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Publisher's Message

Even though it is February I still feel like I'm just planning out the New Year. I will likely be feeling this way over the next couple of months, and while a few things may actually get fully executed, many will be put off until a better time. And by the fall I will be telling myself that I will resolve *that* one in the next New Year.

But this year I don't have only my own goals and resolutions to consider, but those of *Clarksville Family*, and how we can try to better serve our great community. However, instead of making expectations for the magazine and myself I am going to follow the advice of one of our wonderful contributing writers, and have hopes for both *Clarksville Family* and my personal life. Jacqueline Riggs' touching and inspiring article about instilling good values in your children is some of the best, yet simple, advice I have heard or read in a long while. Not that I am an authority on parenting books or magazines, but I have certainly read my share of them and they can be overwhelming to a new or even seasoned parent looking for a little guidance along the way.



In fact I have just re-read this month's entire issue and am very excited to share it with everyone. I feel so fortunate to live in such a caring and involved community, and am especially grateful that some are willing to share their special insight with us so that we may share it with you. But our most adorable contributors can be seen on pages 22 and 23 on our fullest Fridge ever!

Lastly, even though Valentine's Day is a minor holiday to some, I have always loved and looked forward to it. In elementary school I would spend so much time the night before carefully choosing which Snoopy or Strawberry Shortcake pre-printed Valentine to give to whom—and was equally excited to go through my little macaroni and glitter-coated shoebox full of Valentines from my teacher and classmates the next day. As an adult I think it's great to have a whole day reserved to show those special ones how much you love and appreciate them. Plus, I'll take any chance to use as much pink as possible in an issue—so look out! I think there is some on every page!!

Sincerely,

Carla Lavergne

Clarksville Family

Clarksville Family Magazine has 10,000 issues published and distributed monthly at over 150 locations across Clarksville and the surrounding area.

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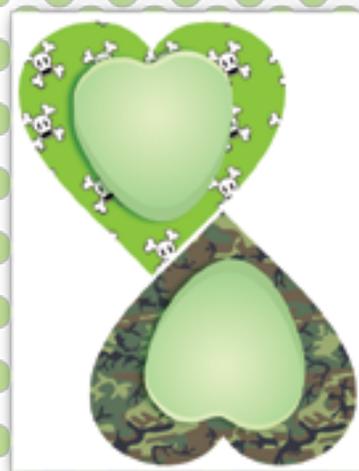
These geese might be wondering if they went far enough south this winter. Taken January 21, 2008 at the pond across from Clarksville High School, 28° Fahrenheit.

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Hoping for the Best

by Jacqueline C. Riggs

Question: “Parenting can be so difficult at times! I am a mother of four children, and so many times I feel like I am not reaching them. What is the most effective way to teach good values to my children?”

— Patricia H, Clarksville, TN

Answer: First, you must know for certain just exactly what your value system is. So often we as parents have strong opinions about what we believe or what we think we believe, but when it comes right down to it—our lives do not fully demonstrate our ideologies. This is where a list can be of some benefit. Making a list clears your thinking: It sharpens your focus. Start at the top of the page with the title... “My Top 10 Hopes for My Children.” Hope is such a beautiful concept, and it is a much softer approach than using the word “expectation.” Especially when you are dealing with teenagers; they deplore the word “expectation.” Hope also focuses your attention on your heart’s desire. In other words, hope is the very conduit to your value system.

I really believe in this technique. My list keeps me on the balance beam. It reminds me of what really matters in life, and it helps me redirect my intentions when I’m feeling topsy-turvy. My list is printed below, and you can see just where I stand.

“My Top 10 Hopes for My Children”

1. I hope they will become confident adults.
2. I hope they lead creative lives.
3. I hope they find their true love and create a family.
4. I hope they will stay true to their spiritual teachings.
5. I hope they will be life-long learners and find their niche in life.
6. I hope they will honor their family.
7. I hope they will serve others.
8. I hope they will be humble yet strong.
9. I hope they will develop meaningful interests.
10. I hope they will make the world a better place for future generations.

So I teach my children every day, everything I know and understand

to be true, according to the values of this list. My list is my wellspring! For example, I’m working with my son right now to develop the value of responsibility. This value falls under Hope # 4, “I hope they will stay true to their spiritual teachings.” My conversations with my son, the consequences for negative behavior I enforce, the rewards for positive choices I give, and the examples I set for him are decided with this value in mind. In our religion, responsibility is taught as a spiritual value. From the beginning I have taught my son that everything has order. Order relates to organization, preparation, and things that are needful. If he throws his clothes on the floor, this unravels the order of our home. It causes disorganization. Disorganization leads to chaos, and chaos brings contention. When contention shows up in my home, I can detect where it came in the door—a spiritual teaching is being neglected. Therefore, it is a values problem. Time to realign my children with our family values and ultimately my hopes for them.

Next, as a parent you can be a bridge builder. Let me help illustrate this point by relating a historical anecdote. Meriwether Lewis and William Clark led an adventurous trek across the wilds of untamed wilderness into the American frontier. Their hope was to find a way, an overland route with its destination the Pacific Ocean. Much of their labor was done on foot carrying supplies in large packs slung over their shoulders for miles at a time. Backbreaking! When they were lucky, they would use streams and narrow rivers to maneuver their goods. Throughout their journey the ever expansive gorges loomed before them, treacherous white water rapids challenged their endurance, and steep, rocky passes made easy fools out of them. How different it would have proved for them if they had had bridges on which to steady their footing, to safely transport them across the perils below and onward to the gleaming horizon where the sea would meet the sky.

You are the great architect, a builder of bridges for your child. It is

every parent’s hope that her child will grow and develop, become strong in character, learn and become knowledgeable, mature and become sociable, exemplify his family’s values, and achieve good in the world. As you build the bridges that will enable your child to be successful, consider one important bridge called obedience. Early in your child’s life, teach him the importance of being obedient to his parents’ teachings. Teach the rules that will govern your home and that will eventually govern his heart. Be consistent and endear him to correct principles. There exists a multitude of seductive voices out there amongst his peers. Let your voice sound the loudest because he has lovingly heard it during the important times of his life. If you are against smoking, say it. Say it early on, and keep saying it. Teach when you talk to your child. Explain how you feel and why. And always convey your “hope” for him. This shows him your love for him—this is always the loudest thing you can say. Just as Lewis and Clark crossed their wilderness, your child will, with your help as guide and bridge builder, successfully navigate across the peaks and pitfalls that lay before him.

Lastly, the most effective way to reach your children and instill correct values is to be a mediator for good. It is true, the world is a different place than it used to be. And with all the sham and debauchery that exists, there is a hope in the hearts of many that it is still a beautiful place. Hope beacons each soul to believe in the best: a shining light, a dream awakened, a story unfolding. Teach your child the meaning of goodness so he can lend his voice to the future and to what the world will ultimately become. Third grade can be a wild and frightening jungle for a tender child. Cruelty looms just beyond the drinking fountain. I’ll tell you what is called for...kindness. We need kind and gentle teachers who can soothe aching hearts and who know how to calm and focus a distracted student. We need loving and involved parents whose greatest mission in life is raising their children. We need kids who respect their parents, their teachers,

the elderly, those who are mentally and physically challenged, and people of other cultures, backgrounds, races, and religions. With everything vying for our attention, it is so difficult to grow up in this generation and understand what it is like to walk in another person's shoes. Children, by and large, are lacking empathy—the ability to care about how others feel.

There exist a few fundamental keys which are available to parents who desire to instill goodness within their child's character. Just as building a bridge enables you to cross a chasm and enter the consciousness of your child, using the right key ennobles you to enter his heart. By far, the most courageous act a parent can perform in child rearing is using the key of accountability. When your child chooses wrongly, you hold him to the task. In other words, there is a natural and necessary consequence imputed. This is done with love and most of all explanation. Not a lengthy sermon, which will most certainly receive a deaf ear, (no matter how severe the consequence), but implementing a strategic lesson instead. This lesson is used by a determined parent whose objective it is to install empathy within the framework of his child's conscience.

Many parents are confused these days about discipline. Parenting magazines and books exonerate every theory under the moon. Holding a child accountable for his actions, and, yes, facing the failure of the situation staring you in the face isn't fun. It means you are facing reality—good, bad, or ugly. Teaching your child to face his life and to admit when he is wrong entrusts him with a teaching that eventually becomes a golden key. Not only that, remember what I said about the key of accountability being the key that will ennoble you to enter his heart? If you are successful with your parenting, your child will grow and mature into a responsible, well-rounded, firmly grounded, principled, successfully working adult. And he will look back on it and owe it all to you because you stood your ground; because you didn't let him get away with his nonsense; because you faced the fury and turned the mirror in his direction.

Today's child will stand a little taller because he has been taught what it's all about. And what's it all about? It's about your hopes and dreams for him. Don't ever forget that. When you are present, when you show up, when you would give it all up to help him, and your undying devotion is guiding you then you will know what it's all about. That's how you reach your child—it's by never giving up hope.

Jacqueline C. Riggs, Directress
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Common Investment Mistakes

by Stacy Pickard

When you are investing for your retirement you want to be sure you accumulate enough so that your retirement years are comfortable and enjoyable. If you make too many errors in judgment you could jeopardize your future financial security. While your personal retirement savings strategy is unique to you, there are common investment pitfalls that you should avoid.

Don't Wait To Start Saving

Too many people wait to start saving for retirement until after they buy a house and pay for their children's college education. While this method may seem logical, it typically doesn't work. Time is critical to the growth of your retirement account. If you put other goals first and wait to start saving for retirement you will miss out on the benefits of compounding for all those years you weren't

saving. It's practically impossible to make up the difference once you get a late start.

The ideal time to start saving for retirement is whenever you start your first full-time job. It may be hard to save for something so far off when you have so many current demands on your paycheck. Start with a small amount every payday and increase it as your earnings increase. With a good budget and a little discipline you may be able to save enough to buy a house, send the kids to college, and have enough for a comfortable retirement.

Don't Avoid Equities

Occasional declines frighten some investors away from equities. Instead they invest exclusively in more conservative investments because of their lower risk. What many investors don't realize is that conservative investments also carry risks, including the risk that they won't stay ahead of inflation. With essentially no gains from investment growth, progress is limited to the amounts investors put into their accounts.

If you have a significant number of years before you will be ready to retire then your investments have a lot of time to recover from periodic declines in equities. Choose a mix of investments that will give your retirement savings the chance to grow over time.

