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# Publisher's Message

Independence. Like so many holidays I believe a lot of us take for granted the meaning of Independence Day. We forget that it doesn't really have anything to do with fireworks and barbecues. We forget the sacrifices made by those early colonists in blood and wealth to establish what became the United States of America.

That same proud tradition of sacrifice for our country carries on today very evidently at Fort Campbell and across the rest of our military. And those pretty explosions that we'll watch streak across the sky over the river also serve as a stark reminder of the horrific bombs and explosions in war. Let us all take a pause on the 4th to remember this, and at least silently—if not directly—thank our soldiers and their families for guaranteeing our freedom.

Independence. In a symbolic sense "Independence Day" also reminds me of my young son and his increasing independence from us. He's only four years old, and little things that we have spent the last several months and years working on—getting him to dress himself, feed himself, be polite and use manners, even potty training—now manifest themselves with him frequently saying, "No, I want to do it..." more and more. Of course I'm proud of him, and I know this faint version of empty nest syndrome is only going to get a lot worse when he starts kindergarten and beyond. The irony is that when you boil it all down, our main mission as parents is exactly that—to make our children independent of us.

In the meantime we're going to keep doing what we've been doing, and make sure we all have a lot of fun. And July is definitely about fun. With swimming, fireworks, fishing, summer camps...there are tons of things in and around Clarksville to keep the whole family more than occupied.

I wish all of you and your families a safe and fun 4th of July, and the rest of the summer. And as always I hope you enjoy our issue this month.

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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# VIVA CATIE: TN to TX - They Did It!

by Pamela Magrans

It began as a fundraising mission in memory of a fellow classmate; it ended as a testimony of teamwork, stamina and personal commitment.

When Richview Middle School student Catie Summers fell ill from osteosarcoma, a childhood form of bone cancer, she fought her illness with tenacity and hope. It was then that the VIVA CATIE campaign was born—to support Catie in her struggle.

Four years later when Catie, 16- years old, passed away due to the cancer, her fight did not end. Fellow classmates and her Spanish teacher, Danny Magrans, decided to do something extraordinary in her memory.

They wanted to honor Catie by doing something courageous. They wanted to follow in her example, by facing physical challenges with a hearty smile and hopeful persistence. They decided to undertake a 1,200 mile cycling journey from TN to TX. Their mission was simple—to raise money for two causes: The Lance Armstrong Foundation, to support cancer research; and the Catie Summers Memorial Scholarship Fund, to help a childhood cancer survivor in Montgomery County attend college.

The mission was simple, but the task was not. It would take more than cyclists to make this a reality. It would take a community eager to donate to the cause and some special volunteers.

## The route

The first step in pedaling from TN to TX is training. Serious training for the ride began in March. Riders rode individually and as a group to prepare for this adventure. The YMCA of Clarksville offered SPIN (indoor cycling classes) to riders on a weekly basis. Instructor Rachel Stephens helped to prepare the riders for the mental and physical challenges they might face. Pedaling on a stationary bike is very different from pedaling along the road, but the classes at the Y made training a sure thing even in rainy weather.



Taken the morning of the first riding day where the riders began at mile post 407.5 of the Natchez Trace Parkway.

Ready or not, the day of departure quickly came. The group followed maps from the Adventure Cycling Association leading them

down state highways and through small towns—the safest, but not the easiest route from TN to TX. The ride began from mile marker 407.5 of the historic Natchez Trace Parkway, just out of Columbia, Tennessee. The days were plotted out based on mileage, terrain and hotel accommodations. The trip would take them from Columbia south across Mississippi and then west to Louisiana. The last two days would take them across Texas to their final destination in Austin.

Everything was planned out prior to the departure date. But the road conditions, the weather, and the traffic—that was all unknown. The only absolute—that nothing would stop them.

## Team VIVA CATIE

There were 13 cyclists participating in the ride. But it takes more than riders to take on a task like this. They were accompanied by five support volunteers. The SAG (Support, Aide and Gear) volunteers would play a special role in this adventure.

The SAG volunteers were retired Army Colonel Greg Kaufmann (the map guru and father to rider Greg), Clarksville High School athletic trainer Therese Sparn (the medical and hydration expert), Mary Anne Stubblefield (Clarksville High School Special Education teacher, Rossan Atkins (mother of rider Callie), and Jean Anne Miller (mother of rider Zach Finney).

These five support volunteers were the backbone of the trip. Together they drove four vehicles. Madison Street Methodist Church donated an 11-passenger van. Driven by SAG volunteer Jean Anne Miller, that vehicle became known as the “church van.” The church van became the sanctuary for riders while they waited for their turn to cycle. Three other volunteers drove their personal vehicles carrying gear, luggage, drinks and snacks.

Unlike the three other SAG volunteers, Therese Sparn and Mary Anne Stubblefield did not have children participating in the ride.

