ice Dream to decorate at our sundae bar with free toppings. See ad on page 18.

Chick-fil-A Wilma Rudolph  
3096 Wilma Rudolph Boulevard  
(931) 552-5511  
[facebook.com/ChickfilAWilmaRudolph](http://facebook.com/ChickfilAWilmaRudolph)

## MUSIC & MOVEMENT FOR PRESCHOOLERS

11:00 a.m.

Kids-N-Play  
525 Alfred Thun Road  
(931) 896-1328  
[www.kidsnplay.com](http://www.kidsnplay.com)

## 9 FRIDAY COLORS & SHAPES BINGO FOR PRESCHOOLERS

11:00 a.m.

Kids-N-Play  
525 Alfred Thun Road  
(931) 896-1328  
[www.kidsnplay.com](http://www.kidsnplay.com)

## 10 SATURDAY INITIALLY STITCHED NEW LOCATION GRAND RE-OPENING

First 25 people receive a gift bag including a \$10 gift certificate. Now featuring more products and a faster turnaround.

Initially Stitched  
149 Kender Rhea Court Suite D  
(931) 552-0225

## SPIDER-MAN & IRON MAN MEET & GREET

12:00 p.m. to 4:00 p.m. Bring your little superheroes to meet Marvel superheroes Spider-Man and Iron Man. Don't forget your camera.

Food Court  
Governor's Square Mall  
2801 Wilma Rudolph Boulevard  
[GovernorsSquare.net](http://GovernorsSquare.net)

## MOVIES IN THE PARK: AVENGERS

Free movie, beginning at dusk. Rated PG.

Liberty Park  
1188 Cumberland Drive  
[CityOfClarksville.com/moviesinthepark](http://CityOfClarksville.com/moviesinthepark)

## 11 SUNDAY PROJECT LINUS

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. We meet the second Sunday of every month.

Our quilted, crocheted, knitted and fleece blankets are lovingly made by adults and children from all walks of life. Come, join us and receive the good feeling of giving.

For more information please contact: JoAnn Ballard at (931) 647-1827 or Carol Ballard at (931) 645-8896.

Cumberland Presbyterian Church  
1410 Golf Club Lane

## 12 MONDAY KINDERMUSIK PLAYDATE "NATURE NOW"

10:30 a.m. Registration required.

Kids-N-Play  
525 Alfred Thun Road  
(931) 896-1328  
[www.kidsnplay.com](http://www.kidsnplay.com)

## ALZHEIMER'S CAREGIVERS SUPPORT GROUP MEETING

6:30 p.m. For information, call Patsy Shell, (931) 648-1884.

Clarksville-Montgomery County  
Public Library  
350 Pageant Lane

## 13 TUESDAY COLORS & SHAPES BINGO FOR PRESCHOOLERS

11:00 a.m.

Kids-N-Play  
525 Alfred Thun Road  
(931) 896-1328  
[www.kidsnplay.com](http://www.kidsnplay.com)

Jump on the chance to get all of your Fall dance gear!



**\$10** off any purchase of \$50 or more  
OR  
**\$5** off any purchase of \$25 or more

Please use by August 31st, 2013  
Must present coupon at time of purchase



 **Ballet, Tap, Jazz,  
Active Wear & Praise  
Apparel for all ages!**

149 Kender Rhea Ct. **RHYTHM RAGS & MORE** 931.896.2025  
Next to Appleton's on the bypass



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perfect fit  
Bra & Wig Boutique

**Find that maternity bra  
you've been searching for.**

*FASHION CUSTOM-FIT BRAS FROM SIZE 32A TO 50M*

We have a **great** selection of fashion & maternity bras & high **quality** fashion wigs.

Certified Fitter

*Mastectomy Products Now Available!*  
Call now to schedule your personalized fitting appointment.

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**3375 Hwy 41-A South • 931-358-0030**

*Wigs by  
JoAnn Ballard*

## PRESCHOOL CRAFT DAYS

11:00 a.m. Free craft days and buy one get one free yogurts. Feel free to bring a bag lunch. Kids cup size now available.

Berry Bear Frozen Yogurt  
2341 Madison Street  
[www.berrybear yogurt.com](http://www.berrybear yogurt.com)

## MOVIE NIGHT

6:30 p.m. Free popcorn and buy one get one free yogurts. Kids cup size now available. *Ice Age* (Wilma Rudolph), *Monsters Inc.* (Sango).

Berry Bear Frozen Yogurt  
2341 Madison Street  
or  
2257 Wilma Rudolph Boulevard  
[www.berrybear yogurt.com](http://www.berrybear yogurt.com)

## 14 WEDNESDAY MUSIC & MOVEMENT FOR PRESCHOOLERS

11:00 a.m.

Kids-N-Play  
525 Alfred Thun Road  
(931) 896-1328  
[www.kidsnplay.com](http://www.kidsnplay.com)

## PRESCHOOL CRAFT DAYS

11:00 a.m. Free craft days and buy one get one free yogurts. Feel free to bring a bag lunch. Kids cup size now available.

Berry Bear Frozen Yogurt  
2257 Wilma Rudolph Boulevard  
[www.berrybear yogurt.com](http://www.berrybear yogurt.com)

## 15 THURSDAY ARTS & CRAFTS FOR PRESCHOOLERS

11:00 a.m.

Kids-N-Play  
525 Alfred Thun Road  
(931) 896-1328  
[www.kidsnplay.com](http://www.kidsnplay.com)

## 16 FRIDAY STORYTIME & PUPPETSHOW

11:00 a.m.

Kids-N-Play  
525 Alfred Thun Road  
(931) 896-1328  
[www.kidsnplay.com](http://www.kidsnplay.com)

## JAMMIN' IN THE ALLEY: JOEL BROWN

7:00 p.m. to 10:00 p.m. A free summer concert series at Strawberry Alley in downtown Clarksville. See ad on page 38.

## 17 SATURDAY CLARKSVILLE SPORTS FESTIVAL

10:00 a.m. to 3:00 p.m. All ages are welcome. Enjoy a day of fun celebrating sports and athletics in the community. Including: archery, boxing, crossfit, rugby, lacrosse, disc golf and more. There will be demonstrations, exhibitors and food vendors.

Wilma Rudolph Event Center  
1188 Cumberland Drive  
(931) 645-7476  
[cityofclarksville.com](http://cityofclarksville.com)

## PARTY PLANNING BASH

10:00 a.m. to 6:00 p.m. There will be home party demonstrations throughout the day.

Dick's Sporting Goods Court  
Governor's Square Mall  
2801 Wilma Rudolph Boulevard  
[GovernorsSquare.net](http://GovernorsSquare.net)

## POOCH POOL PARTY

1:00 p.m. to 4:00 p.m. It's time for Clarksville's mutts to dive in and have some fun! \$3 per dog (limit 2 dogs per family). Games, door prizes and a variety of pet related vendors on site will assist with any of your pet needs. See ad on page 34.

