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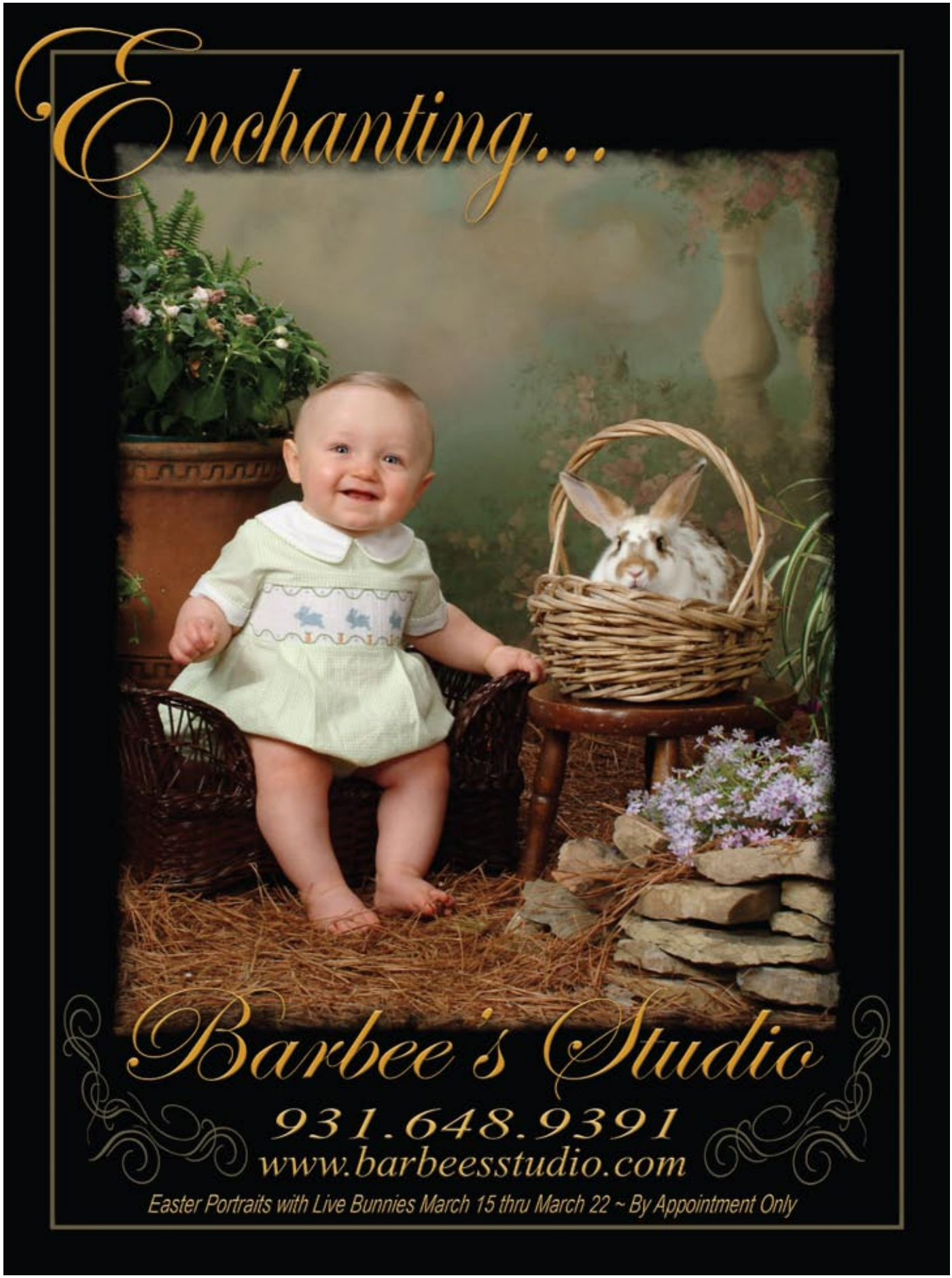
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Publisher's Message

"The Golden Rule" is a fundamental principle which simply means "treat others as you would like to be treated." The world is full of all types of people: nice, mean, friendly, indifferent, and so on. I hate to sound like my grandmother, but a lot of people today (of ALL ages, not just kids or teens) are just outright rude and inconsiderate; even here in the grand ole South. I have never written a publisher's letter that had any real negativity to it, but after nearly getting my Achilles tendon chopped in half by someone's shopping cart today, and almost stepping in a very dirty, wide-open diaper in the parking lot of Sam's last week, I can no longer sit silent.

BTW, the diaper incident was on Tuesday, February 12th at around 2:00 p.m. to be exact (thought I'd mention that in case the perpetrator may be reading this). AND there are several trashcans in and around Sam's and its parking lot. There is NO excuse for doing this. EVER.

What is wrong with people!? I am no saint or Emily Post, but I do try to treat others the way I would want them to treat me. Do unto others is such a simple and easy way to at least try to go through life, but it seems to be lost on so many people these days. Mark Twain said that "Common sense isn't common" and I think that common *courtesy* isn't common these days either. I could really go on and on, but I won't for everyone's sake.

I do not bring these things up to just be negative, but to try and be positive. In the face of all of these year round grinches, throw them a curve ball of kindness and smile while asking them if they're having a bad day. More than likely, a light will come on and make them realize that they are being unreasonable. And if they're still being a jerk, so be it. Just tell them to "Have a nice day" and go about your own business. Misery truly does love company; so don't give them the satisfaction of taking their bait.

Now to follow my own advice, I won't let negative people and situations that I encounter dominate my life or this letter. Though bad news always gets more press than good, I should mention a couple of nice things that have happened to me lately from strangers.

Yesterday at Wal-Mart I had my three year old son in my arms and was attempting to pull out a shopping cart and put him into it. As usual the carts were all sort of jammed together. Another lady with a similarly aged little girl saw me struggling, pulled out a cart, and rolled it out for me before pulling her own. How nice! There was also a clerk that was on the verge of going home, or at least on a break, but let me slip into his line even when he had already turned off his light. I know these things may not sound like a big deal, but they were to me at the time, and I would like to do the same for someone else the next time the opportunity presents itself.

Okay, I'm off my soap box, and if you're still reading this, let me mention an important shopping event this month (after all, my life clearly revolves around going to stores!). All weekend starting Friday, March 21, there is another tax holiday for the state of Tennessee. And on March 2nd Governor's Square Mall is hosting their Military Shopping Night, with food, games and sales exclusively for our armed forces.

I hope you and your family have a safe and happy Easter holiday. Let's all enjoy the coming of spring and hopefully some warmer weather.

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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A Reminiscence: From Babes to the Bard

by Meredith Gildrie

photos courtesy of The Leaf-Chronicle/Greg Williamson

Each year as spring nears long sleeved outfits must make way for cooler wear. Since 1987 checking which clothes to move and what items to keep in our storage closet means I come across an orange plaid hat and a trench coat with an orange plaid cape and trim. They're way too small for me and certainly not my style, but I keep them just the same, and look forward to seeing them hanging in the closet. The memories they conjure are priceless.

They started out as an ordinary grey cap and coat, probably purchased at Goodwill or the Salvation Army Store; but they had a special destiny. In 1986, in the hands of my 72 year old mother, they were transformed. Orange, white and black material was affixed to each piece to create a festive and fanciful air. Ear flaps were added and drawn up to the top of the cap. A meerschaum pipe provided by my husband, and a pair of oxford shoes completed the costume.

No, this is not an early, or late if you prefer, Halloween story. It's a reminiscence—a tribute to youth and age, to dreams and determination, to life and theatre. Yes, the costume was for a play! Babes in Toyland to be exact.

My second daughter, Evelyn, was fond of performing from an early age. She danced solo for us (and for fellow sightseers waiting in line in front of the colonial capitol building in Williamsburg, Virginia), and often cajoled her more timid friends into impromptu performances. At age 10 she pestered me into taking her to try out for a part in Peter Pan at the Roxy. The novice stage mother that I was I did not realize that once she auditioned but didn't get a "part" she should stay at the theatre to be cast as one of the myriad lost boys. So she missed being in that first children's show at The Roxy.

Disappointed but undeterred, she attended Roxy drama classes. Then 1986 came, and with it the role of the teenage sister in John McDonald's original play A Tennessee Waltz, and that all-important detective in Toyland, were just the start. Under the liberating yet strict tutelage of John McDonald and Tom Thayer she found an outlet for her dreams and a direction for her life. During middle school and high school, during summers home from college, she danced and sang and acted her way through comedies, musicals, and dramas. When she couldn't be on the stage, she worked behind the scenes—taking notes for the director, placing props, finding costumes, moving scenery. But dreams remained. Would she ever play an ingénue–beautiful but naïve?

Thank goodness for The Roxy's dedication to performing Shakespeare's plays. Every year since 1986, one of the bard's plays has been performed in support of the literary curriculum of the local school system. (In fact the Roxy is the only theatre in Tennessee that annually produces the works of Shakespeare!) MacBeth trod the boards thrice at the Roxy. Romeo and his Juliet swore their love three times as well. King Richard shouted "My kingdom for a horse." Hamlet pronounced his "To be or not to be." Lighter fare arrived via Taming of the Shrew and The Merry Wives of Windsor. At first there were small roles for Evelyn. She even got to step in for the beautiful Ferdinand—the romantic MALE role—when a young community actor had to miss a weekend of shows of The Tempest. However, the role of the naïve and beautiful maiden remained elusive.