Don't Follow the Crowd

Everywhere you look there are financial experts giving advice on how and where to invest your money. It's easy to become confused and misled. In most cases by the time a hot investment tip hits the airwaves it's too late to benefit from it. When you are saving for retirement you are a long-term investor. Avoid the fads and short-term trends and stick to your long-term investment plan.

Don't Forget To Review Your Plan

Once they have implemented their retirement investment strategy and it's working for them many investors forget to review their plan periodically. If your personal or financial situation changes significantly it may affect your retirement investment strategy. So, once

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 (Please see further registration details in the calendar on pg. 24)

your strategy is in place, don't forget to review it occasionally to make sure it still suits your needs. Make sure you review your strategy again after a death, divorce, or change in employment in your family. Also, as retirement draws closer, you may want to shift some assets from more volatile to more stable investments.

Your retirement years should be a time in your life when you can relax, travel, and spend time with loved ones. Don't make investment mistakes now that will cost you.



Stacy Pickard is a financial advisor at First Command Financial Planning (Member SIPC) located at 2279 Raleigh Court in Clarksville. For information call (931) 647-6516.

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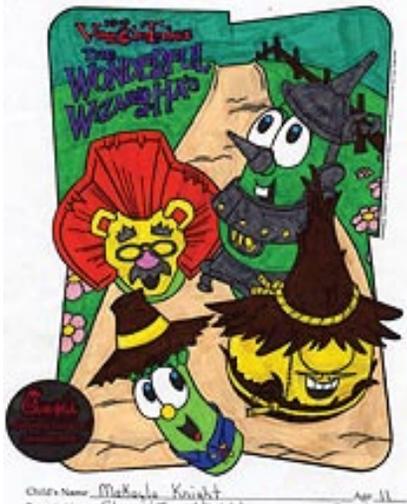
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Chick-fil-A Coloring Contest Winners!



MaKayla Knight
age 11, Joelton, TN

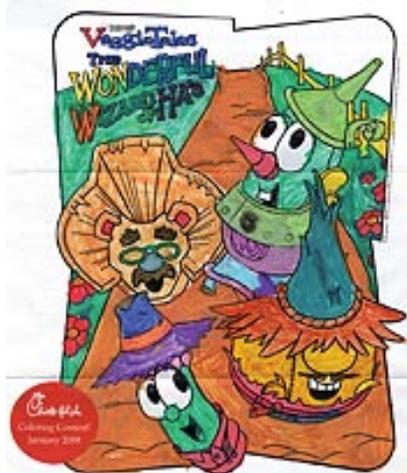


David Schafer
age 9, Clarksville, TN

Age 9-12



Hannah Motes
age 7, Clarksville, TN



Zayin Fredrickson
age 6, Clarksville, TN



Nora Blake
age 6, Clarksville, TN

Age 5-8*

*There were so many entries in this age group that it was too difficult to only choose two!

Chick-fil-A Coloring Contest Winners!



Emmeline Broemmel
age 3, Clarksville, TN



Halle McNaught
age 4, Clarksville, TN

Age 0-4

Winners may claim their prizes at either the Governor's Square Mall or Madison Street Chick-fil-A location along with an accompanying parent or guardian with valid identification.

Both Chick-fil-A & Clarksville Family Magazine would like to thank all of the wonderful and talented kids who entered and would like them to know that it was a VERY difficult decision choosing the winners!

Be sure to stop by either Chick-fil-A location (Governor's Square Mall or Madison St.) to check out the winning works of art in person!

And last but not least...tune in for next month's coloring contest for another chance to win!

Water is Wet

This may be a big risk, but this month I am going to write about how other people write. Specifically how newspapers sometimes offer an "opinion" that is barely more than a fact.

If you have ever watched the animated television show *King of the Hill* you might be familiar with the wife, Peggy, and how she has an odd view of the world. She approaches many situations from a naive angle and proceeds to offer commentary that is almost never helpful (but is almost always unintentionally funny).

To refresh your memory here are a couple of choice quotes, "The day after Thanksgiving is, in my opinion, the biggest shopping day of the year," and "In my opinion, kindling is the best way to start a fire."

Peggy is not saying anything the overwhelming majority of sane adults do not already know. But she says it with a terse authority that masks this, and makes the listener believe it is a wondrous revelation.

Of course Peggy is a fictional, animated character

on a comedy show; so this exaggeration is intentional. However many of us know real people who bless us with their statements of obvious fact couched in a tone as if they just arrived at this quip only through the genius of their mind. "Man, it's cold/hot out here!" is one we all know too well.

My wife remembers something her great-grandmother used to say that just nails this whole phenomenon: "Water is wet." I love this. So succinct, and it instantly summarizes the futility of these types of conversations.

My son is three and a half years old and he will drop a few of these observations on us every day or so. From him and other children it is not annoying, it's cute. In fact he puts a twist on it, and often phrases them in the form of a question. I cannot remember the last time we were walking upstairs to get ready for bed when he did not ask, "Is it night time?" while looking out the window into the darkness.

Without explaining his whole ritual, I will reveal that this is a subtle stalling tactic on his part.

That is the key. Even at less than four years old he gets that this doesn't really mean anything. It's just blather to pad out the time. He probably also gets that his dad might go into a five minute explanation on the ballet between the sun, moon and earth; and if so

he has delayed the inevitable just a bit longer.

Sometimes adults use water-is-wetisms for the sake of courtesy. Call it "small talk" or "shooting the breeze," a lot of people would rather say anything than linger in silence. There is a perception that we in the south are more prone to this, but anyone who knows the cliché of a traffic-jammed Manhattan street with rows of cars honking in redundancy should see that as a similar act. Yeah, we know, you're stopped and you would like to be moving. Water is wet.

But to take the time to sit down and write or type such things is going too far. And yes, I am excluding devoting an entire article on the subject...this is a public service!

In what seems like a majority of instances I have noticed that the editorials that grace the Opinion pages of newspapers seem to follow this same trait. Again and again they are nothing more than the regurgitated synopsis of a prior day's article. "Fundraisers help those in need," or "Drunk driving is bad!" is not worth the moment it takes to read the headline, much less the rest of the writer's output.

Maybe these wastes of time and paper are done out of desperation—a looming deadline with a blank page needs to be filled and the full-time opinion editor is out playing golf, so the kid from the mailroom is drafted to deliver it. Maybe newspapers believe they have earned a paternal right to now tell us what to think about the topic they objectively reported on two days ago. I believe these explain some of the instances, but I have a more cynical theory.

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The printed word of news was diminished by television, and nearly made extinct with the explosion of the Internet. To keep up with all of this, modern newspapers end up putting stories on their website. Most of these sites also include message boards where visitors can leave comments. For better or worse these message boards are democracy in action, with the mighty pen replaced by a keyboard and mouse; the cost of a printing press by a monthly Internet access fee.

Within seconds of a news story breaking, feedback, whether or not anyone asked for it, is given. Real opinions are expressed; debate ensues, and very likely feeds off of itself for hours or days as visitors comment not only on

the original article but on what other visitors have posted.

It is surprising to see how many people will comment on any story. Go to your favorite news website and see what I mean. To be fair I hardly ever read the comments section of these sites, or even the letters to the editor in a newspaper or magazine, but I know many people who read only them. I think this comes from the culture of the "user review," made popular by sites like Amazon.com. Business owners know that word of mouth is the best advertising, and with the Internet the words are available from anyone, anywhere. But instead of finding out what people thought about the latest Maroon 5 CD, message boards on a news site let you find out

who thinks people should wear seatbelts, who believes gasoline prices are too high, and, though I wish I was kidding, even their thoughts on the recent cold snap.

And that leads me back to those spineless editorials. With few exceptions, it seems that the Internet has replaced the Opinion pages. By waiting a day or two to express the official voice of a newspaper it allows an editor to sample the way the wind is blowing on any given topic via the message boards. In spite of this luxury, all too often instead of taking a stand on an issue, or advocating a change in policy that is controversial, all they end up doing is reminding us that... water is wet.

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Learning to Control Debt is a Family Affair

by Kendall Welsh

Debt is all around us. More than 70 percent of Americans live paycheck to paycheck. Over 50 percent of marriages end in divorce, and money problems are the number one cause.

Dave Ramsey, a personal money management expert, and author of the New York Times best seller, *The Total Money Makeover*, has created a 13 week program, Financial Peace University, designed to guide those of us struggling to do more than just pay the minimum payments to get by.

Trinity Episcopal Church in downtown Clarksville will be offering FPU for the second time starting this March. By the end of the 13 week course last year, our class was able to eliminate over \$100,000 in total debt, and put almost \$19,000 in savings. Think you can't do it? One of the students has a family of 4 and is surviving on less than \$26,000 a year! That should prove that anyone can make this program work.

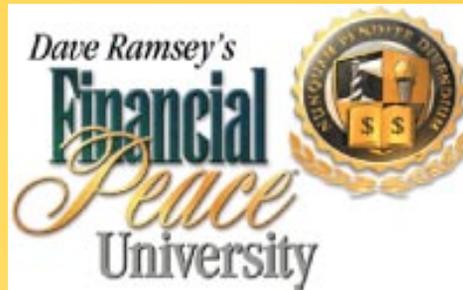
Financial Peace University has a long history of helping families successfully confront these problems head-on. The program is a biblically based accountability curriculum that teaches you to manage your money and resources. It empowers you to make the right financial decisions to achieve your financial goals, teaching you to eliminate debt, build wealth, and give like never before. On average families reduce their debt by \$5,300 and save \$2,700 in just 91 days.

How FPU Can Help Your Family:

- **Changed family trees.** The changes in your financial behavior affect your children's and grandchildren's futures. The decisions you make today will affect generations to come. Are you ready to change your life?

- **Stronger marriages.** Couples learn how to communicate about money, budgeting, spending, and saving and get on the same page about their finances.
- **A solid financial foundation for singles.** The accountability of the small-groups help singles find accountability partners and use the "buddy system" to help them stay focused on their personal financial goals.

Financial Peace University consists of a 13-week video curriculum taught by financial expert Dave Ramsey that incorporates small-group



discussions to encourage accountability and discipleship. Most financial programs are boring, with confusing information and monotonous instructors. Financial Peace is very different! It is highly entertaining for everyone, with a unique combination of humor, informative financial advice, and biblical messages.

