

April 2007

FREE

# Clarksville Family

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Our First Issue!

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DESENSITIZED TO TESTS?**

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5 • ALL ABOUT MOM TEACHER TIME • 17  
Top 10 Ways for Busy Moms to Relax Age of Accountability

6 • MAY WE SUGGEST PARENT TECH • 18  
Feeding Frenzy: Handy Mealtime Items Photo Shopping

8 • FAMILY VALUES CALENDAR • 20  
14 Ways to Trim the Fat from Your Food Bills

11 • ART & CRAFT PHONE LIST • 23  
Easter Place Cards THE FRIDGE • 24

13 • KITCHEN TIPS & TIME SAVERS • 26  
Crunchy Chicken Crescents

14 • ARTS & HERITAGE FAITH & FAMILY • 28  
Rivers & Spires Festival Balance-Beam Parenting

DAD'S PAD • 29  
Mixing it Up

INVITATION • 30

A child with dark hair, seen from the back, is holding a white paper airplane up against a clear blue sky. The child is wearing a white t-shirt. The paper airplane is a simple, classic design with a pointed nose and a flat tail.

## Clarksville Family

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# Publisher's Message

Thank you for picking up our first edition!

I am Carla Lavergne, publisher and founder of *Clarksville Family*, and I would like to welcome you to Clarksville's premier community magazine.



*Clarksville Family* is for and about the families of our community. Our goal is to provide a quality magazine that is full of local content and coverage. As a mother and someone born and raised in Clarksville, I wanted to create a free magazine that everyone would proudly read each month to learn, laugh and feel more connected.

In this age of information overload and constant distractions, *Clarksville Family* hopes to be your oasis of practical tips and hometown perspectives to make that wait at the doctor's office seem a little shorter .

We want your participation and input as *Clarksville Family* grows to continually give Clarksville what it wants. Please look in the Invitation section on page 31 for ways to submit photos, stories and other items to be featured in future editions of *Clarksville Family*.

Thank you again for picking up our new magazine. We hope you will join us in our mission to make Clarksville an even better place to raise a family.

Sincerely,

Carla Lavergne

Publisher

## Top 10 Ways for Busy Moms to Relax

by Amy Painter of Eden Day Spa



Yeah, yeah, yeah, we all say it, "Relax." What is that? What does that mean? Most of us have no concept of the term or how to do it. We have heard the word, but have no idea how to apply it to our own lives. Sadly, the truth is that if we, moms of the world, stay run-down, we are no good to anyone. So, after speaking to some of the moms I know, these ideas seemed to be the consensus.

1. Schedule a massage at your favorite location.
2. Sit in a quiet room and play your favorite CD, read a book, or listen to your iPod.
3. Send your kids on a play date and pop in your favorite movie.
4. Take a hot bath after everyone else is in bed. Make sure to have the music on, the candles lit, and your favorite bath salts and oils.
5. Schedule one night or even a whole weekend away. Use the time to sleep or catch up on your scrapbooking.
6. Go ahead and spring for that new piece of jewelry or outfit you have been eyeing. Make sure you are by yourself on your shopping trip.
7. Schedule a manicure and pedicure at your favorite spa.
8. Don't forget ladies night! It doesn't even have to be weekly to look forward to it. Plan something for each month and stick to it.
9. Plan a date night with your significant other. Drop the kids off at grandma's.
10. Take a walk as often as you can. Up and down your street or around the block occasionally is physically and mentally healthy. Fresh air always helps to clear your mind.

*The grass is always greener...*  
(or whatever color you want it to be)

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# Feeding Frenzy

Here are some neat items to make mealtime better for everyone.



## **Good Bites™ Crustless Sandwich Cutter**

From Mom Inventors Inc., this is an essential kitchen tool for any household with children. With just one motion Good Bites™ removes the crust, seals edges and slices your child's favorite sandwiches. Good Bites™ is child friendly and creates a safe way for children to help out at lunch or snack time. \$3.48 from [www.kidsurplus.com](http://www.kidsurplus.com)

## **1. Mac n Cool**

Don't make hungry kids wait! This ingenious cooling dish takes foods from "too hot" to "just right" in 60 seconds. Fill with one cup of water; keep in your freezer. To use, place food directly into it for one quick minute, then transfer it to your child's plate. Great for oatmeal, mac-n-cheese, rice—even pizza. Holds one cup. Dishwasher safe. \$5.95 from [www.onestepahead.com](http://www.onestepahead.com)

## **2. Splash Bottle Drying Rack by Skip Hop**

SPLASH is a modern bottle drying rack that is the perfect addition to any kitchen. Its space saving circular design keeps all of baby's feeding accessories off the counter, and the included brush makes cleaning quick and easy. The unique shelf is perfect for nipples, straw, valves and other small items. Dimensions: 10" wide x 11" high (including brush) x 10" deep. \$28 from [www.baby-wise.com](http://www.baby-wise.com)

## **3. Crunch & Sip 2-in-1 Snack-Time Container**

The easiest way for parents to pack a snack. The Crunch & Sip carries snacks in the top and drink down below. The Easy to Use 2-in-1 Lid enables kids to flip between their snack and drink without fumbling and making a mess. It's simple to use, dishwasher safe, and spill proof too. \$5.99 from [Target.com](http://Target.com)

## **4. Snack Catcher by Munchkin™**

No more spilled snacks on the floor or car seat. The clever Snack Catcher cup keeps bite-sized snacks inside the container until little fingers pull them out. Even if it tips over! The soft flaps make it easy to access and the little finger cleaning bumps are a special plus for keeping nearby surfaces cleaner. This is one snack holder that will catch your attention...and keeps messes to a minimum. Two for \$7.95 from [www.baby-wise.com](http://www.baby-wise.com)

## **5. Sassy Less Mess Toddler Spoons**

No matter what angle your toddler uses the Sassy Less Mess spoon, the holes keep food on the spoon longer so your child can learn to self-feed successfully. Cushioned grips and specially contoured handles are easy for little hands to hold, whether left or right. Assorted colors, 2 pack. Two for \$3.95 from [www.baby-wise.com](http://www.baby-wise.com)

## **6. Graco Travel Lite Table Chair**

For the baby who's going places, the Travel Lite™ hook-on highchair is the way to dine in style and comfort. With its patented locking system and 3-point buckle you'll feel confident that your child is snug and comfortable as they enjoy a meal in a restaurant or over at grandma's. And the tray provides a perfect little place for your little one's meal. \$34.99 from [www.wal-mart.com](http://www.wal-mart.com)



1.



2.



3.



4.



5.



6.

# Fourteen Ways to Trim the Fat from Your Food Bills

by Melanie Haiken

## Seven Shopping Tricks

### 1. Shop alone - and after eating

One simple recipe for avoiding impulse buying is to do your shopping after a light snack or meal and to leave the kids at home.

If you aren't hungry at the store, fewer products will look way too yummy to pass up. And if your children aren't with you, they won't be tempted by all the goodies at eye level.

With your stomach full and your hands free, you'll find yourself with both the time and energy to do real comparison shopping. So have your partner stay with the kids while you head to the store, list in hand, ready to scan the aisles for what you need as well as special deals.

### 2. Understand how stores work

At the store, having a basic understanding of merchandising can help you avoid overspending. These simple habits can go a long way toward keeping your budget in check:

- Walk briskly toward what you came for and avoid distractions along the way. For example, have you ever noticed that the diapers and milk are often at

the back of the store? You'll be walking past a lot of temptation to get to the items you need most often.