Swan Lake Sports Complex Pool  
2002 Sanders Road  
(931) 645-7476  
[cityofclarksville.com](http://cityofclarksville.com)

## MEET "MISS NASHVILLE" JORDAN DAVIS

2:00 p.m. to 5:00 p.m. Take pictures and get her autograph.

Berry Bear Frozen Yogurt  
2257 Wilma Rudolph Boulevard  
[www.berrybear yogurt.com](http://www.berrybear yogurt.com)

## MOVIES IN THE PARK: LES MISERABLES

Free movie, beginning at dusk. Rated PG.

Liberty Park  
1188 Cumberland Drive  
[CityOfClarksville.com/moviesinthepark](http://CityOfClarksville.com/moviesinthepark)

## 18 SUNDAY DREAMS, RINGS & WEDDING RINGS

1:00 p.m. to 5:00 p.m. Bridal show at Valor Hall Conference and Event Center. See ad on page 28.

105 Walter Garrett Lane  
Oak Grove, Kentucky  
(270) 640-7144  
[www.oakgrovekyvalorhall.com](http://www.oakgrovekyvalorhall.com)

## 19 MONDAY ARTS & CRAFTS FOR PRESCHOOLERS

11:00 a.m.

Kids-N-Play  
525 Alfred Thun Road  
(931) 896-1328  
[www.kidsnplay.com](http://www.kidsnplay.com)

## 20 TUESDAY MUSIC & MOVEMENT FOR PRESCHOOLERS

11:00 a.m.

Kids-N-Play  
525 Alfred Thun Road  
(931) 896-1328  
[www.kidsnplay.com](http://www.kidsnplay.com)

## PRESCHOOL CRAFT DAYS

11:00 a.m. Free craft days and buy one get one free yogurts. Feel free to bring a bag lunch. Kids cup size now available.

Berry Bear Frozen Yogurt  
2341 Madison Street  
[www.berrybear yogurt.com](http://www.berrybear yogurt.com)

## DIABETIC SUPPORT GROUP

5:30 p.m. Gateway Medical Center's Diabetic Support Group offers current, accurate and usable information related to self-management of diabetes. Each meeting showcases a different expert speaker as well as a question and answer period. Family members

**GCU**  
The calming choice for your money

**GATEWAY CREDIT UNION**  
931-551-8271  
100 OTIS SMITH DR. (off Ted Crozer Blvd)  
[WWW.GATEWAYCREDITUNION.COM](http://WWW.GATEWAYCREDITUNION.COM)

NCUA

Bring your Newborn to size 14 Children's Clothing Infant Equipment, Toys & Maternity Clothing to the

**Little Lambs & Ivy**  
Consignment Sale

**17th Annual Fall/Winter Consignment Sale**

**RECEIVING DATES: September 5-7**  
(by appointment only)  
Call or go on-line to schedule your drop-off time!

**SALE DATES:**

**PRE-SALES:**  
(Sorry, NO CHILDREN ALLOWED at pre-sales)

**Tuesday**  
September 10th 5:00 - 7:00 PM  
CONSIGNORS ONLY  
7:00 - 9:00 PM  
CONSIGNORS, GUESTS, & NEW MOMS WITH PASSES

**Thursday**  
September 12th 6:00-8:00 PM  
\*\*50% DISCOUNT PRESALE FOR  
CONSIGNORS ONLY (NO GUESTS)

**OPEN TO THE PUBLIC:**

**Wednesday**  
September 11th  
7:00 AM - 6:00 PM  
(REGULAR PRICE)

**Thursday**  
September 12th 7:00 AM - 6:00 PM  
(25% discount, unless marked "No Discount")

**Friday**  
September 13th 7:00 AM - 6:00 PM  
(50% discount, unless marked "No Discount")

**Saturday**  
September 14th 7:00 AM - NOON  
(50% discount, unless marked "No Discount")

Find us on Facebook!

Sale Location: 121 Union Hall Road, Clarksville, TN  
CONTACT: Jeannette Smith, Phone 931-358-2979, Please no calls after 9pm or email [littlelambsandivy@gmail.com](mailto:littlelambsandivy@gmail.com)

For complete details & instructions go to: [www.tnconsign.com](http://www.tnconsign.com)

are welcome to attend. For more information contact Registered Dietitian Diana Smith at 502-1692.

Gateway Medical Center  
651 Dunlop Lane  
Diana Smith

## MOVIE NIGHT

6:30 p.m. Free popcorn and buy one get one free yogurts. Kids cup size now available. *MegaMind* (Wilma Rudolph), *Despicable Me* (Sango).

Berry Bear Frozen Yogurt  
2341 Madison Street  
or  
2257 Wilma Rudolph Boulevard  
[www.berrybearyogurt.com](http://www.berrybearyogurt.com)

## 21 WEDNESDAY COLORS & SHAPES BINGO FOR PRESCHOOLERS

11:00 a.m.

Kids-N-Play  
525 Alfred Thun Road  
(931) 896-1328  
[www.kidsnplay.com](http://www.kidsnplay.com)

## PRESCHOOL CRAFT DAYS

11:00 a.m. Free craft days and buy one get one free yogurts. Feel free to bring a bag lunch. Kids cup size now available.

Berry Bear Frozen Yogurt  
2257 Wilma Rudolph Boulevard  
[www.berrybearyogurt.com](http://www.berrybearyogurt.com)

## 22 THURSDAY ARTS & CRAFTS FOR PRESCHOOLERS

11:00 a.m.

Kids-N-Play  
525 Alfred Thun Road  
(931) 896-1328  
[www.kidsnplay.com](http://www.kidsnplay.com)

## 23 FRIDAY STORYTIME & PUPPETSHOW

11:00 a.m.

Kids-N-Play  
525 Alfred Thun Road  
(931) 896-1328  
[www.kidsnplay.com](http://www.kidsnplay.com)

## 24 SATURDAY RALLY ON THE CUMBERLAND CANOE/ KAYAK RACE

7:00 a.m. Registration deadline August 10. Outdoor expo from 10:30 a.m. to 3:00 p.m. Kids race at 1:00 p.m. See ad on page 50.

Liberty Park  
1188 Cumberland Drive  
[clarksvilleblueway.blogspot.com](http://clarksvilleblueway.blogspot.com)

## 25 SUNDAY LUSTER SALON EXPERIENCE

1:00 p.m. to 4:00 p.m. See ad on page 16.

350 Warfield Boulevard  
(931) 542-1312  
[lusersalon.com](http://lusersalon.com)

## 26 MONDAY ARTS & CRAFTS FOR PRESCHOOLERS

11:00 a.m.