The 13 weeks cover the following topics:

1. **Super Saving.** In this lesson, Dave explains the Seven Baby Steps that will guide you throughout FPU. You will also learn the three key reasons why you should save money—and why you must start now!
2. **Relating with Money.** This lesson will teach spouses how to communicate and work together toward success. Also, singles will learn the

importance of teamwork and parents will find out how to teach their kids about money

3. **Cash Flow Planning.** Unlock the secret of developing a monthly spending plan that really works.
4. **Dumping Debt.** It's time to debunk the myths that most people believe about debt! In this lesson, Dave Ramsey reveals the truth about the credit lies and gives you a plan for walking out of debt with confidence.
5. **Credit Sharks in Suits.** What is a credit score, anyway? Join Dave as he unpacks your credit rating and shows you how to handle collectors when they call.
6. **Buyer Beware.** Dave Ramsey draws on decades of experience to reveal the power and influence that marketing has on your everyday buying decisions. Let the buyer beware!
7. **Clause and Effect.** In this lesson, Dave walks you through the world of insurance, carefully explaining what you need—and what you need to avoid.
8. **That's Not Good Enough!** Discover the seldom-used secrets of buying only big, big bargains—every time! Before you know it, you'll be saying, "That's not good enough!"
9. **Of Mice and Mutual Funds.** Dave breaks through the jargon surrounding long-term investing and empowers you to make your own decisions about your investments!
10. **From Fruition to Tuition.** Dave walks you through the maze of retirement options and helps you figure out the right path

for you. You will also learn how to plan for college so your kids can graduate debt free!

11. Working in Your Strengths.

This lesson will show you how to avoid dead-end or mind-numbing jobs and provide tips for job hunting, writing a résumé, and acing an interview. Plus, you'll learn tips for finding extra jobs if you need cash to attack your debt snowball.

12. Real Estate and Mortgages.

Dave draws on over 20 years of real estate experience to teach you how to win when buying or selling your home. Plus, he'll dissect all of the common mortgage options available today, showing you what to choose—and what to avoid.

13. The Great Misunderstanding.

Warning! This lesson will challenge the way you think about money. Dave will show you how generous giving can completely revolutionize your attitude and improve your finances, business and relationships.

Interested in learning more? Trinity Episcopal Church in downtown Clarksville is excited to be offering FPU starting Thursday, March 14 at 6:30 p.m. We will be offering two orientations in February for those interested in learning more. For more information check out their website at www.trinityparish.com or call the church office at (931) 645-2458. The whole program



costs under \$100, and you will take home invaluable tools to help you long after our 13 weeks is over.

If you can't start a 13 week commitment in March, check out www.DaveRamsey.com for a listing of other local classes.

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894 Hwy 76 Suite 104, Clarksville, TN 37043

How Do I Know If My Child's Language is On Track?

by Gloria Garner

Many parents wonder if their child's speech/ language ability is on target with his or her peers. The first three years of your child's life is a critical time for speech and language development. Although all children develop at different rates, there are some basic guidelines for typical speech and language development.

Seven Months to One Year

- Enjoys games like peek-a-boo and pat-a-cake
- Turns and looks in direction of sounds
- Listens when spoken to
- Recognizes words for common items like "cup", "shoe," or "juice" Babbling has both long and short groups of sounds such as "tata upup bibibibi"

- Uses speech or non-crying sounds to get and keep attention
- Imitates different speech sounds
- Has one or two words (bye-bye, dada, mama), although they may not be clear
- Begins to respond to requests (e.g. "Come here" or "Want more?")

One Year to Two Years

- Points to a few body parts when asked
- Follows simple commands and understands simple questions ("Roll the ball," "Kiss the baby," "Where's your shoe?")
- Listens to simple stories, songs, and rhymes
- Points to pictures in a book when named
- Says more words every month
- Uses some one- or two- word questions ("Where kitty?" "Go bye-bye?" "What's that?")
- Puts two words together ("more cookie," "no juice," "mommy book")
- Uses many different consonant sounds at the beginning of words

Two to Three Years

- Understands differences in meaning ("go-stop," "in-on," "big-little," "up-down")
- Follows two requests ("Get the book and put it on the table")
- Has a word for almost everything
- Uses two- or three-word "sentences" to talk about and ask for things
- Speech is understood by familiar listeners most of the time
- Often asks for or directs attention to objects by naming them

Three to Four Years

- Understands simple "wh" (who, what, where, why) questions
- Talks about activities at school or at friends' homes

This month at Governor's Square Mall:



Summer Camp Roundup: Check out several local and regional summer camps for kids of all ages.

Sat. Feb. 16th, Mallwide 11am-4pm



To Become a Vendor, Call Marketing Dept. at 931-552-0289

Bridal Expo
**Sat., Feb. 23,
 Mallwide 10am-7pm**
Find all area wedding vendors under one roof to help plan your perfect wedding at our Annual Bridal Expo. Fashion show will begin at 1pm. First 100 brides will receive a FREE gift.

To Become a Vendor, Call Marketing Dept. at 931 - 552 - 0289

GOVERNOR'S SQUARE
M A L L

2801 Wilma Rudolph Blvd.
 (931) 552-0289
www.governorssquare.net

- Speaks clearly enough that people outside of the family usually understand his or her speech
- Uses a lot of sentences that have four or more words
- Usually talks easily without repeating syllables or words

If you feel that your child may be speech/ language delayed, it is important that you contact your pediatrician and request a speech and language evaluation. Advanced Therapy Solutions is offering a speech and language winter camp for those children ages 2-4 years who may need a boost in their speech and language skills.

The winter camp will be one hour sessions, two times a week for four weeks beginning the week of February 10, 2008. The camp consists of songs, art, snacks, and vocabulary circle time. All the while speech language pathologists will be meeting each child's speech and language needs. If you have any questions or are interested in the speech and language winter camp please contact the team at Advanced Therapy Solutions, Gloria Garner, M.S. CCC-SLP at (931) 980-9877 or Susan Johnson Lingg, M.A. CCC-SLP at (901) 340-8776.

Advanced Therapy Solutions and Beyond the Books are excited to announce that they have now joined locations at 2535 Madison Street (41A, past Sango Wal-Mart).

Advanced Therapy Solutions provides speech, language, and feeding evaluations/ therapy to both children and adults. Beyond the Books is an educational resource center that provides services for students that range from pre-k through high school. Because services that Advanced Therapy Solutions and Beyond the Books provide often go hand in hand, we feel that joining locations will better serve our clientele and their families.

The Kids Clothes Basket

EVERYTHING 30-90% OFF RETAIL!

4 DAYS ONLY!

HUGE Inventory Of New & Sample Boutique Clothing, Gifts & Accessories

(see website for brand names)



Newborn to size 16 Boys & Girls

**TUES. FEB. 26 - FRI. FEB 29
10AM-7PM**

Jaycees Activity Center
1180 Cumberland Dr. (Fairgrounds)
Clarksville, TN

Call Julie at 615-594-9682
or go to thekidsclothesbasket.com for more information

T & Sympathy

by Kimberly Haynes Titlebaum



Dear Ms T.

My child and several others in the neighborhood are being bothered by a bully. This child has caused problems on the bus, in the neighborhood, and I have heard even at school, but has not been caught by those in authority. Normally I would talk to the parents myself, but this bully is new in our neighborhood and living with his grandparents because his parent or parents (I am not sure of all the details) are deployed overseas. I think the grandparents are probably out of their depth. Ms. T, I do feel sorry for this child, but not so much that I am willing for my child to be harassed. I want this to change, and change soon!

Upset Mom in the neighborhood

Dear Upset Mom,

You're right to be concerned. Dealing with a bully is a particularly thorny issue. First of all, you are lucky your child came to you. Often a child on the receiving end of a bully's attention feels victimized, guilty and ashamed. You want to praise your child for coming to you, and do what you can to make him see that he is not helpless in a bullying situation. Silence and inaction are a bully's best allies. Children are wary about tattling or

snitching, so you will want to reinforce the understanding that when hurt is involved it is telling not tattling. And yes, hurt feelings do matter as much as a hurt body.

Next you need to gather information. What kind of bullying is happening? Bullying usually falls into one of three types: verbal (name-calling, or taunting, for example), violent (hitting, shoving or coercion for money and/or possessions), and social (shunning and exclusion, or public and group ridicule). What type is being practiced? Does the bully act alone, or has he or she gathered a group or clique around to either aid in the bullying or play the role of audience for the gratification of the bully?

If the bullying is happening in the school you and your child can arrange to talk to a teacher or school administrator together. First you will want to read the school's Code of Conduct, which should have been brought home the first week of school (you can find the current version on the CMCSS website at www.cmcss.net/PSInfo/CodeofConduct/conduct.pdf). The relevant part on bullying and reporting bullying is on page 17. Your child may be fearful and reluctant to do this, preferring to make an anonymous report. However, while an anonymous report can be made, be aware that no disciplinary action will be made against the bully. You should let your child know that bullies do not seek out worthy opponents. They look for easy, fearful prey. By taking an action such as reporting the bully your child takes himself off the easy prey list and helps to stop being a victim.

In making the report your child needs to be clear and specific. He will

be taken less seriously if he says he is being "picked on and stuff," than if he says he was called a specific name and blocked from going to class, or his books were knocked out of his hands and kicked down the hall three times. Administrators need solid information to act on such as actions, times, and who else was around. Witnesses who can confirm your child's report will help.

Whether it happens at school or just in the neighborhood bullies look for the lone child, which makes for an easy target. Your child may wish to be with friends as much as possible to lessen the chance of an encounter. But so often a child simply doesn't have a choice but to be alone at times. It may be wise to make your child aware of "safe houses" in the neighborhood, maybe between your home and the bus stop, where people live that are known to both you and your child. It would be a good idea to appraise those living in the neighborhood that your child may need to stop in should a bully be harassing him.

But if there are times when he is alone and a confrontation is forced on him the best thing he can do is to not feed the bully's need. Bullies do what they do because it gives them something they need or want. They may need to feel powerful, superior or strong. If their target acts afraid, appealing or weak, the bully gets what he wants and is more likely to focus on that same target again and again. But if the target acts calm and unafraid (regardless of what he or she may be really feeling!) the bully will not be getting those feelings he craves and will seek out easier targets next time. The targeted child does

*Real bunnies...
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Easter Portraits
March 15th thru 22nd

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not need to descend to the level of the bully, just give a steady look in the eye and a solid refusal of what ever the bully wants. Bullies generally back down, especially if they can without losing face, and will not want to put themselves in that uncomfortable position again. Thus they will leave the target alone that does not go along with their bullying plans. And your child will have learned a valuable life lesson that will come in handy in relationships, the workplace and any place people interact—because bullies don't just stay on the playground. They grow up to date, marry, get jobs, join professional associations and even country clubs. Alas, they often bring their bullying tactics with them.