- Products are displayed at the ends of the aisles in order to catch your eye. Think carefully about whether what you see is really necessary — or a bargain — before you toss it in the cart. Many "featured" items are not bargains at all.

- As you peruse the aisles, bend over to see what items on the bottom shelves cost and compare those prices to the cost of the items at eye level.

- Avoid buying the goodies that are displayed by the register. The magazines at the checkout stand cost much more per issue than they would if you had a subscription, and the little packages of cookies are costlier than a few cookies from a box. Almost everything near the register is there to inspire you to buy on impulse, not to save you money.

Tip: Make fewer trips to the store and you'll find yourself with fewer chances to pick up a few extra things you don't really need.

### 3. Buy house brands or generics

The less-costly house brands are often so similar to national brands that you wouldn't be able to tell the

difference without the packaging. Look at labels to compare nutritional value, and you'll quickly see how little difference there is.

Also, keep in mind that meat and dairy products all have to meet government standards, so store brands of those products should be just as wholesome and nutritious as national brands.

Tip: You can donate to your child's school as you shop. This costs you nothing — just sign up for the school's scrip or electronic scrip program. Participating stores will then donate part of the value of your purchase to the school every time you shop. To find out more, ask at your child's school.

#### **4. Check the unit price**

As you cruise down the aisles comparing products, take note of the unit price that appears on the store shelf just below or above the product. The unit price tells you what the product costs per ounce or some other consistent unit of measurement.

Whether the package is tall, short, or squat, you'll know in an instant how its cost compares to the cost of other packages of the same food. Don't be fooled by packaging — look at what you'd pay for two products based on the price per unit, and buy the one that offers more for less instead of the one that's packaged to look like more for less.

#### **5. Use savings cards and coupons**

Check your supermarket's weekly flyer or ads for coupons on items you buy regularly — but also take advantage of your store's savings card. Many supermarkets offer savings-card programs that entitle you to special bargains or cash-back dividends on your purchases. Just present the savings card (or your ID number) when you make your purchases, and depending on how your store's program is structured, you'll get savings at the register or a dividend at the end of the year.

Tip: If a sale item doesn't appear on the shelves, ask for a rain check so you can get the item for the sale price when it's back in stock.

#### **6. Buy in bulk**

Buying in bulk is a no-brainer if you're feeding a big family or the whole preschool. But you can still benefit from bulk-buying discounts if yours is a smaller family or if you have limited storage space. Here are some ideas for making the most of buying in bulk:

- As always, arrive at your bulk-shopping store with a list. This will help you avoid buying a TV, watch, barbecue, or package of 200 gel pens just because it's such a good deal.

- Buy mostly nonperishable items that you know for sure you'll use eventually — for example, paper products, cleaning supplies, baby wipes, juice boxes, and canned goods.

- If you make bulk purchases of perishable items, separate large packages into smaller ones as soon as you get home. Divide bulky packages of chicken and steaks, for example, into daily portions and keep them frozen until you're ready to use them.

- Split the purchases and the bill with another family. Again, a list is a must — agree ahead of time on what you'll buy. If you trade off going to the store, both families will also save time.

#### **7. Buy from the source**

Get produce from a local farmer's market and you can avoid the store markup on fresh vegetables and fruit. You can even buy organic items at bargain prices.

Some farmer's markets carry locally produced meat and dairy products, locally caught fish, and a variety of prepared sauces, preserves, and condiments made by local food artisans. You'd pay twice as much for these items in markets or food boutiques, so why not buy from the source for less?

### **Four Planning Tricks**

#### **1. Buy in season**

Strawberries can cost \$1 a pint or \$6 a pint, depending on whether you buy them in June or January. The price of lettuce, tomatoes, avocados, and other fruits and vegetables also varies by season.

Plan your menus around what's in season in your area, and you'll avoid paying extra for produce that's imported from faraway places with different growing seasons.

Tip: Frugal shoppers know they can get a price break by buying day-old bread or bagels. And you can make a game of cooking fine foods with produce you picked up at a bargain price just before it became over-ripe. But try reversing the strategy by buying only the freshest items, and they'll last longer in your refrigerator.

Find out when the market gets its fish deliveries, for example, and buy fish on that day. You'll find yourself tossing less spoiled food into the trash, often saving dollars at a time.

#### **2. Plan for the week**

Take some time before you head for the store to plan the week's meals. Make a list, take it to the store, and stick to it.

Knowing what's in season, plan your meals around what you'll find at the best price this week. Then take things a step further and do as our grandmothers did: Get a roast or a ham, serve it on Sunday, then make it into sandwiches on Monday, and toss in a few veggies to turn the leftovers into a stew or soup on Tuesday.

Tip: Avoid throwing away leftover food. Dry bread can morph into croutons, bread pudding, stuffing, or panzanella (Italian bread salad). A peeled banana stored in the freezer can be transformed into next week's banana bread or whirled in the blender with milk and frozen strawberries to make a smoothie — a healthy, inexpensive snack for kids and adults. Leftover vegetables can become hearty soups or stews, and even one serving of last night's pasta can be packed up as today's lunch for your hungry preschooler.

### **3. Grow your own**

Fresh herbs can cost a pretty penny at the grocery store, and many recipes call for such a small amount that most of the bundle of herbs gets tossed into the refrigerator for later. Unfortunately, "later" seldom seems to come, and the herbs are often rediscovered when it's too late for them to be used.

Why not grow your own in sweet little pots on your kitchen window ledge? When a recipe calls for it, you can pinch off a bit of basil, dill, thyme, or chives — and in the meantime, the herb plants will decorate your kitchen nicely.

Similarly, tomatoes and many other fruits and vegetables are easy to grow in containers. Some, like certain lettuces and cabbages, are so pretty they're almost ornamental. Strawberries have charming flowers and foliage. So if you have a yard, deck, or even just a small balcony, you can turn a little sunshine and water into both a garden oasis and grocery savings. Check your local library for books on container gardening.

### **4. Enjoy romantic dinners at home**

Longing for a dreamy evening with your partner, but loathe to spring for a pricey restaurant? With a little forethought, you can feed the baby, put her down for the night, and cook yourselves a gourmet meal at home. What you save on a babysitter you can spend on special ingredients.

## **Three Cooking Tricks**

### **1. Cook and freeze**

Double the recipe of that casserole, stew, or lasagna — or make twice as much cookie dough — and pop half into the freezer for the future. Buying ingredients

in bulk is cheaper, so you'll save both time and money.

Tip: Don't have much freezer space? Form a dinner co-op with another family. Each family can choose one night per week to make a double batch of whatever's for dinner, and the other family can pick up their share that night. Both families can save time and have one night free from cooking without the extra expense of takeout food.

### **2. Make it from scratch**

The price of a cake made from scratch is minimal compared to a cake purchased at a bakery, and your homemade pot roast and special baked ziti are almost certainly yummier and less expensive than the store-bought versions. But that doesn't mean that you should be making everything from scratch.

Bottled salad dressing definitely costs more than tossing your salad with oil and vinegar, but not everything is a bargain when it's made from scratch. Some products — like mayonnaise — are tricky and time consuming to make. Others — like spaghetti sauce — cost less if you purchase a jarred version on sale than if you buy all the ingredients and cook them up.

Tip: Buy a small food processor or baby-food mill and puree leftovers or freshly cooked food into healthy, tasty baby food. Not only does this cost less than jarred baby food, but you can gradually introduce your baby to the flavors that are favorites with your family.