Finally, in her post-graduate years she was privileged to play Cordelia in King Lear, and later Jessica in The Merchant of Venice. Yes, youthful dreams do come true with determination and the help of older heads. Then new dreams take their place. For Evelyn there is the dream of

playing Lady MacBeth in the Scottish play in 2009. For another actor it will be facing the Ides of March, as Julius Caesar appears for the second time as the Shakespeare curriculum show. Once more young and old, and those in between, will thrill to the words and actions of Caesar, Antony, Brutus, and Cassius as theatre brings life to light at the Roxy!

Don't miss being a part of the drama. Actor, audience, dreamer, doer, expert, amateur—be a part of life in art. "Suspend your disbelief and let your imaginations work their will. The theatre, among other things, is a time machine—a means of travel, transporting you back to the Rome of Julius Caesar."

Evening performances of Julius Caesar begin Friday, March 7th at 8:00 p.m. at the corner of First and Franklin Streets in downtown Clarksville and continue Saturday, March 8th at 8:00 p.m. and the following week: Wednesday and Thursday the 12th and 13th at 7:00; Friday the 24th at 8:00 p.m. A 2:00 p.m. matinee will conclude the run on Saturday March 15th. Call the box office at (931) 645-7699 between 9 a.m. and 1:00 p.m. weekdays or go online to www.roxyregionaltheatre.org for reservations.

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Family Night with Dennis Lee

Sugar and spice and everything nice
That's what little girls are made of.
Snips and snails and puppy dog tails
That's what little boys are made of.

Too often in today's hectic and hurried pace families fail to find time for meaningful family activities. Such times are critically necessary for children to learn the value of family and their particular value in the family. Time has been dubbed the new "currency" of our modern culture. Where we invest our time communicates most accurately what we value in life.

Dr. James Dobson, noted family advocate and founder of Focus on the Family, has written and spoken often on the important role of parents. A parent's influence, what he or she values, and how they treat their children, profoundly determine the children's success in future relationships with others.

First Baptist Church wants to help families plan meaningful family activities. As a part of our 2008 Preschool Ministry Plan, the Preschool Ministry will sponsor key events designed to provide families with opportunities to participate in special times with one another. The first of these events is Family Night with Dennis Lee on Friday night, March 7, at 6:00 p.m.

This event will offer a hotdog supper with a signature mix of music, fun, and message by Dennis Lee. Dennis is a phenomenal ventriloquist from Dallas, TX and director of Nana Puddin'. Children of all ages will enjoy Dennis and his renowned family of puppets. The evening will begin in Laida Fellowship Hall with the hotdog supper and then conclude in the Grace Worship Center with the Nana Puddin' crew.

Tickets are only $2 per person, and children under the age of one will be admitted free. Tickets are on sale at the Preschool Ministries' Information desk and in the foyer outside of the Grace Worship Center on Sunday mornings. You may also come by the Preschool Ministries Information desk on Wednesday evenings and Monday through Friday from 8:30 a.m. to 3:00 p.m. to obtain tickets. First Baptist Church Preschool Ministries' building is located at the corner of Commerce Street and Childers' Place.

Watch for more family-focused events sponsored by the Preschool and Children's Ministries of First Baptist Church, Clarksville. Join us for a fun-filled year of family events and activities.

Lipo What?

by Shannon Graham

Here at Bella Medical Spa our phones are ringing off the hook with the question, "What is Lipodissolve? I just passed one of your billboards, and was wondering if I could get more information about it?"

Lipodissolve is a non-surgical process that dissolves unwanted areas of fat. There are no incisions involved, instead a series of injections based on a mixture of two time-tested medications are used. The Lipodissolve is injected directly into the pockets of fat to promote its dissolution.

How does Lipodissolve work? The ingredients of Lipodissolve are Phosphatidylcholine (PPC) and Deoxycholic Acid. This combination separates the bonds connecting the fat molecules, causing the fat to liquefy. The liquefied fat goes through the lymphatic system, the body metabolizes it, and then it is naturally flushed out of the body.

Who is a good candidate for Lipodissolve? Both men and women who have stubborn areas of fat that they cannot get rid of naturally through diet or exercise would benefit. Lipodissolve is NOT a weight loss system, nor should it be considered a "miracle drug." The parts of the body that can benefit from Lipodissolve are: abdomen, double chin, legs, arms, and "love handles".

Who is not a good candidate for Lipodissolve? Woman who are pregnant or breast-feeding, patients under 18 years old, individuals with cancer, diabetes, or AIDS, people with allergic reactions to eggs or soy, individuals with poorly controlled hypertension, and people with a Body Mass Index (BMI) over 30 should NOT consider Lipodissolve.

How long is the recovery? You should be able to go about your daily activities right after Lipodissolve treatments. There is no down time as opposed to liposuction.

How many treatments will I need? The number of treatments is different for everyone. It all depends on a patient's lifestyle, activities, and amount of fat loss desired.

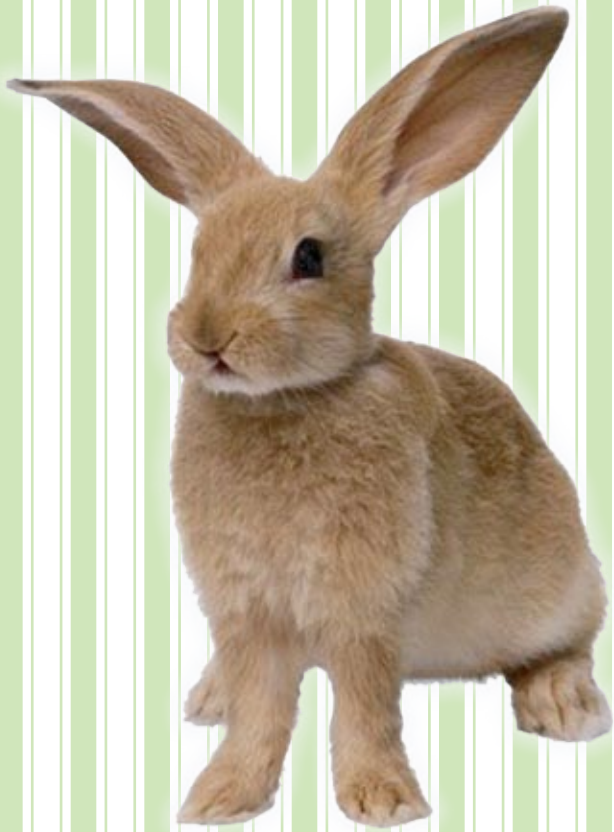
Is it permanent? Yes, the fat cells treated are dissolved, and filtered from the body. However, we encourage you to continue a healthy diet and exercise to keep new fat cells from forming.

To this date there are no known permanent or life-threatening complications; however minor side effects have been reported. Patients may experience slight discomfort, swelling, and bruising all of which will subside after one to five days.

Where can I get Lipodissolve? Lipodissolve treatments are currently available at Bella Medical Spa, and performed by David Boles, D.O. On average, ten to twenty patients a week come to Bella Medical Spa for Lipodissolve, and the results have been tremendous. Come into Bella Medical Spa for your free consultation and see if Lipodissolve is right for you.

Sources: www.GetMeso.com and www.Lipodissolve.com

This month at



Bunnies & Babies

March 1-22

EASTER BUNNY:
On March 1st at 11am, come to JCPenney Court and help the Easter Bunny find all his eggs to get your FREE gift. Then hop, hop, hop to Center Court for Easter Photos.

March 2
6pm-9pm, Mallwide

MILITARY SHOPPING NIGHT:
Discounts, Door prizes, Refreshments and more! You must have a valid military ID to enter. Grand Prize is a $1,000 Mall Gift Certificate.

March 14
5pm-8pm, Mallwide

EASTER BASH:
Bring the kids for some FREE pre-Easter FUN! Carnival games, bouncy house, easter egg hunts, and more! Sponsored by St. Bethlehem United Methodist Church

Governor's Square Mall

Oh my! & Shopping...

March 15
3pm, Sears Court

MOST BEAUTIFUL BABY CONTEST:
Ages 0-5 years old. Registration begins at 2pm. $5 Registration Fee, please bring a non-returnable photo. Two boys and girls from each category will be chosen to win great prizes! Sponsored by Toys R Us and Belk

March 29
11am-4pm, Mallwide

HOME BASED BUSINESS SHOW:
Get the latest ideas in crafts, home parties, and decorating your home. Call Mall Management Office to be a vendor at 931-552-0289.

March 29
1pm Center Court

PROM FASHION SHOW:
Come and see latest fashions from Deb and Men's Wearhouse for your perfect Prom!

Market Timing = Bad Timing

by Stacy Pickard

Do the math and you'll figure out that market timing often equals bad timing. "Market timing" is an investment strategy based on predicting when security prices will rise and fall and then attempting to buy low and sell high. While this makes sense in theory, it's extremely hard to execute successfully.

Timing Missteps

Market peaks and valleys are not clearly visible until after they have passed. Few investors can repeatedly time their investment decisions to match market movements. Instead, they may rush to buy a "hot" security, only to see its price subsequently drop, or switch out of an investment whose price has plummeted, only to see it later rebound.