Kids-N-Play  
525 Alfred Thun Road  
(931) 896-1328  
[www.kidsnplay.com](http://www.kidsnplay.com)

## 27 TUESDAY STORYTIME & PUPPETSHOW

11:00 a.m.

Kids-N-Play  
525 Alfred Thun Road  
(931) 896-1328  
[www.kidsnplay.com](http://www.kidsnplay.com)

## PRESCHOOL CRAFT DAYS

11:00 a.m. Free craft days and buy one get one free yogurts. Feel free to bring a bag lunch. Kids cup size now available.

Berry Bear Frozen Yogurt  
2341 Madison Street  
[www.berrybearyogurt.com](http://www.berrybearyogurt.com)

## MOVIE NIGHT

6:30 p.m. Free popcorn and buy one get one free yogurts. Kids cup size now available. *Monsters Inc* (Wilma Rudolph), *Ice Age* (Sango).

Berry Bear Frozen Yogurt  
2341 Madison Street  
or  
2257 Wilma Rudolph Boulevard  
[www.berrybearyogurt.com](http://www.berrybearyogurt.com)

## 28 WEDNESDAY KINDERMUSIK PLAYDATE "NATURE NOW"

10:30 a.m. Registration required.

Kids-N-Play  
525 Alfred Thun Road  
(931) 896-1328  
[www.kidsnplay.com](http://www.kidsnplay.com)

## PRESCHOOL CRAFT DAYS

11:00 a.m. Free craft days and buy one get one free yogurts. Feel free to bring a bag lunch. Kids cup size now available.

Berry Bear Frozen Yogurt  
2257 Wilma Rudolph Boulevard  
[www.berrybearyogurt.com](http://www.berrybearyogurt.com)

## 29 THURSDAY COLORS & SHAPES BINGO FOR PRESCHOOLERS

11:00 a.m.

Kids-N-Play  
525 Alfred Thun Road  
(931) 896-1328  
[www.kidsnplay.com](http://www.kidsnplay.com)

## 30 FRIDAY STORYTIME & PUPPETSHOW

11:00 a.m.

Kids-N-Play  
525 Alfred Thun Road  
(931) 896-1328  
[www.kidsnplay.com](http://www.kidsnplay.com)

## 31 SATURDAY MEET "MISS NASHVILLE" JORDAN DAVIS

2:00 p.m. to 5:00 p.m. Take pictures and get her autograph.

DAPHNE'S  
PORTRAIT DESIGN

Clarksville's  
Award Winning

Maternity • Newborns • Babies

Schedule your sessions today  
931.647.0860  
[www.daphnesportraitdesign.com](http://www.daphnesportraitdesign.com)

Clarksville Cumberland  
Presbyterian Church

<i>Sunday</i>	
Fellowship	9:00 a.m.
Sunday School	9:30 a.m.
Worship	10:30 a.m.
<i>Wednesday</i>	
Dinner	5:15 p.m.
Programs for All	6:00 p.m.
Adult Choir	7:00 p.m.

Steve Louder, Pastor

1410 Golf Club Lane • 931.648.0817 • [www.clarksvillecpc.com](http://www.clarksvillecpc.com)

Berry Bear Frozen Yogurt  
2341 Madison Street  
[www.berrybearyogurt.com](http://www.berrybearyogurt.com)

**MOVIES IN THE PARK:  
GONE WITH THE WIND**

Free movie, beginning at dusk.  
Rated PG.

Liberty Park  
1188 Cumberland Drive  
[CityOfClarksville.com/  
moviesinthepark](http://CityOfClarksville.com/moviesinthepark)

# September

## 6 FRIDAY

### RIVERFEST

5:00 p.m. to 11:00 p.m. See ad on page 15. Visit [www.cityofclarksville.com/riverfest](http://www.cityofclarksville.com/riverfest) for full details.

## 7 SATURDAY

### RIVERFEST

10:00 a.m. to 11:00 p.m. See ad on page 15. Visit [www.cityofclarksville.com/riverfest](http://www.cityofclarksville.com/riverfest) for full details.

## 13 FRIDAY ALZHEIMER'S HEALTH AND WELLNESS EXPO

5:00 p.m. to 7:00 p.m.

Grace Healthcare  
111 Ussery Road  
(931) 647-0269  
[www.graceclarksville.com](http://www.graceclarksville.com)

## 14 SATURDAY RED TENT EVENT

4:00 p.m. to 8:00 p.m. A Red Tent is a safe, woman-only space and supportive community. Within the Red Tent, there will be food, music, belly dance, and henna. Women may talk about taboo topics, laugh, cry, sing, dance, tell stories, eat, drink, sleep, meditate, journal, create artwork, and so much more!

A \$10 donation is requested but not required. All proceeds will go to our Clarksville International Cesarean Awareness Network (ICAN) Chapter. Sponsored by Ariel Anderson of Keller Williams Realty. For questions or more information call (931) 436-6765 or email [ArielAndersonRealtor@gmail.com](mailto:ArielAndersonRealtor@gmail.com).

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

### The Roxy Regional Theatre

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

#### SOUTH PACIFIC

Set in an island paradise during World War II, this Tony Award-winning musical tells the sweeping romantic story of two couples and how their happiness is threatened by the realities of war and by their own prejudices. These two parallel love stories are set against the backdrop of a score featuring such songs as "Some Enchanted Evening," "I'm Gonna Wash That Man Right Outta

My Hair," "This Nearly Was Mine" and "There is Nothin' Like a Dame."

August 2, 3\*, 9, 10, 16 and 17

August 1, 7, 8, 14 and 15

2:00 p.m. July 20

\* Wine & Theatre Night at 8:00 p.m. (Tickets \$40)

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

#### AN EVENING WITH ROGERS & HAMMERSTEIN

Enjoy an intimate evening of music celebrating the work of the multi-award winning composing team of Richard Rodgers and Oscar Hammerstein II, featuring songs from *Carousel*, *The Sound of Music*, *Oklahoma*, *South Pacific* and more, performed by Ryan Bowie, Mickey Rafalski and Michael Spaziani, with Vicki King on piano. A

limited number of tables and chairs are available, and seating is general admission. Ticket price includes a beverage. (On Saturday, August 31, at 8:00 p.m. the performers will be joined by the Cumberland Winds wind ensemble.)

7:00 p.m. on August 22 and 29

8:00 p.m. on August 23, 24 and 30

Tickets \$20

### Every child should feel good about school.

Our highly personalized approach builds the skills, habits and attitudes your child needs to succeed in school and in life.

- Develops independent work habits
- Improves attitudes
- Motivates learning
- Provides feedback for parents and teachers

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## Initial Diagnostic Assessment

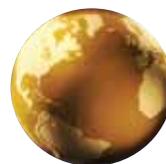
(valid at participating centers only. May not be combined with other offers.)