### **3. Eat meat sparingly (or not at all)**

The priciest portion of most Americans' diets is meat. And nutritionists continue to urge us all to eat more vegetables. You can reduce expenses and build nutritious habits at the same time simply by introducing some vegetarian entrees into your cooking repertoire.

Start slowly, maybe by introducing one vegetarian meal per week. Leave the meat out of the lasagna, serve veggie burgers or tofu dogs, or make a stir fry with marinated tofu (peanut sauce makes a great marinade for young palates) and your family's favorite vegetables.

As your family becomes more comfortable with meat-free meals, experiment with other delicious vegetarian entrees and you'll soon see your grocery bill looking a lot less beefy.

# Just Hatched for Easter

## Easter Place Cards

These adorable little guys won't be found outside hidden in the grass. Instead they'll happily hold your place at the table for Easter Dinner.

Best of all these most eggs-cellent friends are super easy to make. You probably have everything you need to create them in your home right now!





## Easter Place Cards How-To:

1. Hard boil and dye eggs.
2. Color photocopy, scan or download and print template. For best results print on cardstock and use the highest resolution settings on your printer.
3. Cut out using scissors or X-acto knife. Be sure to leave heads and other parts attached where they touch on the template.
4. Fold heads (and tail fin of fish) together making sure they align properly. Fold collar (and base of tail fin) out.
5. Rub a gluestick over the back of the heads (excluding collar) and tail fin (excluding base) and stick together.
6. Rub a gluestick on collars and attach them to eggs. Look at pictures on previous page for placement guidance.
7. Attach wings, arms or eyes next. Apply glue only where paper will touch egg.

TO DOWNLOAD AND PRINT THIS TEMPLATE GO TO  
[www.clarksvillefamily.com/aprilcraft.pdf](http://www.clarksvillefamily.com/aprilcraft.pdf)

## Crunchy Chicken Crescents

### Ingredients

- 4 oz of cream cheese softened (*I find that 1/3 less fat cream cheese tastes the same*)
- 2 cups of chicken cooked and chopped (*a roasted whole chicken from grocery store works great, just pull off your favorite parts of the bird until you get two cups*)
- 2 tubes of crescent rolls (each tube makes 4 rolls)
- 1 tbsp. of chopped chives (dry or fresh)
- 2 tbsp. of milk
- ½ tsp. of salt
- ½ cup of herb seasoned stuffing (*I like Pepperidge Farms*) or breadcrumbs
- ¼ cup margarine or butter

### Directions

1. Preheat oven to 350 degrees
2. Melt the margarine or butter and leave in a shallow saucer for dipping later
3. Pour stuffing/breadcrumbs onto a plate, you will use this for coating in a moment
4. Using your hands mix chicken, cream cheese, chives, milk and salt in a large mixing bowl
5. Unroll crescent rolls from tube. Each tube contains four rectangles of dough with a diagonal perforation across it. Press the dough along these perforations to reinforce, so the dough will not separate into triangles
6. Place about ¼ cup of chicken mixture onto center of each rectangle of dough
7. Fold the dough over chicken filling and pinch the edges to seal tightly
8. Dip each filled roll into the melted margarine and roll them in the stuffing crumbs
9. Place on a baking sheet and bake for 20 minutes

Serves four to six

*This creates a surprisingly gourmet-tasting meal in a very short amount of time. It can also serve to utilize leftover chicken in a new way.*

*For proof of how easy this recipe is, my husband tried making it by himself and it was so good we found ourselves making it again later that same week!*



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**RIVERS & SPIRES**  
**Festival**  
Clarksville, Tennessee

April 19 - 21, 2007  
Downtown  
Clarksville

Celebrating its fifth anniversary, the Rivers & Spires Festival returns this April 19 through 21 to downtown Clarksville.

Hosted by the Clarksville-Montgomery County Convention & Visitors Bureau, the annual Festival features fun for the entire family while honoring the soldiers of Ft. Campbell.

The original Rivers & Spires festival launched in 2003 as a way to honor returning soldiers of the 101st Airborne Division (Air Assault). With the return last November of the 101st and other Ft. Campbell units from their second tour of duty, this year's Rivers & Spires promises more patriotic tributes.

Including activities for all ages, the Festival is a perfect opportunity for the whole family to come out and enjoy the biggest Clarksville community event of the season.

Free live music for all ages will be playing from six stages across the downtown area showcasing music from jazz to country to rock to Christian, with headline performers Lee Greenwood and Diamond Rio.

Children will find plenty of entertainment in the Kidz Zone with arts and crafts, an inflatable jungle, and over 21 free events. There will also be a Children's Parade on Saturday afternoon. For older kids, the

Teen Zone will feature paint ball, laser tag and more.



For a comprehensive list of all events, maps, contact information, and a form to volunteer for the Festival visit the official Rivers & Spires website at [www.riversandspires.com](http://www.riversandspires.com).

Tear or cut out the next page for a quick reference list and the complete Rivers & Spires schedule of events.



## Family Fun

April 19 - 21, 2007  
Downtown  
Clarksville

Below are a few of the events catering specifically to children and families. Please see the back of this page for a complete listing of all the Rivers & Spires schedule of events.

### Children's Parade

Kids 12 years of age or younger and their accompanying adults can join all the fun characters in costume, small floats and all those walking in the third annual Rivers & Spires Children's Parade. Parade begins at around 1:30 p.m. on Saturday, April 21, 2007. The theme for this year's parade is "Pirates of the Cumberland."

Children and groups may enter in the children's parade contest. There will be prize money for the best group, best individual and best float in this year's parade. If you have additional questions about registration for the Children's Parade, you may contact Shirley Taylor, (931) 553-8160 or secretarytaylor@yahoo.com

### Rising Star Talent Search

The Rising Star Talent Search is a competition giving contestants an opportunity to showcase their talents in one or more of the following areas: singing, dancing, modeling and acting. Only the best performers will have a chance to take the final stage Saturday evening, April 21st, where our judges will vote on the next "Rising Stars."

The Tryout Auditions will be held on festival site Saturday, April 21st, at 10 a.m. where finalists will be selected for the main performance that evening at 6 p.m. on the Leaf Chronicle Stage near the Courthouse and 2nd Street. Those seeking additional information on the Rising Star Talent Search competition may contact Doug Barber, 931-552-9006 extension 233 or dbarber@clarksville.tn.us

To participate download an application from [www.riversandspires.com](http://www.riversandspires.com), fill it out, and bring it to the audition with a snapshot picture .

### Kidz Zone

The Kidz Zone is a place where all that is required is a smile and some giggles. Check the festival schedule for a complete list of cool kids' events including:

Fun Interactive Percussion Performances: Friday, April 20, at 7:00 p.m. and Saturday, April 21, at 1:00 p.m., 3:00 p.m. and 7:00 p.m.

Dora the Explorer photo opportunities on Saturday, April 21, starting at 11:00 a.m.

Travel through the inflatable jungle, with eight inflatables designed to maximize your fun! Climb walls, paint, create, or participate in entertainment of all types. The station is a fun stop with over 21 free events for kids of all ages!

### Teen Zone

For older kids, a place to enjoy paint ball, laser tag and other fun times. Starting at 5:00 p.m. on Friday off 2nd Street across from the Courthouse.

### International Streetfest

Celebrate Clarksville's diverse culture by enjoying a showcase of costumes, dance, food and visual arts. Dance the night away at International Streetfest on Friday, April 20, from 5:00 p.m. to 11:00 p.m., and Saturday, April 21, from 10:00 a.m. to 11:00 p.m.