It is important to remember you can report a bully, you can even refuse to be his or her victim, but you can't change a bully. A bully has to be shown his or her actions are ineffective and that they have to choose to change their actions. Working with him or her on that change is a job for counselors or therapists. You can only be responsible for your actions and, in this case, how you respond to the bully's actions.

That being said, you mentioned that the bully was a new child in the neighborhood living with grandparents, and one or both parents are deployed. These are all red flags for a child at risk. Children of deployed parents are many times more likely to be depressed and unexpectedly aggressive. These children are in need of help, not simply censure, and fortunately in our community there are many places to turn for help when a child starts to show sudden signs of depression and aggression. You might consider talking to the grandparents if you can do so in a non-judgmental way. Making them aware of the problem their grandchild has, as well as referring

them to possible places where they can seek help for themselves and their grandchild, may well be an act of kindness to people you suspect are out of their depth. There are many places to seek this kind of help in our area, such as the Family Readiness Groups on Fort Campbell, the Pastoral Counseling Center (supported jointly by many of the churches in the area), and the Harriet Cohn Center. Their contact information can be found in the back of every edition of *Clarksville Family*.

Of course the bully will not appreciate his or her actions being revealed, and may respond in a variety of ways. He may deny it, say he was only joking or having fun, or he may claim (and even feel) that the incident was a reaction to some insult or slight against himself. In some cases a bully may seek retaliation against anyone they think "told on them." You and your child may discuss this possibility and prepare for it. Help your child to see that giving in to the fear of retaliation will only strengthen the bully. If there is retaliation it should be reported immediately. When the bully sees that

his tactics do not give him the power he wants, he will change his tactics, or at least focus them elsewhere.

In summary, it is important to help your child see ways to refuse to be a victim. Praise him for coming to you or any trusted adult. Assist him in reporting the bully (don't just do it for them). Let him know he is not helpless when faced with a bully, and help him understand how not to feed a bully's need for power. Children who have successfully faced down bullies are stronger and more confident when dealing with other difficult people and situations as they come along in life.

Kimberly Haynes Titlebaum has been a working mom, a stay-at-home mom, a career counselor, an educational counselor, and currently enjoys being a Life Coach. Visit her on-line at www.transitionsofnashville.com.

Submit your question to Ms. T via e-mail at advice@clarksvillefamily.com or by snail-mail at

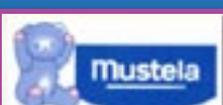
Attn: Ms. T
c/o Clarksville Family Magazine
PO Box 31867
Clarksville, TN 37040

Once upon a child has moved!

Clarksville's Largest Children's Store is now Even BIGGER!

Our new location is in Austin's Square next to TJ Maxx.

Come check out some of our newest lines:


Upholstered Children's Rockers
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\$49.99

(reg. price \$69.99)

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\$5 off any purchase of \$25 or more!

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*please use by March 31st 2008





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THE FRIDGE



Daisia



Kender, supporting our troops!



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Santa Knows Best!



Jayden Alexander



Zoe is excited to see Santa!



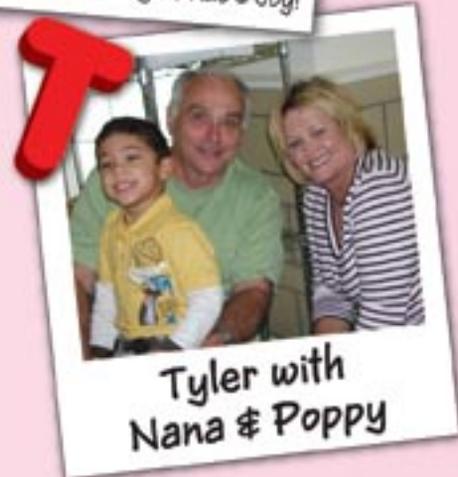
Our littlest reader!



Who me?!



Mommy & Daddy's Pride & Joy!



Tyler with Nana & Poppy

Wanna be on the Fridge?

Email photo to: fridge@clarksvillefamily.com
by February 15th. *Please include the names of who is in the photo & a preferred caption. (optional)

**** You may also mail your photos to:
PO Box 31867 Clarksville, TN 37040**

Mailed photos cannot be returned. Submitted photos and signature will serve as a "photo release" allowing Clarksville Family Magazine a one time right to print the photo. *Photo publication cannot be guaranteed.

BIRTHDAYS!

FEB



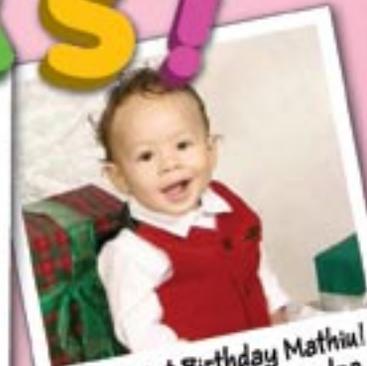
Happy 1st Birthday Taylor!
Love Mom & Dad



Happy late 1st Birthday Aubrey!
Love, Daddy, Mommy,
Brayden & Gillian



Happy 1st Birthday Noah!
Love, Mommy, Daddy, & Joshua



Happy 1st Birthday Mathial!
Love Grandma & Grandpa

BUR



Ava is turning 3!



Happy 3rd Birthday!
from Daddy, Mommy, Ana, & Chris

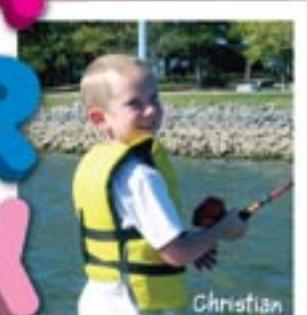


Happy 4th Birthday Tanner!



Happy 5th Birthday Riley!

ARY



Happy 5th Birthday Bear!



Happy Birthday
Mackenzie & Madison!



Annie will be 8!



Your Awesome Aaron,
Happy 9th Birthday!

Don't forget!
Send in photos
for March Birthdays to:
birthdays@clarksvillefamily.com



Happy 8th Birthday Maiya!
Daddy loves you!

H



Happy 4th
Birthday Harrison!
Happy 10th
Birthday Hailey!

2 SATURDAY

SWEETHEART 10K, 5K, YOUTH 3K
9:00 a.m. at Beachaven Winery, 1100 Dunlop Lane. For registration information go to www.clarksvillerunningclub.com

LOG CABIN QUILTING CLASS

10:30 a.m. to 2:00 p.m. at Betsy's Quiltin' Barn, 1953 Madison Street. Call (931) 551-3650 for more information.



CHEERLEADING MUSIC JAM

Through Sunday, February 3rd at the Municipal Auditorium, 417 4th Avenue South, Nashville. With nearly 150 cheerleading teams in attendance last year, you won't want to miss out the 2008 event. Admission is free and video taping is allowed. Come enjoy the Jammyland inflatable is tons of fun, and will be available free for all participants and spectators. Visit www.nashvilleauditorium.com or www.jamfest.com, or call (615) 862-6390 for more information.

4 MONDAY

BUSY BEES

9:30 a.m. at Clarksville-Montgomery County Public Library. This program is designed for children from 18 months through three years old, to be an interactive program for parent and child. Contact the Children's Library at (931) 648-8826 or visit www.clarksville.org.

JUST FOR ME STORY TIME

10:30 a.m. at Clarksville-Montgomery County Public Library. Designed for children four and five years old, incorporating the use of music and movement as well as offering the best in children's books and storytelling. Contact the Children's Library at (931) 648-8826 or visit www.clarksville.org.

AMERICAN RED CROSS

BLOOD DRIVE

10:30 a.m. to 4:30 p.m. at 585 South Riverside Drive. For more information call (931) 645-6401.

5 TUESDAY

MARDI GRAS

FAMILY STORY TIME

9:30 a.m. at Clarksville-Montgomery County Public Library. Featuring stories centered around a specific theme that will cover a wide range of ages. Families with children of varied ages will find this program the ideal way to enjoy the library together. Contact the Children's Library at (931) 648-8826 or visit www.clarksville.org.

NEW PROGRAM FOR TWEENS

4:30 p.m. to 5:30 p.m. at Clarksville-Montgomery County Public Library. For tweens between 10 and 12 years old. Come join in for a great time. Contact the Children's Library at (931) 648-8826 or visit www.clarksville.org.

SIT & KNIT

6:00 p.m. to 8:00 p.m. at Betsy's Quiltin' Barn, 1953 Madison Street. Call (931) 551-3650 for more information.

SCRABBLE TOURNAMENT

6:00 p.m. to 9:00 p.m. at Borders in Governor's Square Mall. Call Mr. Sanders at (931) 647-3625 for reservations.

6 WEDNESDAY

ASH WEDNESDAY

ASH WEDNESDAY SERVICE

6:00 p.m. at Madison Street United Methodist Church. Service will be held in the sanctuary. Children's choirs will meet for rehearsals following the regular Wednesday night schedule.

SEW DO KU QUILTING CLASS

6:00 p.m. to 8:00 p.m. at Betsy's Quiltin' Barn, 1953 Madison Street. Call (931) 551-3650 for more information.

7 THURSDAY

PRE-SCHOOL REGISTRATION FOR 2008-2009

9:00 a.m. at Madison Street United Methodist Church on the 2nd Floor. Registration for church members. Contact Sheron York at (931) 645-9085 x239.

BABY AND ME LAPSIT

9:30 a.m. at Clarksville-Montgomery County Public Library. Infants up to 18 months will enjoy this program. Infants sit on their parent's lap and interact with them while enjoying songs, finger plays and books designed with babies in mind. Contact the Children's Library at (931) 648-8826 or visit www.clarksville.org.

UNDERGROUND RAILROAD QUILTING CLASS

6:00 p.m. to 8:00 p.m. at Betsy's Quiltin' Barn, 1953 Madison Street. Call (931) 551-3650 for more information.

PAJAMA STORY TIME

7:00 p.m. at Clarksville-Montgomery County Public Library. For children of all ages. Come dressed ready for bed. Contact the Children's Library at (931) 648-8826 or visit www.clarksville.org.

8 FRIDAY

THE ELVIS CONNECTION

7:30 p.m. at The Carson Center, 100 Kentucky Avenue, Paducah, KY. A fantastic concert for those who love Elvis and enjoy his music! Visit www.thecarsoncenter.org or call (270) 450-4444 for more information.

