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The color guard of the 4th Brigade Combat Team, 101st Airborne Division, dressed in uniforms from past to present, stand at attention during the inactivation and relinquishment of command ceremony at the Division Parade Field Friday.



PHOTO BY SGT. JUSTIN A. MOELLER 14TH BCT

COLORS CASED, LEGACY PRESERVED

4th Brigade Combat Team inactivated at ceremony

by Sgt. Justin A. Moeller
4th Brigade Combat Team

Soldiers, Veterans, Families and friends alike, looked on with heavy hearts as the colors of the 4th Brigade Combat Team "Currahee," 101st Airborne Division, furlled in the wind one last time.

As part of the U.S. Army's Brigade Combat Team 2020 Model, the 4th BCT, 101st Abn. Div., cased its colors during an inactivation ceremony, Friday, at the Division Parade Field.

Immediately following the casing of the brigade colors, Col. Val C. Keaveny Jr., former commander of 4th BCT, 101st Abn. Div., relinquished command of the brigade to Maj. Gen. James C. McConville, commanding general 101st Abn. Div.

"I consider myself as fortunate

to have served as a Currahee and I very rarely say last, because the one truth with service to our Nation is that change is constant, and last happens very rarely," said Keaveny. "I am eternally honored to serve as the fourth commander of the 4th brigade, and I'll be a Currahee forever."

Having the opportunity to serve as a Currahee and be part of the unit's legacy is still a possibility for Soldiers.

"I want to make one thing clear, although we may be inactivating the 4th Brigade, we are not inactivating the Currahees in the 101st Airborne Division," said McConville. "The 506th Infantry Regiment, the Currahee's legacy and spirit, will remain alive and strong within this division."

The Currahees of the two 506th Infantry battalions will not have a

far move as they are both realigning with sister brigade combat teams.

"The Red Currahees of the 1st Battalion, 506th Infantry [Regiment], will maintain the regimental colors and join the 1st Brigade Combat Team 'Bastogne' with whom they previously fought alongside during WWII," explained McConville. "The White Currahees of the 2nd Bn., 506th Inf. Regt., will join the 3rd Brigade Combat Team 'Rakasan', with whom members of the 506th fought alongside during the Vietnam War."

Having fought alongside their gaining BCT will only help to build on the already substantial Currahee reputation.

"The Currahees have a reputation: we assembled in World War II, fought and then inactivated; we reassembled for Vietnam, fought for four years, then transformed;

we then went to Korea, then inactivated; we have now fought for four years through this war and we are realigning and transforming," said Keaveny.

"The Currahees have fought for nine and a half years in combat with the 101st; the only battle we missed was Desert Storm. I know that when our Nation has a significant fight on its hands again, the Currahees will assemble and fight to the same high standards."

The Red and White Currahee Soldiers continue to train to maintain those high standards even as they transition to their new area of operation.

"Today is not an end, but merely a transition for the Currahees," said McConville. "As the 4th BCT, under the superb leadership of Col. Keaveny and Command Sergeants Major Grinston and Velez, the Currahee Soldiers on the field have performed magnificently."

As the 4th Brigade battalions marched across the parade field, conducting a final Pass in Review, Keaveny stood side-by-side with Currahee Veterans, observing the end of the brigade's current chapter.

"I think about 72 years of Currahee history and 10 years of 4th Brigade history," said Keaveny. "I think of the [approximately] 1,400 names on our memorial wall, and I think about the fact that we have committed ourselves to live up to their sacrifice every single day."

Honoring that sacrifice, the Currahee Memorial will be relocated to the Don F. Pratt Museum and the 506th Regimental colors will still fly, ensuring that the legendary name will live on.

"Though I am sad to see the colors cased, I take solace in knowing that the Currahees will continue to serve with the Screaming Eagles of the 101st Airborne Division," said McConville. "The original Band of Brothers will live on in the 101st Airborne Division and continue to add chapters of valor to their fabled history."



Soldiers from the 716th Military Police Battalion, 101st Sustainment Brigade, 101st Airborne Division, along with other installation law enforcement officials, conduct hostage rescue operations in response to an active shooter scenario June 25, 2013, during a post-wide exercise. Fourteen on-post agencies and 16 off-post agencies from the surrounding communities took part in the exercise which was designed to test Fort Campbell's ability to respond to possible threats and evaluate its current emergency management and antiterrorism plan.



COURIER ARCHIVE

Housing Services helps troops find off-post homes

by Michele Vowell
Courier assistant editor

Relocating to a new Army duty station can be tough for any Soldier and his or her family if they've never lived at that location. Moving to a home off post may pose some challenges for service members without knowledge of the area.

Officials at Fort Campbell's Housing Services Office provide off-post residency guidance to all Soldiers.

"We focus on Soldiers that live off-post - guiding them to a stress-free move," said Yolanda McDaniel, Housing Services Offices chief. "It's mandatory to in-process and out-process HSO."

Roughly 70 percent of the 30,000 Soldiers stationed at Fort Campbell live off post. Soldiers with Families and single Soldiers (staff sergeant and above) that are authorized to live off post may choose to live in Hopkinsville or Oak Grove in Kentucky or in Clarksville, Tenn.

When Soldiers arrive at Fort Campbell they should stop by the Housing Services Office at 850 Georgia Ave., or call (270) 798-3808 to discuss their options for renting or buying property.

"Ninety-nine percent of

them have already [found a place], unfortunately," McDaniel said. "If they haven't [found a home], then we're going to guide them through, based on their rank and their [Basic Allowance for Housing], what they can reasonably afford. ... Then, we'll guide them to properties that will fit that need."

Before officially renting a property, Phil Garito, Fort Campbell chief of housing, advises Soldiers to carefully review their lease, which is a contract between the property owner and the service member. The most common leases are for a year, six months, three months and month-to-month.

"If you have a 12-month lease and it says you're going to pay \$200 a month rent, the expectation by the landlord is that you will pay \$2,400," he said. "If you break that lease at any point in time without a set of orders, then the landlord is expecting to be paid the balance."

McDaniel noted that Soldiers can protect themselves with proper documentation.

"The Servicemembers Civil Relief Act protects Soldiers that have signed a contract and cannot complete that full contract," she said.

see HOUSING, Page 3A

Post to conduct antiterrorism exercise

by Yvette Smith
Courier staff

Fort Campbell will conduct a full-scale antiterrorism and emergency response exercise May 8. More than 20 on-post agencies will respond to several notional scenarios throughout the morning, designed to help evaluate the installation's first responders and support organizations' emergency response procedures.

The post-wide exercise will kick-off around 8:30 a.m. with an active shooter scenario, followed by a resident search in the afternoon, according to Jay Fangman, exercise direc-

We are going to be conducting an active shooter exercise ...

Jay Fangman,
exercise director

tor, Directorate of Plans, Training, Mobilization and Security. Agencies participating include installation First Responders and other

support organizations that have an emergency role or responsibility.

"The senior leadership at Fort Campbell is fully engaged in the entire emergency management plan," said Brian Carrigan, DPTMS. "The protection, well-being and safety of all Soldiers, civilians and Families are a priority. Even though this full scale exercise concentrates mainly on an active shooter scenario, it exercises several other elements of protection."

During the exercise, traffic control measures will be implemented in the vicinity of the incident location, however, commuters and base personnel are

encouraged to adjust travel time to allow for potential delays. Although there are no scheduled gate closures during the post-wide exercise, commuters may see an increase in vehicle searches, said Fangman.

The installation force-protection condition will be raised to Bravo the day prior to the exercise and raised to Charlie and Delta during the exercise, according to Fangman. The four levels of force protection applied to military installations are Alpha, Bravo, Charlie and Delta, with Alpha being the lowest level and Delta the highest.

see EXERCISE, Page 3A

COMMAND MESSAGE

Public Service Week honors government workers



Col. David "Buck" Dellinger
Garrison Commander

As a Nation at war for more than 13 years, we've all heard and read numerous stories of heroic Soldier actions, Family sacrifices, honor, duty and the like. And we've needed to hear, see and read those stories because they are warranted. But what we don't hear as much about are those men and women who aren't in

digital camouflage, but they do so much to support Soldiers and Families. We don't hear enough about our tremendous civilian workforce, like the one we have here at Fort Campbell. Sunday through May 10 is Public Service Recognition Week, which is an observance honoring public service employees and a time to educate the general public about the numerous ways our government workers make life better for all Americans. Like their military counterparts, our civilian employees have taken an oath to support and defend the U.S. Constitution. They

also live by the creed and Army values of loyalty, duty, respect, selfless service, honor, integrity and personal courage. And some, through the Army's Civilian Expeditionary Workforce, even deploy. Our civilian employees provide stability and continuity of programs and services for Soldiers and Families in both wartime and peace, positively affecting and inspiring military members' lives and well-being. And like their uniformed counterparts, they work as a ready and resilient workforce every day. Many continue their service to country in a civilian capacity

after wearing the uniform of their country, whether after a single tour or retirement. Stories of success and inspiration of our workforce here at Fort Campbell are too numerous to go into individually. I could certainly fill this entire paper with stories just from the time since I took command of the Garrison. However, a common denominator among all the successes is the undying commitment to make the mission successful. Whether it's a routine task or something involving multiple agencies, directorates and the division, the civilian workforce's can-do

spirit is remarkable. We just wrapped up a major effort in hosting First Lady Michele Obama and Dr. Jill Biden for our Veterans Employment Summit and Career Forum. This required military and civilian coordination and execution across a broad cross section of work centers on the installation. I can tell you, the effort was as seamless as you can get, which is why Fort Campbell garnered so many incredible accolades from participants ranging from the White House to CEOs of companies who were here, as well as from IMCOM and FORSCOM. This success

is due to the solid professionalism and dedication of our workforce. What's even more impressive to me is that this is simply the way we do business. I could not be prouder. I encourage each member of our civilian workforce to stand a little taller, a little prouder during this week and accept the grateful acknowledgement, well-deserved praise and recognition for your outstanding work from those of us in uniform and our Family members. Without your support, we could not do our jobs. As is often said, "One team. One fight." Thank you for all you do!

COMMAND MESSAGE

Practice motorcycle safety, road sharing

Installation Safety Office release

Armywide, motorcycle fatalities have increased. As of April 23, there have been 13 motorcycle fatalities – four deaths more than at the same time in FY13. Two of the FY14 fatalities were Fort Campbell Soldiers. Collision with another vehicle (38 percent), collisions with objects other than vehicles (38 percent) and ran off the road (23 percent) account for the Army motorcycle fatalities to date. Speed, alcohol, no training, no license and not wearing a helmet are listed indiscipline. In response to the FY14 increase, Fort Campbell is joining with other federal, state and local highway safety, law enforcement and motorcycle organizations in proclaiming May as "Motorcycle Safety Awareness Month."

During this time – and the rest of the year – motorists and other road users are reminded to safely "share the road" with motorcycles and be extra alert to keep motorcyclists safe. Changing the driving habits of motorists and motorcyclists alike will help decrease the number of motorcycle accidents. Motorcyclists are reminded to make sure they are visible to motorists and that they follow Army riding requirements and rules of the road. All road users are reminded to never drive while impaired or distracted. "As the weather improves, more and more motorcyclists are hitting the roads," said Fort Campbell Army Traffic Safety Program Manager Lonnie Scott. "And with that in mind, pedestrians, bicyclists and drivers of all vehicles need to be extra attentive and make sure they share the road. A motorcycle is one of the smallest vehicles on our roads, often hidden in a car or truck's blind spot. Drivers should

aggressively look for them before changing lanes or merging with traffic." Motorists should perform visual checks for motorcyclists by checking mirrors and blind spots before they enter or exit a traffic lane or intersection. Pedestrians should also get into the habit of scanning for motorcyclists who might be hidden by traffic. "Motorcyclists have responsibilities too," Scott said. "They should obey traffic rules; be alert to other drivers; never ride while impaired or distracted and always wear a Department of Transportation-compliant helmet and other protective gear." Scott said a motorcyclist is much more vulnerable than a passenger vehicle occupant in the event of a crash. He said research from DOT's National Highway Traffic Safety Administration shows that per vehicle mile traveled, motorcyclists are about 39 times more likely than passenger car occupants to die in traffic crashes. Here are some tips for drivers to help keep motorcyclists safe on our roadways:

- Remember, a motorcycle is a vehicle with all of the rights and privileges of any other motor vehicle.
- Always allow a motorcyclist the full lane width – never try to share a lane.
- Perform a visual check for motorcycles by checking mirrors and blind spots before entering or exiting a traffic lane or intersection.
- Always signal your intentions before changing lanes or merging with traffic.
- Don't be fooled by a flashing turn signal on a motorcycle – motorcycle signals are often not self-canceling and riders sometimes forget to turn them off. Wait to be sure the motorcycle is going to turn before you proceed.
- Allow more following distance (three

- or four seconds) when behind a motorcycle so the motorcyclist has enough time to maneuver or stop in an emergency.
 - Never tailgate. In dry conditions, motorcycles can stop more quickly than cars.
 - Never drive while distracted. Motorcyclists can increase their safety by:
 - Avoiding riding in poor weather conditions.
 - Wearing brightly colored protective gear and a DOT-compliant helmet.
 - Using turn signals for every turn or lane change, even if the rider thinks no one will see it.
 - Combining hand signals and turn signals to draw more attention to themselves.
 - Using reflective vests, tape and stickers to increase conspicuity.
 - Positioning themselves in the lane where they will be most visible to other drivers.
 - Never driving while impaired.
- Many new riders and Soldiers that have been deployed may not be aware of the Army standards required for them to ride. The Installation Safety Office will conduct Motorcycle Safety Week, consisting of a series of five Motorcycle Safety Briefings with emphasis on training requirements, documentation review, mentorship and group riding, Personal Protective Equipment requirements and motorcycle inspections. The briefings are open for all Fort Campbell motorcycle riders and will be conducted at Wilson Theater May 27, 28 and 30 from 9 until 11 a.m. and May 29 from 9 until 11 a.m. and from 1 until 3 p.m. in Bay D of the Passenger Processing Center. The message to all drivers and motorcyclists is: Help to share in the responsibility of keeping all road users safe and do your part by safely sharing the road.

COMMENTARY

Energy tips to save money, help Earth

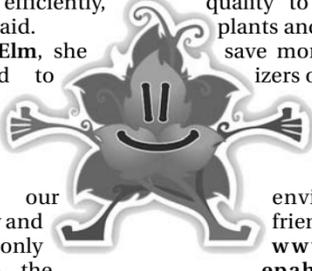
Campbell Crossing release

Editor's note: *Campbell Crossing, LLC, Lend Lease's privatized on-post housing community, recently kicked off its SYNERGY campaign, with the motto, "Saving Our Nation's Energy: Conserving our Resources." Periodically, the Courier will share some tips from the four SYNERGY mascots.*

many ways you can save on energy, and be innovative as well. Wesley Wind wants to share how you can start reducing energy today. Look for the Energy Star label on light bulbs, home appliances and electronics. These products meet strict efficiency standards. What ideas do you have that could help you start saving in your home today? "Install a programmable thermostat to lower utility bills and manage your heating and cool-

ing systems efficiently," Wesley Wind said. Meet **Ellie Elm**, she is committed to environmental principals of sustainability. Keeping our planet healthy and green is not only important to the planet we live on, but also important to our Families and communities we live in. Here is an idea that Ellie Elm suggests to start creating a healthy and happy environment for your Family and neighbors: compost it. Compost helps improve soil

quality to better grow plants and allow you to save money on fertilizers or additives. For more tips on how you can start living an environmentally friendly life, visit www.epa.gov/epahome/home.htm. "Be sure to recycle paper, plastic, glass bottles, cardboard and aluminum cans," Ellie Elm said. Find more energy saving and helpful tips at www.campbellcrossingllc.com/go/SYNERGY.



CHAPLAIN'S PULPIT

On your mark: Training for life's marathon

by Chap. (Capt.) Delana I. Small

2nd Squadron, 17th Cavalry Regiment

As a child, I often rode my pink, garage sale, banana-seat bike alongside my dad as he ran. As I tried to avoid swerving into his heels, I marveled at the sport. As an adult, I too became a runner. However, much too frugal to spend money on races, I only recently signed up for my first marathon. Now after nearly eight months of anticipation, the race is only three weeks away. As I reflect on my training, a few running tips offer some helpful spiritual principles. **Train To Endure.** Any fool can register for a race, but it takes training to become a solid finisher. An average marathon plan requires nearly 18 weeks of training, some "novice" plans capping at nearly 50 miles per week. Marathon trainees begin with less distance and intensity and increase both over time. Building this base mileage prepares runners for longer, tougher runs. Training workouts – speed work or long runs – simulate the "real deal." In the heat of the race, memory of train-

ing bolsters the runner's confidence. The runner remembers, "I have worked this hard before. I have run this distance!" Runners who fail to train for races not only risk injury but also total mental annihilation. Most of these "impulse" runners never run a marathon again. They did not train to endure. Many Christians stagger around without a spiritual training plan. Difficulties arise and these Christians do not have the experience – or the base mileage – to endure. A runner who avoids speedwork will never improve her pace. Similarly, a Christian who rarely engages God will not have the spiritual fortitude to endure when times get tough. **Run Your Race.** Running buddies boost training when motivation waivers. Buddy runs, however, can derail runners from personal goals and training plans. One athlete may run a pace that overextends a buddy. An intermediate runner may injure herself maintaining the pace of an advanced runner. An easy social run tempts another runner to skip a critical workout.

Christians face similar temptations. Often, Christians obsess over the "running" of other Christians. One Christian might covet another's "stealthy" spiritual growth. Competition surfaces. Personal disappointment easily affronts the buddy runner. But Paul reminds readers in 1 Corinthians 9 that good racers have their eyes on the prize – not the other runners. God has not called you to run like anyone else. He has called you to run. So run your race! **Overhaul Your Habits.** Saturday long runs mean no more shopping sprees or fast-food runs on Friday nights. My race training has revealed how habits impact performance. More miles means more sleep, upgraded nutrition and a reevaluated routine. Habits also affect spiritual performance. Do you haphazardly watch movies, without consideration for the content or keep unhealthy company? Do you engage God daily? Consider how to overhaul your habits for optimal performance in your spiritual race. On your mark!

SPEAKup

I'll always be a Spartan.

Jeremy Smith,
Facebook comment,
"1st Special Troops Bn. inactivates," April 30

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The Fort Campbell

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NEWS

HOUSING

Continued from Page 1A

According to the SCRA (Title 50 USC), the Soldier shall be permitted to break a lease early, in the event of a Permanent Change of Station move as defined by the Joint Federal Travel Regulation, or in the case of deployment over 90 days in support of military operations.

"[SCRA] gives them the right based on that law to terminate a lease at any time based on a set of orders," McDaniel said.

Additionally, before signing any lease, McDaniel advises Soldiers to complete a walk-through inspection of the home or apartment and document any damages in writing and with photographs.

"Visit the HSO for guidance," she said. "We can provide you the move-in checklist because we want you to ... inspect that property when you move in - so in 12 months when you get ready to move out, the move will be smoother

because now you can compare [documentation]."

Soldiers should provide the landlord with a copy of the inspection and retain a copy for their records. McDaniel noted that many Soldiers fail to document the property damages before they move in and it often costs them when they move out.

Once a lease is reviewed and signed, McDaniel recommends Soldiers retain a copy for their records.

Moving into an off-post residence can be pricey for many Soldiers and Families. Often Soldiers are expected to pay at least one month's rent in advance, as well as hook-up fees for utilities. These are out-of-pocket expenses.

"To move into a one-bedroom apartment off post, you probably need about \$2,500," McDaniel said. "Just to move in with the utilities turned on, putting down the deposits and the first month's rent. Utilities alone are like \$500 to \$600. Those are nonrefundable fees that come out of your pocket. It can be expensive

moving in."

Rental Partnership Program

Cash-strapped Soldiers may be eligible for the Housing Services Office's Rental Partnership Program.

The installation has partnered with 28 off-post property managers that will rent a house to a Soldier and his or her Family with reduced or no security deposits, waived first-month rent and no application fees.

"The out-of-pocket [move-in related expense] is reduced drastically," McDaniel said. "We encourage Soldiers to participate. The only requirement is to start an allotment. That is set up through our office to that property manager. You qualify based on the property manager's standards. If they qualify you, we enroll you in the program based on [whether] you are eligible to reside off post, receive a housing allowance and you can set up an allotment ... We manage those allotments through our office."

Garito said the Rental Partnership Program is beneficial for both the property owners and qualified Soldiers.

"From a landlord's perspective, the advantage is they don't have to rely on the Soldier giving them a check every month," he said.

"It's a good tool and landlords love it because they get a lump sum payment every month," McDaniel added. "Soldiers love it because they don't have to go and pay the rent."

Moving Out

Some leases have a clause that allows early termination of your lease. To break any lease because of PCS or deployment, Soldiers must present the landlord a formal 30-day written notice and a copy of official military orders or notification, certification or verification from their commanding officer. To leave rental property for any other reason, a 30-day notice is still recommended.

"The notice needs to be

in writing not a text message or an email," McDaniel said. "You need to put it in writing and deliver it to that landlord that you're moving out. I can't stress enough that Soldiers need to give their landlords a 30-day written notice."

Before moving out, Soldiers should also conduct a move-out inspection - documenting damages to the property like when they moved in. A move-out checklist is available from HSO.

"We want to make sure you're present for the move out," McDaniel said. "Take pictures on move in. Take pictures on move out. Ask the landlord for an itemized list of chargeable damages. If they follow those tips, they'll have a successful move out."

If there are any damages assessed, McDaniel advises Soldiers to pay up.

"You need to pay your debt because it follows you from installation to installation," she said. "If you owe a property manager [here], they're not going to rent to you [at the next

duty station]."