Their participation was one of sincere and selfless aid—wanting only to help their Clarksville High School students accomplish this memorable task. Their participation echoed the true embodiment of what being a teacher is all about.

The SAG volunteers were never far behind the riders. They were poised to help the riders at a moment's need, constantly offering sunscreen, water and energy bars. Equally important, the SAG vehicles held encouragement.

## Road closures and rainbows

The trip took six days on bicycle. The riders were divided into groups; the mileage was divided into legs. Each group took turns riding relay style. When one group finished their assigned leg, they traded spaces with another team. Each rider rode every

day. If one rider crashed or needed a break, another rider in the van took their place. It was a constant sharing of time and space, a testimony of teamwork.

On the third day of riding the skies were clear, but the heat began to take its toll on the riders. One rider had a minor crash. There were some bruises and scratches, but no wounded spirit. The rider continued on for the remaining miles. The terrain was rolling and the view memorable as the team transitioned off the historic Natchez Parkway onto back roads and state highways of Mississippi.

Indicative of any family road trip, the riders encountered an obstacle as they attempted to cross a bridge. Unknowingly to them until their arrival, a bridge that was part of their planned route was impassable. It was up to SAG volunteer Greg to find an alternative. It



Marco, Mike, Danny and Ryan somewhere in Texas.

was a disappointing obstacle. “The reality was that we couldn’t have expected to travel this distance and not have a few hiccups. So, we simply re-oriented on detouring,” said SAG volunteer Greg Kaufmann.

Equipped with his laptop and an internet connection, he quickly routed out another way to their destination. The SAG support vehicles moved the riders 50 miles by car to another road.

Despite the detour, the group continued on with a positive attitude. The highlight of the day was crossing the Mississippi River by ferry. For many of the riders, it was their first ferry ride and a welcome break in the day. On the same day that saw heat, a crash and a downed bridge, the riders got a subtle reminder of hope and perseverance.

“As the riders approached Opelousas, Louisiana there was a brief shower,” said SAG volunteer Greg Kaufmann. “As a sign of our good fortune to come, a rainbow appeared to arch right over the riders.” It was a poignant and beautiful sight.

## A side mirror view

SAG support volunteer Rossan Atkins joined the ride because her daughter, Callie, was a rider. Long distance cycling was not new to Rossan, as her older daughter, Whitley,

(now attending school at UTK) is a cyclist too. A ride from TN to TX with unknown riding conditions might scare away some mothers. But Rossan, like two other SAG volunteers, had something to gain from this trip—the experience of watching her child achieve an admirable goal.



A photo of the SAG support drivers in Austin: Mary Anne Stubblefield, Jean Anne Miller, Theresa Sparr, Rossann Atkins and Greg Kaufmann. The ride would not have been possible without them!

For Rossan and fellow SAG volunteer Jean Anne Miller (Zach's mom) the last 40 miles were the most emotional. After five days of cycling from TN to TX they watched as their children prepared to bike into Austin, Texas. All 13 riders departed the hotel in Bastrop, Texas via bike.

During the last 40-mile leg into Austin, four Lance Armstrong Foundation (LAF) employees escorted the riders. The LAF riders wore LIVESTRONG cycling jerseys. Two rode towards the front while two rode at the back of the team. Among them was Chris Brewer who had been the LAF liaison for the ride during the prior months of planning. Himself a cancer survivor and cyclist, Chris Brewer is a close friend to Lance Armstrong.

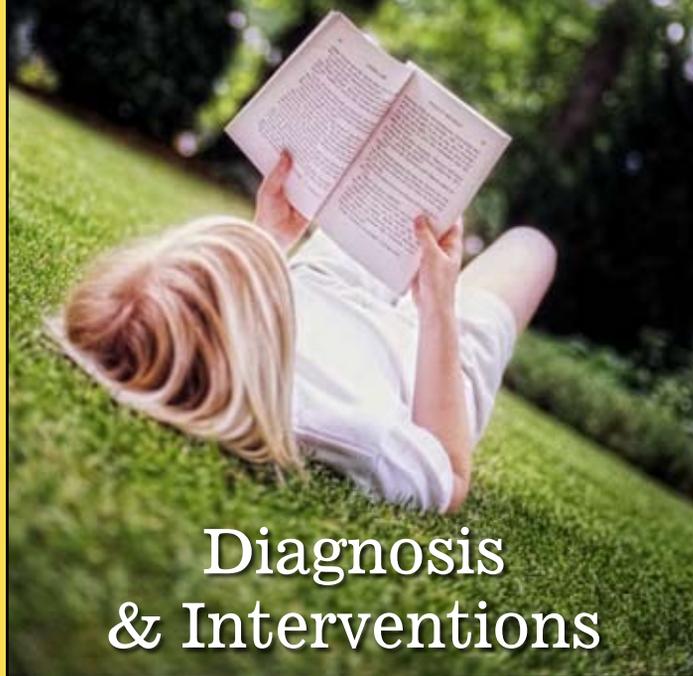


View of riders as seen from the side view mirror of one of the SAG support vehicles.