# Schedule of Events

April 19 - 21, 2007  
Downtown  
Clarksville

## Thursday, April 19

- 5:00 p.m. - Festival Opens
- 5:30 p.m. - Nora Witzel Statue Unveiling (Mont. County Courthouse, 3rd Street)
- 6:30 p.m. - Hypertension (F&M Stage)
- 8:00 p.m. - Touch (F&M Stage)
- 10:00 p.m. - Festival Closes

## Friday, April 20

- 5:00 p.m. - Festival Opens
- 5:00 p.m. - Wendy's Kidz Zone Open (1st Baptist Church Parking Lot Commerce St.)
- 5:00 p.m. - Artz Galore (City Hall Parking Lot)
- 5:00 p.m. - The MarketPlace (3rd Street)
- 5:00 p.m. - The Underground Club Zone (Franklin Street Garage)
- 5:00 p.m. - International Streetfest (Franklin Street in front of Trinity Church)
- 5:00 p.m. - Teen Zone (2nd Street)
- 5:00 p.m. - Airborne Avenue (3rd Street)
- 5:45 p.m. - Xample (First Baptist Stage)
- 6:00 p.m. - Grand Party "Jazz 'N Wine" @ F&M Bank (Advanced Ticket Required)
- 6:00 p.m. - Eternal Flame Ceremony
- 6:00 p.m. - Panama Cooking Show (Heritage Bank International Stage)
- 6:00 p.m. - Hypertension (Drakes Creek Jazz & Wine Area)
- 6:00 p.m. - Clarksville/Ft. Campbell Aikido Club (Heritage Bank International Stage)
- 6:30 p.m. - Panama Folklore Dancers (Heritage Bank International Stage)
- 6:30 p.m. - Mystery (Legends Bank Stage)
- 7:00 p.m. - Jazz 'N Wine @ Trinity Church Courtyard (Admission Charged)
- 7:00 p.m. - Republic of Czechoslovakia - Cooking Show (Heritage Bank Int'l Stage)
- 7:00 p.m. - Eric & Yojaira (Heritage Bank International Stage)
- 7:00 p.m. - The Pied Piper of Percussion - Steve Gryb (Wendy's Kidz Zone)
- 7:30 p.m. - Baize Martial Arts Demo Team (Heritage Bank International Stage)
- 7:30 p.m. - Without a Whisper (Legends Bank Stage)
- 7:30 p.m. - Phil Dirt & the Dozers (F&M Stage)
- 7:30 p.m. - Thaxton Ward (Legends Bank Stage)
- 8:00 p.m. - China Cooking Show (Heritage Bank International Stage)
- 8:00 p.m. - Jonathan Scales (Heritage Bank International Stage)
- 8:30 p.m. - Making Malorie (First Baptist Stage)
- 9:00 p.m. - Lee Greenwood (F&M Stage)
- 9:30 p.m. - Thoroughfare (Legends Bank Stage)
- 9:30 p.m. - One Reason (First Baptist Stage)
- 11:00 p.m. - Festival Closes

## Saturday, April 21

- 7:00 a.m. - Susan Komen "Ride for the Cure" Reg. begins at Beachaven Winery
- 9:00 a.m. - Susan Komen "Ride for the Cure" Ride starts at Beachaven Winery
- 10:00 a.m. - Festival Opens
- 10:00 a.m. - Rising Star Talent Search Tryouts/Orientation (Courthouse at 2nd Street)
- 11:00 p.m. - The Pied Piper of Percussion - Steve Gryb (Wendy's Kidz Zone)
- 11:00 a.m. - Dora The Explorer Photo Opportunities (Wendy's Kidz Zone)
- 11:25 a.m. - Dora The Explorer Photo Opportunities (Wendy's Kidz Zone)

## Saturday, April 21 (continued)

- 11:50 a.m. - Dora The Explorer Foto Opportunities (Wendy's Kidz Zone)
- 12:00 p.m. - Clarksville Aikido/Ft. Campbell Club (Heritage Bank Int'l Stage)
- 12:15 p.m. - Dora The Explorer Foto Opportunities (Wendy's Kidz Zone)
- 12:15 p.m. - Boiling Springs (First Baptist Stage)
- 12:30 p.m. - Upasana School of Dance-India (Heritage Bank International Stage)
- 12:40 p.m. - Dora The Explorer Foto Opportunities (Wendy's Kidz Zone)
- 1:00 p.m. - Israel - Cooking Show (Heritage Bank International Stage)
- 1:00 p.m. - Dancers of Korea (Heritage Bank International Stage)
- 1:10 p.m. - Dora The Explorer Foto Opportunities (Wendy's Kidz Zone)
- 1:15 p.m. - Vineyard Christian Fellowship (First Baptist Stage)
- 1:30 p.m. - Third Annual Children's Parade
- 1:30 p.m. - Panama Folklore Dancers (Heritage Bank International Stage)
- 1:40 p.m. - Dora The Explorer Foto Opportunities (Wendy's Kidz Zone)
- 2:00 p.m. - African Dancing by "Malaika" (Heritage Bank International Stage)
- 2:00 p.m. - The Pied Piper of Percussion - Steve Gryb (Wendy's Kidz Zone)
- 2:30 p.m. - American-Filipino International Association (Heritage Bank Int'l Stage)
- 3:00 p.m. - Israeli Folk Dancing (Heritage Bank International Stage)
- 3:00 p.m. - Germany - Cooking Show (Heritage Bank International Stage)
- 3:00 p.m. - Engine 3:16 (First Baptist Stage)
- 3:30 p.m. - Hula O'HiLani (Heritage Bank International Stage)
- 4:00 p.m. - Africa - Cooking Show (Heritage Bank International Stage)
- 4:00 p.m. - CAAN Lion Dancers (Heritage Bank International Stage)
- 4:00 p.m. - Renaissance Bethel College (First Baptist Stage)
- 4:00 p.m. - Meghan Shanley (F&M Stage)
- 5:00 p.m. - Tina Brown (F&M Stage)
- 5:00 p.m. - Latino Folklore & Lil' Mexico & Juan Martinez (Heritage Bank Int'l Stage)
- 5:00 p.m. - Philippines - Cooking Show (Heritage Bank International Stage)
- 5:45 p.m. - Lydia Walker (First Baptist Stage)
- 6:00 p.m. - El Trio De Hoy (Heritage Bank International Stage)
- 6:00 p.m. - Puerto Rico - Cooking Show (Heritage Bank International Stage)
- 6:00 p.m. - Syd Hedrick & The Blues News (F&M Stage)
- 6:45 p.m. - Souled Out (First Baptist Stage)
- 7:00 p.m. - China - Cooking Show (Heritage Bank International Stage)
- 7:00 p.m. - The Pied Piper of Percussion - Steve Gryb (Wendy's Kidz Zone)
- 7:00 p.m. - Baize Martial Arts Demo Team (Heritage Bank International Stage)
- 7:00 p.m. - Blues Berry Jam (F&M Stage)
- 7:30 p.m. - Lokoda Indian (Heritage Bank International Stage)
- 7:30 p.m. - Cousin Hogg (Legends Bank Stage)
- 7:45 p.m. - Rivendell (First Baptist Stage)
- 8:00 p.m. - Salsa Rhythm (Heritage Bank International Stage)
- 8:30 p.m. - Stacy Mitchhart (F&M Stage)
- 9:00 p.m. - Diamond Rio (Legends Bank Stage)
- 11:00 p.m. - Festival Closes

## Sunday, April 22nd

- 1:00 p.m. - March to the Past Reenactment at Ft. Defiance
- 5:00 p.m. - Event Closes

### Event Location Color Key

F&M Stage in Public Square

Heritage Bank International Stage at Franklin and Hiter

First Baptist Christian Stage on Commerce Street

Legends Bank Stage on Legion Street between 1st St and 2nd St

Wendy's Kidz Zone in 1st Baptist Church parking lot

Cut or tear out for R&S pocket guide

# The Age of Accountability

by Michele Jarrett



The signs of spring are here – flowers budding, birds singing, trees blossoming and...student testing?