Any complaints that cannot be resolved between the landlord and the tenant should be reported to the HSO immediately.

Soldiers also need to out-process HSO before leaving Fort Campbell.

For any move, McDaniel stressed that the Housing Services Office is the Soldier's advocate.

"We believe that Soldiers and Families are the most important people entering our facility," she said. "We are here to assist Soldiers and Families with a 'stress-free move.' We can provide answers and support for anyone who is thinking about renting, buying or selling a home. We are your one-stop shop for all your housing needs, and the subject matter expert on the local community and housing. We encourage you to contact your local HSO with any housing related issues."

Editor's note: This is the final article in a three-part series about stress-free moves.

EXERCISE

Continued from Page 1A

"The FPCON system is mandated by the Department of Defense as a requirement for installations," said Bill Fedak, Installation Antiterrorism Officer. "They are progressive levels of security measures implemented for interdicting or responding to threats to U.S. Army personnel, information, and critical resources."

Mr. Fedak also pointed out that particular FPCON measures during the exercise will involve actions by offices and units not normally associated with law enforcement or security operations to demonstrate the multi-layered type approach Fort Campbell uses daily to protect against threat.

The exercise activity will primarily affect the area surrounding building 2702, the new Soldier Readiness Processing Site. Although in close proximity to the Exchange, roads leading to the Exchange area will not be blocked, Fangman said.

"Pretty much everyone across post will be affected in some way,"

said Fangman. "You will notice a lot of first responder vehicles and there may be some roads blocked off. Just be aware that it is just an exercise and try to stay away from that area, if at all possible."

In addition to an increased visibility of emergency response vehicles and personnel, post personnel may observe role players with simulated injuries. The exercise should end by early afternoon.

The exercise is designed to evaluate, enhance and strengthen the installation's capabilities in response to a full spectrum of emergency situations. According to Fangman, it will satisfy the U.S. Army Medical Command mass casualty exercise requirement, as well as the Army's Emergency Management Full-Scale Exercise and Antiterrorism Full-Scale Exercise requirement.

"The exercise will allow us the opportunity to practice our response, to ensure that we maintain our proficiency and to find ways to improve," said Fangman. "The ultimate goal is keeping Fort Campbell safer for the Soldier and the citizens. If [a situation] does happen, we want to be ready."



COURIER ARCHIVE

A car smokes as the injured wait for emergency responders immediately after a fictional Radiation Dispersal Device detonates at Fort Campbell's Division Parade Field shortly after 8 a.m., May 10, 2012. The scenario was part of Fort Campbell's full-scale anti-terrorism exercise, an Army-mandated annual event that helps both Garrison agencies, Blanchfield Army Community Hospital, the Emergency Operations Center, as well as other on and off post agencies to coordinate and plan for potentially real situations capable of execution at Fort Campbell. This year's full scale exercise is slated for May 8.

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NEWS



PHOTO BY SGT. RYAN SHARP | 2ND BCT

Athletes from Fort Campbell and New Providence high schools race to the finish in the 200 meter dash event for the female age 14 to 18 bracket during the Area 12 Special Olympics held at the Kenwood High School Sports Complex, April 24.

Domestic discussion provides forum for deployed Soldiers

by Sgt. David Cox
2nd Brigade Combat Team

LAGHMAN PROVINCE, Afghanistan – Soldiers with the 2nd Brigade Combat Team, 101st Airborne Division, participated in a domestic discussion seminar to help deployed Soldiers address issues that may occur during deployment and listened to various methods of effective communicating from other Soldiers, at Forward Operating Base Gamberi, Laghman province, Afghanistan.

The first discussion was held April 20 by Chap. (Maj.) Kyle Taylor, brigade chaplain with "Strike" Headquarters and Headquarters Company, 2nd Brigade Special Troops Battalion, 2nd BCT, 101st Abn. Div., and Capt. Michael Yates, 2nd BCT's psychologist with Company C, 526th Brigade Support Battalion, 2nd BCT, who worked together to create the discussion platform.

"[Chaplain Taylor] came to me and said, 'do you feel like people are dealing with more work issues – being stressed out by that or simply stress related to being in Afghanistan in general?,'" said Yates. "And, for me, it was home front issues: discipline your child, finances, disputes with Family members."

Taylor and Yates then approached Sgt. Brandon Stuart, a behavioral health technician with Co. C, 526th BSB, 2nd BCT, with those very homefront issues. Based upon Stuart's experience, he agreed this program would be beneficial to Soldiers.

"When people have personal problems, they think that they are the only ones experiencing them," Stuart said. "The discussions give people a wide variety of ways everybody copes with their problems."

Yates said that the class was intended to be a one-time sensing session, but has grown into an eight-month plan to address additional concerns and issues facing service members and how to combat those issues.

"I think the main thing is they get to hear other people's perspectives on what's working, what's not working, and they kind of learn from each other and not just from the providers alone; that's the biggest benefit I see is that I get to hear what other people are doing," said Yates in reference to the class. "The No. 1 stressor that most people have is relationships. Even if your relationship is good, you can share with others what makes your relationship good."

Soldiers, who have deployed multiple times, were encouraged to discuss their methods of success.

"This is an outstanding resource sponsored by the chaplain to give Soldiers, of all ranks, the proper tools to deal with the stressors that deployment puts on Families being so far apart for so long," said Capt. Ronald Riggi, commander of "Raptor" Headquarters and Headquarters Company, 2nd BCT. "This is definitely something I fully support and believe all Soldiers should attend."

Be A Hero: Special Olympics

526th BSB honors student-athletes at competition

by Sgt. Ryan Sharp
2nd Brigade Combat Team

CLARKSVILLE, Tenn. – More than 200 athletes from over 35 schools and organizations, from the Clarksville, Fort Campbell, Stewart and Montgomery County areas participated in the 20th Annual Area 12 Special Olympics at the Kenwood High School Sport Complex, April 24.

The games began with the Pledge of Allegiance led by Paula Anthony from Progressive Directions Incorporated, followed by the singing of the National Anthem by Ashley Gaines a Clarksville high school student. Michele Moseley recited the Special Olympic

oath and the ceremonial torch was ignited and carried around the track by a relay team of four.

As the games commenced and the athletes competed for top honors, Soldiers from the 526th Brigade Support Battalion, 2nd Brigade Combat Team, 101st Airborne Division, supported the competing Fort Campbell Schools by rooting on the participating athletes and ensuring they had refreshments after the competition.

"This is a great event for Soldiers to get out in the community and support the children of other military Families," said Tonya Wacker, a United Service Organization advisory board member. "I am really proud

of all the Soldiers that came out today to support the children, regardless of which brigade they came from."

For some of the athletes this was more than just being able to get out and enjoy competitive sports.

"Some of the athletes here will compete at a level that will allow them to go on and compete at the state competition," said Gary Gerstner, assistant superintendent for Fort Campbell Schools.

Throughout the competition, all of the competitors earned placement ribbons. After the games' closing ceremony, the 526th BSB command team presented the student athletes from the Fort Campbell schools a War Fighter award in the shape

of a Soldier's silhouette, decorated with the 526th insignia.

"It is an award that we give out in our organization that symbolizes the high standards we set for excellence and achievement," said Command Sgt. Maj. Gerald Roberson, senior enlisted leader for the 526th BSB. "We think it is fitting that we recognize our student athletes for the wonderful job they did today and it is immensely important for us to be out here today to support our athletes. Our special needs athletes are our war fighters. We support our community schools, so it's just a pleasure for us to be out here to support them."



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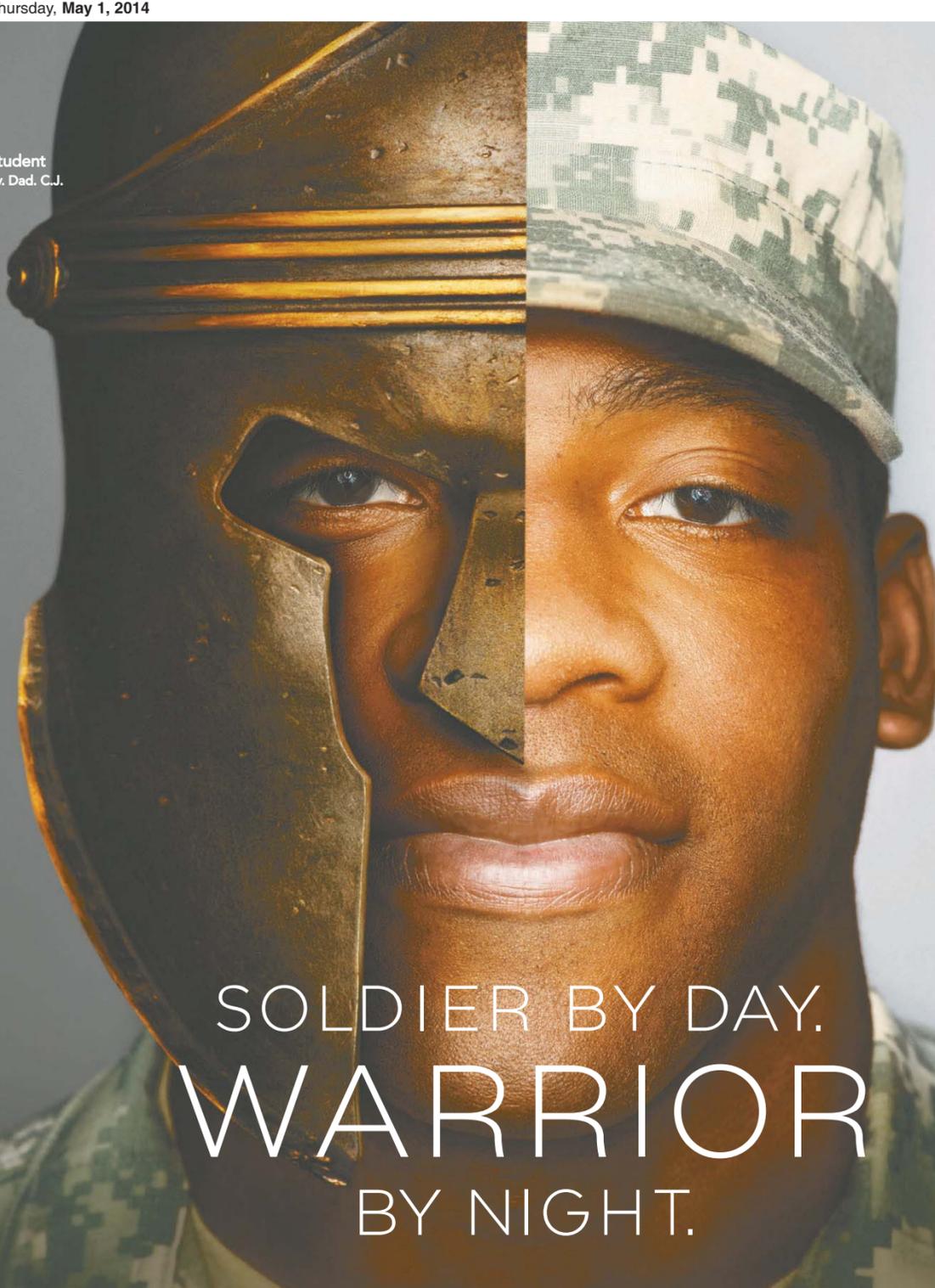
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Bulldog Soldiers conduct day, night training

by Sgt. Jon Heinrich
1st Brigade Combat Team

As the sun rises on a brisk, spring morning, the sound of helicopters can be heard landing, and in the light of dawn, dozens of Soldiers can be seen air assaulting out of them.

For the Soldiers of 1st Battalion, 327th Infantry Regiment, 1st Brigade Combat Team, 101st Airborne Division, the days training had begun.

Three platoons from 1st Bn., 327th Inf. Regt., individually conducted both blank and live-fire training Saturday and Sunday at Range 54. 1st Platoon, Company B "Bushmasters"; 1st Platoon, Company D "Mad Dogs"; and Scout Platoon, Headquarters and Headquarters Company "Headhunters."

Corporal Jonathan Nguyen, a senior sniper with Scout Platoon, said the main purpose for the training was to ensure the platoons are proficient in basic fire and maneuver techniques and incorporating assets into those maneuvers.

"For us this week it's been platoon live-fire," said Nguyen. "We came out Monday and executed some daytime blank iterations, then we came back out again [Saturday] and did our

daytime blank and live, and now we're finishing up our nighttime live fire."

According to Nguyen, each platoon was provided assets such as mortars for indirect-fire, air mobility and a sapper team.

The engineers were used to help the platoon in reaching their main objective by breaching through a wall and providing suppressive fire inside to allow the Soldiers to enter and clear their objective.

The training began with each platoon individually conducting a blank-fire mission in the morning by air assaulting into a designated landing zone, then live-fire in the afternoon, blank-fire in the evening and live-fire later at night.

The platoons then moved toward their objective, which was a mock house surrounded by concertina wire with a small wall on the side, which the engineers had to breach.

Along the way to their objective, the Soldiers encountered a hasty ambush with pop-up targets.

To clear the attack, the platoons used their M240 and M249 machine guns to provide suppressive fire while the main squads bounded forward to clear

the area.

After the attack, the platoons then maneuvered to their objective, breached through and cleared through more targets.

Once the area was secure, the Soldiers established security around the area, only to face a counterattack by more targets in a tank.

The Soldiers fired at the targets to suppress enemy fire while AT4 anti-tank rockets were employed to take out the tank.

During the engagement, a Soldier simulated being wounded and had to be medically evacuated outside the objective by a UH-60 Black Hawk.

Once training was complete, the platoon conducted an After Action Review and exited the training area, to allow the next platoon to begin.

"I thought it was good training," said Pfc. Jarmarcus Douglas, an ammunition bearer with Weapon Squad, 1st Platoon, Company B. "It let me see what doing platoon attacks, moving out using two squads, other than doing what I was used to doing coming from basic training."

"It puts the whole platoon in with the weapon squad assets," said Douglas. "You get to see the



PHOTO BY SGT. JON HEINRICH | 1ST BCT
Soldiers with 1st Platoon, Company D, 1st Battalion, 327th Infantry Regiment, 1st Brigade Combat Team, 101st Airborne Division, take cover as a UH-60 Black Hawk medical helicopter flies overhead April 26 on Range 54. The platoon conducted a medical evacuation drill during a situational training exercise.

suppressive fire from the weapon squad, you get to see the indirect fire from the mortar team. It all comes together."

Douglas enlisted into the Army August 2013 and arrived to his unit December 2013.

"We have a lot of new [junior] enlisted Soldiers in the battalion so getting them up to speed with just the basics has been a work in progress," said Nguyen.

"I think the day-fire went just how we wanted it to go," said Douglas. "We came out and did the blank-round day-fire and they told us we did an excellent job with that."

"I thought the night fire went well also," Douglas added. "We layed down good suppressive fire the same way. Our assaulting elements moved pretty good through the terrain and we got to the objective and

accomplished the mission."

Douglas said he enjoyed training with his platoon and coming together as a group in preparation for future deployments.

"I just want to keep training, keep learning, move up in the ranks, get closer to my platoon, so one day when it's time for us to go down range we will have each other's back and we all know what we are supposed to be doing," Douglas said.



PHOTO BY SGT. 1ST CLASS MARY ROSE MITTLESTEADT | 101ST SUST. BDE.

Second Lt. Michael Howard, a platoon leader assigned to the 584th Support Maintenance Company, 129th Combat Sustainment Support Battalion, 101st Sustainment Brigade "Lifeliners," 101st Airborne Division, inspects a sling load for deficiencies as a judge from the Sabalauski Air Assault School observes, during the "Wedge Challenge" April 25. The battalion-level event allowed teams of unit leaders to demonstrated Air Assault skills to junior Soldiers through friendly competition.

'Wedge Challenge' demonstrates Air Assault support operations

by Sgt. 1st Class Mary Rose Middlesteadt
101st Sustainment Brigade

In the early morning hours of April 25, small teams of Soldiers start their preparation for the long morning that awaited them. Their preparation was for the "Wedge Challenge" hosted by the 129th Combat Sustainment Support Battalion "Drive the Wedge," 101st Sustainment Brigade "Lifeliners."

The teams consisted of five to seven Soldiers from the battalion's subordinate companies. Not only did these teams come from within this particular battalion, they were, by design, all made up of

unit leadership – officers and non-commissioned officers.

The purpose behind this was to demonstrate the battalion's Air Assault support capabilities to the junior Soldiers and incoming personnel and to create some esprit de corps with some friendly competition.

"The 129th provides a huge amount of support to the 101st Airborne Division and we want the Soldiers to know that things are going to change in the future on how we do things," said Lt. Col. Thomas M. Gaston Jr., commander of the 129th CSSB.

He explained how it is possible that

upcoming operations will be different from the past 10 years.

"We need to be ready in a moment's notice, which means we have to get back into air assault operations and understand how to support those operations," said Gaston.

The 129th CSSB is made up of support elements that include maintenance, equipment movement and transportation, such as line-haul trucks, forklifts, rough terrain container handlers and the mechanics needed to keep everything operational.

see WEDGE, Page 8A

426th BSB mechanic keeps things rolling

by Chief Warrant Officer 2
Desiree Browning
1st Brigade Combat Team

After all training exercises, units conduct an after action review, which highlights the good things that happened, the things that didn't go as planned, and ways to improve on the training for the next event.

Once the Soldiers from the 426th Brigade Support Battalion, 1st Brigade Combat Team, 101st Airborne Division, had completed their field training exercise, Operation Eagle Flight II, they conducted their after action review and a junior enlisted Soldier from Company Bravo became the focus of attention.

Specialist Tony Romano, a wheeled vehicle mechanic from Columbus, Ohio, knew that there was a job to be done and took on the challenge of instructing junior Soldiers on the proper way to replace

the engine in a field litter ambulance.

"After I graduated from the [Warrior Leader Course] the Friday before we were scheduled to go to the field, I was told by my leadership that I would be the lead instructor for the engine swap and would be instructing the younger Soldiers by providing the task, conditions, and standards for that particular repair," said Romano.

Throughout the exercise, the Co. B automotive section refused to allow the field training to slow down their normal workload and planned to swap the engine in the FLA in the field, regardless of the less than optimal conditions for this level of repair.

"The ground was muddy, a lot of corn stocks were in the way and it got kind of cold later in the day," said Romano.

see ROLLING, Page 8A



PHOTO BY CW2 DESIREE BROWNING | 1ST BCT
Tony Romano instructs fellow wheeled vehicle mechanics from Company Bravo, 426th Brigade Support Battalion, 1st Brigade Combat Team, 101st Airborne Division, on the proper way to remove and replace a field litter ambulance engine during a recent field training exercise at Fort Campbell.

Campbell Soldiers, Family members attend Earth Day event

by Staci Murphy
Lend Lease Marketing

Campbell Crossing's 2014 Earth Day event Saturday attracted more than 350 Fort Campbell Soldiers and Family members to an afternoon of games and activities including fun crafts, face painting, educational booths, food and more.

The event kicked off with the traditional tree dedication, led by Garrison Commander Col. David L. "Buck" Dellinger. During the dedication, members of the Girl Scouts and Boy Scouts helped fill in the hole where the Tulip Poplar, the Tennessee/Kentucky state tree, was planted at The Commons at Werner Park. Campbell

Crossing also received for the ninth consecutive year, the Tree City USA award, given by the Department of Forestry representative, Bruce Franklin, to Dellinger.

Residents also enjoyed a presentation from the Nashville Zoo's Wildlife on Wheels, which included three surprise guests, a parrot, skunk and boa constrictor, who were presented by Jacqueline Menish and the education department from the Nashville Zoo. In addition, Snowbird and Lisa Spencer from WSMV Channel 4 Weather team also made a special visit to teach residents about severe weather.

With the theme of this year's event being Upcycle and Recycle, residents were

invited to participate in the Trash to Treasure and Recycle Relay competition. With Trash to Treasure, residents took something deemed "useless" and turned it into something new and beautiful. Three lucky winners were chosen. Grand prize winner, Staci Philippi, with her Kid's Kitchen made out of old cabinets and furniture, took home a 32-inch flat screen TV. Second place winner William Stombaugh, with a wine rack made from an old chicken coop, took home a set of tools. The third place winner was April Bartlett, with a children's dress-up closet made from an old TV cabinet. She received a sweep and vac.

The second competition

was the recycle relay where parent-child pairs had to separate what was recyclable from trash. All six teams which participated took home digital cameras.

"Campbell Crossing's Earth Day Celebration was a great success," said Bethany Harrell, community service manager for Campbell Crossing. "We had many different activities for the residents to do that include all aspects of preserving our Earth. The event was a little educational, but a whole lot of fun!"

Along with all the fun activities of the day, Campbell Crossing kicked off of their newest program, SYNERGY, as 102 kids came out and took the pledge



COURTESY PHOTO
Jacqueline Menish from the Nashville Zoo, introduced a boa constrictor to some brave Campbell Crossing residents. More than 350 Soldiers and their Families came out to enjoy fun attractions such as face painting, educational booths and presentations from the Nashville Zoo and the Channel 4 Weather team.

to become more sustainable and join the SYNERGY Troops. The SYNERGY booth will be on-hand at the next resident event. To

find out more about Earth Day or upcoming events, visit www.campbellcrossingllc.com or email info@campbellcrossingllc.com.

NEWS

WEDGE

Continued from Page 7A

"Our transportation units play a big part in receiving air drop equipment as it hits the ground. I want Soldiers to know how Air Assault operations are executed," said Gaston.

Embracing that spirit the leaders began to lay out their gear before the sun even peaked over the horizon. This not only ensured they had what they needed for a condensed version of the challenging 12-mile foot march students must complete to graduate The Sabalauski Air Assault School at Fort Campbell, but gave all in attendance a demonstration of an inspection for equipment deficiencies by actual TSAAS instructors.