9 SATURDAY

JUNIOR RANGER PROGRAM

10:00 p.m. at Clarksville-Montgomery County Public Library. Park Rangers from Fort Donelson National Battlefield will offer a special Junior Ranger program, for children ages 5 to 12. Visit www.nps.gov/fodo or call (931) 232-5706 x104.

LOG CABIN QUILTING CLASS

10:30 a.m. to 2:00 p.m. at Betsy's Quiltin' Barn, 1953 Madison Street. Call (931) 551-3650 for more information.

FOUR PAWS FOR READING

1:00 p.m. at Clarksville-Montgomery County Public Library. Tender Paws members and their therapy dogs listen to children who wish to read with them. Contact the Children's Library at (931) 648-8826 or visit www.clarksville.org.

11 MONDAY

BUSY BEES

9:30 a.m. at Clarksville-Montgomery County Public Library. This program is designed for children from 18 months through three years old, to be an interactive program for parent and child. Contact the Children's Library at (931) 648-8826 or visit www.clarksville.org.

JUST FOR ME STORY TIME

10:30 a.m. at Clarksville-Montgomery County Public Library. Designed for children four and five years old, incorporating the use of music and movement as well as offering the best in children's books and storytelling. Contact the Children's Library at (931) 648-8826 or visit www.clarksville.org.

AMERICAN RED CROSS

BLOOD DRIVE

10:30 a.m. to 4:30 p.m. at 585 South Riverside Drive. For more information call (931) 645-6401.

SHARE VALENTINE'S

CELEBRATION MEETING

2:00 p.m. to 4:00 p.m. at Unitarian Universalist Fellowship of Clarksville, 3053 Hwy 41A South. Bring drinks and snacks to share as parents and kids will learn about the history and traditions of Valentine's Day. There will be a secret craft for kids only.

12 TUESDAY

PRE-SCHOOL REGISTRATION FOR 2008-2009

9:00 a.m. at Madison Street United Methodist Church on the 2nd Floor. Registration for general public and those on the waiting list. Contact Sheron York at (931) 645-9085 x239.

FAMILY STORY TIME

9:30 a.m. at Clarksville-Montgomery County Public Library. Featuring stories centered around a specific theme that will cover a wide range of ages. Families with children of varied ages will find this program the ideal way to enjoy the library together. Contact the Children's Library at (931) 648-8826 or visit www.clarksville.org.

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BEGINNERS KNITTING CLASS:

"VINTAGE BUBBLE BAG"

6:00 p.m. to 8:00 p.m. at Betsy's Quiltin' Barn, 1953 Madison Street. Call (931) 551-3650 for more information.



MONTY PYTHON'S SPAMALOT

Through Sunday, February 17th at the Tennessee Performing Arts Center (TPAC) Andrew Jackson Hall, 505 Deaderick Street, Nashville. Winner of the 2005 Tony® Award for Best Musical, Spamalot is the outrageous musical comedy lovingly ripped from the film classic *Monty Python and the Holy Grail*. Visit www.tpac.org or call (615) 782-4000 for more information.

13 WEDNESDAY

SEW DO KU QUILTING CLASS

6:00 p.m. to 8:00 p.m. at Betsy's Quiltin' Barn, 1953 Madison Street. Call (931) 551-3650 for more information.

14 THURSDAY

VALENTINE'S DAY

NASHVILLE PREDATORS VS.

CHICAGO BLACKHAWKS

7:00 p.m. at the Sommet Center, 501 Broadway, Nashville. Visit www.nashvillearena.com or call (615) 770-2040 for more information.

BABY AND ME LAPSIT

9:30 a.m. at Clarksville-Montgomery County Public Library. Infants up to 18 months will enjoy this program. Infants sit on their parent's lap and interact with them while enjoying songs, finger plays and books designed with babies in mind. Contact the Children's Library at (931) 648-8826 or visit www.clarksville.org.

TEEN ADVISORY BOARD

(TAB) MEETING

4:30 p.m. at Clarksville-Montgomery County Public Library. For 13 to 18 year olds. See the Children's Staff for an application. Contact the Children's Library at (931) 648-8826 or visit www.clarksville.org.

15 FRIDAY

RAYS AND REFLECTIONS: A DISPLAY OF PHOTOGRAPHIC ART BY JACOB HATCHER—SHOW OPENING

6:30 p.m. at The Sidney M. Johnson Art Gallery of Madison Street United Methodist Church. The

photography of Mr. Hatcher will be on display until April 1. For more information contact Rev. Jared Wilson, Minister of Music, Drama & the Arts at (931) 647-0221 x229.

BRAD PAISLEY IN CONCERT

7:00 p.m. at the Sommet Center, 501 Broadway, Nashville. Visit www.nashvillearena.com or call (615) 770-2040 for more information

FRIDAY NIGHT LOCK IN

At Betsy's Quiltin' Barn, 1953 Madison Street. Call (931) 551-3650 for more information.

16 SATURDAY VIDEO CONFERENCE CALLS FOR FORT CAMPBELL FAMILIES

9:00 a.m. to 4:00 p.m. at SSG Glenn H. English Jr. Education Center, Room 229 at Fort Campbell.

Hosted by Austin Peay State University, this service offers families of soldiers from the 129th Combat Sustainment Battalion to communicate with their loved one overseas free of charge. Each family will have the opportunity to spend 30 minutes in a teleconference. The Center for Extended and Distance Education at APSU is coordinating this effort with U.S. Army units and The Freedom Calls Foundation. For more information contact Julia McGee at (931) 221-7743 or mcgee@apsu.edu.

LOG CABIN QUILTING CLASS

10:30 a.m. to 2:00 p.m. at Betsy's Quiltin' Barn, 1953 Madison Street. Call (931) 551-3650 for more information.

"BEGINNER'S SCARF" KNITTING CLASS

3:00 p.m. to 5:00 p.m. at Betsy's Quiltin' Barn, 1953 Madison Street. Call (931) 551-3650 for more information.



"THUNDER SLAM" MONSTER TRUCK SPECTACULAR

7:30 p.m. at the Municipal Auditorium, 417 4th Avenue South, Nashville. One big night only! Visit www.nashvilleauditorium.com or www.ampliveevents.com, or call (615) 862-6390 for more information.

18 MONDAY PRESIDENTS DAY

Government offices closed.

AMERICAN RED CROSS BLOOD DRIVE

10:30 a.m. to 4:30 p.m. at 585 South Riverside Drive. For more information call (931) 645-6401.

19 TUESDAY SIT & KNIT

6:00 p.m. to 8:00 p.m. at Betsy's Quiltin' Barn, 1953 Madison Street. Call (931) 551-3650 for more information.

SCRABBLE TOURNAMENT

6:00 p.m. to 9:00 p.m. at Borders in Governor's Square Mall. Call Mr. Sanders at (931) 647-3625 for reservations.



ANNIE

7:30 p.m. at the Carson Center, 100 Kentucky Avenue, Paducah, KY. Leapin' lizards! The timeless tale of Little Orphan Annie is back. Boasting

one of Broadway's most memorable scores, Annie is a delightful experience for the entire family. Visit www.thecarsoncenter.org or call (270) 450-4444 for more information.

20 WEDNESDAY

SEW DO KU QUILTING CLASS

6:00 p.m. to 8:00 p.m. at Betsy's Quiltin' Barn, 1953 Madison Street. Call (931) 551-3650 for more information.

21 THURSDAY

MEDIEVAL MYSTERY NIGHT

5:00 p.m. at Clarksville-Montgomery County Public Library. What happened to the famous Excalibur? Join lords and ladies from other lands and travel through the kingdom of Readalot to solve the mystery. For all teens 13 to 18 years old. Contact the Children's Library at (931) 648-8826 or visit www.clarksville.org.

UNDERGROUND RAILROAD QUILTING CLASS

6:00 p.m. to 8:00 p.m. at Betsy's Quiltin' Barn, 1953 Madison Street. Call (931) 551-3650 for more information.

22 FRIDAY

PARENTS' TIME OUT

5:00 p.m. to 10:00 p.m. at Madison Street United Methodist Church. Look for sign-up sheets in Worship Bulletins or contact Melody at (931) 647-0221 x232 or melody@msumc.ntcmail.com.

23 SATURDAY

LOG CABIN QUILTING CLASS

10:30 a.m. to 2:00 p.m. at Betsy's Quiltin' Barn, 1953 Madison Street. Call (931) 551-3650 for more information.

ANIME PROGRAM

2:00 p.m. at Clarksville-Montgomery County Public Library. For all teens 13 to 18 years old. Contact the Children's Library at (931) 648-8826 or visit www.clarksville.org.



DAVID COPPERFIELD: AN INTIMATE EVENING OF GRAND ILLUSION

6:00 p.m. at the Tennessee Performing Arts Center (TPAC) Andrew Jackson Hall, 505 Deaderick Street, Nashville. Visit www.tpac.org or call (615) 782-4000 for more information.

25 MONDAY AMERICAN RED CROSS BLOOD DRIVE

10:30 a.m. to 4:30 p.m. at 585 South Riverside Drive. For more information call (931) 645-6401.

SHARE MEETING

2:00 p.m. to 4:00 p.m. at Unitarian Universalist Fellowship of Clarksville, 3053 Hwy 41A South. Support and discussion meeting for parents, play time and games for kids.

26 TUESDAY

THE KIDS CLOTHESBASKET DESIGNER CLOTHING SALE

10:00 a.m. to 7:00 p.m. through Friday, February 29th at the Jaycees Activity Center, 1180 Cumberland Drive (Fairgrounds). Come shop a HUGE inventory of new and sample children's boutique clothing, gifts and accessories at 30%-90% off retail. Four days only! Call Julie at (615) 594-9682 or visit thekidsclothesbasket.com for more information.

BEGINNERS KNITTING CLASS: "VINTAGE BUBBLE BAG"

6:00 p.m. to 8:00 p.m. at Betsy's Quiltin' Barn, 1953 Madison Street. Call (931) 551-3650 for more information.

TO HAVE YOUR EVENT INCLUDED FOR FREE ON THE CALENDAR E-MAIL EVENTS@CLARKSVILLEFAMILY.COM. PLEASE HAVE IT TO US BY THE 10TH OF THE MONTH TO BE INCLUDED IN NEXT MONTH'S ISSUE.