Every school year in the spring semester students undergo a multitude of state and national mandatory tests. At the high school level students are required to take end-of-course tests in U.S. History, English I, Foundations II, and Physical Science. For English II, Biology, and Algebra I the Gateway test is given. In eleventh grade English students are required to take a State Writing test. Three times a year there are benchmark tests given to students in all levels of English, Math, Science and Social Studies. And in addition to all of these tests, the ACT/SAT/PSAT tests are given to students throughout the year.

"There are so many tests, students are becoming desensitized to the importance of testing," notes Angela Grote, an eleventh grade guidance counselor at Kenwood High School. She has observed some students having a nonchalant attitude of, "Oh, it's just another test," highlighting their perceived reduction of importance of these tests.

According to Joseph Casbarro, author of *Test Anxiety and What You Can Do About It*, "Testing has gone from a cottage industry to big business... testing programs have grown to such an extent that in some key grades, like 8th grade, students are taking so many state mandated tests that classroom instruction virtually ends a month early with the last weeks of school reserved just for review and testing...It is this proliferation, based on a need for data-driven accountability, that has contributed to the rise in test anxiety in our society."

Testing in middle schools is much like high school. There are benchmark tests three times per year in various subjects and Gateway testing in Physical Science and Algebra I. The TCAP is given at the end of the year in Language Arts, Math, Science and Social Studies. Tammi Lightener, a guidance counselor at Rossvie Middle School says, "All students in our building, unless they are TCAP alt, are tested for four straight days."

All of this testing has an effect on students in the secondary school setting. Casbarro outlines

several techniques students should use before, during and after testing. "There are 5 pre-testing strategies that help students prepare for a test and reduce the associated test anxiety: parents and teachers sending positive messages about an upcoming test, students utilizing effective study skills, developing good study habits, taking practice tests, and having access to tutoring".

In the "Test in Progress stage" students can experience physical, emotional, and mental discomfort. Symptoms include: body temperature changes, breathing difficulty, muscular stiffness, abdominal and cardiovascular problems, mood changes, irrational thinking, feelings of failure or rejection, memory loss or loss of concentration. To alleviate these symptoms students should try proven relaxation techniques such as deep breathing, progressive muscle relaxation, physical exercise, visualization, meditation, self-expression, and positive self-talk.

Casbarro goes on to say, "The anxiety associated with high stakes tests unfortunately does not end when the test booklet is closed. For many test-takers the perception of failure and the associated symptoms of post traumatic test disorder actually results in higher anxiety in future test taking situations, leading in extreme cases to test phobia....the most effective way to combat post-test anxiety is by assisting the test-takers in taking control over their emotional state through goal setting."

The season of testing is not going to change any time soon. Our students are held to a more rigorous schedule of testing and a higher level of pressure to meet the standards of these mandated tests. This pressure can have a negative effect on the testing situation. With a balance of support from teachers and parents, students can combat test anxiety.

*Michele lives in Clarksville with her husband and two children and is an English teacher at Kenwood High School.*

## Photo Shopping

These days you can get a great digital camera for under \$200 and even a decent quality one for under \$100. Now everyone from teenagers to soccer moms can take high quality, high-resolution pictures of their family and friends every day of the week if they wanted to. But then, what do you do with all of the hundreds (sometimes thousands) of digital pictures?

Besides storing them to your PC, you can turn them into a slide show and burn them to a DVD or CD. Or display them on a website. However, your beloved yet technologically challenged friends and family may appreciate an actual photograph that they can hold in their hands or put into a frame. Not to mention the popularity of scrapbooking on the rise over the past few years. Yes, there are digital scrapbooks that you can view on the computer or print out, but where is the fun in that?

Over the next two pages, we will show the cost comparison of having your digital photos developed in store vs. online.

### Shutterfly.com

Price per 4" x 6" print: \$.19 (as low as \$.12 with a pre-paid plan)  
Shipping costs: \$1.79 - \$2.99 (for 1-50 prints)  
Matte or Glossy: Both  
Paper: FujiFilm Crystal Archive Paper  
Delivery Time: 4 days  
Discounts Offered: Available only with prepaid high volume orders.

- Receive 15 prints free when you sign up for a new account.
- Returns are allowed, but seem to require a lot of investigating and red tape to decide if your return should be refunded or reprinted
- Put your child's picture in a personalized Sesame Street adventure book for \$40, on a jigsaw puzzle, a pretty hardwood Keepsake Box for \$30 and a lot more.

Source: Shutterfly.com, Feb 2007

### DotPhoto.com

Price per 4" x 6" print: \$0.12  
Shipping costs: \$1.90-\$3.17 (for up to 50 prints)  
Matte or Glossy: Option of both  
Paper: Fuji Crystal Archive paper  
Delivery Time: 3-5 days  
Discounts Offered: Buy credits in bulk packages for as low as \$0.13 per print.

- Receive 50 free prints (to be used within 7 days) when you join as a Free Member.
- If you are not satisfied with your photos, you may return them and receive either a credit or refund.
- Put your print on everything from posters, apparel, beach towels to candy wrappers and more.

Source: dotphoto.com Feb 2007

### KodakGallery.com

Price per 4" x 6" print: \$0.15  
Shipping costs: \$1.49 - \$2.49 (for 1-49 prints)  
Matte or Glossy: Glossy only for 4x6  
Paper: Kodak DuraLife Paper  
Delivery Time: 3-7 business days (after processing)  
Discounts Offered: none

- Occasional sales offered but no long-standing offers or discount policies.
- Returns allowed within 30 days.
- Put your prints on unique cards designed by Martha Stewart (super cool but a bit pricey at around \$3 each), beautiful leather bound 'Legacy Photo Books' starting at \$70, mugs, calendars and more.

Source: KodakGallery.com Feb 2007



### Target & target.com

Price per 4" x 6" print:  
 Online: \$0.15  
 In-store one hour: \$0.20  
 Shipping costs: \$1.69 (free if you pick up locally)  
 Matte or Glossy: Glossy by mail, Matte in-store  
 Delivery Time: 6 days  
 Discounts Offered: None

- 20 free prints. 10 free online and 10 free with in-store pickup.
- Put your images on mugs, greeting cards, calendars and more at average prices.
- Design and order your own postage stamp with your image (technically this is done through zazzle.com) for \$0.89 each, or less if you order large quantities.

Source: Target.com Feb 2007

### Wal-Mart & walmart.com

Price per 4" x 6" print:  
 Online: \$0.12  
 In-store one hour: \$0.19 (\$0.15 next day)  
 Shipping costs: \$1.45 (free if you pick up locally)  
 Matte or Glossy: Glossy by mail, Matte in-store  
 Paper: FugiFilm Crystal Archive  
 Delivery Time: 6 days  
 Discounts Offered: None

- Regular Wal-Mart return policy also applies to photos. (I personally have easily returned a whole batch because all of my pictures had a dark cast to them. They were reprocessed and turned out great).
- Put your print on a very cool, modern black diaper bag for \$44, a wall clock for \$40, a candy tin for \$15, and just about anything else you can think of to fit any budget.