Under large lights run by gen-

erators in the early hours, the instructors inspected the gear in fine detail, as if the participants were in air assault school. "The attention to detail you get when you go through air assault school is second to none," said Staff Sgt. James Cassell, an Air Assault instructor.

After the concluding the inspection, the teams started on their six-mile foot-march wearing their body armor, helmets and assault packs full of the gear from the inspection. After completing their march, the teams immediately charged into their next task - sling load inspections. Attention to detail played a vital role during this portion of the competition. Each team had to demonstrate their ability to identify deficiencies in military equipment that had been prepared for sling load operations.

With intimidating TSAAS instructors watching closely, each team had to find and call out the sling load deficiencies on the equipment within a limited time.

As their points added up, the teams one by one moved onto their next task in the Wedge Challenge - the obstacle course. With the sun high in the sky now and a crowd of excited Soldiers surrounding the teams, the TSAAS instructors in true Air Assault style didn't let the teams begin their obstacle portion of the challenge without performing a motivational warm-up in the form of military exercises - like the push-up. After the warm-up, the teams hit the obstacle course. Every team member had to complete each obstacle correctly for maximum points, which included the infamous rope climb.

For the team leader of the 584th

Support Maintenance Company "War Path," 2nd Lt. Michael Howard said team preparation was key to success for them. "We came up with a game plan for each event we knew would be presented in the challenge, which helped us come in and hit the ground running."

With the end in sight, the teams had to compete in one more friendly challenge, a game of tug-o-war. This portion was not only fun for the formations of troops cheering their teams on, but for the leaders who dug their feet in the sand to take down their peers.

As the Wedge Challenge ended, there could only be one first-place winner. With the entire battalion in formation, Gaston recognized each team for their prowess at demonstrating Air Assault skills, but the team who came out on

top was the 584th SMC War Path team.

With the entire War Path company standing tall, the winners received their trophy. "The 101st Airborne Division has a lot of history. We have a unique job during Air Assault operations. I think there is a lot of pride for every Soldier in the unit to be able to say they are an Air Assault Soldier and be a full participant in the unit and to be able to provide for any operations that are thrown our way," said Howard. "I also think this challenge sets a good example for those Soldiers. We can really lead by example and set the bar and standard for those younger Soldiers in our unit."

The day ended with a barbecue where Families and friends came out to socialize and hear the day's war stories.

ROLLING

Continued from Page 7A

"Spc. Romano took charge of replacing the FLA's engine while in the field by both working alongside and assisting Soldiers subordinate to him," said Sgt. James Kendall, noncommissioned officer in charge of Co. B's service and recovery section.

"It was great to see this future junior NCO step up, with little to no supervision, and lead less experienced Soldiers on how to properly swap an engine and get it running in less than 30 hours," said Sgt. Mark Pavlovic, Romano's supervisor. "In my opinion, if he hadn't played such a crucial role in this repair we probably would have had to tow the FLA back to the rear once Eagle Flight II was done."

Throughout the process of completing his assigned mission, Romano refused to let the conditions or the daunting task affect his performance or that of his fellow Soldiers.

"Romano displayed professionalism and expertise throughout the entire mission and has proven himself to be an asset to Co. B," said Staff Sgt. Michael Kabboard, the maintenance noncommissioned officer in charge for Co. B. "He listened to the ideas of other Soldiers and implemented them when using means other than a crane to remove the engine."

A recent graduate of The Sabalauski Air Assault School, Romano credits his father's good advice and the mentorship he received from his superiors for his success and plans to make the Army his career.

"The training was a lot better than I expected," said Romano. "I really feel the younger Soldiers learned a lot of useful information and that is ultimately what matters in the end."

Humanitarian Aid



Soldiers with the 2nd Battalion, 502nd Infantry Regiment, 2nd Brigade Combat Team, 101st Airborne Division loads humanitarian aid supplies on to a truck for the Shergha Shahed High School in Parwan province, Afghanistan, April 23. Soldiers with the 2nd Bn., 502nd Inf. Rgt. conducted a humanitarian aid event with soldiers of the Afghan National Army to provide the children of the local school with supplies, clothes, and shoes.

PHOTO BY SPC. NIKAYLA SHODEEN | COMBAT CAMERA

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NEWS BRIEFS

CAREER FAIR

Are you thinking about furthering your education or changing careers? If so, mark your calendars for Fort Campbell's Education and Technical Career Fair Wednesday. Fort Campbell is hosting more than 60 colleges and technical career recruiters from across the Nation to help you to advance your employment opportunities.

Both regionally and nationally accredited colleges, as well as campus and online institutions, will be represented. The fair is open to the public, from 9 a.m. until 3 p.m., at Fort Campbell's Cole Park Commons, 1610 101st Airborne Division Road. For a complete list of participating college and technical careers, visit Fort Campbell Army Career and Alumni Program on Facebook at www.facebook.com/FortCampbellIACAP. For additional details call (270) 798-5000 or 798-4412.

EDUCATION CENTER COUNSELING
Counseling services available at the Staff Sgt. Glenn H. English Jr. Army Education Center located at 202 Bas-

toyne Ave., Wednesday will be limited to clearing only. The In-processing and ETS Briefings will be conducted as usual. Counseling staff will be participating in the Education and Technical Career Fair being conducted at Cole Park Commons from 9 a.m. until 3 p.m. The schedule will return to normal May 8.

SAFETY CHECKPOINTS

The Tennessee Highway Patrol will be conducting sobriety roadside safety checkpoints starting Friday on State Highway 48 in Montgomery County. Troopers will evaluate drivers for signs of alcohol or drug impairment. Troopers will target those who operate a vehicle while impaired and take corrective actions for other violations observed while ensuring the protection of all motorists.

AAFES WEBSITE SECURE

Army & Air Force Exchange Service customers and vendors have expressed concern about security of their information in light of reports about the Heartbleed security flaw.

The Exchange's online shopping site,

shopmyexchange.com, and business partner site, **partners.aafes.com**, have not been compromised by the Heartbleed security flaw, a vulnerability found in servers that allows hackers to see and collect traffic passing between a server and a web browser once a secure connection is established.

If Exchange shoppers are concerned about the safety of their data on other websites, they can protect themselves from the security flaw by changing online passwords for personal banking, shopping, email and social networks. Shoppers are also advised to closely monitor credit cards and bank statements for unknown or fraudulent transactions.

VMIS VOLUNTEER/OPOC TRAINING

Fort Campbell tracks volunteers through the Volunteer Management Information System. This class is offered monthly from 11 a.m. until noon on these dates: May 15, June 24, Aug. 7, Sept. 11, Oct. 15 and Nov. 18.

For those assigned to be the VMIS Organization Point of Contact, they also

offer VMIS OPOC training from 1 until 2 p.m., May 15, June 24, Aug. 7, Sept. 11, Oct. 15 and Nov. 18.

Both classes are held at the Family Resource Center. For more information or to reserve a spot, call (270) 956-2934.

POV SHIPPING CHANGES

Changes occurring with the Global Privately Owned Vehicle contract include a new contractor managing daily vehicle processing at vehicle processing centers worldwide; new VPC addresses for vehicle drop offs and pickups; a new website - **www.pcsmygov.com** - for service members to request and track their POV shipments; and eight VPCs closing in both the continental United States and overseas.

Starting today, International Auto Logistics will assume the contract from American Auto Logistics to manage the daily activities associated with the GPOV contract.

VPCs slated for closure in the U.S. are located in Edison, N.J.; New Orleans, La.; Orlando, Fla.; and Oakland, Calif.

VPCs overseas that have closed, or are slated for closure, include Mannheim, Germany (closed); RAF Croughton, England; RAF Menwith Hill, England; and Seville, Spain.

For more information, service members are asked to either contact their transportation office/personal property office, or starting today, customers desiring to ship their POV or make an appointment at an VPC with IAL should call:

For U.S. domestic appointments: (855) 389-9499.

For appointments in Germany: 0800-227-7447.

For any other locations: 00800-227-7447.

WARRANT OFFICER ASSOCIATION

The Fort Campbell Screaming Eagle Chapter of the Warrant Officer Association meets the third Tuesday of every month at Cole Park Commons in the A Shau/Bastogne rooms. The meeting starts at noon.

For more information, visit www.facebook.com/fortcampbell.woa.

WORSHIP SERVICES

Non-Denominational

"Where everybody is somebody, but Jesus Christ is Lord."
GREATER NEW BIRTH JERUSALEM MINISTRIES
 244 Burch Road, Clarksville, TN. 37042
 (931) 431-9557
 Pastor - Robert L. Gaines
 Co-Pastor - Wanda M. Gaines
 Weekdays Noon Day Prayer 12-1 p.m.
 Wed. Bible Study 7:00 p.m.
 Sunday School 9:00 a.m. • Sunday Worship 11:00 a.m.
 Call ahead for transportation

Visit A Church of Your Choice This Sunday!

POST SCHEDULE

**Contact the Chaplain's Office 798-6124 for further information.*

Baptist

Tabernacle Baptist Church and Tabernacle Christian School
 303 Market Street, Clarksville, TN 37042
 Morning Worship: 8 a.m. & 11 a.m.
 Sunday School 9:45 a.m.
 Bible Study: Sunday 5 p.m. & Wed. 6 p.m.
 Radio Ministry:
 WJZM 1400 AM 7:30-8AM Sundays
Church (931) 648-1172
 Tabernacle Christian School (931) 552-9431
 Pre K 3 thru 6th Grade
www.tabernaclechristianschooltn.org
 e-mail: visiontb@bellsouth.net

Non-Denominational

FAMILY OF FAITH WORSHIP CENTER
 Sunday School - 9:45 a.m.
 Sunday Worship - 11:00 a.m.
 Youth Rally, 4th Sunday - 12:00 p.m.
 Senior Pastor - Anthony L. Alfred (Ret. CSM)
2050 Ft. Campbell Blvd., Clarksville, TN
931-249-6748
COME JOIN AND GROW WITH US
www.familyoffaithwc.com

Catholic

Saturday Anticipatory Mass
 Soldiers Chapel
 (Bldg. 5875, 30th & Desert Storm)
 5 p.m.
 Confession 4:00 p.m.-4:45 p.m.

Muslim

Friday
 (Religious Ed. Center
 3203 Indiana Ave.)
 Friday Prayer 1 p.m.

Greater Missionary Baptist Church

450 Ringgold Road, Clarksville, Tennessee 37042
gmbc@acninc.net www.gmbc@greatermbc.org
 Office: 647-4643 Fax: 647-9773
"A Caring & Sharing Christ Center Church"
 8am & 10:45am Sunday Morning Worship Services
 9:30am Sunday School & New Members Class
 7:30am & 5pm 1st Sunday Worship & Communion
 5th Sunday 5pm Come as you are Worship Service
 6:30pm Tuesday tutoring for children & adults
 6:30pm Wednesday Worship Service
 (Bible study, prayer, mid week sermon)
 6am Saturday Intercessory Prayer
 Many weekly activities for children, youth, singles & adults.
 For activity updates dial: (931) 647-4643 press "6"

FIRST ASSEMBLY OF GOD

Sunday School.....9:45am Prayer & Fasting Thursday.....10:00pm
 Morning Worship.....10:45am Singles Meeting Saturday.....7:00pm
 Sunday Evening Worship.....6:00pm Youth Meeting Friday.....7:00pm
 Hispanic Worship Service Friday.....7:00pm Cable TV-Channel 10 Thursday.....7:00pm
 Wednesday Worship.....7:00pm Cable TV-Channel 10 Saturday.....7:30pm
 Montgomery Christian Academy • (931) 648-4762
 (Pr-Age 3 through 12 grade)
1186 Ft. Campbell Blvd. • (931) 648-1324
Rev. Louie Montoya, Pastor

Sunday Masses

Soldiers Chapel
 (Bldg. 5875, 30th & Desert Storm)
 9:30 a.m. & 12:30 p.m.

Pagan

Sunday & Wednesday
 (Religious Education Center
 3203 Indiana Ave.)
 Sun. 2:00 p.m. – Wed. 6:00 p.m.

WALNUT GROVE BAPTIST CHURCH

"Still On The Move For God"
 Baptism & Communion Service 11:00am (Every 1st Sunday)
Morning Worship 11:00am
 • Sunday School 9:30 am
 BIBLE STUDY:
 WEDNESDAY 12 NOON BIBLE STUDY & PRAYER MEETING
 WEDNESDAY NIGHT BIBLE STUDY & PRAYER MEETING 6:30pm
 *FRIDAY NIGHT LIVE! YOUTH ACTIVITIES EVERY 4th FRIDAY AT 6:30pm
1616 Walnut Grove Road & Lafayette,
Clarksville, Tennessee • Office 648-9655
www.walnutgrovebaptist.org
Reverend Carl E. Livingston-Pastor

Episcopal

TRINITY EPISCOPAL CHURCH ...Where You'll Always Feel At Home
 Service Hours: Sunday - 7:30 a.m. & 9:30 a.m.
 Sunday School - 11:00 a.m. Wednesday - 7:00 a.m.
 Nursery provided Sundays from 9:00 a.m. - Noon
 317 Franklin St. **931-645-2458**
 ■ ACCEPTING ■ COMMUNITY-ORIENTED ■ DIVERSE ■ OPEN

Daily

Soldiers Chapel
 (Bldg. 5875 30th & Desert Storm)
 Monday- Friday 12:00 p.m.
 Hospital Chapel (BACH)
 Weds. only 12:00 p.m.

Protestant

Sunday
 Chapel Next Liberty Chapel
 (3111 Bastogna Ave.)
 11 a.m.

HILLCREST

Sunday School ... 9:00 & 10:30 AM
 Worship 9:00 & 10:30 AM
 Evening Worship 6:00 PM
 Wednesday Activities 6:15 PM
 Children's Church
 Youth Ministry
 Singles Ministry
 Senior Adult Ministry
 Nursery Provided
886-6017 or 886-1140
 920 Skyline Drive • Hopkinsville

We Pray for Our Troops at...

First Baptist CLARKSVILLE
 435 Madison Street, Clarksville
 (931) 645-2431
 Worship: 8:30am & 11:00am
 Sunday School: 9:45am
 Evening Worship: 6:00pm
www.fbct.org

Episcopal

Grace Episcopal Church
"Warm & Welcoming, Come Grow With Grace"
 Service: 9:30 a.m.
 Christian Formation 9:30 a.m.
 216 E. 6th St.
 (corner of 6th & Virginia)
 Downtown Hopkinsville
 270-885-8757
www.gracehopkinsville.org

Catholic

St. Michael the Archangel Catholic Church
 Mass - Sat. 5:30 p.m.
 Sun 8:30 a.m. & 11:30 a.m.
 Daily & Holy Days - 5:30 p.m.
 CCD - Sun 10:05 a.m.
448 State Line Road
 (across from gate 4)
 Oak Grove, KY 42262
 Father David Kennedy
640-9850

Denominational and Ethnic

Sunday
 Samoan Service, Hope Chapel
 (Bldg. 7514, Cav Country)
 Sunday School 10:00 a.m.
 Regular Sunday Service 11:00 a.m.

Hospital Chapel, (BACH)

9:30 a.m.
 Memorial Chapel
 (Bldg. 3934, 54th & Indiana)
 11 a.m.

Church of Christ

Church of Christ
 782 N. 2nd St.
 Clarksville, TN 37040
 (931) 906-0508
north2ndcofc.org
 Bible Class Sunday - 9AM
 Worship Sunday - 10AM
 Worship Sunday - 6PM
 Bible Class Wed - 7PM

Church of Christ

BARKERS MILL CHURCH OF CHRIST
 Minister - Dean M. Roach
 Bible Study.....9AM
 Morning Worship.....10AM
 Evening Worship.....5PM
 Wed. Evening Worship.....7PM
 1251 TINY TOWN RD.
 CLARKSVILLE, TN
931-552-5382

Seventh-Day Adventist

EPHESUS SDA CHURCH
"A Place Where People Matter"
SABBATH (SATURDAY) WORSHIP
 9:30 a.m. Sabbath School
 11:00 a.m. The Worship Service
Tuesday Prayer Meeting
 7:00 p.m.
 931 Cumberland Dr., Clarksville, TN 37040
www.myephesuschurch.org
 Pastor - Roy Gaiter Sr. • 615-430-3715

Greek Orthodox

email
toula.phillips@am.dodea.edu
 or call 798-6124 for times

Collective Protestant

(Bldg. 3934, 54th & Indiana)
 9:00 a.m.
 Samoan Congregational
 Christian Church
 Choir Practice
 6:30 Thursdays
 2:00 Sunday

Methodist

Are You Looking For A Place To Worship?
 Join us at
St. Peter African Methodist Episcopal Church
 518 Franklin Street Clk., TN.
 (931)647-4703
 Sunday School: 9:30am.
 Morning Worship: 11:00am
 Intercessory Prayer /
 Bible Study Wed. 6:30pm
 Various Other Ministries
"A Church on the move who's not ashamed of the Gospel" Rev. Dennis Lawson, Pastor

United Pentecostal

Life Tabernacle Church
 SERVICE SCHEDULE:
 Sunday School.....10:00 A.M.
 Evangelist Service.....6:30 P.M.
 Bible Study Wed.....7:30 P.M.
 Community Chapel.....Thurs. 7:00 P.M.
 Gerald Adams-Pastor • Military Outreach Pastor-Bobby Carlton
1306 Blooming Grove Rd.
Hopkinsville, Ky 42240
 Hopkinsville.....(270) 885-5940
 Pastor's Res.....(270) 886-8704
 Military Pastor's Res.....(270) 885-4246
 All services are available on audio and video tape
 Call 270-885-5940 to order.
 We have
FREE HOME BIBLE STUDIES AND FREE TRANSPORTATION
 Call for more information

Jewish

Friday
 Peace Chapel
 (Bldg. 2303, 17th & Indiana)
 7:30 p.m.

Sunday School 9:00 a.m.

Worship Service 10:30 a.m.
 (Bldg. 2303 Peace Chapel
 17th & Indiana)

Church of Christ

Community Chapel Gospel
 (Bldg. 6761 15th & Desert Storm)
 Sunday School 8:30 a.m.
 Worship Service 10 a.m.

Church of Christ

Southside Church of Christ
A Home For Every Heart
 Sunday School 9:00 AM Sunday Evening 6:00 PM
 Sunday AM Worship 10:00 AM Wednesday Evening 7:00 PM
 Young Adult Ministry • Youth Group Activities (6th-12th Grades)
 • Children's Worship during Sunday worship for ages 18 months-4 years
 • Christian Counseling Center • Senior Adult Program
 Terry Alan Jones - Minister • 529 Country Club Lane, Hopkinsville, KY
 • 885-8392 • www.southsidehopkinsville.com

Lutheran

Faith Lutheran Church (LCMS)
 Sunday School/Bible Study
 9:00 am
 Divine Worship
 10:00 am
 405 Sheila Drive
 (Off of Country Club Lane & Millbrooke)
 (270) 885-3969
Rev. Michael Croom, Pastor

Nazarene

Park Lane Church of the Nazarene
"Serving Jesus within the Wesleyan holiness faith tradition"
 225 Cunningham Lane
 Clarksville, TN 37042
Phone: 931-647-6728
www.PLNaz.org
 Worship Times:
 Christian Education 9:00 a.m.
 Sunday Morning Worship 10:00 a.m.
 Sunday Evening Worship 6:00 p.m.
 Wednesday Evening 7:00 p.m.

Visit A Church of Your Choice This Sunday!