Missed Opportunities

Investors who flee stocks when the market dips risk missing out on a future recovery. While the goal may be simply to wait out a declining period then get back in when the time is right, this strategy can backfire. When the market changes direction, it can happen very quickly. By the time investors realize the market is on the up swing, it may be too late to take advantage of significant gains.

Strategies That Pay Off

Instead of trying to time the market, you may be better off sticking to a well-thought-out investment strategy that does not include predicting the ups and downs of the market. Your financial professional can help you choose investments that are appropriate for your risk tolerance and goals.

Stacy Pickard is a financial advisor at First Command Financial Planning (Member SIPC) located at 2279 Raleigh Court in Clarksville.

For more information call (931) 647-6516.

When Your Parents Need Help in Their Retirement Years

by Frazier Allen

The signs may be difficult to spot, because aging parents are seldom forthright about their forgetfulness or declining abilities to take care of their affairs, but when you see telltale signs—bills accumulating on the dining room table or confusion about when to take what medicines—you may realize it's time to repay in kind the assistance they once gave you.

On the assumption that you can diplomatically come to an agreement to help out—a delicate task, because parents may not at first agree they need help, or may be embarrassed to be losing independence—here are some concerns you might address, especially if they are merely slowing down and are not yet plagued with major health problems.

Money Management

First, find out the facts about their expenses, income and savings—then listen to their fears and their wishes. Use what you find out as a guideline on how best to help them. You'll want them to realize you're trying to assist on their terms, not take over their lives.

If they have more or less ignored the Internet, you might try explaining the advantages of having online financial accounts. Direct deposit of dividend payments, pension checks and Social Security will make frequent trips to the bank unnecessary. A joint online checking account, with you as an approved signatory, can prove useful. You can easily check whether bills have been paid, or pay them yourself. And you can show them or provide a printout of the account activity anytime they want to know what's going on.

If they can be persuaded to accept the fact that online payments are less likely to lead to identity theft than their paper counterparts—a fact, but one older generations tend to resist—set up automatic payment of utility, insurance and credit card bills.

Do they have investments with various institutions? You might suggest consolidation to reduce paperwork and make it easier to keep track of the entire portfolio, and look for ways for their assets to work harder for them. Savings earning little interest can become

more valuable if switched into a money market fund or short-term bond fund.

If your parents need financial assistance, arrange a family meeting to find out what costs may be shared with siblings or other relatives. Whatever the decisions, they should seem fair to everyone involved.

Vital Paperwork

Finally, ensure that your parents have their paperwork in order—wills, powers of attorney, other documents vital to the family. If they don't, urge them to have these documents drawn up—then make sure you know where they're kept.

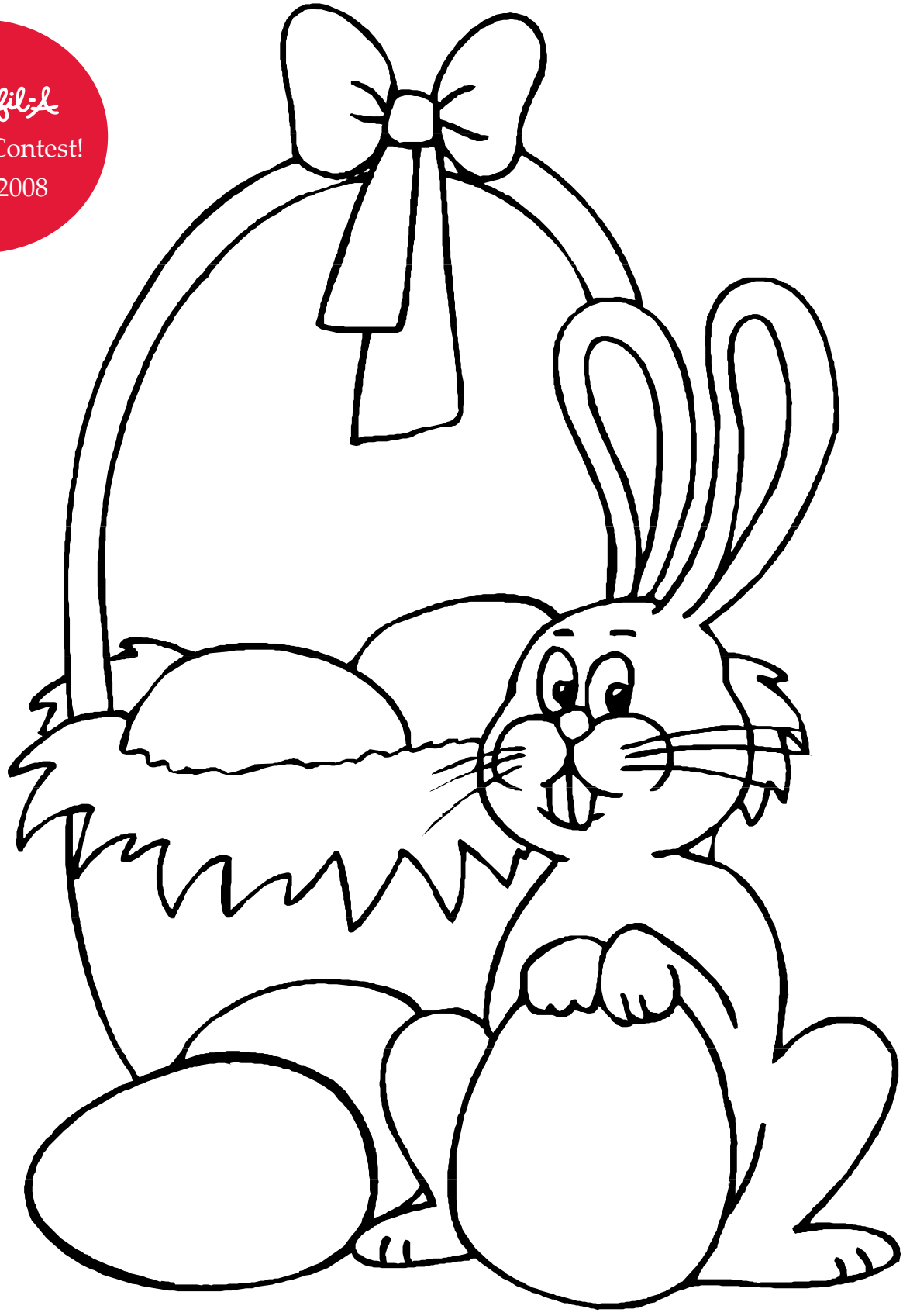
Family matters of this kind can be difficult to handle. If you have questions on what vital matters should be discussed, please don't hesitate to contact me.

Frazier Allen is Assistant Vice President of F&M Investment Services, Inc. He can be reached at (931) 553-2048 or frazier.allen@myfmbank.com.

Chick-fil-A

Coloring Contest!

March 2008



Child's Name _____Age_____

Parent's Name _____Phone# (___)_____

Parent's Signature_____Email_____

Mailing Address_____Apt. # _____

City _____State _____Zip _____

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Entry:

- Contest open to children ages 12 and under.
- One (1) entry per person per contest, please.
- To enter, either color the picture on the facing page or download and print it from clarksvillefamily.com, color it in however you like, and return your entry to Clarksville Family Magazine for judging.

****Tip: Magic marker works best on the slick magazine paper. Best option for using crayons is to download and print onto regular paper.**

You can send your entry (via U.S. Mail) to:
Coloring Contest
PO Box 31867
Clarksville, TN 37040

- Be sure to include child's name, age, address, phone number, and e-mail address so that winners may be notified.

Judging:

- Entries will be judged every other month, and prizes will be awarded accordingly.
- Entries will be judged on the basis of creativity.
- Six prizes will be awarded in 3 age categories: ages 4 and under, ages 5-8, and ages 9-12.
- Prizes may be claimed at either Chick-fil-A Location in Clarksville. (Governor's Square Mall or Madison Street)

Winners:

- Winners will be announced in the April 2008 issue of Clarksville Family Magazine.
- Each winner will receive the following prize for their winning contest entry: Chick-fil-A Fun Pack as well as their name and winning artwork printed in the next issue of Clarksville Family Magazine.

Contest ends 03/15/08

Home Talk TV

Clarksville's newest, hottest real estate program is Home Talk: "The show that saves you time and money," hosted by Tina Gallo-Reid of Keller Williams Realty. Home Talk is a fun, energetic and enlightening presentation of the real estate process and market. The show is designed to inform people on how to wisely buy, sell or invest in property around Clarksville and surrounding areas. The goal of each segment of the show is to leave the audience with information that will change the way they think about their community, home, life and money.

The Host

Tina Gallo-Reid has been a resident of Clarksville for ten years, with her husband Phillip and their two sons. As a member of the Clarksville community she has witnessed the enormous growth in its housing market and diverse population. Tina is a member of the National Association of Realtors (NAR), holds an Accredited Buyer Representative (ABR) designation and is a Relocation Specialist. Tina orchestrates her business on the principles of honesty, loyalty and integrity. It is on these principles that she has earned the respect of her clients and status of Multi-Million Dollar producer. Tina is passionate about her work and committed to her clients and team members.