**Sylvan Learning of Clarksville**  
220 Forbes Ave.  
Clarksville, TN 37040  
**931-647-5811**  
[sylvan1011@sylvanclarksville.com](mailto:sylvan1011@sylvanclarksville.com)

READING, MATH, WRITING, STUDY SKILLS, TEST PREP, COLLEGE PREP AND MORE!

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Biblical Study  
Center



Ephesians 4:12

Offering  
**FREE**

Bible Courses  
FALL SEMESTER 2013  
begins September 9

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CLARKSVILLE, TN 37042  
931-648-8844  
[www.StudyTheScriptures.net](http://www.StudyTheScriptures.net)

A UNIQUE PLACE FOR YOU TO STUDY THE SCRIPTURES!

JESUS AND HIS MIRACLES

BIBLICAL BACKGROUNDS II

A JOURNEY THROUGH JOHN  
& Multiple Online Courses

FULL ONLINE BIBLICAL STUDIES  
PROGRAM ALSO AVAILABLE!



Our Foster Grandmother, "Grandma Louise" is in the Children's Library most mornings Monday to Thursday to do simple crafts, give sage advice and most importantly, give hugs!

**Just for Me Story Time**  
Designed for children ages 4 and 5 years old. We incorporate the use of music and movement as well as offering the best in children's books and storytelling. We have a craft or an art activity as part of this program. To help create an independent learning experience, children should attend this program alone, while the parent or caregiver waits in the Children's Library. Parents are welcome to

join during the craft or art activity.

**Busy Bees**  
This program is designed for children from 18 months through three years old, to be an interactive program for parent and child. It is important that the child stay on their parent's or caregiver's lap, or cuddle near them during the program. Books with brightly colored pictures, songs, finger plays, and music are used to make this time as rewarding and instructive as possible. Parents and their children ages 18 months through three years old should attend this program without older or younger siblings. NO

OLDER OR YOUNGER CHILDREN IN THIS PROGRAM PLEASE!

**Baby and Me Lapsit For** infants up to eighteen months will enjoy our "Lapsit" program. This program brings parents and infants together in the library and offers them an opportunity to enjoy a special sharing time together. Infants sit on their parent's lap and interact with them while enjoying songs, finger plays, and books designed with babies in mind! NO OLDER CHILDREN IN THIS PROGRAM PLEASE!

**Family Story Time**  
Programs will feature stories centered around

a specific theme that will cover a wide range of ages.

Families with children of varied ages will find this program the ideal way to enjoy the library together.

**Lego Program**  
Held on the second Saturday of the month from 2 p.m. to 3:30 p.m. Families with kids of all ages are encouraged to grab a tub of Legos and have fun being creative and building something special while making new friends.

**Pajama Story Time**  
Held on the first Thursday of the month at 6:00 p.m. Come dressed ready for bed and join us for wonderful fun.



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## ADOPTION & FOSTER CARE

### CLARKSVILLE FAMILY ADOPTION GROUP

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

### CARING CHOICES OF CATHOLIC CHARITIES

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

### OAK PLAINS ACADEMY

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

### OMNI VISIONS INCORPORATED

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

### YOUTH VILLAGES

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

## ARTS, CRAFTS & HOBBIES

### 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 JoAnn McIntosh at (931) 221-7508 or [csa@apsu.edu](mailto:csa@apsu.edu), or visit our website at [www.csa.apsu.edu](http://www.csa.apsu.edu).

### MONTGOMERY COUNTY WATERGARDEN SOCIETY

A not for profit water garden and koi pond club that hosts an annual Water Garden Tour. Visit [www.mcwgs.org](http://www.mcwgs.org), if

you would like more information regarding who we are and what we do, or contact Pam Ross at (931) 368-1583 or Sharon Baggett at (931) 249-2355.

## ATHLETICS BUDDY BALL SPECIAL NEEDS ATHLETIC LEAGUE

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

### CANINE FLYBALL CLUB

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

### CLARKSVILLE IMPACT SOCCER CLUB

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

### CLARKSVILLE TENNIS ASSOCIATION

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

### EMMANUEL FAMILY LIFE CENTER

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

### SWIMMING EAGLES

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

## TEAM CLARKSVILLE YOUTH WRESTLING

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

## WARRIORS SPECIAL NEEDS CHEERLEADING

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

## YOUTH WRESTLING PROGRAM

The Hawks wrestling club is for boys and girls ages 7 through 14 years old (Elementary - Middle school). We are also looking for experienced volunteer wrestling coaches and coordinators. For more information, please contact wrestling coach Rafael Gonzalez at (931) 320-5042 or e-mail at [taniagon@charter.net](mailto:taniagon@charter.net).

## CHILDBIRTH & PARENTING EDUCATION

### ALPHA CHRISTIAN CHILDBIRTH PREPARATION

Our class is everything that you would get at a hospital class but MUCH more. You will learn how to stay low risk and what to expect in labor, but you will also learn how to make informed decisions, the truth about the "slippery slope" of interventions, why the United States' c-section rate is one of the highest in the world and how best to avoid one, how to relax, how to stay in control (mentally and physically), how to rely on God's word to stay focused, how to care for your infant and how to succeed at breastfeeding. You will laugh, learn and pray with other believers while becoming informed and empowered together. Contact Heidi Duncan, Birth Doula & Childbirth Educator, at (615) 710-7077 or [expectingnewlife@yahoo.com](mailto:expectingnewlife@yahoo.com) for info on classes (group, private or home-study).

### BREASTFEEDING EDUCATION AND SUPPORT (WIC)

We offer breastfeeding classes for everyone in the community twice per month, as well as hold a support group for breastfeeding families once a month. Nutritionists and a breastfeeding peer counselor are also available to answer questions via phone during business hours. Please call for future class and support group schedules or look in the Calendar section of this month's issue for upcoming events. Breastfeeding is one of the most important life-lasting gifts you can give to your baby. You can do it; WIC can help! Montgomery County WIC, 1850 Business Park Dr, Suite 103, (931) 851-8777.

### CLARKSVILLE BIRTH COMMUNITY

A place for families in the Clarksville/Fort Campbell area to find resources for pregnancy, birth and beyond. Join us for monthly playgroups and gatherings. We have a lively discussion group on Facebook where women can ask questions and get answers from

fellow moms and professionals such as childbirth educators and doulas. We want to be sure our members know that all moms are welcome here. Our primary goal is that you make informed choices for your pregnancy, birth and newborn care. Events posted at [fortcampbelldoulas.webs.com](http://fortcampbelldoulas.webs.com) or find us on Facebook at [www.facebook.com/groups/clarksvillebirthpros/](http://www.facebook.com/groups/clarksvillebirthpros/).