Source: walmart.com Feb 2007

### Walgreens & walgreens.com

Price per 4" x 6" print:  
 Online: \$0.19  
 In store one hour: \$0.19  
 Shipping costs: \$1.48 (free if you pick up locally)  
 Matte or Glossy: Glossy if you pickup, Glossy or Matte for mail order only.  
 Paper: Professional Quality Paper  
 Delivery Time: 6 days  
 Discounts Offered: None

- If you are not satisfied photos may be returned for full replacement or refund.
- Put your print on Photo Stickers at 20 for \$5, a golf towel, softball or mini soccer ball for \$20, and a deck of playing cards for \$27.

Source: walgreens.com Feb 2007

# April Calendar

## 2 Monday

**Busy Bee's** Children's Library, 9:30 a.m. This program is designed for children 18 months through three years old, to be an interactive program for parent and child. Books with brightly colored pictures, songs, finger plays and music are used to make this time as rewarding and instructive as possible. No older or younger children in this program, please.

**Just for Me Story Time for 4's and 5's** Children's Library, 10:30 am. We incorporate the use of music and movement as well as offering the best in children's books and storytelling. We have a craft or an art activity as part of this program. To help create an independent learning experience, children should attend this program alone, while the parent or caregiver waits in the Children's Library. Parents are welcome to join during the craft or art activity.

## 3 Tuesday

**Family Fun Night** Chick-fil-A Governor's Square Mall location, 5:00 p.m. to 8:00 p.m. Bring the whole family for games, activities and FUN!

**Scholastic Book Sale** Children's Library, 9:00 a.m. to 5 p.m.

**Family Story Time for All Ages** Children's Library, 9:30 a.m. Programs will feature stories centered on a specific theme that will cover a wide range of ages. Families with children of various ages will find this program the ideal way to enjoy the library together.

**Just for Me Story Time for 4's and 5's** Children's Library, 10:30 am.

## 4 Wednesday

**Scholastic Book Sale** Children's Library, 9:00 a.m. to 5 p.m.

**"Little House on the Prairie" Program** Children's Library, 2:00 p.m. Dress as one of Laura's "friends" and enjoy the fun.

## 5 Thursday

**Scholastic Book Sale** Children's Library, 9:00 a.m. to 8 p.m.

**Baby and Me Lapsit** Children's Library, 9:30 a.m. For infants up to 18 months old. This program brings parents and infants together in the library and offers them an opportunity to enjoy a special sharing time together. Infants sit on their parent's lap and interact with them while enjoying songs, finger plays and books designed with babies in mind.

**Pajama Story Time** Children's Library, 7:00 p.m. Come dressed ready for bed and enjoy songs and stories.

## 7 Saturday

**Grand Opening** A New Beginning at 1960-G Madison St, 8:00 a.m. to 8:00 p.m. Formerly Body Mind & Spirit. First twenty-five customers get a free gift. Party rooms available for rent.

## 14 Saturday

**Spring Festival** Governor's Square Mall in JCPenney Court, 2 p.m. to 4 p.m. Bring the kids out for a fun filled afternoon. There will be games, prizes, crafts and much more.

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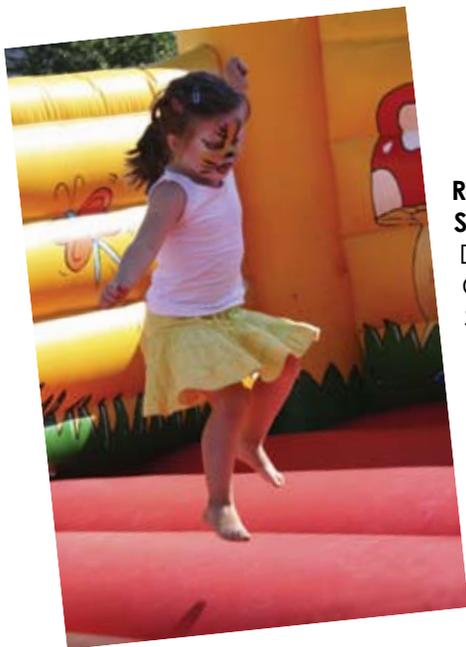
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## 15 Sunday

**Queen City Road Race** APSU Governors Stadium, Race begins 12:50 p.m.

## 19 Thursday

**Teen Open Mic Talent Show at Library** CMC Library, 5 p.m. to 7 p.m. Do you like to sing, read poetry, tell jokes, or play an instrument? Come share your talents with us in our coffeehouse atmosphere! There is always food and drink served at the Teen Programs! Open to all teens ages 13 -18.



**Rivers & Spires Festival**  
Downtown  
Clarksville.  
See feature  
on pages 14  
through 16.

## 27 Thursday

**FOL Book Sale** Thursday, Friday and Saturday. The spring 2007 Friends of the Library (FOL) book sale begins. Thursday night is for members only, but you can join FOL at the door.

## 27 Friday

**Tax Free Weekend** Friday, Saturday and Sunday. Applies to purchases of individual clothing items under \$100, school supplies under \$100, and computers under \$1,500.

## 28 Saturday

**Dunbar Cave Spring Fling** 7:30 a.m. to 4:30 p.m. Nature hikes and talks all day (bird hike, snakes, wildflowers, canoeing, etc.). Call (931) 648-5526 for more information.

## 29 Sunday

**Private Military Event** Governor's Square Mall, 6:00 p.m. to 9:00 p.m. Special after-hours shopping event exclusive to military and their families. Mall-wide discounts, prizes including \$1,000 mall gift certificate and free food. Must show military I.D. to enter and receive discounts.

## 20 Friday

**Spring Auto Show** Governor's Square Mall, mall hours, all weekend. Come check out the latest model cars, truck and SUVs.

*If you want your events to be included in next month's issue please e-mail details to [events@clarksvillefamily.com](mailto:events@clarksvillefamily.com).*

**PRIVATE**  
**Military Shopping Event**  
**SUNDAY APRIL 29th**  
**6-9pm**

Mall wide discounts  
Door Prizes  
Refreshments & FUN!

**GOVERNOR'S SQUARE**  
**M A L L**  
931-552-0289

**PLUS...Enter to win \$1000 Mall Gift Certificate**  
Courtesy of Steve Nash and Keller Williams

## Ongoing Calendar Events

### The Roxy Regional Theatre

www.roxyregionaltheatre.org • 100 Franklin Street

**Mark Twain's Life on the Mississippi** World Premiere By Douglas M. Parker. On a Mississippi riverboat in 1858, a young Samuel Clemens sets out to learn steamboat piloting and unexpectedly finds himself learning about life, courage and more. All while discovering his voice as a writer. The classic coming-of-age story of the now-forgotten boy who grew into the unforgettable Mark Twain. 7:00 p.m. April 4 and 5. 8:00 p.m. April 6 and 7.

#### The Dinosaur Musical

Regional Premiere  
Music by Robert Reale Book and Lyrics by Willie Reale. A new show from the creators of the smash hit *A Year with Frog and Toad!*

It's sixty-five million years ago and a meteor has hit the planet earth. The dinosaurs survive, but dwindling food supplies make unfriendly neighbors. T-Rex menaces Parasaurolophus, Pterosaur struggles to be understood, and Maiasaur just wants a decent meal on the table.

This adventurous musical asks the question: Can an unlikely friendship save the planet?  
2:00 p.m. April 14, 21 and 28.