HOME TALK TV "LET'S TALK REAL ESTATE" The show that saves you time and money

TIP OF THE MONTH:

Want to add value to your home? Keep it clean. Cleaning most definitely plays into the value of a home because if buyers spot dirt they will question the integrity of your plumbing, your electrical system and they'll take off thousands of dollars if they know a house needs work.

Tina's background brings an array of culture and diversity to local programming. She has appeared in numerous television and theatrical productions, holding affiliations with the Screen Actors Guild (SAG), the American Federation of Television and Radio Artists (AFTRA) and the American Guild of Variety Artists (AGVA).

Home Talk combines both Tina's real estate and television experience into a fresh and exciting program that any home buyer, seller or real estate investor should see.

Home Talk airs on Charter Channel 6 every Sunday through Friday at 7:00 a.m., 12:00 p.m. and 6:30 p.m.; and Saturday at 9:15 a.m., 2:30 p.m. and 7:30 p.m.

New episodes air each month.

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Do I Really Need a Will?

by Chris Pittman

That is a question I hear often, and my answer is usually the same. Yes, you do. If you are married and especially if you have children the answer is absolutely yes. There is a psychological block that keeps people from preparing for death the way they prepare for other unexpected events. I am guilty of it myself. I am a lawyer, but I was married and my first child was a year old before I finally broke down and prepared my own will thanks to the persistent hounding of my child's pediatrician, who ended every well visit I attended with, "Well, have you gotten a will yet?"

A will is a document that directs how you want the assets you own distributed when you die. It also provides guidance on what will happen to your children if you die before they are adults. I tell my clients that a will is not for them, but for the people they will leave behind when they die. Notice that I said when and not if they die. Making appropriate estate planning decisions is not an acknowledgement that you are over the hill; it is a sign that you are an adult taking responsibility for those you love. I know what you are thinking: "I am too young to need a will. That is for people far older than me." Not true. In several ways, it is even more important to have a will when you are a young couple with young children. Below are some of the questions to consider when deciding if you need a will:

Do you have children? If you do and you or you and your spouse die in an automobile accident, who will take care of your children? A will can indicate the person you desire to take care of your children if you die. Additionally, if you and your spouse pass away, your assets will be held in trust for your children until they become adults. You can designate in your will the person who will be the "Trustee" of those assets for your children, and you can even designate at what age the children will receive the assets.

Do you own specific items that you wish to pass on to a specific person when you die? If you really want your cousin Mary to have your grandmother's wedding ring when you die, you can either tell everyone in the family, or that can specifically be addressed in your will.

Do you have an hour to devote to getting your estate in order? Meeting with an attorney and having the attorney prepare your will and other estate documents (we will discuss those later) may take as little time as one hour. While some estates are more complicated and may take far more time because of changes in the law on estate taxation, fewer and fewer people need complex estate planning.

Can you afford it? Yes. While some estates that are more complicated can cost several thousand dollars to prepare, a majority of people can obtain a will, healthcare power of attorney and living will for approximately $500. Living wills and healthcare powers of attorney are discussed below.

Are there other documents you need in addition to a will? While everyone's needs may be different, and any estate planning decision needs to be made by you and a competent attorney, generally there are two additional documents most people need. In addition to a will, you need a living will. A living will is a document directing healthcare professionals about your wishes if you are in a persistent vegetative state with no hope of recovery. It indicates that you do not wish for your life to be artificially prolonged if you are in a persistent vegetative state with no hope of recovery. Additionally, it lets you tell the doctor whether or not, under that circumstance, you want artificially provided food, water or other nourishment or fluids provided to you.

An additional document generally recommended is a healthcare power of attorney. A healthcare power of attorney allows you to appoint someone to make medical decisions for you if you are not able to make the decisions for yourself. You may appoint your spouse or any other individual to make these decisions for you.

The information in this article is general in nature. It is very important that you speak to a competent attorney to discuss your specific estate planning needs as everyone's situation is different.

Hopefully, this information has convinced you that you too need to take care of the ones you love through estate planning. If not, I will send my children's pediatrician to see you.

Chris Pittman is a partner in the Clarksville law firm of Patton & Pittman, 109 South Third Street, Clarksville, TN 37040. He can be reached by telephone at (931) 647-5242, by e-mail at cpittman@pattonandpittman.com or on the web at www.pattonandpittman.com.

Color Clarksville

The history and splendor of Clarksville is evident to anyone who drives through the city. From buildings dating back to the 19th century to Dunbar Cave originating millennia ago, the whole area is rich in architecture, culture and art waiting to be appreciated.

To ensure that this bounty is not lost on younger generations, The Arts and Heritage Development Council (AHDC) of Clarksville has created a coloring book highlighting several of the local landmarks. Local artists, historians and photographers teamed up to turn what so many of us take for granted into a fun and educational experience for children.

Each drawing includes a summary of the history and important facts about the subject. Young Clarksvillians will enjoy coloring pictures of Harned Hall at Austin Peay, the statue of the Lady Justice at the Montgomery County Courthouse, the Public Square building in downtown and many others, all while learning about their importance to our city's culture. Puzzles and games are also included in the 26 pages.

The coloring book is available for $10 at the Downtown Artist's Co-Op, located at 96 Franklin Street; the L&N Train Station, at 10th and Commerce Streets; and the Customs House Museum Gift Shop, at 200 South Second Street.

The Arts and Heritage Development Council of Clarksville is a designated State organization located at 200 South Second Street. For more information call (931) 551-8870 or visit www.artsandheritage.us.

Learning through play…

multiplication
depth
perception
cause & effect
division
botany

The Montessori way.
What did your child learn today?

Now enrolling for Spring session!

Clarksville Montessori Children's House
Pre-K thru 6th Grade
www.clarksvillemontessori.com
(931) 905-0045
136 Commerce St.
Clarksville, TN
Directress:
Jacqueline Riggs

T & Sympathy

by Kimberly Haynes Titlebaum

Dear Ms. T,

I have heard through my ninth grader that a child at her school was questioned by police who told her she was targeted by a cyber-predator. Apparently, the child had been in contact with this predator first through blogs and chat rooms, and then through emails; but while the child thought she was talking to a slightly older boy she was in fact talking to a man in his 40's. Law enforcement got involved because this man has been picked up on suspicions of murder and abduction of other teens. As they went through his computer they found emails and pictures that indicated this child was just one of several children he was preparing for abduction and perhaps worse.

I have three kids (ages six, ten and 14) and although I use the computer, I know they all know more about the computer and the Internet than me. How can I protect my kids from this kind of predator?

Not-so-techno-mom

Dear Not-so-techno,

There used to be a public service announcement that ran, "It's eleven o'clock. Do you know where your children are?" Sadly, these days, having your kids at home doesn't equate to having them safe. Because the predators that used to hang around the playground and malls are coming right into your home via the Internet. Worse of all, most of them are doing it with the welcome of the very kids they are looking to abuse.

The National Center for Missing and Exploited Children has some startling statistics. More than ten million children and teenagers go online everyday. They surf the net, chat with friends, and respond to blogs. At any given moment there are an estimated 20,000 sexual predators online, trading or soliciting child pornography, as well as using chat rooms to study and set up lures for unsuspecting teens. One in four girls admits they have been asked to meet with strangers that they have met on the net. For boys the ratio is closer to one in seven that have been invited to a face-to-face meeting. Some times these strangers are indeed the kids they report themselves to be. Other times the stranger is a much older person using the anonymity of the Internet to pose as a boy, a girl or anything else to get access to the teen. And because the teen has exchanged messages and confided in them over the Internet, they often have developed a trust and emotional investment with this person as well.

A new twist is "ghosting," people who lurk on interactive sites not to participate but to eavesdrop on interchanges participants think are private. These "ghosts" simply study profiles, blogs and chats that a teen participates in, and over weeks puts together enough separate snippets of information to identify the teen. Even when the teen thinks they have played it safe by not making full disclosure on their profile, the ghost studies the dozens of communications to glean and put together all kinds of information such as where they live, after school activities, classes and teachers they love and hate, music they like, upsets and break-ups, plans, dreams and poetry that come from the heart, info about their parents and parents' schedules, who they think is cute, and even the small, smug confessions about playing pranks or cheating on school work. Then they contact them and, using the information the child doesn't even realize they provided, blackmail them into performing sexual acts in their own home on web cams.

According to NCMEC's tip line, last year there were more than 2,600 complaints made, which was a 23 percent increase over the previous year's tally. And these are just the tip of the iceberg, because it has been estimated that there are dozens more that are not reported by parents who find out about the situation but do not know how, or to whom, to report it. And for every incident that parents are aware of there are even more that they don't know about.

Before a parent succumbs to a knee jerk reaction to toss the computer out of the house and forbid all Internet use, they need to balance the reality of digital dangers with the real benefits of Internet communication. A Northwestern University study shows that blogs can and do play an important role in maturation, by allowing the teens a place to construct narratives, share stories, and explore their own developing identities, all of which is a vital primary task of adolescence. They also allow teens to forge links with others and get feedback from peers. According to researcher David Huffaker chat rooms and blogs allow teens to form communities and to share stories, experiences and feelings. "They provide a venue in which they can reflect upon their experiences. The ability to create a community on line also bodes well for future social development."

Okay, so it appears that emails, chats, instant messages (IM) and blogs might have a good effect on our children as well as posing significant danger. So what is a parent to do?