## FAMILY BIRTH CENTER

Lactation Services offers a breastfeeding class for new moms. The class is held the first Tuesday of each month from 7:00 p.m. to 9:00 p.m. in the 3rd floor classroom of Gateway Medical Center. Cost for the class is \$15 (\$25 if you wish to receive The Nursing Mother's Companion book). (931) 502-1180.

## GATEWAY MEDICAL CENTER

Prenatal Classes teach parents-to-be what to expect during childbirth and how to ease the discomforts of pregnancy. Classes start the first Wednesday and Thursday of each month in the Liberty Rooms at 7:00 p.m. (931) 502-1180.

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

## HEALTHY START

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

## LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

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

## NINE MONTHS & BEYOND

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

## YOUR BIRTHING BODY

Extensive Childbirth Education utilizing The Bradley Method® and offering training in what to expect during pregnancy, labor, and birth, as well as consumerism of childbirth, nutrition, exercise, communications, breastfeeding, knowledge of procedures, interventions and complications, knowledge of newborn procedures, postpartum preparation and care, and assistance in creating a birth plan. Offers training not only for the expectant mother, but

also trains a labor coach of her choice to serve as her own personal doula/ labor support. I also offer my own personal doula services to my students at discounted rate. For more information contact Jade Chapman at (931) 802- 9869 or visit [www.yourbirthingbody.com](http://www.yourbirthingbody.com).

## CHILD CARE

### CHILD CARE AWARE

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

### MID-CUMBERLAND CHILDCARE RESOURCE AND REFERRAL

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

### MONTGOMERY COUNTY CHILD CARE PROVIDERS BY AREA

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

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

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

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

### PARENT INFORMATION NETWORK

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

### PROGRESSIVE DIRECTIONS

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

### TENNESSEE NUTRITION & CONSUMER EDUCATION PROGRAM (TNCEP)

Provides nutrition education programs that help limited-resource individuals

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

## CHILD PROTECTION & DOMESTIC CRISIS SERVICES

### AL-ANON & ALATEEN

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

### CLARKSVILLE RAPE AND SEXUAL ABUSE CENTER

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

### CHAP PROGRAM OF CATHOLIC CHARITIES

Creating Hope by Assisting Parents is a free and voluntary program that provides parenting education, crisis intervention and case management for families that desire assistance. Please call a CHAP counselor at (931)645-9793 or visit [www.cctenn.org](http://www.cctenn.org).

### DEPARTMENT OF CHILDREN'S SERVICES

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

### LEGAL AID SOCIETY

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

### MONTGOMERY COUNTY CHILD SUPPORT SERVICE

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

### SAFEHOUSE

Provides a safe shelter, crisis line, counseling, support groups, referrals

and advocacy, community education and safety planning for women and children who are domestic violence victims. (931) 552-6900.

## CHILDREN'S GROUPS

### 4-H YOUTH DEVELOPMENT

At 1030 Cumberland Heights Road, is open to all youth ages 9-19. Involves participation in 4-H through school clubs, community clubs, special interest groups, and a variety of camps. Martin R. Koon Jr. at (931) 648-5725 or [mkoon@utk.edu](mailto:mkoon@utk.edu).

### BOY SCOUTS OF AMERICA

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

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

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

### GIRL SCOUTS OF MIDDLE TENNESSEE

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

### LEAP ORGANIZATION

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

## COMMUNITY OUTREACH

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

The 101st Airborne Division Association is a non-profit organization, which was organized by General Maxwell D. Taylor, Division Commander and first President of Association, and the other members of the division at the end of World War II. Many of the founders of this great organization are still members today, along with many of their widows, children, grandchildren, and foreign friends who were liberated

by the division during WWII, and other supporters who are assisting in carrying on the legacy of the 101st Airborne Division.

The 101st Airborne Division Association welcomes all Screaming Eagles, from the original veterans to the active duty troopers of today, regardless of where or when they served. In addition to uniting all generations of Screaming Eagles, the association links all units that are now, or were previously assigned or attached to the Division.

Association contributions include: Provided design, funded and constructed the Division Memorial at Arlington National Cemetery in memory of all fallen Screaming Eagles; provided design, funded and constructed the Division Monument at Ft. Campbell in honor of all Screaming Eagles, past, present and future; raised \$200,000 (and counting) in support of troopers and their families during Enduring Freedom/ Iraqi Freedom deployments; supporting families at Ft. Campbell through the Association's Screaming Eagle Support Fund, which also provides quality of life enhancements for single soldiers under the Better Opportunity for Single Soldiers (BOSS) program; providing annual scholarships to Screaming Eagle family members for over forty years; ongoing activities and tours bringing Screaming Eagles together; regional and unit-based chapters throughout the country; magazine and website for information and use by all units/members.

As a member of the Association, you will be helping us carry on the legacy that our comrades began back in World War II. Some benefits that the 101st Airborne Division Association members receive include: Chappie Hall Scholarship eligibility; annual college scholarships are awarded to Association members, family members or descendants of Association members; Screaming Eagle Support Fund for soldiers in need; if you so chose, the Screaming Eagle publication will be mailed to you four times a year; voting rights and a voice in the operation of the Association; eligibility to purchase military and 101st Airborne Division items and memorabilia from our National Association store; attend our many social functions along with many veterans of the 101st Airborne Division; membership pin; membership card; membership decal and History of the Division.

For more information on the benefits of being a member or the service the

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Association offers contact the office between 8:00 a.m. and 4:00 p.m. Monday through Friday at (931) 431-0199 or at our website [ScreamingEagle.org](http://ScreamingEagle.org).

### ALL NATIONS BIBLICAL STUDY CENTER

Offers free Bible courses to the community in the major fields of biblical research. Fall Semester classes begin in September. Online Courses are offered year-round. Visit [www.studythescrptures.net](http://www.studythescrptures.net) or call (931) 648-8844 for more information and to register.

### APSU EXTENDED EDUCATION

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

### ARMY COMMUNITY SERVICE

At 5661 Screaming Eagle Boulevard, Fort Campbell, "Family Readiness" is the state soldiers, spouses and family members proactively prepare for, and in which they are able to cope with mobilization, deployments and prolonged separations. To prepare, soldiers (both active and reserve components) and their families attend classes and receive written instructional materials on subjects such as how to prepare a will, how to establish and manage a household budget, how to communicate with children of various ages, and how to maintain communication with the rear detachment of the deployed unit. (270) 798-0609, [relocation@fortcampbellmwr.com](mailto:relocation@fortcampbellmwr.com) or [www.fortcampbellmwr.com/ACS/familyReadiness.htm](http://www.fortcampbellmwr.com/ACS/familyReadiness.htm).

### ASERACARE HOSPICE

Hospice care provided for individuals nearing the end of life. Our team of professionals, which includes doctors, nurses, home health aides, social workers, chaplains, volunteers and a bereavement counselor, supports patients and families by providing pain and symptom management, as well as psychosocial, emotional and spiritual support. 24/7 on-call availability. Serving Montgomery, Cheatham, Stewart, Houston, Humphreys, Dickson, and Hickman counties. (931) 551-4100.