Class Schedule for Clarksville-Montgomery County Chapter

585 Riverside Drive • (931) 645-6401 • clarksville.redcross.org

ADULT, CHILD, INFANT CPR AND FIRST AID

\$60. Saturday, February 2 from 9:00 a.m. to 4:00 p.m. at Fort Campbell. Friday, February 8 from 9:00 a.m. to 4:00 p.m. at Chapter.

BABYSITTER TRAINING

\$50. This very popular course gives 11 to 15 year olds the knowledge, skills and confidence to care for infants and school-age children. This class does not include certification for CPR or First Aid. Saturday, February 16 from 9:00 a.m. to 4:00 p.m. at Fort Campbell.

ADULT CPR AND FIRST AID

\$50. Students will also learn how to perform CPR and care for breathing and cardiac emergencies in adults. Friday, February 22 from 9:00 a.m. to 2:00 p.m. at Chapter.

INFANT AND CHILD CPR

\$40. Students will learn how to prevent, recognize, and provide basic care for breathing and cardiac emergencies in infants and children under the age of 12 until advanced medical help can take over. Thursday, February 7 from 5:00 p.m. to 9:00 p.m. at Chapter.

ADULT CPR

\$40. Students will learn how to prevent, recognize, and provide basic care for breathing and cardiac emergencies in adults until advanced medical help can take over. Thursday, February 21 from 5:00 p.m. to 9:00 p.m. at Chapter.

INSTRUCTOR TRAINING COURSE

\$175. Individuals 16 years and older who possess certification cards for CPR and First

Aid. Monday, February 11 from 9:00 a.m. to 4:00 p.m., Tuesday, February 12 from 9:00 a.m. to 4:00 p.m., Wednesday, February 13 from 9:00 a.m. to 4:00 p.m. at Chapter.

CHALLENGES

\$25. For participants who already have CPR and First Aid knowledge. Monday, February 4 at 1:00 p.m., Monday, February 11 at 9:00 a.m., Monday, February 25 at 1:00 p.m. at Chapter

BLENDED LEARNING 2ND HALF OF COURSE

Students must complete on line lecture and pass test with 80 percent, bring completion certificate of course. Students are then checked off on skill evaluation to receive certification of completion. Monday, February 4 at 9:00 a.m. Monday, February 11 at 1:00 p.m. Monday, February 25 at 9:00 a.m. at Chapter.

Develop a new skill, explore a new idea, learn a new language or seek a new career with a class from Austin Peay State University's Center for Extended and Distance Education. Register early and receive a 10 percent discount on selected courses. A senior citizen discount is also available on selected courses. Only one discount can be applied per registration. Preregistration is required for each course.

Business seminar

- HR Certificate—Part 1 will meet from 6:00 p.m. to 8:00 p.m., Thursdays, February 7 through March 6 in APSU's Claxton Building, Room 118. (course \$120, supply \$8)

Languages

- American Sign Language will meet from 6:00 p.m. to 8:00 p.m., Thursdays, through March 27 in APSU's Claxton Building, Room 113. (course \$195, text \$28)
- Conversational Spanish, Part 1 will meet from 6:00 p.m. to 8:00 p.m., Wednesdays, through March 12 in APSU's Claxton Building, Room 113. (course \$165, supply \$5)

Computer software applications

- MS Access Basics will meet from 6:00 p.m. to 8:00 p.m., Mondays and Wednesdays, through February 6 at 106 Public Square, Clarksville. (course \$122, lab \$5, text \$34)
- MS Word Intermediate will meet from 6:00 p.m. to 8:00 p.m., Tuesdays and Thursdays, through February 14 at 106 Public Square, Clarksville. (course \$122, lab \$5, text \$34)

- Personal Computing Basics will meet from 6:00 p.m. to 8:00 p.m., Mondays and Wednesdays, February 11 through 25 at 106 Public Square, Clarksville. (course \$122, lab \$5, supply \$17)

Personal development

- Drawing Basics will meet from 6:00 p.m. to 8:30 p.m., Mondays, through February 18 in APSU's Claxton Building, Room 118. (course \$115, supply \$20)
- Parenting 101 will meet from 6:00 p.m. to 8:00 p.m., Mondays, through March 3 at the Family Guidance Training Institute Inc., Clarksville. (course \$174, text \$25)

TSBDC

- Building Your Business Foundation will meet from 11:00 a.m. to 1:30 p.m., Tuesday, February 12 at the US Bank, Clarksville. (free)
- Show Me the Money will meet from 9:30 a.m. to 10:30 a.m., Wednesday, February 13 at the US Bank, Clarksville. (free)
- Plan to Succeed will meet from 11 a.m. to 12:30 p.m., Thursday, February 14 at the US Bank, Clarksville. (free)

Parenting, health and safety courses

- Parenting 101 will meet from 6:00 p.m. to 8:00 p.m., Mondays, through March 3 at the Family Guidance Training Institute Inc., Clarksville. (course \$174, text \$25)
- Parents, Children and Divorce, the court-mandated seminar for divorcing parents, will meet in Dickson County from 9:00 a.m. to 1:00 p.m., Saturday, February 2 at the Renaissance Center, Room 220. (course \$35, text \$15)

- Parents, Children and Divorce, the court-mandated seminar for divorcing parents, will meet in Montgomery County from 9 a.m. to 1:00 p.m., Saturday, February 9 in APSU's Claxton Building, Room 116. (course \$35, text \$15)

The Center also offers year-round online certificate programs in administrative medical specialist, advanced medical coding for the physician's office, medical transcription, Cisco, CCNA, travel agent and paralegal training. Financial aid is available.

Registration is under way and continues until classes have filled or started. Students must register and pay fees through the Center's office before attending class. There are four ways to enroll in a class:

The Center offers classes through the Tennessee Small Business Development Center. Those classes are free and open to the public. Some of those include Building Your Business Foundation, Secrets of the IRS, Small Business Health Care and Make Your Business Grow.

For additional information, contact the Center by telephone at (931) 221-7816. For a printable catalog and registration form, go online to www.apsu.edu/ext_ed/noncredit_classes.htm.

Sportsman's Lodge Perfect Place To Dine Your

Restaurant & Lounge
Continuation of Appalachian Culture

VALENTINE

February 14th ♥ 5-8pm

Choose From Two Specials:

♥ **Ribeye dinner for 2 - \$40.00**

or

♥ **Combination of Schnitzel & Ribeye for 2 - \$32.50.**

Both entrees included salad, your choice of potato, green beans and beverage teal soda.

Reservations are highly suggested

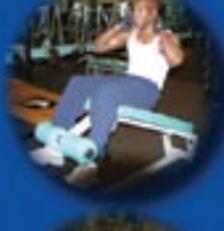
For more information call

931.431.4140

www.FortCampbellMWR.com/sportsmans



Estep Wellness Center can help you reach your New Year's Resolution Goals


2270 Kentucky Ave
Fort Campbell, KY 42223
(270) 798-4664/4023

NO CONTRACTS for membership!

The place to: **Tone Up, Slim Down or Just Relax.**

Estep is open to all active duty, retirees, reservists, National Guard, DoD Civilians, contractors, Family Members and guests

Hours of Operation:
Monday – Friday 5:00am – 9:00pm
Saturday 7:00am – 6:00pm
Sunday 10:00am – 6:00pm
Holidays & DONSAS 7:00am – 6:00pm

www.FortCampbellMWR.com



MOMS Club of Clarksville February Calendar

MOMS Club of Clarksville is a chapter of the international, non-profit group for stay at home parents to socialize with other preschoolers and their parents through activities and playgroups.

1 FRIDAY
MONTHLY MEETING 10:00 a.m. at Madison Street United Methodist Church. Come enjoy breakfast!

6 WEDNESDAY
"GO JUMP" 1:00 p.m. inflatable outing off Exit 24.

11 MONDAY
SWIM TIME 9:00 a.m. at YMCA

12 TUESDAY
KIDS DINNER NIGHT 5:30 p.m. at Applebee's.

15 FRIDAY
TOUR & PIZZA MAKING 10:00 a.m. in Cici's Pizza on Fort Campbell Boulevard.

19 TUESDAY
TUESDAYS FOR TOTS 10:00 a.m. to 12:00 p.m. craft and tour at Cheekwood Botanical Garden in Nashville.

20 WEDNESDAY
MOMS CLUB LIBRARY PLAY TIME 10:00 a.m. at Clarksville-Montgomery County Public Library.

26 TUESDAY
MOMS NIGHT OUT 7:00 p.m. at Blackhorse Pub & Brewery.

27 WEDNESDAY
STORY TIME 10:00 a.m. at Once Upon a Child.

*Playgroups, Bunco and Scrapbooking also meet throughout the month! For more information on the MOMS Club of Clarksville please contact Kelly Vaughn, Membership Vice President, at (931) 538-1728 or clarksvillemomsclub@yahoo.com. Visit www.geocities.com/clarksvillemomsclub

The Roxy Regional Theatre

www.roxyregionaltheatre.org • 100 Franklin Street

MY WAY: A TRIBUTE TO FRANK SINATRA
Conceived by David Grapes and Todd Olson. Book by Todd Olson. Whether he is a voice from your past or just a music icon, Frank Sinatra thrills once more. Join us for a memorable evening boasting over 40 songs made famous by "Ol' Blue Eyes."

February 8, 9, 14**, 15, 16*, 20, 21, 22, 23, 27, 28, 29 and March 1.

**Special performance on Valentine's Day.
Curtain Times
7:00 p.m. Wednesday and Thursday evenings, 8:00 p.m. Friday and Saturday evenings, *2:00 p.m. 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



www.customshousemuseum.org • 200 South Second Street

...Without Intent or Scheme

Through March 2 in Heritage Hall. Museum Registrar Krista Castillo has assembled a collection of handmade instruments and songs of prolific Clarksville artist and musician Tom Malone, from his friends and family. Malone, who died in 1998, lived his life as a free spirit devoted to friends, art and music. He and his band, "The Funky Jazz Beavers," could often be found playing at the Crossroads Cafe (now Brunie's) on Legion Street.

Second Biennial Tennessee Arts and Crafts Juried Exhibition

Through April 11 in the Crouch Gallery. Judge Vicki Eaton has selected 46 pieces for the show. Both professional artists and ardent amateurs are represented with works in photography, painting, ceramics, wood, textile art and drawing.

Olen Bryant: The Gift

Through April 13 in the Orgain Gallery. We just can't get enough of this phenomenal man. After a successful run of *Olen Bryant: A Retrospective*, the Customs House Museum was honored

to receive a gift of 19 sculptures from Olen for our permanent collection. This exhibition showcases the gift, which includes nine pieces not seen in the retrospective. Two newly-donated Olen Bryant angel drawings round out the show.