Official Fort Campbell Favorites Voting Ballot

or vote online at www.FortCampbellFavorites.com

MAIL

Mail completed ballot to:
Fort Campbell Courier
PO Box 540
Oak Grove, KY 42262

DELIVER

Deliver completed ballot to:
Fort Campbell Courier
15095 Ft. Campbell Blvd.
Oak Grove, KY 42262

ONLINE

Vote for your favorite
businesses online at
FortCampbellFavorites.com

<p>Food/Beverage Favorite Place for Barbecue</p> <p><input type="checkbox"/> Bar-B-Q Shack <input type="checkbox"/> Homestead Restaurant <input type="checkbox"/> Whitt's BBQ <input type="checkbox"/> Woodshed Pit Bar B Que <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Place for Breakfast</p> <p><input type="checkbox"/> Cracker Barrel <input type="checkbox"/> Hardee's <input type="checkbox"/> IHOP <input type="checkbox"/> Shipley's <input type="checkbox"/> Whistle Stop Donuts <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Place for Buffet</p> <p><input type="checkbox"/> China King Buffet <input type="checkbox"/> East Meets West <input type="checkbox"/> Golden Corral <input type="checkbox"/> Ryan's <input type="checkbox"/> Shoney's <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Place for Burger</p> <p><input type="checkbox"/> Black Horse Pub & Brewery <input type="checkbox"/> Cheese Burger Charley's <input type="checkbox"/> Davo's Burgers & Fries <input type="checkbox"/> Horseshoe Steak House <input type="checkbox"/> Johnny's Burgers & Pizza <input type="checkbox"/> I don't see my favorite</p> <p>Catering/Personal Chef</p> <p><input type="checkbox"/> Catering Corner <input type="checkbox"/> Four Seasons <input type="checkbox"/> Party Station Rentals <input type="checkbox"/> Relish Eatery <input type="checkbox"/> Whitt's BBQ <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Place for Coffee/Tea</p> <p><input type="checkbox"/> Lasaters Coffee & Tea <input type="checkbox"/> MaxFuel - Hopkinsville <input type="checkbox"/> Canterbury English Tea Rm. <input type="checkbox"/> Mugsy's <input type="checkbox"/> Panera Bread <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Place for Dessert</p> <p><input type="checkbox"/> Baskin Robbins <input type="checkbox"/> Lasaters Coffee & Tea <input type="checkbox"/> Looking Glass Restaurant <input type="checkbox"/> Tangy Roots Frozen Yogurt <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Place for Happy Hr</p> <p><input type="checkbox"/> Las Fuentes <input type="checkbox"/> Black Horse Pub & Brewery <input type="checkbox"/> El Bracero <input type="checkbox"/> Holiday Inn Hopkinsville <input type="checkbox"/> Hooters <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Pub/Bar</p> <p><input type="checkbox"/> Black Horse Pub & Brewery <input type="checkbox"/> Buffalo Wild Wings <input type="checkbox"/> Buffalo Wings and Rings <input type="checkbox"/> O'Connor's Irish Pub & Grill <input type="checkbox"/> The Lodge <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Place for Ribs</p> <p><input type="checkbox"/> Cumberland Grill <input type="checkbox"/> Logan's Roadhouse <input type="checkbox"/> The Woodshed <input type="checkbox"/> Whitt's BBQ <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Place for Sandwiches</p> <p><input type="checkbox"/> Arby's <input type="checkbox"/> Firehouse Subs <input type="checkbox"/> Foxx's Sub shoppe <input type="checkbox"/> Jersey Mikes <input type="checkbox"/> Which Wich <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Place for Sushi</p> <p><input type="checkbox"/> Fuji Yama <input type="checkbox"/> Hananoki <input type="checkbox"/> Hohanana Japanese <input type="checkbox"/> Sakura <input type="checkbox"/> Yamato Japanese <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Place for Wings</p> <p><input type="checkbox"/> Buffalo Wild Wings <input type="checkbox"/> Buffalo Wings and Rings <input type="checkbox"/> Chick Fil A <input type="checkbox"/> Hooters <input type="checkbox"/> Nuttin But Wings <input type="checkbox"/> I don't see my favorite</p> <p>Restaurants Favorite Asian/Oriental</p> <p><input type="checkbox"/> Fuji Yama <input type="checkbox"/> Hananoki <input type="checkbox"/> Jade Dragon <input type="checkbox"/> Momo's Korean BBQ <input type="checkbox"/> Yamato <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Coffee House</p> <p><input type="checkbox"/> Lasaters Coffee & Tea <input type="checkbox"/> Canterbury English Tea Rm. <input type="checkbox"/> Mugsy's <input type="checkbox"/> Panera Bread <input type="checkbox"/> Starbucks <input type="checkbox"/> I don't see my favorite</p>	<p>Favorite Deli</p> <p><input type="checkbox"/> Firehouse Subs <input type="checkbox"/> Jersey Mikes <input type="checkbox"/> Relish Eatery <input type="checkbox"/> Submarina <input type="checkbox"/> The Choppin' Block <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Donut Shop</p> <p><input type="checkbox"/> Dunkin' Donuts <input type="checkbox"/> Shipley's Donuts <input type="checkbox"/> Southern Maid Donuts <input type="checkbox"/> Whistle Stop Donuts <input type="checkbox"/> I don't see my favorite</p> <p>Fine Dining Restaurant</p> <p><input type="checkbox"/> Black Horse Pub & Brewery <input type="checkbox"/> Canyon Road Steak House <input type="checkbox"/> Edward's Steakhouse <input type="checkbox"/> Harper House <input type="checkbox"/> Horseshoe Steak House <input type="checkbox"/> I don't see my favorite</p> <p>Family Style Restaurant</p> <p><input type="checkbox"/> Cadiz Restaurant <input type="checkbox"/> Catfish House <input type="checkbox"/> Denny's <input type="checkbox"/> Sango Café <input type="checkbox"/> I don't see my favorite</p> <p>Ice Cream/Yogurt Shop</p> <p><input type="checkbox"/> Baskin Robbins <input type="checkbox"/> Berry Bear Frozen Yogurt <input type="checkbox"/> Cold Stone Creamery <input type="checkbox"/> Dairy Queen <input type="checkbox"/> Tangy Roots Frozen Yogurt <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Italian Restaurant</p> <p><input type="checkbox"/> Old Chicago Pasta & Pizza <input type="checkbox"/> Black Horse Pub & Brewery <input type="checkbox"/> Di Vincci's <input type="checkbox"/> Fazoli's <input type="checkbox"/> Olive Garden <input type="checkbox"/> I don't see my favorite</p> <p>Kid Friendly Restaurant</p> <p><input type="checkbox"/> Old Chicago Pasta & Pizza <input type="checkbox"/> Cheddar's Casual Café <input type="checkbox"/> Chick Fil A <input type="checkbox"/> Godfather's Pizza <input type="checkbox"/> Steak n Shake <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Local Eatery</p> <p><input type="checkbox"/> Black Horse Pub & Brewery <input type="checkbox"/> Edward's Steakhouse <input type="checkbox"/> Harper House <input type="checkbox"/> Looking Glass Restaurant <input type="checkbox"/> Woodshed Pit Bar B Que <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Mexican Restaurant</p> <p><input type="checkbox"/> Las Fuentes <input type="checkbox"/> Casablanca <input type="checkbox"/> Don Pancho <input type="checkbox"/> El Bracero <input type="checkbox"/> Poncho Villa Grille <input type="checkbox"/> I don't see my favorite</p> <p>Favorite New Restaurant</p> <p><input type="checkbox"/> Cheddar's Casual Café <input type="checkbox"/> Firehouse Subs <input type="checkbox"/> Panera Bread <input type="checkbox"/> Texas Roadhouse <input type="checkbox"/> Which Wich <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Outdoor Dining Patio</p> <p><input type="checkbox"/> Buffalo Wild Wings <input type="checkbox"/> Canyon Road Steak House <input type="checkbox"/> Panera Bread <input type="checkbox"/> Rafferty's Restaurant & Bar <input type="checkbox"/> The Looking Glass <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Pizza Restaurant</p> <p><input type="checkbox"/> Old Chicago Pasta & Pizza <input type="checkbox"/> Buffalo Wild Wings & Brewery <input type="checkbox"/> Godfather's Pizza <input type="checkbox"/> Jet's Pizza <input type="checkbox"/> Woody's Hand Tossed Pizza <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Seafood Restaurant</p> <p><input type="checkbox"/> Captain D's <input type="checkbox"/> Catfish House <input type="checkbox"/> Harbor Café <input type="checkbox"/> Long John Silver's <input type="checkbox"/> Red Lobster <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Sports Bar</p> <p><input type="checkbox"/> Buffalo Wild Wings <input type="checkbox"/> Buffalo Wings and Rings <input type="checkbox"/> The Lodge <input type="checkbox"/> Tilted Kilt Pub & Eatery <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Steakhouse</p> <p><input type="checkbox"/> Edward's Steakhouse <input type="checkbox"/> Horseshoe Steakhouse <input type="checkbox"/> Logan's Roadhouse <input type="checkbox"/> Longhorn Steakhouse <input type="checkbox"/> Texas Roadhouse <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Sub Shop</p> <p><input type="checkbox"/> Firehouse Subs <input type="checkbox"/> Foxx's Sub shoppe <input type="checkbox"/> Jersey Mikes <input type="checkbox"/> Submarina <input type="checkbox"/> Which Wich <input type="checkbox"/> I don't see my favorite</p>	<p>Goods & Services Favorite AC/Heating Co.</p> <p><input type="checkbox"/> Action Air <input type="checkbox"/> Affordable Aire <input type="checkbox"/> American Standard <input type="checkbox"/> Hiller Plumbing & Cooling <input type="checkbox"/> Morton Mechanical <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Appliance Store</p> <p><input type="checkbox"/> Baldwins <input type="checkbox"/> Clarksville Lighting & App. <input type="checkbox"/> Fourshee Building Supply <input type="checkbox"/> Clarks Lighting & App. <input type="checkbox"/> HH Gregg <input type="checkbox"/> James Knight Appliance <input type="checkbox"/> I don't see my favorite</p> <p>Art Gallery/Custom Framing</p> <p><input type="checkbox"/> Hobby Lobby <input type="checkbox"/> Lynne's Custom Framing <input type="checkbox"/> Merba's Gallery <input type="checkbox"/> Picture Perfect Framing <input type="checkbox"/> Staton's Art and Framing <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Attorney</p> <p><input type="checkbox"/> Gasaway Law Firm, PLLC <input type="checkbox"/> HB Quinn Attorney at Law <input type="checkbox"/> Kennedy Law Firm <input type="checkbox"/> Robert L. Fears <input type="checkbox"/> William L. Aldred <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Auto Dealer (new)</p> <p><input type="checkbox"/> Garland Nissan <input type="checkbox"/> James Corlew <input type="checkbox"/> Jenkin and Wynne <input type="checkbox"/> Patriot Chevrolet <input type="checkbox"/> Sisk Auto Mall <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Auto Dealer (used)</p> <p><input type="checkbox"/> James Corlew <input type="checkbox"/> Tony Knight <input type="checkbox"/> Ken Snarr <input type="checkbox"/> Patriot Chevrolet <input type="checkbox"/> Toyota of Hopkinsville <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Auto Sales Person</p> <p><input type="checkbox"/> Alan Linboom-James Corlew <input type="checkbox"/> Joshua McGowan-Jenkin/Wynne <input type="checkbox"/> Joshua McGowan-Toyota/Hop. <input type="checkbox"/> Ricky Sellers-Pennyrile Ford <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Auto Service/Repair</p> <p><input type="checkbox"/> James Corlew <input type="checkbox"/> Expert Tire <input type="checkbox"/> Firestone Complete <input type="checkbox"/> Jenkin and Wynne <input type="checkbox"/> Wyatt Johnson <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Bank</p> <p><input type="checkbox"/> F&M Bank <input type="checkbox"/> Fort Campbell Federal C.U. <input type="checkbox"/> Heritage Bank <input type="checkbox"/> Planter's Bank <input type="checkbox"/> USAA <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Barber Shop</p> <p><input type="checkbox"/> Bo's Barber Shop <input type="checkbox"/> Don's Barber Shop <input type="checkbox"/> Fade to Glory <input type="checkbox"/> Johnson's Barber Shop <input type="checkbox"/> Kip's Barber & Beauty Salon <input type="checkbox"/> I don't see my favorite</p> <p>Boutique/Clothing Shop</p> <p><input type="checkbox"/> Clothes Mentor <input type="checkbox"/> Once Upon a Child <input type="checkbox"/> Plato's Closet <input type="checkbox"/> Rogates <input type="checkbox"/> The Farmer's Daughter <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Car Wash</p> <p><input type="checkbox"/> Jerry's Express Car Wash <input type="checkbox"/> Lite Touch Car Wash <input type="checkbox"/> Mark 1 Auto Wash <input type="checkbox"/> Screaming Eagle Express <input type="checkbox"/> Turtle's Truck Wash <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Construction/Builder</p> <p><input type="checkbox"/> A1 Contractors of Middle Tn <input type="checkbox"/> Clarksville Homes <input type="checkbox"/> Hawkins Homes <input type="checkbox"/> Mike Vance Contracting <input type="checkbox"/> Westerfield Builders <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Children's Clothing</p> <p><input type="checkbox"/> Children's Place <input type="checkbox"/> Flower Lily <input type="checkbox"/> Once Upon a Child <input type="checkbox"/> Target <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Chiropractor</p> <p><input type="checkbox"/> Ft. Campbell Chiropractic <input type="checkbox"/> Johnson Family Chiro. <input type="checkbox"/> Pound Family Chiropractic <input type="checkbox"/> Putty Chiropractic Center <input type="checkbox"/> Riverside Spine & Wellness <input type="checkbox"/> I don't see my favorite</p>	<p>Favorite Consignment Shop</p> <p><input type="checkbox"/> Clothes Mentor <input type="checkbox"/> Consignment World <input type="checkbox"/> Miss Lucilles <input type="checkbox"/> Once Upon a Child <input type="checkbox"/> Plato's Closet <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Daycare Center</p> <p><input type="checkbox"/> Let's Go Play <input type="checkbox"/> Mulberry Bush Child Care <input type="checkbox"/> The Children's Academy <input type="checkbox"/> The Red Barn Child Care <input type="checkbox"/> Youth Academy <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Day Spa</p> <p><input type="checkbox"/> Bella Medical Spa <input type="checkbox"/> Dermabliss Skin Clinic <input type="checkbox"/> Eden Day Spa & Salon <input type="checkbox"/> Lyndon's <input type="checkbox"/> Serenity Day Spa <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Dentist</p> <p><input type="checkbox"/> 101st Adult Dentistry <input type="checkbox"/> Freeman's Family Dentistry <input type="checkbox"/> Grace Dental <input type="checkbox"/> Jason Bottoms DMD <input type="checkbox"/> St. Bethlehem Dental Care <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Dry Cleaners</p> <p><input type="checkbox"/> Comet Cleaners <input type="checkbox"/> Eagle Plaza Alteration & Dry <input type="checkbox"/> Grace Cleaners Express <input type="checkbox"/> Kleen Rite Cleaners <input type="checkbox"/> Model Dry Cleaners <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Financial Services</p> <p><input type="checkbox"/> 1st Command <input type="checkbox"/> Hilliard Lyons <input type="checkbox"/> US Bank <input type="checkbox"/> USAA <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Florist</p> <p><input type="checkbox"/> Four Seasons Florist <input type="checkbox"/> Hilldale Florist <input type="checkbox"/> Magnolia Flowers <input type="checkbox"/> Sango Village Florist <input type="checkbox"/> West and Witherspoon <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Flooring Store</p> <p><input type="checkbox"/> Clarksville Floor Covering <input type="checkbox"/> DJ's Flooring <input type="checkbox"/> Floorz <input type="checkbox"/> H&T Flooring <input type="checkbox"/> Hometown Decorating <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Furniture Store</p> <p><input type="checkbox"/> Riner Furniture <input type="checkbox"/> Furniture Connection <input type="checkbox"/> Herb Hays <input type="checkbox"/> Rooms for Less <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Gift Shop</p> <p><input type="checkbox"/> Broadbents <input type="checkbox"/> Cherry Lane Home & 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Plumbing Company</p> <p><input type="checkbox"/> Hiller Plumbing & Cooling <input type="checkbox"/> Kranz Plumbing & Heating <input type="checkbox"/> MAC Plumbing <input type="checkbox"/> Mr Rooter of Clarksville <input type="checkbox"/> Radford Plumbing <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Pediatrician</p> <p><input type="checkbox"/> Aquino Pediatrics <input type="checkbox"/> Dr. Prine (Premier Medical Grp) <input type="checkbox"/> Dr. Roads (Premier Medical Grp) <input type="checkbox"/> Pediatric Associates <input type="checkbox"/> Rainbow Kids Clinic <input type="checkbox"/> I don't see my favorite</p>	<p>Favorite Physician</p> <p><input type="checkbox"/> Doctors Care <input type="checkbox"/> Dr. David Boles <input type="checkbox"/> Dr. Lance Sherley (Premier) <input type="checkbox"/> Dr. Miller (Premier Medical) <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Photography Studio</p> <p><input type="checkbox"/> Daphne's Portrait Design <input type="checkbox"/> Mugshots by Dana <input type="checkbox"/> Olan Mills-Hopkinsville <input type="checkbox"/> Southern Exposure <input type="checkbox"/> Yvonne Chamberlain <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Realtor</p> <p><input type="checkbox"/> Valerie Hunter Kelley <input type="checkbox"/> Camilla Duiguid <input type="checkbox"/> Lara White <input type="checkbox"/> Mike Griffis <input type="checkbox"/> Tom Hughes <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Real Estate Office</p> <p><input type="checkbox"/> Keller Williams - Air Assault <input type="checkbox"/> Coldwell Banker - Metronet <input type="checkbox"/> Coldwell Banker - Conroy, Marable & Holleman <input type="checkbox"/> Crye-Leike - Wilma Rudolph <input type="checkbox"/> Exit Reality <input type="checkbox"/> I don't see my favorite</p> <p>Favorite Roofer/Roofing Com-pany</p> <p><input type="checkbox"/> Jackson Roofing <input type="checkbox"/> Jerry's Roofing <input 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type="checkbox"/> I don't see my favorite</p>
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REGISTRATION INFORMATION

NAME: _____ ADDRESS: _____
PHONE: _____ EMAIL: _____

RULES:
- Voting ballots will be accepted through May 29, 2014. Mailed ballots must be postmarked May 29, 2014 or before.
- 50% of paper and online ballot must be completed in order for your votes to count.
- A complete list of rules can be found on www.fortcampbellfavorites.com

Spring INTO A Honda



SALES EVENT

2014 Civic LX Sedan AT



\$159 per mo. 36-mo. lease^{2A} or **0.9% APR⁹** up to 36 months^{3D}

\$1,999 due at signing

2013 Fit AT



\$139 per mo. 36-mo. lease^{1B} or **0.9% APR⁹** up to 60 months^{7D}

\$1,999 due at signing

2014 Accord LX Sedan AT

Residency Restrictions Apply



\$199 per mo. 36-mo. lease^{2A} or **0.9% APR⁹** up to 60 months^{7D}

\$2,499 due at signing

2014 CR-V AWD LX AT



\$209 per mo. 36-mo. lease^{1B} or **0.9% APR⁹** up to 60 months^{7E}

\$2,199 due at signing

2014 Odyssey LX AT



\$269 per mo. 36-mo. lease^{3C} or **0.9% APR⁹** up to 36 months^{8F}

\$2,499 due at signing

2014 Pilot 2WD LX AT



\$279 per mo. 36-mo. lease^{3C} or **0.9% APR⁹** up to 36 months^{8F}

\$2,499 due at signing

0.9% APR⁹

UP TO 60 MONTHS

on 2013 Accords, Civics, Fits^{7D} & 2014 Accords (FHEV & PHEV models not eligible)^{7D}, CR-Vs^{7E} and Crosstours^{7F}

UP TO 36 MONTHS

on 2014 Civics^{8D}, Pilots and Odysseys^{8F}

Honda College Graduate Bonus \$500 American Honda is pleased to announce the Honda College Graduate Bonus effective, 3/21/2014 - 6/2/2014

"Honda College Graduate Bonus" provides eligible graduates \$500 toward any new Honda automobile when financed or leased through Honda Financial Services. Some restrictions apply. See dealer for details. Down payment assistance through HFS. Requirements include: Have graduated within the past two years or will graduate within the next six months with a master's, bachelor's or associate's degree from a U.S.-accredited college or registered nursing school. Meet HFS credit criteria and sign a HFS retail finance, Honda Leadership Leasing[®] or Honda Leadership Purchase Plan[®] ("balloon") contract. Provide your Honda dealer with a copy of a diploma or college transcripts as proof of graduation eligibility and all other documents required by HFS. Bonus recipient must be listed on the HFS contract as the primary buyer.

Honda Military Appreciation Offer \$500 Honda is offering \$500 to all eligible U.S. Military Personnel, including spouses, toward any new 2013, 2014 or 2015 Honda vehicle when they use a valid Honda APR Lease or Leadership Purchase Plan with HFS.

See dealer for details. Not valid with Zero due at signing lease. \$500 must be disclosed as down payment assistance or cap cost reduction assistance through HFS. Customer Eligibility: All active duty U.S. Military, Active Reserve, Ready Reserve and spouse. Eligibility is based on approved credit. Retired U.S. Military personnel are not eligible. Offer valid 4/2/14 thru 6/30/14.

Excludes taxes, titles and fees. To well-qualified lessees approved by Honda Financial Services. No down payment with approved credit through AHFC. To qualified buyers. Not all lessees will qualify. Higher lease rates apply for lessees with lower credit ratings. Dealer contribution may vary and could affect actual lease payment. MSRP includes destination, excludes tax, license, title fees, registration, documentation fees, options, insurance and the like. All net capitalization costs include \$595 acquisition fee. Lessee responsible for maintenance, excessive wear/tear and 15 cents/mi. over 12,000 miles/year for vehicles with MSRP less than \$30,000, but for vehicles with MSRP of \$30,000 or more, mileage cost is 20 cents/mi. over 12,000 miles/year. See dealer for complete details. Dealers set actual prices. ¹Closed-end lease for 2013 Fit AT. MSRP \$17,015.00. Net cap cost \$14,863.53. Total monthly payments \$5,004.00. Option to purchase \$10,038.85. ²Closed-end lease for 2014 Civic LX AT. MSRP \$19,980.00. Net cap cost \$17,590.19. Total monthly payments \$5,724.00. Option to purchase \$12,187.80. ³Closed-end lease for 2014 Accord LX CVT. MSRP \$23,545.00. Net cap cost \$20,006.07. Total monthly payments \$7,164.00. Option to purchase \$13,891.55. ⁴Closed-end lease for 2014 CR-V AWD LX AT. MSRP \$25,025.00. Net cap cost \$22,518.03. Total monthly payments \$7,524.00. Option to purchase \$15,765.75. ⁵Closed-end lease for 2014 Odyssey LX AT. MSRP \$29,655.00. Net cap cost \$25,457.84. Total monthly payments \$9,684.00. Option to purchase \$16,606.80. ⁶Closed-end lease for 2014 Pilot 2WD LX AT. MSRP \$30,500.00. Net cap cost \$26,582.99. Total monthly payments \$10,044.00. Option to purchase \$18,300.00. ⁷Lease offers valid 3-4-14 through 5-12-14. ⁸Lease offers valid 3-17-14 through 5-12-14. ⁹Lease offers valid 4-4-14 through 5-12-14. ¹⁰60 monthly payments, \$17.05 per \$1,000 borrowed. ¹¹36 monthly payments, \$28.16 per \$1,000 borrowed. ¹²Offers valid 3-4-14 through 5-12-14. ¹³Offers valid 3-18-14 through 5-12-14. ¹⁴Offers valid 4-4-14 through 5-12-14. Super-preferred and preferred tiers only on approved credit. Not all buyers may qualify. Higher rates apply for buyers with lower credit ratings. Dealer contribution may affect your cost. Not valid on prior sales. ¹⁵No down payment with approved credit through AHFC. ¹⁶Based on 2013 EPA mileage estimates, reflecting new EPA fuel economy methods beginning with 2013 models. Use for comparison purposes only. Do not compare to models before 2013. Your actual mileage will vary depending on how you drive and maintain your vehicle.