### BAYANIHAN FILIPINO-AMERICAN INTERNATIONAL GROUP

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

### CLARKSVILLE-FT. CAMPBELL CHRISTIAN WOMEN'S CONNECTION

We meet regularly on third Tuesday of each month (unless there are conflicts with Thanksgiving and Christmas, when we move to second Tuesday). No membership fees are required. We meet at the Clarksville Country Club on 334 Fairway Drive. Program consists of special features, singers, and a speaker who gives her personal testimony. Lunch is served at 11:00 a.m. The price is \$14 and the meeting concludes at 1:00 p.m. For reservations, call Heidi at (931) 648-8353.

### CRISIS CALL LINE

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

### DAGAN FOUNDATION

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

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

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

### FREE CAKES FOR KIDS FORT CAMPBELL

Serving Clarksville, Ft. Campbell, Oak Grove & Hopkinsville. We believe that every child deserves a birthday cake. Help us make the world a better place, one cake at a time! Free Cakes for Kids Fort Campbell is a volunteer run and supported organization that provides customized birthday cakes at no cost to children. We provide these cakes specifically to the children whose parents are experiencing financial difficulties and are unable to provide a birthday cake for their child. We simply ask though, if you use this service, that you are truly in need. Volunteer bakers are always welcome. No special talents or formal training needed, only a love of baking, a passion in your heart and a desire to bring a little sunshine into a child's day. If you do not bake or don't have time to bake, then you are welcome to donate store bought cakes. To learn more about our organization or ways you can help, check us out on facebook [www.facebook.com/pages/Free-Cakes-for-Kids-Fort-Campbell/198841293467082](https://www.facebook.com/pages/Free-Cakes-for-Kids-Fort-Campbell/198841293467082). Christina Johnson is the Chapter Organizer for Free Cakes for Kids Fort Campbell, you can reach her at (254) 813-4732 or [freecakesforkids@fortcampbell@yahoo.com](mailto:freecakesforkids@fortcampbell@yahoo.com).

### FRIENDS OF THE BLUEWAY

A group dedicated to keeping Clarksville's Blueway beautiful and directly involved with the new access point park on Tiny Town. We will have

clean up days, fundraisers, events and meetups. This group is passionate about outdoor activities, including kayaking and canoeing. The Parks and Rec department works closely with this group and gives insight on future access points to the rivers. Visit our facebook at [facebook.com/FriendsoftheBluewayClarksvilleTN](https://www.facebook.com/FriendsoftheBluewayClarksvilleTN) for more information and sign up for email updates at [outdoorclarksville.com](http://outdoorclarksville.com).

### FRIENDS OF ROTARY PARK

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

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

### GATEWAY HOME HEALTH & HOSPICE

700 North Riverside Drive, Suite C-9. Serving the Clarksville area for 25 years. Offering nursing care, wound care, ostomy care, infusion therapy, home health aides, physical therapy, occupational therapy, speech therapy, hospice care, chaplain, social work, bereavement services and volunteer services. Servicing Montgomery, Cheatham, Robertson, Stewart, Dickson, Houston and Davidson counties. Call (931) 552-9551.

### GOOD NEWS CLUBS

THE BIBLE in the public schools? Yes! Many children do not get to go to church in America today, but most children do go to the public schools. We have a great opportunity to take the Gospel to them through an after-school Bible club called the Good News Club. Teams are forming now for existing and new clubs. No experience necessary; we will train you and provide ongoing support. For more info visit [www.ReachingKidsForJesus.com](http://www.ReachingKidsForJesus.com) or contact (931) 241-8202 or [reachingkidsforjesus@yahoo.com](mailto:reachingkidsforjesus@yahoo.com).

### HABITAT FOR HUMANITY AND RESTORE

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

### HUI HAWAII O TENESI HAWAIIAN CIVIC CLUB

Chartered by the Association of Hawaiian Civic Clubs in Hawaii, the club's goal is to perpetuate the Aloha Spirit and the Hawaiian Culture throughout the state of Tennessee and the surrounding area. Because of our close proximity to Fort Campbell, we are able to contact many native Hawaiians who are stationed here or have decided to retire in the

local area. Many soldiers and their families have been stationed in Hawaii and also elect to join us and partake in the activities. Membership is open to everyone, and we love our times to meet and share the Aloha Spirit and the "local grinds" that everyone learns to love. For more information, please call Marlene Livesay at (931) 572-0804 or visit our website at [www.huihawaiiotn.com](http://www.huihawaiiotn.com).

### HOPE CENTER

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

### HUMANE SOCIETY OF CLARKSVILLE-MONTGOMERY COUNTY

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

### LOAVES AND FISHES

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

### MANNA CAFE MINISTRIES

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

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

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

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

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

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

We are committed to uplifting those in need through kindness, love, respect and a full stomach.

1319 Franklin Street, (931) 933-0970.

## MEALS ON WHEELS

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

## MONTGOMERY COUNTY WIC CLINIC

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

## PREVENT BLINDNESS TENNESSEE

Offering free vision screenings for adult diabetics (aged 40 and over). Call for appointment at our office. For groups of 15 or more we can come to your facility. Prevent Blindness Tennessee is a non-profit health agency that relies entirely upon gifts, contributions, foundations and volunteers. We provide education, information, referrals, community service, free vision screenings, eyeglasses and exams to children, seniors and the needy. We keep the SEE in Tennessee! 95 White Bridge Road, Nashville., (615) 352-0450.

## RADICAL MISSION

Meets Tuesdays and Thursdays from 10:00 a.m. to 3:00 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, furniture, clothing, financial counseling, assistance with utilities and friendship. For more information contact Pastor Brett Smith or Emmen Chapman at (931) 648-0110.

## REFORMERS UNANIMOUS

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

## SUNCREST HOME HEALTH

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

## TENNESSEE REHABILITATION CENTER AT CLARKSVILLE

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

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

The Two Rivers Association for the Education of Young Children, TRAEYC, (pronounced tray-see), is one of the fastest growing affiliates in the history of the statewide associations. TRAEYC members have a passion for young children and are committed to their

education. The Tennessee Counties represented by TRAEYC are Benton, Dickson, Henry, Houston, Humphreys, Montgomery and Stewart. We invite you to join us in exciting upcoming professional growth opportunities. Contact Dr. Linda A. Sitton, TRAEYC President, at (931) 221-7308 or visit [www.traecy.org](http://www.traecy.org).