The number one thing is to only allow Internet access in the public or communal parts of the house, where the presence of parents and general traffic cuts down on overt danger. A parent needs to be aware that Playstations and X-Boxes can access the Internet with an inexpensive keyboard attachment and a subscription to Xbox Live. That means even if the family computer stays in the den, the Xbox in their room can be a wide open portal for whoever wants to enter. It is easier to establish safe Internet use guidelines from the start rather than trying to put the genie back in the bottle after it is out. A parent also needs to understand that many cell phones also can also provide Internet access.

Of equal importance is to start at an early age talking to your child about Internet safety and cyber threats. Let them know you are not just trying to curb their fun, but that your job as a parent is to provide protection, guidelines, and limits whether the child thinks they need them or not. Be aware most teens feel quite mature and confident that they can take care of themselves. And many times they do have a great deal more computer knowledge than their parents. What a teen lacks is judgment and

experience, which is why automotive insurance companies charge a teen the highest rates. As much as possible keep anger out of the discussions and try to use calm appeals to reason, especially with a teen who has a high regard for their own maturity. Early on have discussions about the differences between privacy and secrets, and the limits of each within your family. Consider if it may be wiser to share the stories of cyber crimes and exploitation rather than shielding your child from harsh and terrifying truths. Sharing truth is a way to show your child you respect them. After all, the one thing all the victims of cyber stalking had in common was a belief that it wouldn't happen to them.

A concerned parent needs to be aware of the Internet technology and lingo. Most of us know something about parental controls, but you need to learn as much as possible, including the ways a techno-savvy kid might get around passwords, controls, and histories. Certainly there are no safe guards that can't be gotten around if someone is determined enough, but some kids are a bit more willing to push the security envelope if they have no respect for their parents' computer abilities.

If your child spends time at a friend's house, contact the parents of that friend and find out that family's policy on Internet use. You may ask if their child has Internet access from their room or other private places, if they check the computer's history regularly, if they have noted troubling signs. It does little good to restrict your child at home if they simply can go down the block to access trouble.

Check phone logs of your child's phone, and consider looking into unfamiliar or long distance numbers. When you choose a phone for your child, learn as much as possible about the technology available on that phone. Is it text friendly and does it access the net? Of course, your child wants these available. The question is do you want to pay for these and the potential dangers without you and your child coming to an agreement BEFORE the purchase? Does the phone come with a GPS locater and how can you (or anyone else) access it?

A parent may wish to look into monitoring software such as key logs, which can be used to track the keystrokes of text, and they may wish to check the computer history regularly. Be aware of the capabilities of your computer. A local parent was surprised to find pictures of her teen on the net because she was not aware her Mac had a built-in web cam. It may be worth while to take all the family computers to a specialist, such as Doghouse Computers here in Clarksville at (931) 645-2322, to evaluate your computer's vulnerability and to educate you on safeguards you can employ.

If your child or any of their friends has a Myspace, Facebook, or Xanga page you want to look them over fairly often. Even if your child is savvy enough to be careful about the info they put out on the net, their friends may be a bit freer with their information. And your child could be targeted through second hand information. Also realize that these types of social networking sites can be made "private," meaning not just anyone can see the information. To view it you must be invited or have access granted. On the surface this may seem like a good idea, but make sure your child grants access to you as well, otherwise you will not be able to monitor what is happening on it.

Some kids are more at risk for getting into cyber trouble. Some examples are:

- **Kids with anger or anti-authority issues.**
- **Latch-key kids with hours of unsupervised time home alone.**
- **Kids without extra curricular activities.**
- **Kids who feel alienated at school or seem to lack friends.**
- **Kids who have suffered the trauma of the loss of a good friend or parent leaving the home.**
- **Kids who are very involved with online role playing sites.**
- **Kids who express contempt for others their own age and who feel they are more mature than their classmates.**

An astute parent will observe most teens fall into at least one of those categories some of the time. How can a parent know if their child has gone from at-risk to involved? What are the red flags for possible or probable illicit cyber activities? They can include:

- **Child is secretive or defensive about online friends or activity.**
- **Pornography found on the computer.**
- **Child receives unexplained phone calls or messages from people unknown to parents.**
- **Child spending large amounts of time at friends with more liberal net access.**
- **Packages or gifts mailed to child at home.**
- **Child becomes withdrawn from family.**
- **Child uses online accounts belonging to other people.**
- **Child erases histories or circumvents parental software.**
- **Unexplained telecomm bills or phone bills with phone sex toll charges.**

Finally, if you think your child has been in contact with inappropriate people or material, first contact your Internet service provider immediately so it can begin saving information that could later be used to investigate. Next contact the Clarksville police department at (931) 648-0656 and let them know what has happened. You should also contact the National Center for Missing and Exploited Children and make a report on their online tip line at www.ncmec.org or call them at (800) 843-5678. Do not erase anything from the history bar of your computer, the deleted files, cache files or hard drive.

This is a tough time to raise kids. As big of a blessing as the Internet can be, it does have huge capacity for harm as well. Sometimes the best a parent can do is still not enough to protect your child, especially when your child feels they don't want your protection and actively works to undermine and circumvent your efforts. Still, you will sleep better knowing you are doing what you can.

Next month T & Sympathy explores a related topic: Should a parent snoop on their child? If so when?

Visit Kimberly Haynes Titlebaum 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

THE FRIDGE

Does this basket make my head look big?

This is how I roll...

Snuggle Bunny

Stay safe Daddy!

Mommy's little blessings!

Ready for more ice cream!

Wanna be on the Fridge?

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

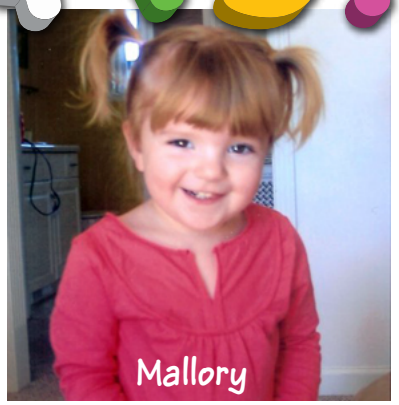
*****You may also mail your photos to:***
PO Box 31867 Clarksville, TN 37040
*Mailed photos **cannot** be returned. Submitted photos and signature will serve as a "photo release" allowing Clarksville Family Magazine a one time right to print the photo. *Photo publication cannot be guaranteed.*

BIRTHDAYS!

MARCH

Happy 5th Birthday Zachary!

Happy 2nd Birthday, Javon!
love Mommy and Daddy



Happy 2nd birthday Mallory!
Love, Mommy and Daddy

Cheeeese! It's my 1st Birthday party!!

Happy 4th Birthday Rylee!
Love, Daddy, Mama, and Bubba

Happy First Birthday Ella Rose!!!
Love, Mommy, Daddy and Noah

APRIL

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

Happy 11th Birthday Lauren!
Happy 5th Birthday Logan!
Love Mommy & Daddy

Happy 3rd Birthday Marissa!

1 SATURDAY

FASTPITCH SOFTBALL TRYOUTS AND REGISTRATION

10:00 a.m. to 1:00 p.m. at the Swan Lake Complex, 2002 Sanders Road. From the Clarksville Girls Softball Association, an ASA fastpitch league. The cost is $60 for first child and $45 for each child thereafter. This league is open to all girls ages 5-18 in Montgomery and the surrounding counties. For more information please contact Jason Holt at (931) 362-4002 or visit www.clarksvillegirlssoftball.com.

NORTHWEST LITTLE LEAGUE BASEBALL AND SOFTBALL SIGNUPS

10:00 a.m. to 3:00 p.m. at Stokes Field, 166 Cunningham Lane. Signups for ages 5 to 18. Cost is $70 (ages 5-12) and $80 (ages 13-18). Call (931) 648-0218 for more information.

EASTER BUNNY ARRIVAL AND PHOTOS

11:00 a.m. at JCPenney Court in Governor's Square Mall. Meet and help the Easter Bunny find all his eggs. Then hop, hop, hop to Center Court for Easter Photos. Easter Photos will be available through March 22. See Customer Service Center for hours.

WOODLAWN LITTLE LEAGUE BASEBALL AND SOFTBALL SIGNUPS

12:00 p.m. to 4:00 p.m. at Woodlawn Park, 2910 Woodlawn Road. Signups for ages 5 to 18 for baseball and softball. Call (931) 647-1977 for more information.

LITTLE SHOP OF HORRORS

7:30 p.m. at the Trahern Theatre of Austin Peay State University. Tickets are $5 for students, $10 for adults. Call (931) 221-7379 for more information.

IFMA FREESTYLE MOTORCROSS

7:30 p.m. at the Sommet Center, Nashville. Riders will compete in a competition to see who pulls out the biggest tricks.

Freestyle motocross has taken the world by storm with the success of nationally televised events such as the X-games, Gravity Games, and the ASPT Dew Tour. This high-flying, daredevil display of aerial acrobatics leaves spectators gasping for breath, as riders soar through the air while flying from ramps. This adrenaline pumping display provides the most extreme form of family entertainment for children and adults of all ages to enjoy. Tricks that spectators can expect to see include the No-look Heart Attack, Cliff Hanger, Rock Solid, and Superman Seat Grab. Tickets are $18.50 to $27.50. Visit www.sommetcenter.com for more information.