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REACH FOR THE TOP



PHOTOS BY HEATHER CLARK | COURIER

Laurie Whippie prepares to descend from the Fort Campbell Family and Morale, Welfare and Recreation Outdoor Recreation indoor climbing wall during a Boot Camp Xtreme training session Monday morning. The five-week program began April 2 and has exposed participants to high-endurance exercises all across post. The popular program wraps up this week, but summer and fall sessions are in the works.

Boot Camp Xtreme provides jumpstart to fitness

by Heather Clark
Courier staff

For some people, the idea of beginning a fitness regimen can seem tedious. Not everyone is in tune with the idea of treadmills and weight benches day after day. For those people, the Estep Wellness Center offers a unique opportunity to kick wellness into high gear with Boot Camp Xtreme – a five-week program designed to push the body to its maximum limit.

“Boot Camp Xtreme is unlike any other boot camp program,” said Mandy Alexander-Wynn, program coordinator and lead instructor at Estep. “It is an extreme fitness program designed to break that plateau or be used as a springboard into the fitness world.”

Meeting three times per week, campers spend an hour with a team of coaches at various locations on post – including the Fort Campbell Family and Morale, Welfare and Recreation Outdoor Recreation indoor climbing wall and the famed Challenge Course. There, they engage in nonconventional fitness routines that test strength and endurance.

“It’s super extreme so that it appeals to the adventurer in a lot of people,” said Alexander-Wynn. “We do tire flips, we do a lot of work with cinder blocks. There’s box jumps, explosive movement, things of that nature. You have to be aware of what you’re doing so you can push yourself until you’re almost at that red line, but you stay safe.”

The work is hard; the work is strenuous and sometimes painful. But the number of veterans that are present at new sessions shows that the work is also rewarding.

“I’ve made new friends – more new friends,” said veteran participant Melissa Schaffner, Fort Campbell MWR marketing director. “I’m going to do the summer session and the fall one. I will not stop – I love this.”

Schaffner first challenged herself by joining the BCX program in September 2013 in order to lose weight and learn to live a healthier, more active, lifestyle. Since that time she’s been hooked, signing up for the first session of 2014, set to end tomorrow. She is still amazed by all she’s learned.

“I came into this to lose weight,” she said. “But what I learned was strength and endurance and about changing my lifestyle. The weight comes off, but that’s not the focus.”

Developing new levels of strength was an asset that translated well into Schaffner’s life – something that she discovered recently while moving into a new home.

“Having just moved a whole house, I found out how much stronger I was,” she said. “I was able to lift boxes I probably would have struggled with before, and I think that’s huge.”

“They’re faster; they’re stronger,” said Alexander-Wynn of the participants who complete the five-week

You have a group of people encouraging you ... It’s an all-encompassing experience, and a great way to kick off a fitness routine.

Ruth Doyle,
BCX participant

challenge. “Their muscle endurance is much better, and that’s what you can expect to see in five weeks.”

Though most do not expect social benefits when they first join the BCX Family, many are pleasantly surprised to discover the levels of camaraderie that exist within the group.

“I have spouses who go through this so they can get through deployment – or people who are just bored with life and need to spice it up,” said Alexander-Wynn. “A lot of people who are new to Fort Campbell like to do it because it’s a really good way to get involved in the community. The campers really form these bonds that last once boot camp is over.”

Spouse Ruth Doyle had seen posters advertising the BCX program while taking fitness classes at Estep. Having been out of a gym routine for a while, she figured it would be a good way to get back into the swing of things.

“I didn’t think it was going to be this cohesive of a group,” she said. “I thought we’d just sort of do our own thing, learn to flip over a tire ... I didn’t expect this level of camaraderie. It’s a whole other aspect I didn’t expect to receive from it.”

The group cohesion is something Doyle says helps with her own accountability and performance in the program.

“You have a group of people encouraging you and cheering you on,” she said. “You just might not get that from a gym class. This doesn’t end at the end of the class. We have a Facebook group where we share recipes and things. It’s an all-encompassing experience, and a great way to kick off a fitness routine.”

A three-week BCX program is scheduled for the summer, and a full-length program will resume in the fall. Those interested in the BCX program or other Estep opportunities can call (270) 798-4023 for more information.

Alexander-Wynn assures people that anyone, from elite athlete studs to beginners, can be a part of the BCX program.

“Anyone is welcome,” she said. “You just need to heed your coach’s advice. Listen to your coach and you’ll make it through.”



Donna Gatto pushes herself during the Boot Camp Xtreme rock climbing wall challenge. Other activities during the BCX course include tire flips, speed trials and using nonconventional aids, like cinder blocks, during workouts.



DEAR MS. VICKI

Dear Ms. Vicki,

Can you help me stop my daughter from leaving our granddaughter with her paternal grandparents while she is stationed in Korea?

I think she is doing this just to spite us and because she wants to get us away from our granddaughter. She knows she will have to stop all of her partying if she takes her child with her.

Plus, she says if she brings her child, then she will have to do two years in Korea, and she does not want to. She knows if we keep her (which we wholeheartedly want to) then I will hold her more accountable for financially supporting her and that would affect her party money, forbid that from happening.

My husband and I simply don’t want our grandchild living with these grandparents because they drink alcohol. We can’t trust that they won’t be drinking or get drunk in our grandchild’s presence.

This would be unfortunate because they do not live in close proximity to me so I can keep an eye out on them.

What rights do I have? We are former military, but my husband did not retire.

Do you think I should call legal services on base for some advice?

From: For my Granddaughter

Dear For my Granddaughter, I’m glad you are invested in caring for your granddaughter and ensuring she is properly cared for. This is great and I wish more grandparents would do the same.

Conversely, I’m not sure why your daughter is not choosing to leave her child with you for the year she is stationed in Korea.

However, it’s my guess that you can be somewhat of a micromanager of her life and patronizing, too. I feel that you don’t trust her or think she has the best interest of her child at heart.

You said the paternal grandparents drink alcohol. Do you think all people who drink alcohol are neglectful parents or alcoholic? This isn’t true.

To the contrary, if you never consumed any alcohol, you could have an addictive personality just the same, but that’s another topic.

Back to the issue at hand. My advice would be for you to try and have open access to your granddaughter so you can spend time with her.

See VICKI, Page 2B

• The advice, opinions and recommendations of Ms. Vicki do not necessarily reflect those of the *Fort Campbell Courier*, Fort Campbell, the 101st Airborne Division, the Department of the Army or Department of Defense.

• If you have issues or concerns, your first line of communication should be your sponsor’s chain of command. However, not all issues can be resolved at that level. Military OneSource is a great source of information at www.militaryonesource.com, or call 1-800-342-9647. On Fort Campbell you can also call the Military Family Life Consultants at (270) 956-2935 for free, confidential counseling and advice. Additional counseling services are available 24/7 at (270) 798-CARE.

• Questions can be sent to Vicki Johnson at dearmsvicki@yahoo.com. Readers may also blog with her at www.washingtontimes.com or check out her internet radio show at www.blogtalkradio.com/dearmsvicki, follow her on Twitter: [@dearmsvicki](https://twitter.com/dearmsvicki) and on Facebook: [Vicki Johnson](https://www.facebook.com/VickiJohnson).

• Vicki Johnson has a Master of Science in social work from the University of Louisville and has been working with Families and children – specifically those in crisis – for more than 10 years.

COMMUNITY

VICKI

Continued from Page 1B

You need to strive to have a good relationship with the paternal grandparents. The course you are currently taking will only lead to discord with them and your daughter. Professionally speaking, I'm not hearing that you think your granddaugh-

ter is in danger. However, if you feel that she is, then go with your gut feeling and call Child Protective Services and report it. It will be up to their professionals to investigate your claim.

Dear Ms. Vicki, I know I need help to deal with the demons of war, but I know seeking help could affect my

career. Tell me how you feel about this. What repercussions do I have if my chain of command tries to cause problems for me?

From: I don't need another struggle

Dear Struggle, I understand what you are going through on this concern. Many other service members are facing the same struggle. Your

feelings are normal and I want you to know that you are not alone.

As a mental health clinician I work very hard to erase the stigma of seeking and receiving services. You should not fear reprisal for doing so. However here's the deal; if you don't start receiving services to help you "deal with the demons of war" as you stated, it will

surely affect you personally and professionally. In my professional and personal opinion, you owe it to yourself and to your family to do so.

You have many people like myself behind you and we truly thank you for your sacrifice. I think you should start by reporting your symptoms to your primary doctor to rule out any other

medical conditions. Your doctor will refer to behavioral health and other resources. Conversely, most behavioral health clinics have walk-in services or you can call them directly for an appointment.

This is not your fault. I encourage you take care of yourself. You deserve to live a rich full life. Keep in touch when you can!

COMMUNITY BRIEFS

EDUCATION AND TECHNICAL FAIR

Are you thinking about furthering your education or changing career fields? If so, mark your calendars for Fort Campbell's Education and Technical Career Fair, Wednesday.

Fort Campbell will host more than 60 colleges and technical careers from across the Nation. The fair will be open to the public from 9 a.m. until 3 p.m. at Cole Park Commons. For a complete list of participating college and technical careers or more information, visit www.facebook.com/FortCampbellACAP or call (270) 798-5000/4412.

ACAP EMPLOYER EVENT

Fort Campbell Army Career Alumni Program will host three employers Wednesday from 9 a.m. until 3 p.m. at Fort Campbell's Soldier For Life Center, at 5661 Screaming Eagle Blvd.

The employers in attendance will be Hopkinsville's PTC Seamless Tube Corporation, United Parcel Systems (UPS) and Edward Jones Financial Services. The venue will also host Hopkinsville Community College, Wyotech, Universal Technical Institute and the Kentucky and Tennessee Department of Labor Career Centers. For a complete list of participants of ACAP's events, visit www.facebook.com/FortCampbellACAP or call (270) 798-5000/4412.

RALLY ON THE CUMBERLAND

Rally on the Cumberland is back for its second year. The Clarksville Parks & Recreation Department will host the canoe and kayak race July 12 at Liberty Park.

The race will be held in heats beginning at 8 a.m. at the Montgomery County Conservation Club, at 1182 Seven Mile Ferry Road, and finishing at Freedom

Point in Liberty Park. Racers must arrive by 6:45 a.m. The day of the race to check in and will be transported from Liberty Park to the Conservation Club to begin the race.

Participants must provide their own canoe. Boats may be rented from Blueway Adventures, LLC, (931) 320-8466, or Run-A-Muck Outfitters, (931) 551-6606, prior to completing registration for the race. Cost per person to enter is \$10 for ages 13-17 and \$20 for 18 and older. The deadline to enter is July 1. Registration can be completed online at recpro.cityofclarksville.com.

USAJOBS PREP

Need help learning how to navigate the USAJobs website, build an effective resume and apply for a job? Join Army Community Service Employment Readiness Program for a free preparation course at the ACS building.

Class will meet Wednesday, May 21, June 4, June 18, July 2 and July 16 from 9 until 11 a.m. Registration is preferred prior to class. For registration and more information, call ACS/ERP at (270) 798-4412.

FLIGHT SCHOOL

The Professional Aeronautics Academy offers a complete professional pilot licensing program and individual flight lessons at Clarksville Regional Airport.

PAA programming is open to both military and civilian students. Most local students are active duty military who have some aviation experience and are looking for either initial flight training or are Fort Campbell-based helicopter pilots who want to gain certification to fly commercial fixed-wing aircraft.

PAA is accepting new student applications through Saturday for the summer

semester. For more information contact (931) 801-0687 or email Stanford@paero.org.

ACS ASSESSMENT SURVEY

Fort Campbell Army Community Service is asking the community to complete the 2014 ACS Needs Assessment Survey. This survey is intended to allow you to express what programs and services you would like to see ACS provide, if your expectations with ACS offerings are being met, and what services have been the most beneficial. The survey will be available online through June 18. Visit www.armymwr.com/acs-survey to take part in the survey.

VEHICLE MAINTENANCE

On June 18, from 2:30 until 3:30 p.m., at D.W. Recreation Center, join Christiana Bullard from Air Assault Auto for a class on the basics of car maintenance. Learn how to change the oil, maintain tires and other basics that are crucial to keeping you on the road. For more information, call (270)798-7446.

AAFES CUSTOMER SURVEY

The Army & Air Force Exchange Service is asking shoppers to participate in the 2014 Customer Satisfaction Index Survey through May 17.

During this time, Soldiers, retirees and their Families are encouraged to visit the Exchange to provide feedback on services available at Fort Campbell. In addition to helping improve Exchange operations, shoppers who participate will also receive a coupon worth \$5 off their next purchase. For more information, visit <http://www.shopmyexchange.com>.

JOB FAIR

The Army Aviation Association of

America and Helicopter Association International will host a Helicopter Industry Job Fair and Aviation Career Development Seminar Monday and Tuesday during the Army Aviation Mission Solutions Summit at the Gaylord Opryland Hotel in Nashville.

The fair will allow job seekers to meet with representatives from companies spanning all segments of the aviation industry. In turn, employers will be able to promote their career opportunities and meet qualified candidates. The Job Fair will be open from 11 a.m. until 5 p.m. each day in the Ryman Exhibit Hall. For more information, call the HAI Human Resources Department at (703) 683-4646, extension 8442, or email jobfair@rotor.com.

VOLUNTEER MANAGEMENT CLASS

Introduction to Volunteer Management will be offered from 9 until 10:30 a.m. at the Family Resource Center, June 19 and Aug. 21. To reserve a spot or for more information, call (270) 956-2934.

SKIN CANCER SCREENINGS

Dr. Charles "Bill" Bosch and Jennie Stuart Medical Center are teaming up to provide free skin cancer screenings May 9 and 16. The screenings will be performed by Bosch at his office at 1830 High St. in Hopkinsville. Screenings are available from 9 a.m. until 1 p.m. and 3 until 5 p.m. both days, and will be conducted by appointment through the JSMC Education department. To make an appointment, call (270) 887-6859.

IEP PARENT WORKSHOP

Army Community Service Exceptional Family Member Program is offering an IEP Parent Workshop May 20 and 21 at

the Family Resource Center from 9 a.m. until 3:30 p.m. The focus of this workshop is preparing your child for summer with a wide range of topics from information retention over the summer to information about local school systems. For more information, call EFMP at (270) 798-2727.

SWIMMING LESSONS

Gardner Indoor Pool will be offering the swimming lessons (Parent and Child, Pre-school and Level 2, 3 and 4) throughout June and July. For more information about swimming lessons, call Gardner Pool at (270) 798-6310.

COUPLES' COMMUNICATION

On May 15 from 6 until 8:30 p.m., the Army Community Service Family Advocacy Program will hold a Couples' Communication Workshop at the Family Resource Center. Discover the common mistakes and barriers in communication, learn to handle conflict constructively and gain key skills for effective couples' communication. The workshop facilitator will use programs and resources that will offer couples a different perspective as to what might really be going on when communication is lacking in a relationship.

Limited child care is available. Child(ren) must be registered with CYSS. Pre-registration is required. For more information or registration, call the ACS Family Advocacy Program at (270) 412-5500.

WOUNDED WARRIOR GROUP

The Fisher House holds a Wounded Warrior Peer Group every Thursday from 11:30 a.m. until 1 p.m. The Soldier and Family Assistance Center provides free child care for those attending. For more information, call (270) 798-8330.



FORT CAMPBELL AUSA



Association of the United States Army

Upcoming Events

AUSA 2nd Tuesday Luncheons – 11:30, Sportsman's Lodge, \$9.95

May 13, 2014 – Guest Speaker - Mrs. Jeanne Bower, Celebrating Month of the Military Spouse

June 10, 2014 – Army Birthday Celebration

July 14, 2014 –

AUSA Golf Tournament

May 9 – Cole Park Golf Course

Army Birthday Week!

June 7 – 101K or 10.1K Bike Ride, Fort Campbell, Eagle Challenge Fitness Tour

June 10 – 2nd Tuesday Luncheon, Sportsman's Lodge, 11:30

June 13 – Military Appreciation Night, Hoptown Hoppers Baseball Game, Hopkinsville

June 14 – Army Birthday Ball, Valor Hall, Oak Grove, KY

For more information on events, call or email Lee Ann Nelson, 270-605-1234 or lee.a.nelson16.ctr@mail.mil



Eat right everyday for healthy results

<http://armymedicine.mil>

What results do people want to achieve in their lives? Be promotable. Increase energy. Sleep restfully. Feel great. Walk confidently. Train harder. Increase muscle. Lose body fat. Strengthen immune system. Lead by example. Top Block. Look better naked.

To achieve these results, it's important to eat right, be active and rest to recover.

The military is in a precarious situation. The health of service members is the cornerstone of the country's war-fighting mission capabilities.

Yet, the mission is threatened by data that shows an increasing number of service members are overweight, obese, and plagued with high cholesterol, high blood pressure and diabetes.

These are all chronic disease conditions that can be managed - and even eliminated - by changes in lifestyle, mainly, what we eat, how much we move and the quality of rest and recovery. How individuals choose to fuel their bodies determines how they look, feel and their over-

FOODguide

• **CHOOSE WHOLE, REAL PLANT PRODUCTS** - WHOLE FRUITS AND VEGETABLES EITHER FRESH, FROZEN OR CANNED; NUTS; SEEDS; BEANS; LEGUMES; POTATOES AND WHOLE GRAINS SUCH AS WHOLE OATS, QUINOA, BROWN RICE, BARLEY AND BULGUR.

• **CHOOSE LEAN PROTEIN** - FISH, CHICKEN, TURKEY, LEAN BEEF OR PORK, EGGS OR EGG WHITES, LOW-FAT CHEESE, MILK, YOGURT, BEANS AND LEGUMES.

nutrients - it will be hungry, undernourished, fatigued and more susceptible to illness.

Aim for the 80-20 percent rule - 80 percent of the time eat foods that nourish and 20 percent eat for fun.

For 60 percent, choose whole, real plant products - whole fruits and vegetables either fresh, frozen or canned; nuts; seeds; beans; legumes; potatoes and whole grains such as whole oats, Quinoa, brown rice, barley and bulgur.

For 20 percent, choose lean protein - fish, chicken, turkey, lean beef or pork, eggs or egg whites, low-fat cheese, milk, yogurt, beans and legumes.

An occasional treat is fine for the remaining 20 percent.

By following these guidelines, a plate will look like this:

- half plate with fruits and vegetables,
- quarter plate of lean protein
- quarter plate of whole grains

The best time to begin and enhance a daily performance is at breakfast. Fuel with lean protein (your body has been using it all night long for growth and repair, it helps keep you full and your blood sugar stable) and

whole, plant foods (a brain does not store glucose, it needs this energy to kick it in to high gear) such as fruits, whole grains, starchy and non-starchy vegetables.

Consider these simple "Outside the Box" nutritious breakfast ideas:

- Baked sweet potato with vanilla yogurt, raisins, pecans or walnuts
- Whole oats prepared with skim milk, add fruit or nuts
- Scrambled eggs or egg whites with beans or potatoes or brown rice, add salsa
- Baked potato topped with plain Greek yogurt, fruit on the side
- Cottage cheese with fruit and nuts
- Cheese stick, apple/pear slices with nut butter
- Greek yogurt parfait with fruits and nuts
- Feta cheese with barley, chopped peppers, tomatoes
- Beans and brown rice with picante sauce, leftover veggies

It is estimated that people make more than 250 decisions every day just regarding food. Healthy eating is an individual's responsibility and choice.

all state of well-being.

People who eat healthy (most of the time) and are physically active in their daily lives, have a much lower risk of being burdened with one or more chronic diseases and simply feel better.

Bodies perform best on the food (fuel) it was designed to eat. The bottom line is to eat mostly real, whole foods and less processed food products.

A body that receives most calories from processed food products will be constantly seeking

Screaming Eaglets

The following is a list of babies born on post and at local hospitals. Information was submitted by the parents or relatives. The Fort Campbell Courier is not responsible



for submissions of infant births. The Courier publishes birth announcements for Soldiers and Family members stationed at Fort Campbell free of charge. The Fort Campbell Courier *only* accepts birth announcements through the website, www.fortcampbellcourier.com. We need to receive the completed form by *noon Friday* in order to appear in the upcoming edition. For more information, call (270) 798-6090.

April 4

Mary Gail Graham

Daughter of Charles Michael and Nicole Gail Edmonds Graham
9 pounds, 1 ounce

April 12

James Drummond Murray V

Son of James Drummond Murray IV and Ashley Wojtowicz Murray
8 pounds, 12 ounces

PETS OF THE WEEK



Barkley, a tan male shepherd-hound mix dog and Achilles, a black male cat, are available for adoption at the Fort Campbell Vet Treatment Facility. Adoption fees for military ID card holders are as follows: \$97 for adult felines, \$92 for adult dogs, \$91 for kittens and \$86 for puppies. Prices include an adoption fee and the distemper/parvo/corona vaccine, rabies vaccination, antigen heartworm test, fecal test, microchip implant and spay/neutering. It also includes a feline leukemia test for cats. Civilian prices include rabies



PHOTOS BY MICHELE VOWELL | COURIER

and distemper shots, canine heartworm tests, heartworm prevention medication and feline leukemia tests. Spaying and neutering services are not available for civilians adopting animals at the facility. Microchips are required for the pet on the day of adoption. The impound is located at 5290 Eighth St. and it is open for adoptions Monday through Friday from 10 a.m. until 3 p.m. For more information about pet adoption at Fort Campbell, call (270) 798-5519 or visit www.fortcampbellmwr.com/animalshelter/.