#### Curtain Times

- 7pm Wednesday and Thursday Evenings
- 8pm Friday and Saturday Evenings
- 2pm on selected Saturday

afternoons  
(Program and times are subject to change.)

#### INDIVIDUAL TICKET PRICES

- \$15.00 adult
- \$10.00 (age 13 and under)
- Group discounts available, call box office for details
- Student rush \$5.00 (every performance student tickets will go on sale for \$5.00 at 5 minutes prior to curtain for remaining seats)

Box-office: (931) 645-7699  
Business office: (931) 648-9121  
roxytheatre@bellsouth.net

### Customs House Museum & Cultural Center Exhibits

www.customshousemuseum.org • 200 South 2nd Street • (931) 648-5780

**Sit Up and Smile: Photographs by Nora Witzel** through April 29 in Bruner & Orgain Galleries. A modest review of the beautiful photography of Clarksville photographer, Leonora Witzel (1875-1968).

#### From France to China: An

**Enchanted Journey** through June 10 in Crouch Gallery. Potter Ken Shipley is having a great year, and he's sharing it with us all. In 2006, he spent two months in France as an invited artist-in-residence at Vallauris, the same town where Pablo Picasso created his ceramics from 1946 through the mid-1950s. The history, influences and colors that he experienced there are vividly illustrated in the vases, small sculptures and teapots he brought back. While in France, Shipley befriended a Taiwanese artist named Hwang Jeng-daw. Hwang sent photographs of Shipley's teapots to a selection committee in Shanghai, resulting in an invitation for Shipley to participate in the

International Top 10 Teapot Masters' Exhibition that fall. The invitation included a stipulation that he personally deliver the teapots to China. The contents of the Shanghai exhibition (including Shipley's work) now reside in the permanent collection at Fudan University in Shanghai. Shipley and his wife, potter Melody Freeman Shipley, were subsequently invited to participate in another teapot exhibition, the Chinese New Year Celebration of the Year of the Pig, which opened in Shanghai on February 4, 2007. *Enchanted Journey* will include ceramics that Shipley made in France, and teapots made at the time of the two Chinese exhibitions.

**Amazing Caves** through May 1 in Kimbrough Gallery. Come wind your way through our "Amazing Cave" maze to discover more about caves and the animals that love them. Pause at the timeline and follow Dunbar Cave's intriguing history. Linger for a while to look at a fallout shelter sign,

fossils, rocks and minerals, as well as Dunbar Cave memorabilia. Or, choose a handful of crayons and make your own cave drawings. The Museum thanks the staff at Dunbar Cave State Natural Area, the APSU GIS Center, and the APSU Department of Geology and Geography for their assistance in creating this exhibit.

#### Permanent Exhibits

**Peg Harvill Gallery** A permanent gallery featuring select watercolors by artist Peggy D. Harvill.

**Lucy Dunwody Boehm Porcelain Collection** in DeWald Gallery, Heritage Hall. Come see one of the Southeast's largest collections of these fantastic porcelains now installed in a new permanent gallery.

**Model Trains** Our volunteer engineers "ride the rails" every Sunday afternoon from 1:00 p.m. to 4:00 p.m.

# IMPORTANT NUMBERS



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2. Write appropriate information in the designated spaces.
3. Post the list on your refrigerator or near a phone.
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**MEDICAL**

Name ..... Number

Name ..... Number

Name ..... Number

## Family

Name ..... Number

Name ..... Number

Name ..... Number

Name ..... Number



**NEIGHBORS**

Name ..... Number

Name ..... Number

Name ..... Number



**OTHER**

Name ..... Number

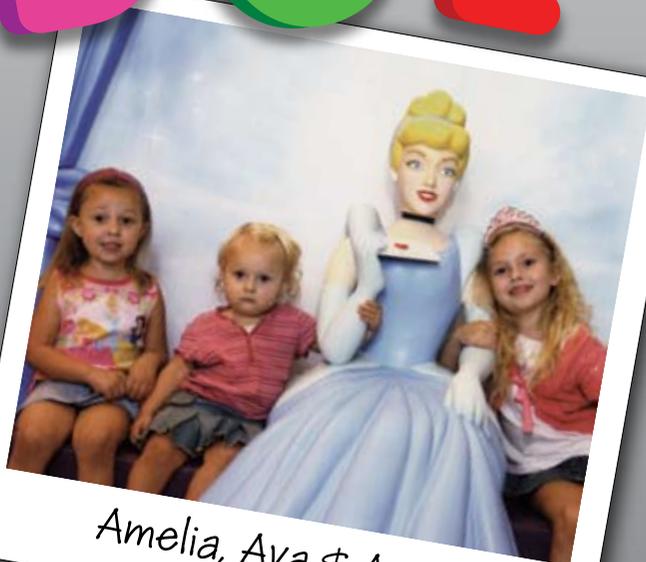
Name ..... Number

Name ..... Number

# THE FRIDGE



Hannah



Amelia, Ava & Annie

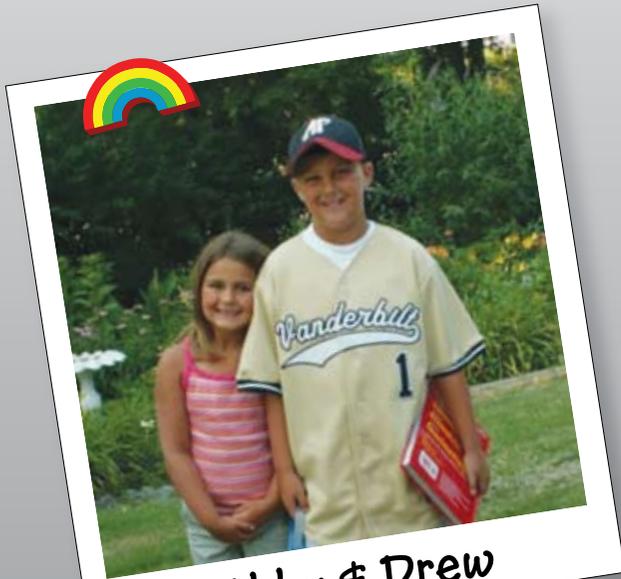


Victor



Kyle

Want to be on the Fridge?  
E-mail your photo to: [fridge@clarksvillefamily.com](mailto:fridge@clarksvillefamily.com)



Abby & Drew

April  
2007



Jordan



Jackson



Isaiah



Elijah

## ★ ★ From UFO to IFO

Remember Summer Camp when your mom would write your name on the waistband of your underwear so they wouldn't get lost or mixed up with someone else's? Carry that same idea over to your kid's favorite flying objects. As the weather is getting warmer and playtime moves outside, make sure you aren't stuck replacing lost balls and Frisbees that have flown over the fence. Grab a Sharpie and write your name or initials on anything that you think may leave your yard and that you would like back.  
*(This works great for Dad's golf balls too!)*

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LAWN & GARDEN	DAY	WEEKEND	WEEK
Lawnmower, push	\$17.28	\$ 34.56	\$77.76
Lawnmower, riding	\$30.00	\$60.00	\$135.00
Weed Trimmer	\$17.28	\$34.56	\$77.76
Tiller, Front Tine	\$43.20	\$86.40	\$194.40
Tiller, Rear Tine	\$50.40	\$100.80	\$227.52
Pressure Washer	\$50.40	\$100.80	\$227.52
Spreader / Aerator	\$7.20	\$14.40	\$33.12
Leaf Blower	\$14.40	\$28.80	\$64.80
Hedge Trimmer	\$14.40	\$28.80	\$64.80
Misc Hand Tools	\$2.88	\$5.76	\$12.96

You can drop off your equipment for repair or we can pick it up - just call to schedule.  
 No pickup/delivery fee for on post. A small fee will apply for pick up off post within a 25 mile radius.