Brain Matters

Through May 4 in the Kimbrough Gallery. This highly interactive science exhibit offers visitors an opportunity to gain insight into the wonder of the brain and its importance in every aspect of human life. View and touch brain models; explore how messages are sent to and from the brain; diagnose brain disorders; and simulate the effects of alcohol and drugs on the brain.

Brain Matters was designed and produced by the Oregon Museum of Science and Industry, Portland, Oregon. This copy was made possible with funding from the National Institutes of Health.

Peg Harvill Gallery

A permanent gallery featuring selected watercolors by artist Peggy D. Harvill.

Lucy Dunwody Boehm Porcelain Collection

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.

Open to the public Tuesday through Saturday from 10:00 a.m. to 5:00 p.m. and Sundays from 1:00 p.m. to 5:00 p.m. Closed on Mondays and major holidays.

Admission prices: Free to Museum members. Adults \$5.00; seniors (55+) \$4.00; college students with picture ID \$2.00; children ages 6 through 18, \$1.00; no charge for children under age 6. Every Sunday is free admission for everyone! Children under age 14 must be accompanied by an adult at all times and in all areas of the Museum. Call (931) 648-5780.

ADOPTION & FOSTER CARE

CARING CHOICES

Caring Choices of Catholic Charities is a Tennessee state licensed child-placing agency providing supportive professional counseling services to those experiencing an unplanned pregnancy.

Monday through Thursday from 10:00 a.m. to 2:00 p.m. and the 2nd and 4th Saturdays of the month from 10:00 a.m. to 12:00 p.m.

Deasree Williams
1905 Madison Street
Clarksville, TN
(931) 645-9969
dwilliams@cctenn.org

OMNI VISIONS INCORPORATED

Omni Visions is a multi-state child placement agency.

341 Union Street Suite 5
Clarksville, TN
(931) 906-3779
www.omnivisions.com

PHOENIX HOMES

Phoenix Homes offers treatment foster care and services.

1781 Wilma Rudolph Boulevard
Clarksville, TN
(931) 645-7711
(931) 645-7742
www.phoenixhomes.org

YOUTH VILLAGES

Youth Villages is a private nonprofit organization dedicated to helping emotionally and behaviorally troubled children and their families live successfully through innovative, research-based programs.

585 South Riverside Drive
Clarksville, TN
(931) 503-0777
www.youthvillages.org

ATHLETICS

BUDDY BALL SPECIAL NEEDS

ATHLETIC LEAGUE

Buddy Ball provides individuals with a mental or physical disability the opportunity to play sports, regardless of their limitations. Buddy Ball helps individuals learn teamwork and promotes self-esteem, one of the tools needed to help overcome the stigma often associated with a disability.

The Buddy Ball league is aware of the extra expenses on the families of disabled children. Because of this, Buddy Ball does not charge any fees to participate. We rely entirely on private donations to operate.

(931) 624-7253
www.buddyball.net.

CLARKSVILLE IMPACT SOCCER CLUB

Involves participation of children ages 5-18 in youth sports, specifically soccer. Impact is a non-profit organization trying to provide opportunities to our youth.

(931) 358-4926
info@clarksvilleimpact.us
www.clarksvilleimpact.us

IRON KNIGHTS YOUTH WRESTLING CLUB

Iron-Knights Youth Wrestling Club promotes interest in the sport of wrestling among parents and the youth of Clarksville. We are here to supervise, sponsor, and financially assist a disciplined and competitive

program of wrestling. Our main goals are to not only have the best wrestlers, but to promote the ideals of good sportsmanship, honesty, and respect for authority. We believe in stressing the concepts of parents and children working and playing together in all club activities so that the family may be strengthened in the process.

Jamie Sampsel
(931) 233-9091
info@myironknights.com
myironknights.com

YOUTH WRESTLING PROGRAM

The hawks youth wrestling club is a private and sanctioned non-profit competitive wrestling organization that is dedicated to instructing interested athletes ages six through fourteen-years-old in the competitive style of freestyle/folkstyle wrestling.

Rafael Gonzalez Coordinator/Head Coach
(931) 320-5042
www.leaguelineup.com/
hawkseyouthwrestling

CHILDBIRTH & PARENTING EDUCATION

NINE MONTHS & BEYOND

A comprehensive source for pregnancy, birth, breastfeeding and early parenting education and resources. Offers birth tub rentals, breastpump rentals, baby moon vacation and spa packages, and birth plan consultations.

Micky Jones, BS, CLE, CLD, CHBE,
CAPPA Lactation Educator Trainer
(931) 451-3223
ninemonthsandbeyond.com

GATEWAY HEALTH SYSTEM

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

(931) 551-1182

Sibling Classes offer brothers- and sisters-to-be an introduction to sibling interaction and a tour of the nursery. Classes the last Saturday of the month in the Cumberland Room at 10:00 a.m.

(931) 551-1182

HEALTHY START

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

(931) 645-3976

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

Meets the third Wednesday of every month at 10:00 a.m. at the Clarksville-Montgomery Public Library. All breastfeeding mothers and mothers-to-be interested in breastfeeding are welcome. Babies are always welcome at meetings. Local LLL leaders are available to provide information, support and answer questions.

Gini at (931) 906-8946
Sara at (270) 439-2723

NEW BEGINNINGS FAMILY BIRTH CENTER

Lactation Services offers a breastfeeding class for new moms. The class is held the first Tuesday of

each month from 7:00 p.m. to 9:00 p.m. in the Prenatal Classroom of Gateway Medical Center. Cost for the class is \$15 (\$25 if you wish to receive The Nursing Mother's Companion book).

(931) 551-1182

Lactation Services also rents and sells breast pumps and nursing supplies.

Jeanette Prine, RN, Certified
Lactation Consultant
(931) 551-1610
jprine@ghsystem.com

CHILD CARE

CHILD CARE AWARE

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

childcareaware.org

MID-CUMBERLAND CHILDCARE RESOURCE AND REFERRAL

Provides childcare free referrals and information to parents, training and on-site consultation to childcare providers, and a lending library full of resources for the community.

1300 Madison Street
Clarksville, TN 37040
(931) 648-3695
(866) 446-6006

MONTGOMERY CHILD CARE PROVIDERS BY AREA

At the following links you will find individual Child Care Provider:

- State Star Quality Ratings
 - Capacity
 - Minimum & maximum age accepted
 - Hours of operation
 - Transportation information
- (Home based child care facilities are also listed)

www.tennessee.gov/humanserv/
childcare/63/37040/
www.tennessee.gov/humanserv/
childcare/63/37042/
www.tennessee.gov/humanserv/
childcare/63/37043/

PARENT INFORMATION NETWORK

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

PROGRESSIVE DIRECTIONS, INC.

Provides services to developmentally delayed children and adults.

(931) 647-6333
1249 Paradise Hill Road,
Clarksville, TN 37040
www.progressivedirections.com

CHILD PROTECTION & DOMESTIC CRISIS SERVICES

AL-ANON & ALATEEN

Support for families of alcoholics. Call for more information and meeting times.

Grace Lutheran Church
2041 Madison Street
Joyce (931) 358-9515

Ajax Senior Citizens Building

953 Clark Street
Kim (931) 647-0566

Community Church
Jack Miller Blvd. & Airport Road
Kim (931) 647-0566

www.middletnalanon.org

CLARKSVILLE RAPE AND SEXUAL ABUSE CENTER

331 Union Street, Suite B.
Clarksville TN 37040
Office: (931) 647-3632
Toll-free Crisis Hotline: (800) 879-1999

CREATING HOPE BY ASSISTING PARENTS

Works with families whose children are at risk of abuse or neglect.

Debra Maness
(931) 645-9793

DEPARTMENT OF CHILDREN'S SERVICES

350 Pageant Lane, Suite 401
Clarksville, TN 37040
(931) 503-3200

LEGAL AID SOCIETY

Provides free legal advice and representation to eligible clients.

120 Franklin Street
Clarksville, TN 37040
(931) 552-6656
www.las.org

MONTGOMERY COUNTY CHILD SUPPORT SERVICE

93 Beaumont Street
Clarksville, TN 37040-3217
Phone: (931) 572-1663
Fax: (931) 648-5539

SAFEHOUSE

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

(931) 552-6900

CHILDREN'S GROUPS

4-H YOUTH DEVELOPMENT

Open to all youth ages 9-19. Involves participation in 4-H through school clubs, community clubs, special interest groups, and a variety of camps.

Martin R. Koon Jr.
1030 Cumberland Heights Road
Clarksville, TN
(931) 648-5725
mkoon@utk.edu

BOY SCOUTS OF AMERICA

(931) 647-8811
(800) 899-7268
www.mtcbsa.org

GIRL SCOUTS OF AMERICA

(931) 648-1060
1300 Madison Street
Clarksville, TN 37040

COMMUNITY OUTREACH ALL NATIONS BIBLICAL STUDY CENTER

Offering tuition-free Bible courses to the community in the major fields of Biblical research, to include: Hebraic Studies, the New Testament, Biblical Cultures, Biblical Languages and the Bible Lands. The 2008 Spring Semester lasts through May 1, and registration is currently open.

(931) 648-8844
www.studythescrptures.net

APSU EXTENDED EDUCATION

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

Melony Jones
(931) 221-7868
jonesma@apsu.edu
www.ed2go.com/apsu

ASERACARE HOSPICE

Hospice team provides medical, emotional and spiritual support to terminally ill patients and their families.
(931) 551-4100

CRISIS CALL LINE

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

HOSPICE OF GATEWAY

Interdisciplinary care for terminal patients and families.
(931) 551-1175

HUMANE SOCIETY OF CLARKSVILLE-MONTGOMERY COUNTY

Provides reduced-cost spaying-neutering and pet care assistance to eligible owners; pets for adoption through foster homes; dog bite prevention and pet care programs; and a 24-hour help line.

(931) 648-8042
humanesociety@clarksville.com
clarksvillehumane.petfinder.org

JOSEPHINE'S CLOSET

A ministry of Hope Pregnancy Center. Provides children's clothing sizes newborn-size 12, nothing over \$5. Parking and entrance on back side of HPC.

325 N. Second Street
Clarksville, TN
(931) 645-2273

LATINA ASSOCIATION

A nonprofit organization with the mission of unifying the Hispanic community within, and then unifying them in the community where they live, by being the center point of resources and education to strengthen family values.