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2008 Buick Enclave CXL Nice! \$18,900	2008 Buick LaCrosse CXL Must See! \$9,995	2008 Smart fortwo Passion Cabrio \$9,900
2004 Chevy Corvette 8 Cyl., 5.7L! Call Dealer	2003 Mustang GT Sporty! \$5,995	2002 Chevy Corvette Convertible! \$24,975
2012 Jeep Wrangler Sport 4x4! Call Dealer	1954 Chevy Corvette Collectors! \$75,000	2007 Honda CR-V Gas Saver! \$10,595
2007 Toyota Sienna LE Mini Van! \$9,895	2008 GMC Acadia SLT SUV, V6! \$14,985	2003 Chrysler Town & Country LXi Extended! \$4,300

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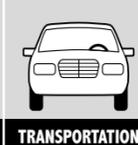


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Announcements

Notices

Notice To Our Advertisers

Counterfeit or fake checks are being used in a growing number of fraudulent schemes. Check overpayment scams target consumers selling cars or other valuable items through classified ads or online auction sites. Unsuspecting sellers get stuck when scammers pass off bogus cashiers checks, corporate checks, or personal checks. If you're selling something, don't accept a check for more than the selling price, no matter how tempting the offer or how convincing the story, especially if it is from an out of town buyer. Ask the buyer to write the check for the correct amount. If the buyer refuses to send the correct amount, return the check. Don't send the merchandise. If you think you've been targeted by a counterfeit check scam, report it to the Federal Trade Commission. Visit www.ftc.gov or call 1-877-FTC-HELP (1-877-382-4357) for more details or to report suspected fraud. This is a public service announcement brought to you by this newspaper.

Announcements

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Retailer Save! Starting at \$19.99/month (for 12 months). Free Premium Movie Channels. Free equipment, installation and activation. Call, compare, local deals. 1-800-254-1095.

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CDL Truck Driver needed to deliver buildings and metal roofing. Please apply in person at Porta/Grace Mfg, 1675 Old Concord Lane, Hopkinsville, KY 42240, 270.886.7351 Phone, 270.886.7544 Fax

Drivers

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Heavy equip operator and Dump Truck driver needed. Experience required. Class A CDL's preferred. Contact Mike Keys at A&M Excavating Inc. 270-348-5677 or sent resume to Michael Keys, 6862 Old Madisonville Rd, Hopkinsville KY 42240.

HIRING FOR ALL POSITIONS

Prizer Point Marina and Resort is now accepting applications for all seasonal positions including maintenance, housekeeping, and clerks. 270-522-3752.

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Representatives will provide information to active duty personnel and their families on their military and gov't benefits including financial matters. AFBN provides training and paid vacations for those who qualify. For more information: view our informative video at: www.opportunity.afbn.us Full-time income, part-time effort, \$500-\$1500 per week Send resume to: cmn@career.afbn.us or call Mr. Nordquist 9-5pm PST at 1-866-729-7845 ext. 202

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Resident Aide/Housekeeper, CMT, LPN plus Second Shift Part Time Cook. Former Employees/Applicants need not apply. No Phone Calls. Apply in person at 502 Noel Avenue, Hopkinsville, EOE.

NEW TODAY!

Office Positions

Local company is seeking qualified applicants for two positions: Receptionist and Account receivable. Send resume detailing work experience and education to: Box 103611, c/o Kentucky New Era, P.O. Box 729, Hopkinsville, KY 42241

Help Wanted

NEW TODAY!

Pharmacy Technician

Cayce's Pharmacy is now accepting applications for a Pharmacy Technician. Applicant must be highly motivated, flexible on hours and willing to work in a fast paced environment. Apply in person at our W. 7th location. No phone calls please.

NEW TODAY!

Skilled Craftsman

Needed. Familiar with Commercial and Residential construction. Knowledge of all scopes of work preferred. Apply in person with resume to 1012 South Liberty St, Hopkinsville. Call 270-886-4309.

Immediate Positions Available

SERVICE TECHNICIAN Need self motivated individual with customer service skills. Must have a high school diploma/GED and Driver's License. Other positions that we are currently hiring for are: General Labor, Clerical and Industrial. Please apply in person at Metro Staffing, 1100 S. Clay St., Hopkinsville, 9am-11am or 1pm-4pm. No need to reapply.

KPS Transport

Seeking experienced drivers with CDL-A Hazmat and Tanker Endorsements. Experience beneficial. Resumes to: KPS Sales, P.O. Box 4157, Winchester, KY 40391 or call 859-744-7778.

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Local company is seeking qualified applicants for two positions: Receptionist and Account receivable. Send resume detailing work experience and education to: Box 103611, c/o Kentucky New Era, P.O. Box 729, Hopkinsville, KY 42241

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The Kentucky New Era is looking for a part-time, entry-level employee to handle clerical work in its newsroom. A good candidate will have solid computer skills, a strong command of the English language and a desire to learn. Additionally, it's important for the individual who fills this role to understand the importance of community news. This position will be scheduled to work 5-10 p.m. on Wednesdays, Thursdays, Fridays and Sundays. To apply, send a cover letter and resume to Editor Eli Pace at epace@kentuckynewera.com or drop off your application materials at our offices, 1618 E. 9th Street.

Help Wanted

Kentucky T & D Solutions

T & D Solutions, Inc is a local Electrical Contractor seeking self motivated individuals for Commercial Electrician Job Openings. Requirements: Three years experience as an electrician in commercial construction. Master or Electrician license, good communication skills and reliability. CDL and other certifications are a plus. Please email resumes to: lisa.pritchett@tandsolutions.com

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Candidate will oversee all stages of projects, ground keeping, as well as maintenance of various buildings, equipment, and infrastructure. Candidate should have 10+ years of successful project construction management and maintenance. Plumbing and electrical knowledge required. Experience in training and management of 10+ team members. Must be able to set and meet maintenance standards and budgets. This self-starting and managing person must have the ability to draw, write, and communicate with all levels of responsibility and education. Please submit a detailed resume to prizerpoint@prizerpoint.com or mail to 1777 Prizer Point Rd., Cadiz, KY 42211. Qualified candidates will be contacted to schedule the interview process.

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Help Wanted

NEW TODAY!

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Oak Grove Police Officer The City of Oak Grove is accepting applications until May 30, 2014 for a Kentucky Certified Law Enforcement Officer. Must be a citizen of the United States, at least 21 years of age, high school graduate or GED, fluent in the English Language, valid driver's license. A Kentucky State mandated physical training test, oral and written exam, background investigation and polygraph will be required of all candidates. Applications may be picked up and returned to Oak Grove City Hall, 8505 Pembroke Oak Grove Rd, Oak Grove, KY or you may contact ogcc@oakgroveky.org for an application. EOE.

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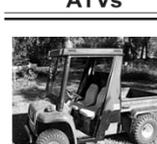
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Love your Bump

Estep offers prenatal workout program

by Megan Locke Simpson
Courier staff

Women experience a host of emotional and physical changes during pregnancy. For Soldiers and military spouses, experiences such as deployments, trainings and being far from home may add feelings of uncertainty, loneliness or stress to an otherwise happy and exciting time.

Fort Campbell moms-to-be can help maintain the physical aspect of their pregnancy by attending the Love Your Bump Prenatal Class, offered at Estep Wellness Center on Tuesdays and Thursdays from 11:45 a.m. until 12:45 p.m.

Fort Campbell Army spouse Laura Barta, who is 26 weeks along in her first pregnancy, is a regular attendee. While she did yoga before she got pregnant, she said she is taking the prenatal class in order to ensure she stays healthy throughout her pregnancy.

"The class has kept me in good shape, and it's really a great experience to be around other people who are pregnant," Barta said. "Some of the other girls who normally come to a class are just about the same gestational age as I am, so it's really nice to be able to interact with other pregnant people."

Barta said her No. 1 goal is having a healthy baby, and she believes attending this class is beneficial in many ways.

"They always say that makes delivery easier if you're in good shape," she said.

During the class, women are taken through a safe workout routine, with instructors offering many different options, including Zumba, TRX, circuit training and yoga, among others. The class is typically led by Estep Wellness Center lead trainer/instructor Mandy Alexander-Wynn and her fellow instructor Journey Gatewood. Both Alexander-Wynn and Gatewood are certified personal trainers. Both have multiple prenatal certifications, and they said the focus of the class is to make sure both moms and their babies stay healthy.

"The concept behind it is that science is always evolving, and there seems to be this stigma that when you're pregnant, you can eat for two, and you don't have to work out, and you should always put your feet up," Alexander-Wynn said. "That's just not the case."

For example, Alexander-Wynn said women can begin exercising regularly for the first time during pregnancy despite old wives' tales to the contrary.

"There are safe methods to do it, and that's what I want to stress to people," she said. "... Should you train for a marathon when you get preg-

nant? Absolutely not. Should you start rock climbing when you get pregnant? No.

"But there are certain things that you can do that will have health benefits for you and the baby and help with labor."

The class is open to women at any stage of pregnancy. However, women must bring in a doctor's approval note before participating. Alexander-Wynn said this approval can be obtained during a regularly scheduled visit, or by emailing the physician directly through TRICARE's RelayHealth site. This step helps ensure that women with high-risk pregnancies or other possible complications are not doing exercise that would potentially harm them.

"We always tell people how important it is to have an open conversation with their physician," Alexander-Wynn added. "So a physician's approval note is a must, regardless of how many times you take the class."

Throughout the program, instructors focus on certain areas that are typically more affected during pregnancy, such as the pelvic floor, back muscles and lower body. Workouts incorporate breathing exercises, which the women can in turn use during labor. Certain strengthening exercises help even after the baby is born, when a mother is carrying the newborn on her chest or while breastfeeding, for example.

"It's important that you have a strong pelvic floor, because especially as you move along in your pregnancy, the baby's going to turn," Alexander-Wynn said. "Eventually their head, as long as everything goes according to plan, is going to be resting on that pelvic floor. So it's really essential that your pelvic floor is strong, and it's going to help bring everything back to where it should be after labor."

Balance, posture and focusing on a woman's core are also points of emphasis for pregnant exercisers.

"We do talk about the core quite a bit, because as the baby grows, your abs are going to change," Alexander-Wynn said. "You can focus on transverse abdominals, which are those really deep, deep abdominals. It's important to have those strong."

In addition to the physical health benefits the Love Your Bump program provides, Alexander-Wynn said attendees form a community of support that is valuable during pregnancy.

"... What I'm seeing in this class [is] a person who's new to Fort Campbell, and they got pregnant like the day they moved in," she said. "Now they're here. They're away from their Family. They're away from their friends."

"Then they have this huge, monumental thing in their life, and there's no one to share it with. This kind of gives them a community to come to, to make friends, to bounce ideas off of. 'Did this happen to you

Even if they're at different stages in their pregnancy, they all have something to relate with one another.

Journey Gatewood,
Estep Wellness Center instructor

when you were pregnant?' 'How are feeling?' 'What kind of tea do you like to drink?' 'What helps with the nausea?'"

Barta said not only the other women, but the instructors serve as a great help as she progresses through her pregnancy.

"It's always a motivation for us to get up in the morning to come in and to see them," she said. "They're super concerned about our health. They also make sure that we are not pushing ourselves too hard. But they also give us the flexibility to push ourselves as hard as we want."

The cost per session is \$4. For \$40 per month, attendees can get unlimited access to Estep and all of its classes. More pricing options can be found at www.fortcampbellmwr.com/Recreation/Estep. Child care is also available at Estep for moms with young children. The cost for child care is \$4 and can be reserved through the Fort Campbell Child, Youth and School Services Webtrac site.

For more information, call Estep Wellness Center at (270) 798-4664.

"We have moms in there that are about getting ready to go into labor, and then we have some that are pretty new to pregnancy," Gatewood added. "We have some that this is their first time being pregnant, and others that are more experienced at being mothers."

"Really what is unique about this group is that they have this one common ground. Even if they're at different stages in their pregnancy, they all have something to relate with one another. It's just nice to hear their stories and see them connect, even if they wouldn't necessarily connect in a different setting."

While this is the only prenatal-specific class at Estep, the center offers many different classes throughout the month. Pregnant women are able to attend any class of their choosing, but Alexander-Wynn encourages them to be open and honest with the instructors, no matter how far along they are.

"Grab that instructor and don't be scared to talk to them," she said, so they can provide prenatal-specific modifications if needed.

"We're not going to blast it on Facebook. We're not going to tell your mother-in-law. We're just here to help protect you and make sure that you're safe."

Estep Wellness Center lead trainer/instructor Mandy Alexander-Wynn talks Love Your Bump participant Laura Barta through a workout with hand weights, April 24. Alexander-Wynn explained that the class is specifically designed for pregnant women and incorporates modifications, such as exercising on an incline instead of lying flat, which is safer during pregnancy.



PHOTO BY MEGAN LOCKE SIMPSON | COURIER

• WHAT: Love Your Bump Prenatal Class

• WHEN: Tuesdays and Thursdays from 11:45 a.m. until 12:45 p.m.

• WHO: Pregnant Soldiers, military spouses, Department of Defense civilians, etc.

• WHERE: Estep Wellness Center, 2270 Kentucky Ave.

ESCAPE

ENTERTAINMENT GUIDE

Friday

◆**Open Climb** -- Come try out Fort Campbell's Indoor Climbing Wall for \$10, from 5 until 9 p.m. Friday. There are climbs for all experience levels. Preregistration required by 4 p.m. the day of the event. For more information, call Outdoor Recreation Adventure Programs at (270) 412-7854. For registration, call (270) 798-2175.

◆**Handmade Folded Books** -- Guenette Arts and Crafts Center will be offering a Handmade Folded Books class for \$12, from 10 a.m. until noon Friday. This class is for ages 16 and older. For more information, call Guenette at (270) 798-6693.

Saturday

◆**Army Ten-Miler Qualifier** -- The Fort Campbell Sports and Fitness Office will be holding an Army Ten-Miler qualification race Saturday with a gun start at 7 a.m. The road race will begin and end at Wohali Pavilion outside Gate 10. The top male and female finishers will have the opportunity to represent Fort Campbell in team competition at the Army Ten-Miler in Washington, D.C. To register, visit the Sports Office, inside Fryar Stadium, located at 5666 Wickham Ave. For more information, call the Sports and Fitness office at (270) 798-3094.

◆**Dance Jam Party** -- Estep Wellness Center will be hosting a free Dance Jam from 10:30 a.m. until 12:30 p.m. Saturday. It's a dance party with a twist - food, fun and freebies. This high energy Dance Jam will offer dance segments from Zumba Fitness and the newest explosions of movement from BOKWA Fitness, Cardio Crunk and Salsa Cardio. For more information, call Estep Wellness Center at (270) 798-4664.

◆**Clay Sculpting** -- Children ages 8 and older are invited to a Clay Sculpting for Kids class at Guenette Arts and Crafts Center, from 10 until 11 a.m. Saturday. The cost is \$11. For more information, call (270) 798-6693.

◆**Soap Making** -- Children ages 8 and older are invited to a kids soap making class at 11 a.m., 1 and 2 p.m. Saturday at Guenette Arts and Crafts Center. Cost is \$12. Each class lasts approximately 45 minutes. No registration required. For more information, call (270) 798-6693.

◆**Canoe Trip** -- Paddle a 9-mile stretch of the Harpeth River, from 9 a.m. until 5 p.m., Saturday and check out the Montgomery Bell Tunnel used to forge iron during the War of 1812. Bring a lunch and sunblock. Registration deadline is 4 p.m. today. This event is designed for ages 6 and older. For more information, call Outdoor Recreation Adventure Programs at (270) 412-7854. For registration, call (270) 798-2175.

◆**Stewart County Bazaar** -- The Stewart County Bazaar will be from 10 a.m. until 3 p.m. Saturday at the Dover Visitor Center, 117 Visitor Center Lane, in Dover, Tenn. There will be 30 vendors showcasing jewelry, art, sewn creations,

knit and crochet items, woodworking, candies, quilts, baked goods and more. For more information, call (931) 232-7706.

Sunday

◆**Pool Tournament** -- D.W. Recreation Center will have a free pool tournament at 2 p.m. Sunday for all eligible MWR users. Players will vote to play either 8-Ball or 9-Ball. Top three finishers will receive a trophy. The D.W. Recreation Center is located at 6145 Desert Storm Ave. For more information, call (270) 798-7391.

◆**Puppet Production** -- Puppets take the stage at Clarksville's Customs House Museum, from 1 until 4 p.m., Sunday to tell the story of Dorothy's journey to Oz and back. Paper bags will be provided to make your own cast. The activity is free with paid admission or museum membership. For more information, call (931) 648-5780.

Monday

◆**"Happenin' at the Hollemans"** -- The Roxy Regional Theatre in Clarksville will unveil its highly-anticipated 32nd season from 5:30 until 7:30 p.m. Monday. The evening will feature a musical sampling of the Roxy's 2014-2015 season. Tables will be themed around each production, featuring food and drink. The Hollemans' home is located at 1280 Madison St., just past Pageant Lane and across from Glenwood Drive. Parking is available at Veterans Plaza, and valet attendants will be on-hand. Tickets are \$50 per person and may be purchased online at www.roxyregionaltheatre.org, by phone at (931) 645-7699 or at the theatre during regular box office hours.

May 6-9

◆**Military Spouse Appreciation Week** -- The Army recognizes Military Spouse Appreciation Day May 9. Instead of just one day of appreciation, Fort Campbell's Family Resource Center will host three days worth of activities and events to honor our spouses. This year's theme is "Army Spouses: Keeping Army Families Strong." Activities will kick off Tuesday from 8:30 a.m. until 3 p.m. with a free mini conference featuring Painting Cherry Blossom's with Swirlz, Origami with Guenette Arts & Crafts Center, Song's Tae-kwon-do, and Growing an Asian Themed Vegetable Garden with Dana Chango. Reservations are required and child care will be offered on a limited basis. To make reservations call the FRC at (270) 956-2935. On Wednesday, spouses will be treated to an Asian-themed cooking show from 6 until 8:30 p.m. Sample a variety of treats prepared on site. This event is free and reservations are required. Limited child care is available, so contact the FRC early. Spa Night will be held May 9 from 6 until 9:30 p.m., with a variety of spa services at no cost and limited child care is available with a reservation. Spa services are on a first come, first served basis and there will be various services to choose from. For more information, call the Family Resource Center at (270) 956-2935.



May 8

◆**Climbing 101** -- Anyone ages 12 and older who wants to learn the exciting sport of climbing is welcome to join this activity, May 8 from 5:30 until 8:30 p.m. The clinic will cover equipment, belay instruction, safety precautions and technique. Instruction and equipment are included. Preregistration is required by 4 p.m. the day of the event. The cost is \$10. For more information, call Outdoor Recreation Adventure Programs at (270) 412-7854. For registration, call (270) 798-2175.

May 10

◆**Pet Show** -- The Fort Campbell Main Exchange will have a pet show starting at 11 a.m. May 10. The pet show will consist of Family fun activities, informational booths, prizes, giveaways, and much more. Staff from the Fort Campbell Veterinarian clinic and pet shelter, as well as a trained dog groomer and obedience trainer will be on hand to answer any questions. A special event will be a live Military K9 demonstration. The pet contest consists of five categories: Best Trick; Best in Show (0-25 pounds) and Best in Show (25+ pounds); Most Unusual/Exotic; Best Costume. Two winners will be selected for each category. Winners will receive an Exchange gift card. Pets must be leashed or caged at all times, except during performances. Judging will begin at 11:30 a.m. Sign your pet up at the main store at the front of either entrance, or ask an associate for further information.

◆**Gelatin Printing** -- Guenette Arts and Crafts Center is offering a Gelatin Printing class from 10 a.m. until 2 p.m. May 10. Cost is \$7. No registration required. For more information, call (270) 798-6693.

◆**Kids Art Lab** -- Guenette Arts and Crafts Center is offering a Kids Art Lab from 1 until 3 p.m. May 10 for ages 6 and older. Cost is \$7. For more information, call (270) 798-6693.

◆**Rough & Tough Hiking** -- This trip to Savage Gulf is the third of a series of hikes designed to get adventurous souls out into some of the most wild and beautiful country in this area. Anyone older than age 12 may join Outdoor Recreation staff May 10 from 7 a.m. until 7 p.m. The cost is \$30 and includes transportation. Registration deadline is 4 p.m., May 8. For more information, call Outdoor Recreation Adventure Programs at (270) 412-7854. For registration, call (270) 798-2175.

◆**National Astronomy Day** -- Land Between The Lakes National Recreation Area and the West Kentucky Amateur Astronomers will host National Astronomy Day May 10 at the Golden Pond Planetarium, located at the Golden Pond Visitor Center. Enjoy free, full-dome, digital, surround sound planetarium shows at 10 and 11 a.m., and 1, 2, 3 and 4 p.m. A Star Party will take place at the Observatory after dark,

weather permitting. For more information, call (270) 924-2000.

◆**Birding Bonanza** -- Land Between The Lakes National Recreation Area invites all bird lovers to Woodlands Nature Station for a Birding Bonanza starting at 10 a.m. May 10. Learn to identify common birds, get tips on attracting birds to your backyard, go on a scavenger hunt, enjoy face to face encounters with Nature Station's birds, and more! All programs are free with Nature Station admission. For more information, call (270) 924-2000.

May 11

◆**Make Your Own Sundae** -- Take mom out for a special treat to make your own sundae at 3 p.m. May 11 at D.W. Recreation Center. Several flavors of ice cream and a wide variety of toppings will be provided. For more information, call D.W. Recreation Center at (270) 798-7391.