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**Got a tip or time-saver you want to share?**  
 Email:  
[tips@clarksvillefamily.com](mailto:tips@clarksvillefamily.com)

# Balance-Beam Parenting

contributed by Grace Lutheran Church

The concept is simple. Putting it to use is one of the hardest things we do as parents. Parenting is very much about reacting. When our children disobey, we react to what they have done. The question is, how should we react?

Consider the case of refusing to listen to you. If we overreact, we do harm. That's simple. Yelling and screaming, threatening or abusing—whether physically or verbally, the damage is easy to see. We seek to avoid such mistakes at all costs.

It isn't as easy to see the damage we do when we under-react. What happens when there are no obvious consequences for a sin? What dangers lurk behind permissive parenting?

Children learn quickly. There is no doubt about it. They pick up very well on our patterns of not reacting. Their inherent sinful nature teaches a simple lesson: "This is what I can get away with." Under-reacting to a child's sin gives the old Adam free reign, a license to sin. That often leads to a reign of terror. Children learn to play the game, even if they don't "win" the first time. The odds will eventually work in their favor.

There is an even greater danger. A consistent pattern of under-reaction will almost inevitably lead to a serious episode of over-reaction. The child has pushed the limits one too many times and has ignored your calm corrections until cumulative pressure has reached epic

proportions. And you will explode! For no one can be ignored all the time. No parents who take their job seriously are willing to let every case of disrespect go unnoticed. Under-reacting to a child's sin can lead to some of the worst moments of parenting we inflict on our kids, for our sinful nature will also spout the most hurtful remarks when we have had enough.

The solution is easier said than done. Nevertheless, it is a Christian answer. We should react to our children's sins consistently and proportionately. Small infractions bring small consequences. Major disobedience calls for a bigger response. But the key is to remain consistent. Refuse to let the old Adam walk away a winner from any parental response.

To achieve success, parents must learn to work together. Spouse A often tries to compensate for spouse B's reluctance to react, while spouse B, in turn, responds to spouse A, who has overreacted. The child gets lost in the middle or learns to exploit the parents' clash as "weakness." One solution is for parents to agree on "logical consequences" – to discuss the sin and agree on a consequence that makes sense. For example, the child refuses to listen; the parent pulls the child aside for a time-out until listening occurs. Or the son won't do his homework when left in his room by himself; the parent brings the homework to the kitchen table.

All of this must be done in accordance with God's Word. We fail if we reuse to "train up a child in the way he should go" (Proverbs 22:6) by under-reacting! But we sin also when we provoke our children to anger (Ephesians 6:4) by overreacting to everything they do.

This is the "balance beam" of parenting: to use our God-given authority to do the faith-filled work of helping our children learn the differences between right and wrong, moral and immoral, and God-pleasing and faith-threatening. But always (always!) there is forgiveness. When we fail, we return to the mercy seat of the cross. When our children sin, we correct them first, using God's Law, but then we point them to the freedom that comes from having our sins washed away by the blood of the Lamb.

We fall off the balance beam. Christ picks us up, dusts us off, and says, "For this sin I died also." And we get back on! Such is the life of well-balanced parents.

**This is a resource of Grace Lutheran Church at 2041 Madison St., a Lutheran Church Missouri Synod congregation. Contact us for information regarding our Church or Preschool at [www.grace-lutheran-church.org](http://www.grace-lutheran-church.org) or [GLCOffice@charterinternet.com](mailto:GLCOffice@charterinternet.com) or (931) 647-6750.**

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## Mixing it Up

One night when my wife was pregnant with our son I remember making a glass of Ovaltine for myself. As I stood at the counter using my "special mixing technique," I thought about how I would someday pass it on to my son.

I could envision him looking up with admiring eyes as the once plain white milk magically turned into a rich, chocolaty goodness. Followed by the satisfied, "Mmmmmm," and the belief that his dad was probably the smartest person in the whole world. We would then bond over the knowledge that what was once but a weird quirk in a middle-aged man's mind had now become a bona fide tradition. A tradition passed down over generations no less!

My son is now almost three and I have not had the chance to convey the Ovaltine technique to him yet. Though he has certainly drank his share of the delicious beverage.

But as an act of communal goodwill for this first edition of *Clarksville Family*, I am going to let the cat out of the bag. Though my son is already starting to read, I do not think this column will find it into his rotation anytime soon. So this is a real treat, and you all better remember that fact.



### How to Make the Best Glass of Ovaltine

1. Pour only about a quarter of the total glass's capacity of milk into the glass.\*
2. Add the requisite amount of Ovaltine.
3. Stir vigorously.
4. Add milk to fill the rest of the glass.
5. Stir some more.
6. Enjoy!

\*This is the only special step. See, by pouring just a slight amount of milk at first and adding the full amount of Ovaltine mix to it, you are ensuring that the powder gets thoroughly saturated. Then when you add the rest of the milk you are really just mixing a dash of highly concentrated Ovaltine milk to a glass of regular milk. Two liquids mix a lot better than a scoop of powder and a giant glass of milk.

Try not to spill the beans on this to my son if you see him. I still want it to be a surprise.

See you next month, Clarksville.

A green envelope is shown against a blue background. The envelope is open, and a white card is partially inserted. The card has the words "You are Invited" written in a black, cursive font. The envelope is a vibrant green color, and the card is a clean white. The background is a solid, bright blue.

*You  
are  
Invited*

We would like to formally invite you to be a part of our *Family*. Please take a moment to look at this page and see if there is something that you may want to share about yourself with the rest of our community.

### Answers and Advice from the Pros

We are looking for advice and answers to questions from local experts about everything from starting a college fund to how to get your cats to stop fighting. We also welcome professionals from the medical community to answer questions and educate others on the importance of overall health awareness for all ages. If you want to contribute e-mail [info@clarksvillefamily.com](mailto:info@clarksvillefamily.com).

### Say Cheeeese!

Know a little one who is having a birthday? Make sure you send in their photo the month before so we can include them on our birthday page! E-mail name, birthday, and photograph to [birthday@clarksvillefamily.com](mailto:birthday@clarksvillefamily.com).

Do you have the latest snapshot from dance class, little league or just being silly at home? Send it to us and we will put it on our Fridge for everyone to enjoy! E-mail name, photograph and optional caption to [fridge@clarksvillefamily.com](mailto:fridge@clarksvillefamily.com).

### Pass it On

If you have tips and time-savers that you use in your day-to-day life and want to share, e-mail them to [tips@clarksvillefamily.com](mailto:tips@clarksvillefamily.com).

### CF Mailbox

To submit a letter with comments, critiques or anything else you want printed in next month's issue, e-mail [letters@clarksvillefamily.com](mailto:letters@clarksvillefamily.com).

## We want part of *Clarksville Family Magazine* to be by you as well

- Poetry and human experience short stories and articles from local authors of all ages.
- Local church and spiritual leaders who want to contribute to our Faith and Family section about the importance of faith in today's busy world. All denominations are welcome.
- Kids sports info and sign-up dates or details about other community activities for the Calendar of Events.
- Your favorite quick and yummy recipes.
- Suggestions on what sort of content you would like to see featured in upcoming issues of *Clarksville Family Magazine*.

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