2 SUNDAY

WOODLAWN LITTLE LEAGUE BASEBALL AND SOFTBALL SIGNUPS

12:00 p.m. to 4:00 p.m. at Woodlawn Park, 2910 Woodlawn Road. Signups for ages 5 to 18 for baseball and softball. Call (931) 647-1977 for more information.

FASTPITCH SOFTBALL TRYOUTS AND REGISTRATION

1:00 p.m. to 3:00 p.m. at the Swan Lake Complex, 2002 Sanders Road. From the Clarksville Girls Softball Association, an ASA fastpitch league. The cost is $60 for first child and $45 for each child thereafter. This league is open to all girls ages 5-18 in Montgomery and the surrounding counties. For more information please contact Jason Holt at (931) 362-4002 or visit www.clarksvillegirlssoftball.com.

DIABETES: WHAT YOU NEED TO KNOW/ARE YOU AT RISK?

4:00 p.m. to 5:00 p.m. at Sango United Methodist Church, 3301 Sango Road. Call (931) 358-2552 for more information.

MILITARY SHOPPING EVENT

6:00 p.m. to 9:00 p.m. mall wide at Governor's Square Mall. Discounts, door prizes and refreshments. You must have a valid military ID to enter. Grand Prize is a $1,000 Mall Gift Certificate from Steve Nash with Keller Williams.

LITTLE SHOP OF HORRORS

7:30 p.m. at the Trahern Theatre of Austin Peay State University. Tickets are $5 for students, $10 for adults. Call (931) 221-7379 for more information.

3 MONDAY

AMERICAN RED CROSS BLOOD DRIVE

9:30 a.m. to 4:30 p.m. at 585 South Riverside Drive. Call (931) 645-6401 for more information.

BUSY BEES STORY TIME

9:30 a.m. at the 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 for more information.

JUST FOR ME STORY TIME

10:30 a.m. at the 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 for more information.

SHARE MEETING AND BOWLING FIELD TRIP

2:00 p.m. to 4:00 p.m. at The Pinnacle , 430 Warfield. Reservations required. For more information please email Casandra at tnshare@yahoogroups.com.

4 TUESDAY

FAMILY STORY TIME

9:30 a.m. at the 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 for more information.

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10:30 a.m. at the 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 for more information.

THE BEST INTERESTS OF THE CHILD: ADOPTION IN TENNESSEE

5:30 p.m. to 8:00 p.m. at the Nashville Public Library Main Branch, 615 Church Street, Nashville. The American Civil Liberties Union of Tennessee, Human Rights Campaign, Tennessee Commission on Children and Youth, Vanderbilt Child and Family Policy Center, and Tennessee Equality Project will be sponsoring this panel discussion on adoption Reception from 5:30 p.m. to 6:15 p.m. followed by the program from 6:15 p.m. to 8:00 p.m.

Panelists will include Robert D. Tuke from the law firm Trauger and Tuke and Linda O'Neal, Executive Director of the Tennessee Commission on Children and Youth. The event will be moderated by Christine Sun, ACLU-TN LGBT Project Attorney. The event is free and open to the public. For more information, visit www.aclu-tn.org or call Christine Sun at (615) 320-7142.

6 THURSDAY

BABY AND ME LAPSIT

9:30 a.m. at the 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 for more information.

PAJAMA STORY TIME

7:00 p.m. at the Clarksville-Montgomery County Public Library. For children of all ages. Get dressed for bed, grab your pillow and blanket, and come to library for stories, music and fun. Contact the Children's Library at (931) 648-8826 or visit www.clarksville.org for more information.

7 FRIDAY

DHS BLOOD DRIVE

10:30 a.m. to 3:30 p.m. at the Department of Human Services, 1850 Business Park Drive, Suite 122B. Call (866) 311-2257 for more information.

FAMILY NIGHT WITH DENNIS LEE

6:00 p.m. at First Baptist Church Preschool Ministries' building at the corner of Commerce Street and Childers' Place. This event will offer a hotdog supper with a signature mix of music, fun, and message by Dennis Lee. Dennis is a phenomenal ventriloquist from Dallas, TX and director of Nana Puddin'. Children of all ages will enjoy Dennis and his renowned family of puppets. The evening will begin in Laida Fellowship Hall with the hotdog supper and then conclude in the Grace Worship Center with the Nana Puddin' crew.

Tickets are only $2 per person, and children under the age of one will be admitted free. Tickets are on sale at the Preschool Ministries' Information desk and in the foyer outside of the Grace Worship Center on Sunday mornings. You may also come by the Preschool Ministries Information desk on Wednesday evenings and Monday through Friday from the 8:30 a.m. to 3:00 p.m. to obtain tickets.

8 SATURDAY

BREAKFAST WITH THE EASTER BUNNY

8:00 a.m. at Dale Wayrynen Community Recreation Center, Fort Campbell. Enjoy breakfast of pancakes, sausage, juice and milk with the Easter Bunny. If purchased by noon on March 6 tickets are $3 for children 12 and under and $5 for children over 12. After that tickets are $5 for children 12 and under and $7 for children over 12. Tickets may be purchased at the door for $10 if food is available.

A photo opportunity will be available, so bring your own camara. But don't worry if you forget, a Polaroid can be purchased for a small charge. For more information call (270) 798-7391.

NORTHWEST LITTLE LEAGUE BASEBALL AND SOFTBALL SIGNUPS

10:00 a.m. to 3:00 p.m. at Stokes Field, 166 Cunningham Lane. Signups for ages 5 to 18. Cost is $70 (ages 5-12) and $80 (ages 13-18). Call (931) 648-0218 for more information.

PRINCESS SNOW WHITE TEA PARTY

12:00 p.m., 2:00 p.m. and 4:00 p.m at Girly Girlz Pampered Palace, 237 Marion Street. Call (931) 905-0094 or visit www.thepamperedpalace.biz for more information.

FOUR PAWS FOR READING

1:00 p.m. at the Clarksville-Montgomery County Public Library. Tender Paws members and their therapy dogs listen to children who wish to read to them. Contact Jean Nichols at the Children's Library

at (931) 648-8826 or visit www.clarksville.org for more information.

10 MONDAY

DRIVER'S SAFETY PROGRAM
8:30 a.m. to 12:30 p.m. in the Game Room at Madison Street United Methodist Church. Led by Janet Ramser. By participating all AARP members will receive a discount on their car insurance. There is a $10 book fee. Call Janet at (931) 648-4952 to register.

AMERICAN RED CROSS BLOOD DRIVE
9:30 a.m. to 4:30 p.m. at 585 South Riverside Drive. Call (931) 645-6401 for more information.

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11 TUESDAY

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9:30 a.m. at the 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 for more information.

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COMMUNITY CONCERT SERIES: CHAMBER ORCHESTRA KREMLIN
7:30 p.m. at the Concert Hall in the Music/Mass Communications Building at Austin Peay State University. $25 for adults, $12 for children under 18, free for APSU students. Call (931) 221-7876 for more information.

13 THURSDAY

BABY AND ME LAPSIT
9:30 a.m. at the 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 for more information.

TEEN ADVISORY BOARD MEETING
4:30 p.m. at the Clarksville-Montgomery County Public Library. A group of teens age 13 to 18 years old. The teen members of TAB have a direct say in the types of programs the public library will offer teens throughout the community. TAB is also directly involved in suggesting materials the library should offer to young adults. Teens that wish to serve on the TAB may pick up an application at the library from the Children's staff. Refreshments will be served. Contact the Children's Library at (931) 648-8826 or visit www.clarksville.org for more information.

14 FRIDAY

DOODLEBOPS LIVE!
3:00 p.m. and 7:00 p.m. at the Nashville Auditorium. Get ready to rock along with the Doodlebops in their live U.S. concert tour! Straight from their hit TV show on Playhouse Disney, Deedee, Rooney, and Moe Doodle are getting on the bus, and ready to sing and dance in an interactive concert experience that will have kids and their parents rockin' and boppin' together Tickets are $54 VIP on the floor, $37 Floor Risers and Mezzanine Center, $27, $19 and $15 Balcony and Mezzanine Sides. Children age one and above must have a ticket. Tickets available through Ticketmaster and the Auditorium Box Office. For more information visit www.nashvilleauditorium.com.

EASTER BASH
5:00 p.m. to 8:00 p.m. mall wide at Governor's Square Mall. Come and enjoy our FREE Easter Bash. Carnival games, bouncy house, Easter egg hunts, and more. Sponsored by St. Bethlehem United Methodist Church.

15 SATURDAY

46TH ANNUAL WEARING OF THE GREEN IRISH DAY CELEBRATION
Come early watch the Leprechaun Parade followed by the Grand Parade. After the parades stroll through the many vendor and exhibit booths and enjoy a plethora of tantalizing food options including Irish Dishes at the Irish Grille on the Square. There will be entertainment at three different stages, pony rides, a petting zoo and inflatable jumps for the young children will be in the Betsy Ligon Park. For more information contact the Houston County Area Chamber of Commerce at (931) 289-5100 or visit www.HoustonCoChamber.com.

MARDI GRAS NATIONALS CHEERLEADING COMPETITION
At Nashville Auditorium. View more information at www.nashvilleauditorium.com or register online at www.mardigrasspiritevents.com.