◆**Mother's Day Brunch** -- On May 11, Sportsman's Lodge will be offering Mother's Day brunch from 10:30 a.m. until 3 p.m. and the cost is \$15.95 for ages 12 and up, ages 6 to 11 will cost \$7.95 and ages 5 and under eat for free. Sportsman's Lodge is located outside Gate 10 next to Lake Taal. Online reservations are available at www.FortCampbellMWR.com or by calling (931) 431-4140. Reservations are strongly recommended. Walk-in seating will be available. For more information, call (931) 431-4140.

◆**Mother's Day Trail Ride** -- Bring mom out for a relaxing Mother's Day Trail Ride while you spend the morning on horseback and enjoy the spring air. Fort Campbell Riding Stables will be holding a ride just for your mom May 11, starting at 10 a.m. Enjoy the two-hour trail ride through the beautiful trails, followed by a light brunch back at the stables. The cost is \$55 per person and reservations can be made by calling or visiting the Fort Campbell Riding Stables office. For safety reasons, riders must be 8 years or older to ride and wear long pants, closed toe shoes, and a shirt with sleeves. Any rider under the age of 16 must be accompanied by a parent or guardian 18 years or older. For additional information, call the stables at (270) 798-2629.

May 13

◆**"Songwriter's Night"** -- The USO Nashville/Fort Campbell presents Shane McAnally & Friends at Puckett's, Fifth and Church streets, Nashville, May 13. Doors open at 5:30 p.m. Music starts at 7. Limited seating. Buy tickets at www.eventbrite.com/e/2014-uso-songwriters-night-tickets-11107413573.

May 14

◆**Family Floats** -- Outdoor Recreation presents Family Floats Canoe Trip May 14 from 4 until 8 p.m. For ages 6 and older. The cost is \$15 and this includes transportation and equipment. Registration deadline is 4 p.m. May 12. For more information, call Outdoor

Recreation Adventure Programs at (270) 412-7854; for registration call (270) 798-2175.

◆**Ballpark Science** -- Chattanooga's Creative Discovery Museum's Ballpark Science will be held at AT&T Field May 14 from 10:30 until 11 a.m. Activities that will take place during Ballpark Science include: Coke and Mentos geysers, wind bag blow-up, cloud in a can, clouds and explosions and much more. Tickets are \$5 for general admission, \$7 for upper box and \$9 for lower box. Groups of 25 or more are eligible for discounted tickets. For more information or to order tickets, call (423) 267-2208.

Ongoing

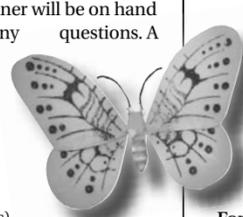
◆**Swimming Lessons** -- Summer is a great time of year for children to learn how to swim. Gardner Indoor Pool is offering several classes from acclimation to skill development for all ages throughout the summer. For more information, call (270) 798-6310.

◆**Horse Camp** -- If your child is at least 8 years old, let Fort Campbell Riding Stables teach them the ins and outs of the Wild West. Campers will learn tacking, grooming, conformation, feeding, breed types and riding. At the end of the camp, Fort Campbell Riding Stables will put on a show to give parents an opportunity to see what their children have learned. Registration for Horse Camp opens May 15 and ends June 9. Camps fill up quickly so be sure to register early. All camps cost \$150 and payment is required at time of registration. Camp dates: June 9 until June 13 from 8 a.m. until noon; June 23 until June 27 from 8 a.m. until noon; July 7 until July 11 from 8 a.m. until noon; July 21 until July 25 from 8 a.m. until noon. For more information, call Fort Campbell Riding Stables at (270) 798-2629.

◆**BOKWA** -- Estep Wellness Center is now offering BOKWA, a new and completely different approach to group exercise. Steps are structured and based on the forms of letters and numbers. The classes are \$4 each or are included in your unlimited monthly membership. Class times vary, so check Estep's monthly calendar at www.fortcampbellmwr.com/recreation/estep. For more information, call Estep Wellness Center at (270) 798-4664.

◆**Women's History Month exhibits** -- For the sixth annual Women's History Month exhibition, the Customs House Museum is featuring the work of contemporary female photographers and award-winning artist Sher Fick. Both shows fall under the theme of "Family." The Women's History Month exhibits will run through Sunday. The museum is located at the corner of Second and Commerce streets, Clarksville. For more information contact Terri Jordan, exhibits curator, at (931) 648-5780 or terri@customhousemuseum.org.

To submit an upcoming event that would be of interest to *Courier* readers, email complete details to campbell.courier.editor@gmail.com.



It's Time to Connect Your Business to the Web

If you're not advertising online, you're missing out on a large, diverse, and affluent audience of local consumers, and it's growing every day. In fact, nearly two-thirds of all adult internet users, and 76 percent of adults in households earning more than \$100,000 per year visit newspaper websites.



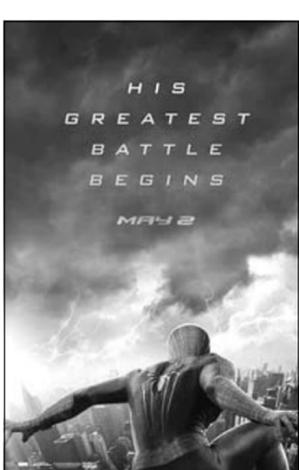
Off The Clock



Playing at Wilson Theater

The Amazing Spider-Man 2
Friday and Saturday, 7 p.m.; Sunday, 2 p.m. (Andrew Garfield, Emma Stone)

We've always known that Spider-Man's most important battle has been within himself: the struggle between the ordinary obligations of Peter Parker and the extraordinary responsibilities of Spider-Man. But in *The Amazing Spider-Man 2*, Peter Parker finds that a greater conflict lies ahead. It's great to be Spider-Man for Peter Parker. There's no feeling quite like swinging between skyscrapers, embracing being the hero, and spending time with Gwen. But being Spider-Man comes at a price: only Spider-Man can protect his fellow New Yorkers from the formidable villains that threaten the city. With the emergence of Electro. Rated PG-13 for sequences of sci-fi action/violence.



Captain America: The Winter Soldier
May 9, 7 p.m. (Chris Evans, Samuel L. Jackson.)

Steve Rogers, aka Captain America, is living quietly in Washington, D.C., and trying to adjust to the modern world. But when a S.H.I.E.L.D. colleague comes under attack, Steve becomes embroiled in a web of intrigue that threatens to put the world at risk. Joining forces with Natasha Romanoff aka Black Widow, Captain America struggles to expose the ever-widening conspiracy while fighting off assailants sent to silence him at every turn. When the full scope of the villainous plot is revealed, Captain America and the Black Widow enlist the help of a new ally, the Falcon. However, they soon find themselves up against an unexpected and formidable enemy - the Winter Soldier. Rated PG-13 for intense sequences of violence, gunplay and action throughout.



Movies, Books, Video Games, Music

In Theaters - Walk of Shame
(Elizabeth Banks, Ethan Suplee)

After losing an audition for her dream job, an aspiring Los Angeles TV news anchor goes out for an uncharacteristic night of partying. She awakes in a stranger's bed to a phone message from her agent telling her the job is hers, if she can make it across town by 5 p.m. Stranded in an unknown area without money, a phone, and a car, she embarks on a series of misadventures as she races to the most important job interview of her life. Rated R for language and some sexual content.



Video Game Release - MLB 14: The Show
(PS4, PS3, PlayStation Vita)

MLB 14 The Show is a realistic baseball game that allows players to feel the MLB experience with moments such as when you're called up to the majors, a sacrifice fly to left field, or crushing a walk-off homer to win it all. Rated E for Everyone.

DVD Release - Brightest Star
(Allison Janney, Chris Lowell)

After the heartbreaking end of his first love, a recent college graduate sets out to win back the girl of his dreams only to discover a greater journey awaits him. Not Rated.

DVD Release - The Art of the Steal
(Kurt Russell, Matt Dillon)

Art-thief brothers reunite after years of bad blood. One is a motorcycle daredevil, but winds up in prison when double crossed by his brother. Released after serving his sentence, the cash strapped criminal reunites with his brother and their old teams of fellow thieves to pull off one last heist. Rated PG-13 for violence and sexual content.



WORDS - NUMBERS

"Sounds Familiar"

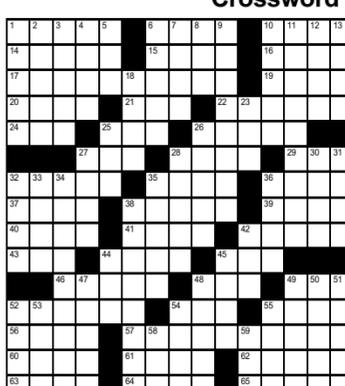
Across

- 1 Capital of Idaho
- 6 Not many
- 10 Pollution problem
- 14 Between March and May
- 15 Hayworth or Moreno
- 16 Soap opera plot device, often
- 17 It keeps you cool in summer
- 19 Kitchen cooker
- 20 Approximately
- 21 Pool stick
- 22 Courageous
- 24 "I don't think so"
- 25 Hollywood legend ___ West
- 26 Keller or Mirren
- 27 Split ___ soup
- 28 Give a hoot
- 29 Car's navigation system, for short
- 32 Diet, casually
- 35 Puzzle with a "finish" you must get to
- 36 Round shape
- 37 Makes a mistake
- 38 Asked, as a question
- 39 One gender
- 40 Votes against
- 41 Cain's brother
- 42 Ate out
- 43 Muhammad in the ring
- 44 Eye part that's also a flower
- 45 Ancient Egypt's King ___
- 46 Rafael of tennis fame
- 48 Papa
- 49 Take all of, as the blankets
- 52 Traffic ___

Down

- 1 Food that comes in strips
- 2 Mozart work, often
- 3 Like people from Dublin
- 4 Farm building
- 5 Quarterback Manning
- 6 Bicker
- 7 ___ and drum (Colonial Era instruments)
- 8 Greek letter
- 9 Roamed far and wide
- 10 Make a goal or a basket
- 11 Vehicle stuffed with furniture
- 12 Sign of what's to come
- 13 Scary group
- 18 "March Madness" org.
- 23 Ginger ___
- 25 Was introduced to
- 26 Eye color
- 27 Throw the football
- 28 Book holders
- 30 Ashen
- 31 Wintertime fun
- 32 Singing great Home
- 33 Spoken
- 34 What you might cook l-Down in
- 35 Company that merged with Exxon
- 36 Leave out
- 38 Like lines that never meet
- 42 Firecracker that doesn't go off
- 44 Actress Lupino
- 45 Cab
- 47 Feeling nervous
- 48 Extinct birds
- 49 Marge Simpson's husband
- 50 ___ Mountains (Springfield, Missouri is there)
- 51 Fellas
- 52 "Beat it!"
- 53 Shakespeare villain
- 54 Grocery store "Paper or plastic?" items
- 55 Stare
- 58 Self-importance
- 59 Snooze

Crossword



Crossword Answer



Sudoku Puzzle

	1			2	3			
		4		5	2			
6				4			7	
3						1		
	8	1	6			9	7	5
			2					8
	7			1				4
		3		8		9		
5			3				2	

Sudoku Answer

5	2	8	4	6	3	9	5	1
3	1	6	9	7	5	2	4	8
4	9	3	5	1	2	6	7	8
8	4	9	1	6	9	2	6	7
6	9	7	6	2	9	1	8	4
2	6	1	8	7	4	7	9	3
1	7	5	3	4	6	8	2	9
9	8	2	7	5	1	4	3	6
6	3	4	3	9	8	7	1	5



AUSA 2014 Golf Tournament

Sponsored by



Sikorsky Aircraft

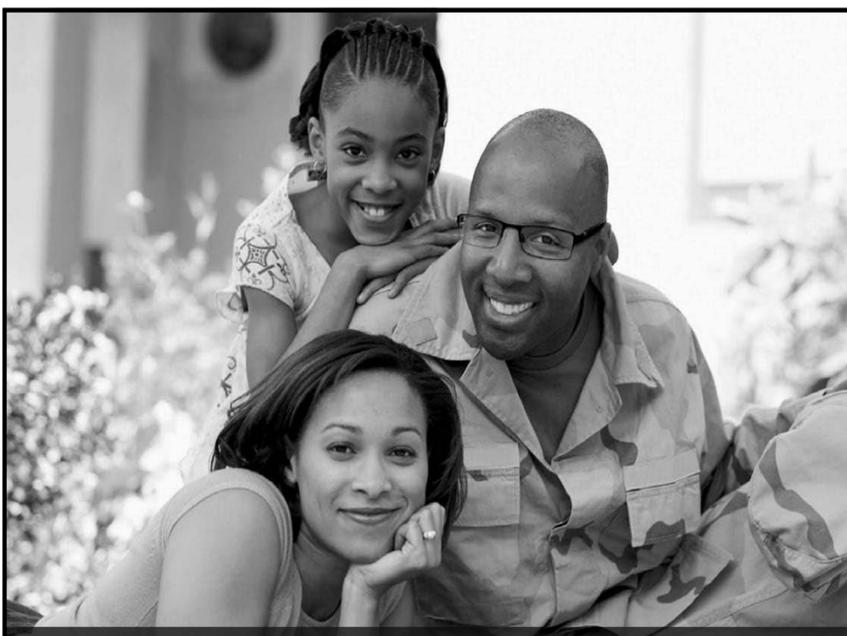
Friday, May 9th, 2014
Check in at 07:30
Shotgun Start at 08:30
Cole Park Golf Course
Lunch Afterward

\$200 per Team / \$50 per Player
\$50 Hole Sponsorship

All proceeds will benefit the Fort Campbell Chapter of AUSA

32 Team Maximum Sign Up by May 1st
This tournament will fill early!

For info call LeeAnn at 270.605.1234
or email: lee.a.nelson16.ctr@mail.mil



EYEGLASSES

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*Second pair includes frame of equal or lesser value as the first pair for the same person and plastic CR39 single vision, lined bifocal or Shoreview progressive lenses. Second pair must be purchased with the first pair and at the same date and time. Additional charges apply for lens and material upgrades. See an associate for complete offer details. Offer cannot be combined with any other discount, coupon or insurance plan. All eyeglass purchases require a current, valid prescription. Offer expires 06/28/2014. ©2014 National Vision, Inc.



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Specialist Angela Tisdale attempts to move past her 86th Combat Support Hospital opponents, Pfc. Michael Pryor and Pfc. Christopher Brooks, during a Fort Campbell morale, welfare and recreation basketball game, Feb. 4, at the Freedom Fighters Physical Fitness Facility on post. Tisdale, a veterinary food inspector, formerly played for Baylor University and was also drafted by Chicago Sky, a WNBA team.



COURIER ARCHIVE PHOTO

Soldier, athlete heads to training camp

by Megan Locke-Simpson
Courier staff

If you happen upon a certain Fort Campbell Soldier-athlete mid-workout at her newest practice spot at the New Clarksville Base Physical Fitness Center near Gate 10, you can see the intensity in Spc. Angela Tisdale's face as sweat drops to the floor between drills.

The Soldier ventures out next month to take part in the Armed Forces Women's Basketball Trial and Training Camp, May 28-June 5 at Fort Indiantown Gap, Penn.

If selected, Tisdale will represent Fort Campbell on the Armed Forces team and participate in the Conseil International du Sport Militaire (CISM) competition in Meyenheim, France, June 15-22. The Armed Forces team will compete with other similar military teams from many other nations.

The honor and opportunity is great for the Soldier, whose only opportunity to compete on post is within the Fort Campbell Family and Morale, Welfare and Recreation Soldier basketball leagues. Tisdale also previously played for the post women's basketball team at U.S. Army Garrison Yongsan in Korea - her first duty station.

"I've played different levels, but I never really played with the Army, so I really don't know what to expect

going in," Tisdale said of the upcoming trial camp.

For the Public Health Command Soldier, who enlisted two years ago this February to become a veterinary food inspector, the "different levels" she speaks of are nothing to push under the rug. Tisdale was a third round draft pick for the Women's National Basketball Association's Chicago Sky in 2008, after playing four years on a full scholarship for Baylor University's Lady Bears. In her freshman season there, the team won the 2005 NCAA National Women's Basketball Championship.

"By my senior year, I was leading Baylor in assists," the 29-year-old said.

Her professional basketball career continued overseas, where she played for five different countries.

"I won a championship in Bulgaria," she said. "I traveled the world a lot, so I had fun and it was a great experience."

Even with the championship, the 5-foot, 7-inch-tall point guard saw the downside of continuing her professional career.

"When I was overseas, a lot of people kept getting hurt and stuff, and they didn't have [anything] to fall back on," she said.

With this in the forefront of her mind, Tisdale considered her other options and liked the security and opportunity the Army provided. One of her goals in

joining the Army included getting a master's degree. That goal is now closer to reality as she begins classes in May for a degree in Health Care Administration.

Tisdale's passion for basketball remains, and the Soldier-athlete continues to enjoy the game non-competitively as well. Tisdale is now working hard to provide basketball camp opportunities for local children, through a program called iHoop Productions. She offered free basketball clinics in March at Fort Campbell's Taylor Youth Center. For more information about upcoming programs, visit iHoop Pro on Facebook.

"I'm going to do another one in May," Tisdale said. "Then, I'm going to start charging for camps and personal training ... We're starting off small right now, but we're trying to make it big."

"Some younger people don't know the game ... that's why I'm willing to do camps and stuff."

After a knee injury last year, Tisdale is still rehabbing carefully both on and off the court. While she prepares for the Armed Forces selections, she is excited to see what is to come.

"It's not so stressful," she said, of military basketball. "When I was overseas it was a job, so we had to produce every time. Now I'm just doing it for fun."



COURTESY PHOTO

Specialist Angela Tisdale interacts with one of the attendees at a free basketball clinic she helped host in March at Fort Campbell's Taylor Youth Center. Teaching children the game keeps basketball fun and fresh for the former college and professional athlete, who joined the Army to give herself more security and opportunity.

SOLDIER scoreboard

Flag Football

April 22

4/5th SFG.....	18
2/327th INF.....	39
129th CSSB.....	20
2/44th ADA.....	12
2/320th FAR.....	0
HHB 4/320th FAR.....	7

April 23

716th MP.....	6
129th CSSB.....	13
1/32nd CAV.....	23
HHB 4/320th FAR.....	6

April 24

129th CSSB.....	18
1/32nd CAV.....	25
4/5th SFG.....	0
1/32nd CAV.....	33

April 28 - Flag Football Championship

2/327th INF.....	13
1/32nd CAV.....	26
1/32nd CAV.....	14
2/327th INF.....	6

FALCON scoreboard

Baseball

April 25: Fort Campbell - 9
Cheatham County, Tenn. - 11

Fort Campbell - 8
Cheatham County, Tenn. - 13

April 26: Fort Campbell - 8
Fort Knox - 5

Fort Campbell - 10
Fort Knox - 3

The Falcons play Todd County Central Friday on the road at 5:30 p.m. Their next game is Tuesday at Christian County at 5:30 p.m.

Softball

After rainouts this week, the Lady Falcons play at Lyon County, today at 5:30 p.m. The girls also play at Trigg County, Friday, and host Hopkinsville, Tuesday. Both games start at 5:30 p.m.

Track & Field

April 25: Twilight Relays at Marshall County High School

Fort Campbell Boys (top 10 finishers):
4x100-Meter Relay - Fort Campbell, 2nd place (44.75)
4x110 Shuttle Hurdle Relay - Fort Campbell, 1st place (1:15.77)
4x200-Meter Relay - Fort Campbell, 4th place (1:34.50)
4x400-Meter Relay - Fort Campbell, 3rd place (3:35.32)
4x800-Meter Relay - Fort Campbell,

10th place (9:46.21)
4x1,600-Meter Relay - Fort Campbell, 9th place (26:08.41)
Distance Medley Relay - Fort Campbell, 10th place (13:58.65)
800-Meter Sprint Medley Relay - Fort Campbell, 1st place (1:38.95)
Discus - Zach Syester, 3rd place (118-07.00); Michael Grillo, 8th place (96-07.00)
High Jump - Jonathan Jethroe, 2nd place (5-10.00); Marquez Rolinger, 5th place (5-06.00); Desmond Poole, 6th place (5-04.00)
Javelin - Zach Syester, 4th place (107-10.00)
Long Jump - Laquell Coleman, 7th place (18-03.00); Nygell Bradley, 10th place (17-03.00)
Pole vault - Dylan Edwards, 6th place (8-00.00); Keondre Harris, 6th place (8-00.00)
Shot Put - Zach Syester, 1st place

(47-03.00); Michael Grillo, 9th place (37-03.00)

Triple Jump - Jahret Alexis, 3rd place (39-02.00); Nighgell Davidson, 6th place (37-09.00)

Fort Campbell Girls (top 10 finishers):
4x100-Meter Relay - Fort Campbell, 7th place (53.77)
4x100 Shuttle hurdle relay - Fort Campbell, 5th place (1:25.31)
4x1600-Meter Relay - Fort Campbell, 5th place (25:43.80)
4x400-Meter Relay - Fort Campbell, 4th place (4:26.78)
4x800-Meter Relay - Fort Campbell, 3rd place (10:32.93)
800-Meter Sprint Medley Relay - Fort Campbell, 2nd place (1:57.00)
Distance medley relay - Fort Campbell, 4th place (14:22.72)
Discus - Channing Minich, 10th place (69-04.00)

High Jump - Nia Gibbs-Francis, 2nd place (5-02.00); Dascha Hix, 8th place (4-06.00)

Javelin - Deanna Jean-Paul, 10th place (57-07.00)
Pole vault - Dascha Hix, 3rd place (8-06.00); Paige Updike, 5th place (7-00.00)

Come watch the Falcons compete at the Area 1 Championship, Friday at Marshall County. Events begin at 5:30 p.m.