## UNITED WAY

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

## VETERANS UPWARD BOUND

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

## COUNSELING, SUBSTANCE ABUSE & MENTAL HEALTH ALCOHOLICS ANONYMOUS

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

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

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

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

## ASPERGER/AUTISM CENTER

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

## BRADFORD HEALTH SERVICES

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

## CELEBRATE RECOVERY-FIRST CHURCH OF THE NAZARENE

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

## CELEBRATE RECOVERY-GRACE CHURCH OF THE NAZARENE

A 12 step recovery program for individuals that are seeking healing and recovery from hurts, habits and hang-ups is offered every Friday evening at Grace Church of the Nazarene, 3135 Trenton Road. The 12 steps are based on the 8 principles of recovery taken from the Beatitudes in Matthew 5 of the Bible. Celebrate Recovery is a safe place where anonymity and confidentiality are critical elements for recovery. The evening begins at 6:15 p.m. with refreshments 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

810 Greenwood Avenue, (931) 920-7330. 1820 Memorial Circle, (931) 920-7300. Crisis Walk-In Center, Gateway Medical Center at 651 Dunlop Lane, (931) 502-2025. 511 Eighth Street, (931) 920-7200.

## HEALTH CONNECT AMERICA

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

## FAMILY CENTERED SERVICES

901 Martin Street, (931) 503-4600.

## THE FAMILY GUIDANCE TRAINING INSTITUTE

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

## HOPE (HOMELESS OUTREACH PARTNERSHIP AND EMPOWERMENT)

For ages 18+ Centerstone's HOPE program serves adults with substance use and/or mental health disorders who are homeless or at-risk of becoming homeless and who live in Clarksville. (931) 920-7300.

## 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 1808 Haynes Street. For more information or to make a referral please call (931) 645-5440 or visit [www.mhc-tn.org](http://www.mhc-tn.org).

## OAK HILL RESIDENTIAL

118 Union Street, (931) 647-8257.

## 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](http://www.pastoralcounselingctr.org).

## THE PATH LIFE COACHING

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

## REGIONAL INTERVENTION PROGRAM (RIP)

Regional Intervention Program 404 Pageant Lane, (931) 920-2347, is a program through local mental health

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

#### VIVIAN HOUSE

125 Vivian Street, (931) 920-7235.

#### WEEMS ACADEMY

812 Greenwood Avenue, (931) 920-7370.

#### YMCA'S RESTORE MINISTRIES COUNSELING CENTER

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

### INTERNATIONAL ORGANIZATIONS

#### MISS TENN KY AREA AFS VOLUNTEER LEADERSHIP TEAM HOSTING AND SENDING TEACHERS AND STUDENTS ON INTERNATIONAL EXCHANGES

Host an AFS-USA high school exchange student from one of the over 40 partner countries for the next school year beginning in August.

Why not take the opportunity to bring the world to the Clarksville area and give your family, community and school insights into new cultures?

Go online and see details at [www.afsusa.org/hosting](http://www.afsusa.org/hosting) and fill out a preliminary application. Your best choice of gender, interests, talents, native country, etc. is to choose a student early when more are available. This will also insure that there is a place in your local high school. CMCSS high schools will only allow four (4) in each high school. Students may also attend private schools and families who homeschool may host, but the AFSers must attend public or private school.

Contacts: Dr. Barbara Y. Wills at (931) 378-7258 and [afsbarb58@gmail.com](mailto:afsbarb58@gmail.com) or Sandy Rich at [srich@afs.org](mailto:srich@afs.org) and (865) 617-0665 and the local web site Miss Tenny Area AFS Volunteer Leadership Team at [www.afsusa.org/misstennky](http://www.afsusa.org/misstennky).

### PARENT GROUPS CLARKSVILLEMOMMIES.COM

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

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

#### CLARKSVILLE HOMESCHOOL NETWORK

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

#### FIRST BAPTIST CHURCH HOMESCHOOL GROUP

A ministry of First Baptist Church, downtown Clarksville. They meet regularly and have activities throughout the year. They also have a weekly homeschool support group for moms, which meets on Wednesday evenings. For more information contact First Baptist Church at (931) 645-2431.

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

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

#### HOPKINSVILLE SAHM MEETUP GROUP

For information about the Hopkinsville Stay at Home Moms Meetup Group visit [sahm.meetup.com/1943/](http://sahm.meetup.com/1943/)

#### LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

La Leche League offers mother-to-mother breastfeeding information and support in meetings and via phone and email. All breastfeeding and expectant mothers and their children are welcome to attend either or both monthly meetings! Meetings are on the first Wednesday of each month at 10:00 a.m. at Clarksville's Montgomery County Public Library in the large meeting room and also on the third Wednesday of each month at 6:00 p.m. on Fort Campbell Army Post. The evening meeting is also open to

your support person. Please check our Facebook for location each month [www.facebook.com/LLLClarksville](http://www.facebook.com/LLLClarksville). If you have breastfeeding questions please contact one of our local group's leaders at [BreastfeedingTN@gmail.com](mailto:BreastfeedingTN@gmail.com) or call (931) 444-7087.

#### MOMS CLUB® OF CLARKSVILLE

MOMS Offering MOMS Support.™ We are a support group designed just for you, the stay-at-home MOM of today! If you need a support group that understands your special needs as a stay-at-home MOM, we are it. We are the first, largest and fastest growing support group specifically for ALL stay-at-home parents. Come as a guest to our next chapter meeting. Your children are always welcome to attend all MOMS Club® activities!

We offer weekly activities that are during the day and child friendly, so you can get out and meet new people and give your child a chance to play with new friends. Visit [www.momsclubofclarksvilletn.com](http://www.momsclubofclarksvilletn.com) for more information.

MOMS Club® has expanded to reach more MOMS in Clarksville. We now have two clubs in order to help MOMS find activities closer to home. We will have a club in both east and west Clarksville. East Clarksville's club includes MOMS from Sango and St. Bethlehem; West Clarksville's club includes MOMS from Ft. Campbell, Oak Grove and Woodlawn. By sistering into two clubs activities can be planned closer to where MOMS live. For more information or to join email [eastclarksvillemomsclub@gmail.com](mailto:eastclarksvillemomsclub@gmail.com) for East Clarksville or [clarksvillemomsclub@yahoo.com](mailto:clarksvillemomsclub@yahoo.com) for West Clarksville.

#### 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 Liz Coop, Membership Coordinator, at (615) 686-8008 or [clarksvillemops@gmail.com](mailto:clarksvillemops@gmail.com). We look forward to meeting you!

#### FT. CAMPBELL MOPS

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

#### HILLDALE BAPTIST CHURCH MOPS

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

#### SPRING CREEK BAPTIST CHURCH MOPS

Meets at Spring Creek Baptist Church at 2760 Trenton Road on the 1st and 3rd Thursday of the month from September to May. Meetings are from 9:30 a.m. to 11:30 a.m. and childcare is provided. For

more information contact Ashleigh Goss at [ashleighgoss7@yahoo.com](mailto:ashleighgoss7@yahoo.com). Find us on Facebook at [Spring Creek MOPS](http://SpringCreekMOPS).