BACH BLANKETS CROCHET GROUP MEETING
1:00 p.m. to 2:00 p.m. at the Clarksville-Montgomery County Public Library. Crochet blankets for babies delivered at Blanchfield Army Community Hospital. Contact Sharon Loebl at (931) 572-0734 for more information.

MOST BEAUTIFUL BABY CONTEST
3:00 p.m. at the Sears Court of Governor's Square Mall. Ages 0-5 years old. Registration begins at 2:00 p.m. There is a $5 registration fee and please bring a non-returnable photo. Two boys and two girls from each category will be chosen to win great prizes!

PEEWEE OPEN WRESTLING TOURNAMENT
At Kenwood High School. Hosted by the Iron Knights Wrestling Club, for wrestlers ages 4 to 10. Contact Jamie Sampsel at info@myironknights.com or visit www.myironknights.com for more information.

16 SUNDAY

SCRAPBOOK WORKSHOP
11:00 a.m. to 4:00 p.m. at Fieldstone Place, 51 Patel Way. Crop for five full hours and use my tools and idea books as well. Snacks and drinks provided and products are available for purchase if needed. $10 per person. Contact Kelly Vaughn at kellyvaughn_cm@yahoo.com for more information.

17 MONDAY

ST. PATRICK'S DAY

AMERICAN RED CROSS BLOOD DRIVE
9:30 a.m. to 4:30 p.m. at 585 South Riverside Drive. Call (931) 645-6401 for more information.

BUSY BEES STORY TIME
9:30 a.m. at the 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 for more information.

JUST FOR ME STORY TIME
10:30 a.m. at the 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 for more information.

SHARE MEETING
2:00 p.m. to 4:00 p.m. at Unitarian Universalist Fellowship of Clarksville, 3053 Highway 41A South. St. Patrick's Day related activities—wear green!

KAPPA DELTA SHAMROCK EVENT
4:30 p.m. to 8:30 p.m. at Sango Pizza Hut Italian Bistro. Part of a nationwide KD event to raise money for national and local child abuse prevention. A percentage of sales from all dine-in, carry-out and delivery customers who mention "Shamrock Event" at the time of purchase will go to this cause. Beneficiaries for the project are Urban Ministries Safe House Shelter in Clarksville, a shelter for families who have been affected by domestic violence, and Prevent Child Abuse America for its national prevention efforts Bring your family for dinner and help raise money for this worthy cause. Shamrock stickers or tattoos will be provided for kids on-site by a local Girl Scout troop. For more information contact KD Shamrock Chair Michelle Jarrett at (931) 358-5703.

18 TUESDAY

FAMILY STORY TIME
9:30 a.m. at the 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 for more information.

19 WEDNESDAY

CLARKSVILLE CIVIL WAR ROUNDTABLE MEETING
7:00 p.m. to 9:00 p.m. at Borders Books, 2801 Wilma Rudolph Boulevard. Monthly meeting of historic group with emphasis on the Civil War. Call (931) 920-3063 for more information.

20 THURSDAY

BABY AND ME LAPSIT
9:30 a.m. at the 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 for more information.

GAME NIGHT
5:00 p.m. at the Clarksville-Montgomery County Public Library. Featuring Dance Dance Revolution, Guitar Hero, Scene-It, Monopoly, Cranium and Twister. For teens ages 13-18. Call (931) 648-8826 or visit www.clarksville.org for more information.

21 FRIDAY

SALES TAX HOLIDAY WEEKEND
Through Sunday, March 23. Shop without paying any sales tax all weekend on school supplies, computers and clothing. See www.tntaxholiday.com for details on which items are exempt.

22 SATURDAY

EASTER EGG HUNT
11:00 a.m. to 3:00 p.m. at Girly Girlz Pampered Palace, 237 Marion Street. Call (931) 905-0094 or visit www.thepamperedpalace.biz for more information.

23 SUNDAY

EASTER SUNDAY

EASTER TEA
11:00 a.m. to 6:00 p.m. at Girly Girlz Pampered Palace, 237 Marion Street. Reservations required. Call (931) 905-0094 or visit www.thepamperedpalace.biz for more information.

24 MONDAY

SPRING BLING GLAM DAY CAMP
Through Friday, March 28, from 9:00 a.m. to 5:00 p.m. at Girly Girlz Pampered Palace, 237 Marion Street. Reservations required, $125 for the week, or $35 daily. Call (931) 905-0094 or visit www.thepamperedpalace.biz for more information.

AMERICAN RED CROSS BLOOD DRIVE
9:30 a.m. to 4:30 p.m. at 585 South Riverside Drive. Call (931) 645-6401 for more information.

BUSY BEES STORY TIME
9:30 a.m. at the 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 for more information.

25 TUESDAY

FAMILY STORY TIME
9:30 a.m. at the 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 for more information.

26 WEDNESDAY

SHARE MEETING AND FIELD TRIP
9:30 a.m. at Unitarian Universalist Fellowship of Clarksville, 3053 Highway 41A South. Field trip to Educational tour at Cheekwood Museum in Nashville. Reservation required by March 11. For more information please email Casandra at tnshare@yahoogroups.com.

27 THURSDAY

BABY AND ME LAPSIT
9:30 a.m. at the 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 for more information.

29 SATURDAY

HOME BASED BUSINESS SHOW
11:00 a.m. to 4:00 p.m. mall wide at Governor's Square Mall. Get the latest ideas in crafts, home parties, and decorating your home. Visit vendors like Mary Kay, Pampered Chef, Avon and more! Call the Mall Management Office to be a vendor at (931) 552-0289.

PROM FASHION SHOW
1:00 p.m. at Center Court in Governor's Square Mall. Come and see the latest fashions from Deb and Men's Wearhouse for your perfect Prom!

ANIME FOR TEENS
2:00 p.m. to 4:00 p.m. at the Clarksville-Montgomery County Public Library. View episodes of "Samurai 7" and "Bleach." Paper and pencils will be out for drawing. Snacks are always served. Contact JJ Radtke at (931) 648-8826 or visit www.clarksville.org for more information.

31 MONDAY

AMERICAN RED CROSS BLOOD DRIVE
9:30 a.m. to 4:30 p.m. at 585 South Riverside Drive. Call (931) 645-6401 for more information.

BUSY BEES STORY TIME
9:30 a.m. at the 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 for more information.

MOMS Club of Clarksville March 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.

5 WEDNESDAY
KID FRIENDLY DINNER NIGHT 6:00 p.m. at Old Chicago Pizza.

7 FRIDAY
MONTHLY MEETING 10:00 a.m. at Madison Street United Methodist Church. Come enjoy breakfast and meet Michael Shoulders, a local children's book author.

10 MONDAY
MOMS NIGHT OUT 7:00 p.m. dessert at The Melting Pot, Nashville.

11 TUESDAY
KIDS KARATE CLASS TBA

13 THURSDAY
MUSICAL MUNCHKINS/ KINDERMUSIK CLASS 9:30 a.m.

14 FRIDAY
MUSICAL MUNCHKINS/ KINDERMUSIK CLASS 9:30 a.m.

15 SATURDAY
EASTER EGGSTRAVAGANZA 11:00 a.m. at Honeysuckle Hill Farm, 3029 Meadow Court, Springfield.

17 MONDAY
MOMS DINNER DELIGHT NIGHT 6:30 p.m.

18 TUESDAY
TOUR OF COLD STONE CREAMERY 10:00 a.m. at 1780-C Tiny Town Road.

20 THURSDAY
BREAKFAST BRUNCH 9:30 a.m. at Chick-fil-A on Madison Street.

26 WEDNESDAY
STORY TIME 10:00 a.m. at Once Upon a Child, 2728 Wilma Rudolph Boulevard.

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

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." March 1.

JULIUS CEASAR
By William Shakespeare

This gripping political thriller runs an emotional gamut from private intrigue to personal conflict and public violence. "Beware the Ides of March…" as the Republic of Rome reverberates once more. March 7, 8, 12, 13, 14, 15*.

HIGH SCHOOL MUSICAL
Book by David Simpatico, songs by Matthew Gerrard & Robbie Nevil; Ray Cham, Greg Cham & Andrew Seeley; Randy Petersen & Kevin Quinn; Andy Dodd & AdamWatts; Bryan Louiselle; David N. Lawrence & Faye Greenberg; and Jamie Houston. Music adapted, arranged and produced by Bryan Louiselle. Based on a Disney Channel original movie written by Peter Barsocchini.

Math and science wiz Gabriella Montez meets basketball team captain Troy Bolton for the first time when they are picked to perform a karaoke duet. Their immediate musical chemistry must overcome the stereotypical roles their high school friends want them to follow.

Join us for the regional premiere of this hit musical comedy! March 28 and 29.

Curtain Times
7:00 p.m. Wednesday and Thursday evenings, 8:00 p.m. Friday and Saturday evenings.

*2:00 p.m. matinee on selected Saturday afternoons. (Program and times are subject to change.)