Tennis

The Fort Campbell High School tennis team travels to Christian County for matches at 5 p.m. Regionals are slated in Hopkinsville next week.

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invites you to

2nd Tuesday Lunch at Sportsman's Lodge

Tuesday, May 13, 2014
 Sportsman's Lodge - 6633 Sportsman's Lane

Month of the Military Spouse Celebration
 Featured Speaker-Mrs. Jeanne Bower

\$9.95 per person buffet includes drink • 11:30am-1pm

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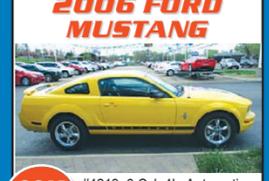
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FRIDAY		WKRN 2 ABC	WSMV 4 NBC	WTVF 5 CBS	DISN 6 Premium	SHOW 7 Premium	WDCN 8 PBS	WUXP 10 MNT	WZTV 17 FOX	HBO 12 Premium	WKMA 13 PBS	WNAB 14 CW	DISC 15 Discovery	NICK 16 Nickelodeon	TBS 17 Atlanta	SPIKE 18	FAM 19 ABC Family	WGN 20 Chicago	USA 21	MAX 22 Premium	BET 23 Black Ent.	ESPN 24 Sports	TNT 29 Turner Net.	LIFE 33 Lifetime	A&E 34 Arts & Ent.
6 PM	Nashville's News 2	Channel 4	News Channel 5 at 6 p.m.	Austin and Ally	Billy Joel	PBS NewsHour	Jeopardy!	Modern Family	4:45 Walk the Line (Bio, '05) Joaquin	PBS NewsHour	Big Bang Theory	Sons of Guns	SpongeBob SquarePants	Seinfeld	Cops	Matilda (Family, 1996) Mara Wilson	America's Funniest Home Videos	Law & Order: Special Victims Unit	5:20 Admission (Comedy, '13) Tina	The Nutty Professor II: The Klumps (Comedy, 2000) Eddie Murphy	5:00 SportsCent. NBA Countdown	Supernatural	Wife Swap	The First 48	
7 PM	Shark Tank	Dateline NBC	Unforgettable	Ardy's Pre-Show Party /:15 Radio Disney	:15 Alex Cross (Action, 2012)	Nature	Monk Pt. 1 of 2 cont'd next	Kitchen Nightmares Pt. 1 of 2 cont'd next	Game of Thrones	Comment on Kentucky	Whose Line Is It? Who's Line Is It?	Sons of Guns: Locked and Loaded	Ninja Turtles	Old School (Comedy, 2003) Luke Wilson	Cops	Met Your Mother	Modern Family	Modern Family	:15 Abraham Lincoln: Vampire Hunter (Action, '12)	Klumps (Comedy, 2000) Eddie Murphy	Basketball Playoffs NBA (L)	Terminator Salvation (Action, 2009) Christian Bale	Celebrity Wife Swap	The First 48	
8 PM	Shark Tank	Grimm	Hawaii Five-0	Music Awards	Matthew Fox	American Experience	Monk Pt. 2 of 2	Kitchen Nightmares Pt. 2 of 2	Game of Thrones	Washington Week	Hart of Dixie	Sons of Guns	Full House	Wilson	Bellator MMA	Cloudy With a Chance of Meatballs (Animated, 2009) Bill Hader	Met Your Mother	Modern Family	Modern Family	5:20 Road Trip (Comedy, 2000)	B.A.P.S. (Comedy, 1997) Natalie Dassel	Basketball Playoffs NBA (L)	Terminator 2: Judgement Day (Sci-Fi, 1991)	Relative Insanity	The First 48
9 PM	20/20	Hannibal	Blue Bloods	:10 Austin and Ally	:35 Good Luck Charlie	D.L. Hughley: Clear	The Middle	FOX 17 News at 9 p.m.	Real Time With Bill Maher	Fiddlers, Fiddlers, &	Community	Boss Hog	Full House	Hot Tub Time Machine (Comedy, 2010) John Cusack	:15 Gouty-45 Cops	The 700 Club	Met Your Mother	Modern Family	Modern Family	:35 Skin to the Max	Terminator 2: Judgement Day (Sci-Fi, 1991)	True Tori	The First 48		
10 PM	Nashville's News 2	Channel 4	NCS at 10 p.m.	Austin and Ally	California- tion	Summer Wine	A. Griffith Show	FOX 17 News at 9 p.m.	Vice	BBC World News	Dish Nation	Sons of Guns	Friends	:15 Gouty-45 Cops	Met Your Mother	Modern Family	Modern Family	Modern Family	:35 Skin to the Max	Terminator 2: Judgement Day (Sci-Fi, 1991)	True Tori	The First 48			
11 PM	:35 Jimmy Kimmel Live Show	:35 The Tonight Show	:35 The Late Show With David Letterman	Good Luck Charlie	Football's Finest (Comedy, '12)	Rhythm Abroad	Seinfeld	:35 Access Hollywood	Vice	Woodsongs	Family Guy	Boss Hog	:10 Friends	Bam's Bad A Game	:15 Cops	Fresh Prince of Bel Air	Parks and Recreation	Chrisley Knows Best	Chrisley Knows Best	The Wendy Williams Show	Arnold Schwarzenegger	Celebrity Wife Swap	The First 48		
12 AM	:05 Rules of Engage.	:35 Last Call w/ Daly	:35 Inside Edition	Austin and Ally	:45 Hallowe...	Charlie Rose	The Office 2/2	:35 The Insider	Veep	Charlie Rose	King of the Hill	Sons of Guns	:25 That '70s Show Pt. 1 of 2	You, Me and Dupree (Comedy, '06)	:15 Jail	Fresh Prince of Bel Air	Parks and Recreation	Good Luck Chuck (Comedy, '07)	Freeloaders (Comedy, '11)	The Queen Latifah Show	SportsCenter	:05 Minority Report (Sci-Fi, '02)	Celebrity Wife Swap	The First 48	

SATURDAY		WKRN 2 ABC	WSMV 4 NBC	WTVF 5 CBS	DISN 6 Premium	SHOW 7 Premium	WDCN 8 PBS	WUXP 10 MNT	WZTV 17 FOX	HBO 12 Premium	WKMA 13 PBS	WNAB 14 CW	DISC 15 Discovery	NICK 16 Nickelodeon	TBS 17 Atlanta	SPIKE 18	FAM 19 ABC Family	WGN 20 Chicago	USA 21	MAX 22 Premium	BET 23 Black Ent.	ESPN 24 Sports	TNT 29 Turner Net.	LIFE 33 Lifetime	A&E 34 Arts & Ent.
7 AM	Good Morning America Saturday	Saturday	6:00 Weekend Morning Report	Jake and the Never L	6:05 Celebrity	Peg + Cat	Dr. Haney	Think Big	:15 New Year's Eve (Romance, 2011) Sarah Jessica Parker	Peg + Cat	Rescue Heroes	Paid Program	Paid Program	SpongeBob SquarePants	House of Payne	Paid Program	6:00 For Dogs (Com, '09) Emma	Paid Program	Paid Program	:20 Son of the Mask (Comedy, 2005) Jamie Kennedy	Outkast Special	SportsCenter	Cold Justice	Paid Program	Criminal Minds
8 AM	Nashville's News 2 at 8 a.m.	Channel 4	Wild Countdown	Austin and Ally	:40 The Truman Show (Drama, 1998) Jim Carrey	Super WHY!	Paid Program	DragonflyTV	:15 HBO First Look	Justice League	Dallas Car Sharks	SpongeBob SquarePants	Everybody Loves Ray	Emma Thompson	Matlock Pt. 1 of 2 cont'd next	Playing House	Johnny Depp	:55 Dark Shadows (Fantasy, 2012)	Johnny Depp	:25 The Hobbit: An Unexpected Journey (Fantasy, 2012) Martin Freeman	5:00 The Nutty Professor II: The Klumps (Comedy, 2000) Eddie Murphy	NASCAR Countdown	Minority Report (Sci-Fi, 2002) Tom Cruise	True Tori	Storage Wars Texas
9 AM	Ocean Mysteries	Tree Fu Tom	Dr. Chris Pet Vet	I Didn't Do It	Garden Smart	Wild America 1/2	Paid Program	The Fight Game	Fons & Porter Quilt	Dragon Ball Z Kai	Dallas Car Sharks	Breadwinners	Hot Tub Time Machine (Comedy, 2010) John Cusack	Hot Tub Time Machine (Comedy, 2010) John Cusack	Cops	In the Heat of the Night	NCIS	NCIS	NCIS	NCIS	NCIS	NCIS	NCIS	NCIS	NCIS
10 AM	Born to Explore	The Chica Show	Recipe Rehab	Noodle and Doodle	Austin and Ally	:25 Notting Hill (Romance, 1999) Hugh Grant	Simply Ming	Animal Exploration	Tennessee Weekend	Knitting Daily	Yu-Gi-Oh! ZEXAL 1/2	Dual Survival Pt. 1 of 2 cont'd next	Fairly Odd Parents	Old School (Comedy, 2003) Luke Wilson	Cops	In the Heat of the Night	NCIS	NCIS	NCIS	NCIS	NCIS	NCIS	NCIS	NCIS	NCIS
11 AM	Jack Hanna: Wild World	Hockey Stanley Cup Playoffs NHL (L)	World's Funniest Moments	Nurse Jackie	:15 Lincoln (Biography, 2012) Daniel Day-Lewis	Besh's Table	The Water Horse: Legend of the Deep (Adventure, 2007) Alex Eitel	Amer. Test Kitchen	Auto Racing NASCAR (L)	The First Family	Smart	Worm	Last Action Hero (Comedy, 1993) Arnold Schwarzenegger	Men in Black (Sci-Fi, 1997) Will Smith	Sons of Guns	SpongeBob SquarePants	Friends	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops
12 PM	Incredible Dog Challenge	X Games 19 Rip Curl Pro	PGA of America	PGA of America	PGA of America	PGA of America	PGA of America	PGA of America	PGA of America	PGA of America	PGA of America	PGA of America	PGA of America	PGA of America	PGA of America	PGA of America	PGA of America	PGA of America	PGA of America	PGA of America	PGA of America	PGA of America	PGA of America	PGA of America	PGA of America
1 PM	Draft Academy	Horse Racing Kentucky Derby (L)	ESPN Sports Saturday	Horse Racing Kentucky Derby (L)	Horse Racing Kentucky Derby (L)	Horse Racing Kentucky Derby (L)	Horse Racing Kentucky Derby (L)	Horse Racing Kentucky Derby (L)	Horse Racing Kentucky Derby (L)	Horse Racing Kentucky Derby (L)	Horse Racing Kentucky Derby (L)	Horse Racing Kentucky Derby (L)	Horse Racing Kentucky Derby (L)	Horse Racing Kentucky Derby (L)	Horse Racing Kentucky Derby (L)	Horse Racing Kentucky Derby (L)	Horse Racing Kentucky Derby (L)	Horse Racing Kentucky Derby (L)	Horse Racing Kentucky Derby (L)	Horse Racing Kentucky Derby (L)	Horse Racing Kentucky Derby (L)	Horse Racing Kentucky Derby (L)	Horse Racing Kentucky Derby (L)	Horse Racing Kentucky Derby (L)	Horse Racing Kentucky Derby (L)
2 PM	Transfers (Action, 2007) Shia LeBeouf	The Mentalist	Lego Star Wars: Yoda Lab Wars	History of the Eagles	Appearances The Cafe	The Following	Some Like It Hot (Comedy, 1959) Jack Lemmon	Community 1/2	EP Daily Weekend	Timber Kings	Epic Homes	Friends	Deal With It	:15 Cops	:25 Cops	:15 Cops	:25 Cops	:15 Cops	:25 Cops	:15 Cops	:25 Cops	:15 Cops	:25 Cops	:15 Cops	:25 Cops
3 PM	Nashville's News 2	4 News at 10:00 p.m.	35 Glee	Saturday Night Live	35 Castle	35 Castle	35 Castle	35 Castle	35 Castle	35 Castle	35 Castle	35 Castle	35 Castle	35 Castle	35 Castle	35 Castle	35 Castle	35 Castle	35 Castle	35 Castle	35 Castle	35 Castle	35 Castle	35 Castle	35 Castle
4 PM	35 Da Vinci	On the Red Carpet	35 Crim.	35 Crim.	35 Crim.	35 Crim.	35 Crim.	35 Crim.	35 Crim.	35 Crim.	35 Crim.	35 Crim.	35 Crim.	35 Crim.	35 Crim.	35 Crim.	35 Crim.	35 Crim.	35 Crim.	35 Crim.	35 Crim.	35 Crim.	35 Crim.	35 Crim.	35 Crim.

SUNDAY		WKRN 2 ABC	WSMV 4 NBC	WTVF 5 CBS	DISN 6 Premium	SHOW 7 Premium	WDCN 8 PBS	WUXP 10 MNT	WZTV 17 FOX	HBO 12 Premium	WKMA 13 PBS	WNAB 14 CW	DISC 15 Discovery	NICK 16 Nickelodeon	TBS 17 Atlanta	SPIKE 18	FAM 19 ABC Family	WGN 20 Chicago	USA 21	MAX 22 Premium	BET 23 Black Ent.	ESPN 24 Sports	TNT 29 Turner Net.	LIFE 33 Lifetime	A&E 34 Arts & Ent.
7 AM	Good Morning America Sunday	Sunday	6:00 Weekend Morning Report	Jake and the Never L	6:05 Celebrity	Peg + Cat	Dr. Haney	Think Big	:15 New Year's Eve (Romance, 2011) Sarah Jessica Parker	Peg + Cat	Rescue Heroes	Paid Program	Paid Program	SpongeBob SquarePants	House of Payne	Paid Program	6:00 For Dogs (Com, '09) Emma	Paid Program	Paid Program	:20 Son of the Mask (Comedy, 2005) Jamie Kennedy	Outkast Special	SportsCenter	Cold Justice	Paid Program	Criminal Minds
8 AM	Nashville's News 2 at 8 a.m.	Channel 4	Wild Countdown	Austin and Ally	:40 The Truman Show (Drama, 1998) Jim Carrey	Super WHY!	Paid Program	DragonflyTV	:15 HBO First Look	Justice League	Dallas Car Sharks	SpongeBob SquarePants	Everybody Loves Ray	Emma Thompson	Matlock Pt. 1 of 2 cont'd next	Playing House	Johnny Depp	:55 Dark Shadows (Fantasy, 2012)	Johnny Depp	:25 The Hobbit: An Unexpected Journey (Fantasy, 2012) Martin Freeman	5:00 The Nutty Professor II: The Klumps (Comedy, 2000) Eddie Murphy	NASCAR Countdown	Minority Report (Sci-Fi, 2002) Tom Cruise	True Tori	Storage Wars Texas
9 AM	Ocean Mysteries	Tree Fu Tom	Dr. Chris Pet Vet	I Didn't Do It	Garden Smart	Wild America 1/2	Paid Program	The Fight Game	Fons & Porter Quilt	Dragon Ball Z Kai	Dallas Car Sharks	Breadwinners	Hot Tub Time Machine (Comedy, 2010) John Cusack	Hot Tub Time Machine (Comedy, 2010) John Cusack	Cops	In the Heat of the Night	NCIS	NCIS	NCIS	NCIS	NCIS	NCIS	NCIS	NCIS	NCIS
10 AM	Born to Explore	The Chica Show	Recipe Rehab	Noodle and Doodle	Austin and Ally	:25 Notting Hill (Romance, 1999) Hugh Grant	Simply Ming	Animal Exploration	Tennessee Weekend	Knitting Daily	Yu-Gi-Oh! ZEXAL 1/2	Dual Survival Pt. 1 of 2 cont'd next	Fairly Odd Parents	Old School (Comedy, 2003) Luke Wilson	Cops	In the Heat of the Night	NCIS	NCIS	NCIS	NCIS	NCIS	NCIS	NCIS	NCIS	NCIS
11 AM	Jack Hanna: Wild World	Hockey Stanley Cup Playoffs NHL (L)	World's Funniest Moments	Nurse Jackie	:15 Lincoln (Biography, 2012) Daniel Day-Lewis	Besh's Table	The Water Horse: Legend of the Deep (Adventure, 2007) Alex Eitel	Amer. Test Kitchen	Auto Racing NASCAR (L)	The First Family	Smart	Worm	Last Action Hero (Comedy, 1993) Arnold Schwarzenegger	Men in Black (Sci-Fi, 1997) Will Smith	Sons of Guns	SpongeBob SquarePants	Friends	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops
12 PM	Incredible Dog Challenge	X Games 19 Rip Curl Pro	PGA of America	PGA of America	PGA of America	PGA of America	PGA of America	PGA of America	PGA of America	PGA of America	PGA of America	PGA of America	PGA of America	PGA of America	PGA of America	PGA of America	PGA of America	PGA of America	PGA of America	PGA of America	PGA of America	PGA of America	PGA of America	PGA of America	PGA of America
1 PM	Draft Academy	Horse Racing Kentucky Derby (L)	ESPN Sports Saturday	Horse Racing Kentucky Derby (L)	Horse Racing Kentucky Derby (L)	Horse Racing Kentucky Derby (L)	Horse Racing Kentucky Derby (L)	Horse Racing Kentucky Derby (L)	Horse Racing Kentucky Derby (L)	Horse Racing Kentucky Derby (L)	Horse Racing Kentucky Derby (L)	Horse Racing Kentucky Derby (L)	Horse Racing Kentucky Derby (L)	Horse Racing Kentucky Derby (L)	Horse Racing Kentucky Derby (L)	Horse Racing Kentucky Derby (L)	Horse Racing Kentucky Derby (L)	Horse Racing Kentucky Derby (L)	Horse Racing Kentucky Derby (L)	Horse Racing Kentucky Derby (L)	Horse Racing Kentucky Derby (L)	Horse Racing Kentucky Derby (L)	Horse Racing Kentucky Derby (L)	Horse Racing Kentucky Derby (L)	Horse Racing Kentucky Derby (L)
2 PM	Transfers (Action, 2007) Shia LeBeouf	The Mentalist	Lego Star Wars: Yoda Lab Wars	History of the Eagles	Appearances The Cafe	The Following	Some Like It Hot (Comedy, 1959) Jack Lemmon	Community 1/2	EP Daily Weekend	Timber Kings	Epic Homes	Friends	Deal With It	:15 Cops	:25 Cops	:15 Cops	:25 Cops	:15 Cops	:25 Cops	:15 Cops	:25 Cops	:15 Cops	:25 Cops	:15 Cops	:25 Cops
3 PM	Nashville's News 2	4 News at 10:00 p.m.	35 Glee	Saturday Night Live	35 Castle	35 Castle	35 Castle	35 Castle	35 Castle	35 Castle	35 Castle	35 Castle	35 Castle	35 Castle	35 Castle	35 Castle	35 Castle	35 Castle	35 Castle	35 Castle	35 Castle	35 Castle	35 Castle	35 Castle	35 Castle
4 PM	35 Da Vinci	On the Red Carpet	35 Crim.	35 Crim.	35 Crim.	35 Crim.	35 Crim.	35 Crim.	35 Crim.	35 Crim.	35 Crim.	35 Crim.	35 Crim.	35 Crim.	35 Crim.	35 Crim.	35 Crim.	35 Crim.	35 Crim.	35 Crim.	35 Crim.	35 Crim.	35 Crim.	35 Crim.	35 Crim.



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MONDAY

MAY 5

Monday TV schedule grid with columns for station (WKRN, WSMV, WTVF, DISN, SHOW, WDCN, WUXP, WZTV, HBO, WKMA, WNAB, DISC, NICK, TBS, SPIKE, FAM, WGN, USA, MAX, BET, ESPN, TNT, LIFE, A&E) and rows for time slots (6 PM, 7 PM, 8 PM, 9 PM, 10 PM, 11 PM, 12 AM).

TUESDAY

MAY 6

Tuesday TV schedule grid with columns for station (WKRN, WSMV, WTVF, DISN, SHOW, WDCN, WUXP, WZTV, HBO, WKMA, WNAB, DISC, NICK, TBS, SPIKE, FAM, WGN, USA, MAX, BET, ESPN, TNT, LIFE, A&E) and rows for time slots (6 PM, 7 PM, 8 PM, 9 PM, 10 PM, 11 PM, 12 AM).

WEDNESDAY

MAY 7

Wednesday TV schedule grid with columns for station (WKRN, WSMV, WTVF, DISN, SHOW, WDCN, WUXP, WZTV, HBO, WKMA, WNAB, DISC, NICK, TBS, SPIKE, FAM, WGN, USA, MAX, BET, ESPN, TNT, LIFE, A&E) and rows for time slots (6 PM, 7 PM, 8 PM, 9 PM, 10 PM, 11 PM, 12 AM).

THURSDAY

MAY 8

Thursday TV schedule grid with columns for station (WKRN, WSMV, WTVF, DISN, SHOW, WDCN, WUXP, WZTV, HBO, WKMA, WNAB, DISC, NICK, TBS, SPIKE, FAM, WGN, USA, MAX, BET, ESPN, TNT, LIFE, A&E) and rows for time slots (6 PM, 7 PM, 8 PM, 9 PM, 10 PM, 11 PM, 12 AM).

WEEKDAY

MAY 2 TO MAY 8

Weekday TV schedule grid with columns for station (WKRN, WSMV, WTVF, DISN, SHOW, WDCN, WUXP, WZTV, HBO, WKMA, WNAB, DISC, NICK, TBS, SPIKE, FAM, WGN, USA, MAX, BET, ESPN, TNT, LIFE, A&E) and rows for time slots (5 AM, 6 AM, 7 AM, 8 AM, 9 AM, 10 AM, 11 AM, 12 PM, 1 PM, 2 PM, 3 PM, 4 PM, 5 PM).



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