#### PARENTS OF MULTIPLES

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

#### PARENTS REACHING OUT

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

#### TNSHARE (SECULAR HOMESCHOOLERS: ANY RELIGION, ECLECTIC)

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

#### TENNESSEE EARLY INTERVENTION SYSTEM (TEIS)

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

#### WIC NUTRITION EDUCATION CENTER

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

### RETIREMENT GROUPS

#### AARP LOCAL CHAPTER 1957

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

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

The only association dedicated to protecting the earned retirement benefits of federal employees, retirees and their survivors. Founded by 14 federal retirees in 1921, NARFE has become an effective and highly respected legislative voice for federal workers and retirees. If you are now receiving, or expect to receive, a federal retirement annuity, then you should join us as a member and help us actively preserve our federal benefits. We need your support and membership to increase our overall membership numbers. NARFE works on the national and state levels in Congress to propose and oppose legislation in the interest of the federal employee and retiree. With over 250,000 members nationwide and almost 4,000 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 Golden Corral Restaurant, 2811 Wilma Rudolph Blvd. We gather to eat at 11:00 a.m. with the business meeting starting at noon. Even with our speaker, we are normally finished by 1:00 p.m. or 1:15 p.m. We have a private area reserved with our own waitress service, always have a speaker, and guests are always welcome. For more info please contact J.C. Whitney at (931) 358-4855 or e-mail [jcwhitney@cdeightband.net](mailto:jcwhitney@cdeightband.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 5661 Screaming Eagle Boulevard, Fort Campbell, "Family Readiness" is the state soldiers, spouses and family members proactively prepare for, and in which they are able to cope with mobilization, deployments and prolonged separations. To prepare, soldiers (both active and reserve components) and their families attend classes and receive written instructional materials on subjects such as how to prepare a will, how to establish and manage a household budget, how to communicate with children of various ages, and how to maintain communication with the rear detachment of the deployed unit. (270) 798-0609, [relocation@fortcampbellmwr.com](mailto:relocation@fortcampbellmwr.com) or [www.fortcampbellmwr.com/ACS/familyReadiness.htm](http://www.fortcampbellmwr.com/ACS/familyReadiness.htm).

## ASMT (AUTISM SOCIETY OF MIDDLE TENNESSEE)

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

## AUTISM SUPPORT GROUP

Donna Richardson at (931) 503-2315.

## CLARKSVILLE ASSOCIATION FOR DOWN SYNDROME (CADSTN)

Where individuals, families and the community come together to enrich,

educate and support one another. Contact Patricia Hanna at (931) 645-1261 or [cadstn@hotmail.com](mailto:cadstn@hotmail.com). Visit [www.cadstn.org](http://www.cadstn.org).

## CLARKSVILLE MONTGOMERY COUNTY MULTIPLE SCLEROSIS SUPPORT GROUP

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

## CLARKSVILLE OSTOMY SUPPORT

A local support group for people who have undergone ileostomy, colostomy, urostomy or who suffer from Crohn's disease or other diseases of the bowel. Support for Ostomy Patients meets in the Cumberland Room the third Sunday of the month at 2:00 p.m. (931) 502-3800.

## 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 Grace Nazarene Church, 3135 Trenton Road. Free child care and food—please call Monica to reserve child care. For more information contact: Monica Causey at (615) 269-7751 ex. 133 or [mcausey@tnvoices.org](mailto:mcausey@tnvoices.org), Jennifer Allen at (615) 854-2165 or [Jallen@tnvoices.org](mailto:Jallen@tnvoices.org); or Felicia Johnson at (615) 852-9728 or [fjohnson@tnvoices.org](mailto:fjohnson@tnvoices.org).

## DIABETIC SUPPORT GROUP

Gateway Medical Center offers information related to self-management of diabetes. Each meeting showcases a different expert speaker as well as a question and answer period. The group meets the third Tuesday of each month at 5:30 p.m. in the Liberty Rooms of Gateway Medical Center. For more information, contact Registered Dietitian Diana Smith at (931) 502-1692.

## FOCUS AUTISM NOW

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

## GRIEF SUPPORT

A grief support group provides opportunities to connect with others who have had a similar experience and talk about the experience in a safe, supportive, understanding environment. Aseracare Hospice offers grief support groups free of charge open to anyone who has or is experiencing grief. For more information please contact Chris at (931) 551-4100.

## JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)

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

## NAMI (NATIONAL ALLIANCE OF THE MENTALLY ILL)

Some one you love has a mental illness. This local support group meets the 2nd Tuesday of the month at New Providence United Methodist Church, 1317 Fort Campbell Boulevard, from 6:30 p.m. to 8:30 p.m. Child care provided. For more information call Betty at (931) 358-0900 or Bertha at (931) 216-3590.

## PARENTS HELPING PARENTS

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

## PARKINSON AWARENESS AND FELLOWSHIP GROUP

Interested in knowing more about Parkinson? Do you need the support of those who have Parkinson? You are welcome to all meetings on the second Tuesday of each month at 5:00 p.m. This lively group of people meet at Christ Presbyterian Church, 1230 Rossview Road, across the road from Rossview schools. Wayne King, (931) 645-8174, Coordinator.

## TENDERPAWS PET THERAPY

Tenderpaws Pet Therapy Group meets at 10:00 a.m. the first Saturday of the month

in the Liberty Room of Gateway Medical Center. To have your pet screened call Kathy at (931) 553-8959.

## YMCA'S RESTORE MINISTRIES SMALL GROUPS

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

Some of this information was obtained through community and Internet sources. We apologize for any errors. For corrections or to include your group's information e-mail [info@clarksvillefamily.com](mailto:info@clarksvillefamily.com).

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# August at



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p><b>Most classes are 7pm-9pm*</b>                      unless otherwise noted online  <b>Check-in begins 30 minutes before class starts</b>                      *some classes may run past 9pm</p>				 1 Moonlit Song	 2 Teal Lumiere	 3 Light the Way	
4	5	6	7	 8 In Bloom	 9 Paisley Cross	 10 Wish	
<p>View the Swirlz Art Calendar &amp; book your class online at <a href="http://www.swirlzart.com">www.swirlzart.com</a></p>				14	 15 Pixie Dust	 16 uncorked	 17 Monet's Venice
<p>2pm - KIDS 18</p>  18 Birds of a feather	19	20	21	 22 Dreaming Tree	 23 Sweet Dreams	 24 Room to Bloom	
<p>No painting experience necessary!                      Grab a friend, a brush, and even some wine if you'd like and unleash the inner artist in you!</p>				28	 29 Autumn Blossom	 30 Autumn Blossom	 31 Enchanted Forest



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