Among the services available are English as a Second Language classes, in partnership with Adult Basic Education and How to Start Your Own Business seminars, offered in Spanish or English, in partnership with Your Spanish Link and Concept Training. We are currently working to create a new community center in Clarksville focused on empowering minorities, donations of any kind are welcomed.
(800) 431-8364
www.asociacionlatina.info

LOAVES AND FISHES

Provides a hot meal Monday-Saturday 10:30 a.m. to noon. Also provides a distribution center for food donated to agencies that feed hungry people on Tuesday and Friday from 1:00 p.m. to 2:00 p.m.

215 Foster Street
P.O. Box 3241
Clarksville, TN 37043
(931) 645-9020

MEALS ON WHEELS

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

MONTGOMERY COUNTY WIC CLINIC

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

TENNESSEE REHABILITATION CENTER AT CLARKSVILLE

A county/state agency, the TRC provides counseling, vocational evaluation, work adjustment, and job placement services for graduating high school students and adults with disabilities.

1241 Highway Drive
(adjacent to the Animal Shelter)
Clarksville, TN
(931) 648-5560

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

The new Two Rivers Association for the Education of Young Children, TRAEYC, (pronounced tray-see), is one of the fastest growing affiliates in the history of the statewide association. TRAEYC members have a passion for young children and are committed to their education. The Tennessee Counties represented by TRAEYC are Benton, Dickson, Henry, Houston, Humphreys, Montgomery and Stewart. We invite you to join us in exciting upcoming professional growth opportunities.

Lisa Maddox-Vinson, TRAEYC
President
(931) 221-7303

UNITED WAY

Provides the leadership to increase the organized capacity of people to care for one another. Monitors and provides support for agencies serving Clarksville and Fort Campbell, as well as Montgomery, Houston and Stewart counties.

1300 Madison Street
Clarksville, TN
(931) 647-4291

COUNSELING

CENTERSTONE

Family Centered Services
901 Martin Street
Clarksville, TN
(931) 503-4600

SPECIAL INTEREST

CLARKSVILLE RAW VEGAN FOOD MEETUP

Meet rawmarkable raw vegans and those interested! Have fun, share raw food cuisine, recipes, philosophies, enjoy guest speakers and discuss vegan diet and health issues. Anyone interested in the raw/live food diet and lifestyle is welcome.

Diana at (931) 624-7009

SUBSTANCE ABUSE & MENTAL HEALTH

BRADFORD HEALTH SERVICES

Bradford Health Services creates effective and affordable substance

abuse and mental health programs through a variety of innovative inpatient and outpatient services.

231 Dunbar Cave Road, Suite A
Clarksville, TN 37043
(931) 542-9816

HARRIET COHN CENTER

511 Eighth Street
Clarksville, TN
(931) 920-7100

HOPE

(HOMELESS OUTREACH PARTNERSHIP AND EMPOWERMENT)

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

(931) 920-7300

PASTORAL COUNSELING CENTER

The Pastoral Counseling Center is a ministry of professional care dedicated to healing and growth in human life and relationships. In partnership with local congregations the centers are committed to providing clinical and education services to all who need these services.

When you or someone you love is troubled by depression, marital or relationship problems, substance abuse, or a vague sense that your life is adrift, we can help. Professional support is available with fees based on your ability to pay.

516 Madison Street
Clarksville, TN 37040
(931) 648-9009
www.pastoralcounselingctr.org

SUPPORT GROUPS

ALZHEIMER'S CAREGIVERS' SUPPORT GROUP

Meetings are the first Thursday of each month at 6:30 p.m. at Clarksville Montgomery County Public Library and the third Wednesday of each month at 9:00 a.m. at the Senior Citizen's Center at 953 Clark Street.

Patsy Shell
(931) 648-1884

ARMY COMMUNITY SERVICE

"Family Readiness" is the state soldiers, spouses and family members proactively prepare for, and in which they are able to cope with mobilization, deployments and prolonged separations. To prepare, soldiers (both active and reserve components) and their families attend classes and receive written instructional materials on subjects such as how to prepare a will, how to establish and manage a household budget, how to communicate with children of various ages, and how to maintain communication with the rear detachment of the deployed unit.

5661 Screaming Eagle Boulevard
Fort Campbell, KY
(270) 798-0609
relocation@fortcampbellmwr.com
www.fortcampbellmwr.com/ACS/
familyReadiness.htm

AUTISM SUPPORT GROUP

Donna Richardson
(931) 503-2315

CLARKSVILLE OSTOMY SUPPORT

A local support group for people who have undergone ileostomy, colostomy, urostomy or who suffer from Crohn's

disease or other diseases of the bowel. Support for Ostomy Patients meets in the Cumberland Room the third Sunday of the month at 2:00 p.m.
(931) 551-1530

CLARKSVILLE PARENT SUPPORT GROUP

Sponsored by Tennessee Voices for Children as a place for parents/caretakers and family members of children ages 0-23 who experience emotional, behavioral, and mental health issues to receive help. Meets monthly (3rd Thursday of the month). Childcare is provided but it is requested that parents/caretakers call to verify they will need childcare.

Monica Causey
Emmanuel Life Center
301 Fairview Lane
Clarksville 37040
(931) 801-0895
(800) 670-9882

GATEWAY HOSPICE GRIEF SUPPORT GROUP

For those who are trying to cope with the death of a loved one. The support group is open to the public and there is no cost to attend. The group meets the 2nd Wednesday of every month at 11:30 a.m. at the Clarksville-Montgomery County Public Library.
(931) 648-4576

GRIEF & LOSS

The parish nurses of Grace Lutheran and Sango United Methodist churches offer a twelve week class for adults who are grieving the loss of a loved one.

Grace Lutheran
(931) 647-7800

Sango United Methodist Church
(931) 358-2552

MENED HEARTS, INC.

Supports heart disease and heart surgery patients and their families. Meets in the Tennessee Room at Gateway Health System every third Tuesday at 6:30 p.m.
(931) 551-1662

NAMI (NATIONAL ALLIANCE OF THE MENTALLY ILL)

Support group meets the 4th Monday of every month at 7:00 p.m.

First Church of the Nazarene
150 Richview Road
Clarksville, TN
Bertha at (931) 216-3590
www.nami.org

WARRIORS OF HOPE

A place to share the journey of life after breast cancer. Meets the 2nd Wednesday evening of each month in Clarksville.

Jennifer at (931) 624-5400
warriorsofhope@charter.net

Some of the information included in the Network was obtained through community and Internet sources. We apologize for any errors. If you find any corrections or would like to have your group's information included for free call (931) 338-2739 or e-mail info@clarksvillefamily.com.

HOPE@Home (Helping Other Parents Educate at Home)

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

HOPKINSVILLE SAHM MEETUP GROUP

For information about the Hopkinsville Stay at Home Moms Meetup Group visit their website at <http://sahm.meetup.com/1943/>

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

Provides information, encouragement and support to mothers who wish to breast feed their babies. Meetings are third Wednesdays at Montgomery County public library, large meeting room, 10 a.m. Local LLL leaders are available to provide information, support and answer questions: Gini at (931) 906-8946 or Sara at (270) 439-2723

MOMS CLUB OF CLARKSVILLE

Come meet other stay at home moms at the MOMS Club@! The MOMS Club@ is an international non-profit, non-religious, non-political organization specifically designed to support stay at home moms (including those that may work part time or have a home based business). Join us for one of our Open House meetings the first Friday of every month at 10:00 a.m. at Madison Street United Methodist Church. Enjoy breakfast while getting to know more

about MOMS Club and meeting local MOMS. Some of our activities include speakers and discussions, park days, field trips, cooking club, and activity groups like playgroups, walking, arts & crafts, and a monthly MOMS Night Out. We also do service projects for children and families in our community. Yearly dues are \$20. Most of our activities are during the day, when moms need the support most. Children are welcome at all daytime activities. For more information contact Kelly Vaughn, Membership Vice President, at (931) 538-1728 or email: clarksvillemomsclub@yahoo.com or visit: www.geocities.com/clarksvillemomsclub

M.O.P.S. (MOTHERS OF PRESCHOOLERS)

An organization designed for mothers of young children age birth to kindergarten and expecting mothers of all ages and backgrounds. MOPS meets on the first and third or second and fourth Thursdays of every month at First Baptist Church of Clarksville, 435 Madison Street. Each meeting begins at 9:30 a.m. Join us for food, fellowship and fun. Child care is provided. Evening and TEEN MOPS also meet. Contact Coordinator Dawn Wells at dawnwells@charter.net or (931) 551-3590 for more information.

PARENTS OF MULTIPLES

A support group for parents of twins, triplets and more. Meets 6:30 p.m. on second Thursdays at Hilldale United Methodist Church. Call Kelley Corley at (931) 542-6070 or e-mail vp@clarksvillemultiples.com, or visit clarksvillemultiples.com.

PARENTS REACHING OUT

Provides peer counseling and support services. Aims at long-term preventive health care solutions

to families facing the challenges of a high-risk pregnancy or having an infant or child in critical care. Call (615) 365-7004.

SHARE (SECULAR HOMESCHOOLERS: ANY RELIGION, ECLECTIC)

SHARE is a non-religious home school group for Clarksville and the surrounding areas. All homeschoolers are welcome to join this group, regardless of religious beliefs, race, homeschooling methods, or family lifestyles.

An online support and information network is available as well as bi-monthly meetings. This group is a community in which we all play an important role in deciding and implementing the activities we want for our children. See Calendar starting on page 24 for meeting dates and times. For membership information please visit: <http://groups.yahoo.com/group/tnSHARE/>

TENNESSEE INFANT PARENT SERVICES (TIPS)

Statewide program for families of infants and toddlers with developmental delays, hearing and/or vision loss. TIPS seeks to build the family's confidence in parenting their infant and toddler. Call Jaye Johnson at (931) 302-2018 or (931) 648-3976.

UP WITH DOWNS

A support group for families with children with Down syndrome. Meets second and fourth Mondays through May from 6:00 p.m. to 8:00 p.m., at First Church of the Nazarene on Richview Road. Call Renee Garcia at (931) 302-7395 or e-mail: CAmommy2KJ@aol.com.

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February
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3. AD PROOFS ARE PROCESSED VIA E-MAIL AND CANNOT BE GUARANTEED.
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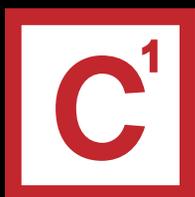
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