Individual Musical Ticket Prices
- $20 adult
- $15 (age 13 and under)

Individual Play Ticket Prices
- $15 adult
- $10 (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
Email: roxytheatre@bellsouth.net

Clarksville Mommy's Group March Calendar

1 SATURDAY
WELCOMING TEA 11:00 a.m. at Books-a-Million.

4 TUESDAY
BREAKFAST 9:15 a.m. at Arby's on Wilma Rudolph.

8 SATURDAY
MOMMY'S TIME 5:30 p.m. dinner at Olive Garden. Babysitting provided through the CMG Babysitting Co-op.

10 MONDAY
LUNCH 12:00 p.m. at Chick-fil-A on Madison.

13 THURSDAY
CRAFT AND PLAY 2:30 p.m. at CMG member's house.

15 SATURDAY
CREATING A BUDGET THAT WORKS! 2:00 p.m. at location TBD.

19 WEDNESDAY
BABY SHOWER 12:00 p.m. at CMG member's house.

20 THURSDAY
COFFEE-PLAY-STORY 2:15 p.m. at Books-a-Million.

22 SATURDAY
POTLUCK AND FIRST ANNUAL CMG EASTER EGG HUNT 11:00 a.m. at Billy Dunlop Park.

28 FRIDAY
PLAY GROUP Immaculate Conception Church nursery, time TBD.

CMG is a non-profit group and is absolutely free. Email clarksvillemoms@hotmail.com or call Kamila at (931) 503-0480 for more information.

ADOPTION & FOSTER CARE

CARING CHOICES
Caring Choices of Catholic Charities, 1905 Madison Street, is a Tennessee state licensed child-placing agency providing supportive professional counseling services to those experiencing an unplanned pregnancy. Open Monday 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: (931) 645-9969 or dwilliams@cctenn.org.

OMNI VISIONS INCORPORATED
Omni Visions, 341 Union Street Suite 5, is a multi-state child placement agency. (931) 906-3779 or www.omnivisions.com.

PHOENIX HOMES
Phoenix Homes, 1781 Wilma Rudolph Boulevard, offers treatment foster care and services. (931) 645-7711, (931) 645-7742 or www.phoenixhomes.org.

YOUTH VILLAGES
Youth Villages, 585 South Riverside Drive, is a private nonprofit organization dedicated to helping emotionally and behaviorally troubled children and their families live successfully through innovative, research-based programs. (931) 503-0777 or 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 or 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 or 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 at (931) 233-9091, info@myironknights.com or www.myironknights.com

YOUTH TRAVEL BASEBALL
A newly formed 9 year old travel baseball team is recruiting serious baseball players for the up-coming 2008 spring/summer travel baseball season. All interested players must have prior baseball experience and must not turn 10 before May 1, 2008. Players must be coachable, willing to take it to the next level of youth baseball, and able to travel to regular season games and tournaments throughout Tennessee. Practices will be conducted at a designated facility in the Clarksville area. Anyone interested in competing against teams at a higher level are encouraged to inquire. Rafael Gonzalez Coordinator /Head Baseball Coach at (931) 320-5042 or toniagon@bellsouth.net

YOUTH WRESTLING PROGRAM
The Hawks youth wrestling club is a sanctioned non-profit organization that is dedicated to instructing athletes in the competitive styles of freestyle and folkstyle wrestling. Anyone kindergarten through high school is encouraged to participate. Rafael Gonzalez Coordinator/Head Coach at (931) 320-5042 or www.leaguelineup.com/hawksyouthwrestling.

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

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 or 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 at (931) 551-1610 or 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. www.childcareaware.org.

MID-CUMBERLAND CHILDCARE RESOURCE AND REFERRAL
At 1300 Madison Street, provides childcare free referrals and information to parents, training and on-site consultation to childcare providers, and a lending library full of resources for the community. (931) 648-3695 or (866) 446-6006.

MONTGOMERY 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.
At 1249 Paradise Hill Road, provides services to developmentally delayed children and adults. (931) 647-6333 or 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 at (931) 358-9515; or Ajax Senior Citizens Building, 953 Clark Street, Kim at (931) 647-0566; or Community Church, Jack Miller Blvd. & Airport Road, Kim at (931) 647-0566. www.middletnalanon.org.

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

CREATING HOPE BY ASSISTING PARENTS
Works with families whose children are at risk of abuse or neglect. Debra Maness at (931) 645-9793.

DEPARTMENT OF CHILDREN'S SERVICES
At 350 Pageant Lane, Suite 401. (931) 503-3200.

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

MONTGOMERY COUNTY CHILD SUPPORT SERVICE
At 93 Beaumont Street. (931) 572-1663.

SAFEHOUSE
Provides a safe shelter, crisis line, counseling, support groups, referrals and advocacy, community education and safety planning for women and children who are domestic violence victims. (931) 552-6900.

CHILDREN'S GROUPS

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

BOY SCOUTS OF AMERICA
(931) 647-8811, (800) 899-7268 or www.mtcbsa.org.

GIRL SCOUTS OF AMERICA
At 1300 Madison Street. (931) 648-1060.

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 or www.studythescriptures.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 at (931) 221-7868, jonesma@apsu.edu or 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 or clarksvillehumane.petfinder.org.

JOSEPHINE'S CLOSET
At 325 North Second Street, 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. (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 or www.asociacionlatina.info.

LOAVES AND FISHES
At 215 Foster Street, 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. (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
At 1241 Highway Drive (adjacent to the Animal Shelter), a county/state agency, the TRC provides counseling, vocational evaluation, work adjustment, and job placement services for graduating high school students and adults with disabilities. (931) 648-5560.

TWO RIVERS ASSOCIATION FOR THE EDUCATION OF YOUNG CHILDREN (TRAEYC)
The 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 at (931) 221-7303.

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

COUNSELING

CENTERSTONE
Family Centered Services, 901 Martin Street. (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 at 231 Dunbar Cave Road, Suite A, creates effective and affordable substance abuse and mental health programs through a variety of innovative services. (931) 542-9816.

HARRIETT COHN CENTER
511 Eighth Street. (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 at 516 Madison Street, is a ministry of professional care dedicated to healing and growth in human life and relationships. In partnership with local congregations the centers are committed to providing clinical and education services to all who need these services. When you or someone you love is troubled by depression, marital or relationship problems, substance abuse, or a vague sense that your life is adrift, we can help. Professional support is available with fees based on your ability to pay. (931) 648-9009 or www.pastoralcounselingctrs.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
At 5661 Screaming Eagle Boulevard, Fort Campbell, "Family Readiness" is the state soldiers, spouses and family members proactively prepare for, and in which they are able to cope with mobilization, deployments and prolonged separations. To prepare, soldiers (both active and reserve components) and their families attend classes and receive written instructional materials on subjects such as how to prepare a will, how to establish and manage a household budget, how to communicate with children of various ages, and how to maintain communication with the rear detachment of the deployed unit. (270) 798-0609, relocation@fortcampbellmwr.com or www.fortcampbellmwr.com/ACS/familyReadiness.htm.

AUTISM SUPPORT GROUP
Donna Richardson at (931) 503-2315.

BEREAVEMENT SUPPORT GROUP
Anyone enduring grief and loss issues is invited to attend. Meetings are free to the public and held in the conference room of Asera Care Hospice, 1539 Ashland City Bypass. (931) 551-4100.

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
At Emmanuel Life Center, 301 Fairiew Lane, 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 call to verify. Monica Causey at (931) 801-0895 or (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 at (931) 647-6750 or Sango United Methodist Church at (931) 358-2552.

MENDED 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 at First Church of the Nazarene, 150 Richview Road, the 4th Monday of every month at 7:00 p.m. Bertha at (931) 216-3590 or 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. Jennifer at (931) 624-5400 or warriorsofhope@charter.net

Parent Groups

Some of the information included in the Network and Parent Groups 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.

CLARKSVILLE MOMMY'S GROUP

"Nurturing the Nurturer." The CMG is a new social and support group for Mommys in and around Clarksville that are expecting or have a child under the age of 5. The group is run through a private website which gives members 24 hour access from the comfort of their own home to participate in many activities on or off line. The CMG provides mothers of young children opportunities to socialize, exchange ideas and participate in activities that promote personal growth for both mommy and child. CMG is a non-profit group and is absolutely free. Email clarksvillemoms@hotmail.com or call Kamila at (931) 503-0480.

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. 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 activities are during the day, when moms need the support most. Children are welcome at all daytime activities. For more information call (931) 538-1728, 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.

March 2008

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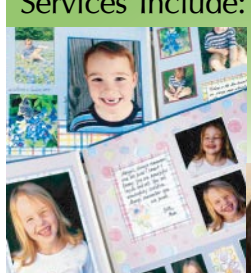

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Check the CF Calendar for our March events!

NEW Clarksville Mommy's Group!

The CMG is a new social and support group for Mommys in and around Clarksville that are expecting or have a child under the age of 5. For more information, please see the Parent Groups section of CF magazine and check the calendar for our activities for March!

Parents Day Out

Now Enrolling for Fall!

- **Ages 1-5 (Pre-K)**
- **M/W or T/Th 9-2:30**
- **Follow CMCSS calendar**
- **Snack provided**

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931-920-0127 or 931-362-2826
or visit www.fellowshipumc.com

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Is your Easter feeling

H O L L O W ?

Has Easter become more like your kids' candy eggs: festive and eye-catching, but empty on the inside?

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Meets every Sunday at 10:00am at the Great Escape Movie Theatre 931-802-8ONE