While the cyclists had the scenic view, SAG volunteer Rossan's view was from a vehicle—watching the cyclists from the side and rear view mirrors. At varying speeds between 5-25 MPH, it was a slow road trip. But the advantage for Rossan cannot be measured in miles. Instead, it is measured by memories of her daughter along with others who made a journey of a lifetime on bike.

The riders rode single file in the outskirts of Austin, but as they progressed into downtown, they took up their own lane of traffic. Riding through downtown traffic they journeyed through the bike friendly streets of downtown. Cycling is commonplace in the streets of Austin, so the gas-guzzlers gave way to the cyclists with respect.

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And to all others not mentioned here who purchased VIVA CATIE car magnets and who offered money, time, snacks & prayers- Thank you.



"Austin was so big, clean and welcoming. We looked down the hill with the state capitol at the end of the road. The road was lined with buildings. It was a phenomenal feeling that the riders had done something selflessly," said Rossan.



Riding into downtown Austin, with the Texas state capitol in the background. The last two riders are Lance Armstrong Foundation employees who escorted the riders.

Jean Anne (Zach's mom) stated that while the entire trip was emotional and motivating, it was the dramatic climb up a hill leading to the LAF office that affected her most. "It was spiritual," was her repetitive statement.

The riders climbed a hill and took a right curve to the LAF headquarters. Waiting for them was a welcoming crew of LAF employees and visitors. This was the highlight of the entire trip. The riders were greeted by strangers who understood and appreciated the cause they had carried from TN to TX.

#### At the LIVESTRONG office

After some hugs and happy tears of accomplishments, the group was welcomed into the LAF headquarters to a nice air-conditioned conference room. Hanging on the wall were framed photos of cancer survivors, Lance Armstrong included. All the riders and SAG volunteers found a seat, happy to be at their destination at last—content that they had accomplished their goal.

One of the LAF employees made a phone call and placed the caller on speakerphone. Lance Armstrong spoke words of encouragement and congratulations from the other line. He was in Las Vegas, Nevada at the time, but expressed his admiration for the entire group. He asked some questions to the riders and the group engaged in a discussion with him.



The riders as they take the last dramatic climb up a hill to the LAF office.

After the phone call ended, the LAF employees offered the riders a commemorative LIVESTRONG poster signed by Lance Armstrong and others. Ride organizer, Danny Magrans, gave a fundraising check

# Classic Creations *Lifestyle* Photography



By  
Angela Cox  
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of \$9,000 to the LAF—the result of only three months of fundraising efforts. By then the riders were all aware that this ride was not only about Catie Summers. It was about every cancer victim and survivor that follows after her.

### What now?

The VIVA CATIE TN to TX riders and volunteers are now back home in Clarksville. They returned to work or home, and many will be returning to school soon. Routine and schedules now replace the open road. But these riders are not the same. They know there is nothing they can't accomplish.

SAG volunteer and father, Greg Kaufman, said it best. "I think everyone clearly understands now the self-satisfaction and sense of accomplishment that comes with a challenge well met and conquered. They also gained a better sense of themselves in terms of doing something not for self but for someone else or a cause. There was no payback for them at the end of the ride other than perhaps this new self-awareness," said Kaufmann.

Planning is already underway for next year's VIVA CATIE ride. Rumor has it that some of the SAG volunteers have been seen at a local bike shop searching for their own bikes. Who says that the teenagers should have all the fun?

There's no doubt that these riders will continue to be progressive in finding creative ways to bring awareness to their cause. As a community we should be proud of these examples.

VIVA CATIE!

To read LAF employee Chris Brewer's personal blog about this ride, visit <http://livestrongblog.org/2008/06/04/viva-catie/>

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# Eight-Legged Perseverance

by Kim Edmondson

A friendly neighborhood spider has moved into the doorway that leads to my back deck. It's a pretty big spider. I'm not sure why, but I have decided that the spider is a "she" (blame it on Charlotte's Web). Anyway, she is brown, with a fat middle and eight long legs. As far as spiders go, I guess you'd call her a beauty. She decided to make her home in the doorway about a month ago. I've noticed her wrapping up the bug meals she has caught to enjoy for dinner when she's ready. It's nice to have a "bug catcher" living right outside the back door.

However, I have encountered a problem with our newest resident. The

web. First of all I must tell you that the webs she creates are beautiful. They are very intricate and quite large. When the morning dew or a few raindrops hang on to the silken threads and the sunlight hits them, the web shimmers like a string of diamonds. Looking through the glass at the web, it is beautiful. The trouble begins when I get ready to go out the back door. Even though I have seen the web many times and have even admired its beauty, when I open the door to go outside, I always forget that it is there. I end up with a sticky mess all over my face and in my hair (oh no, not the hair!). I stand in the doorway,

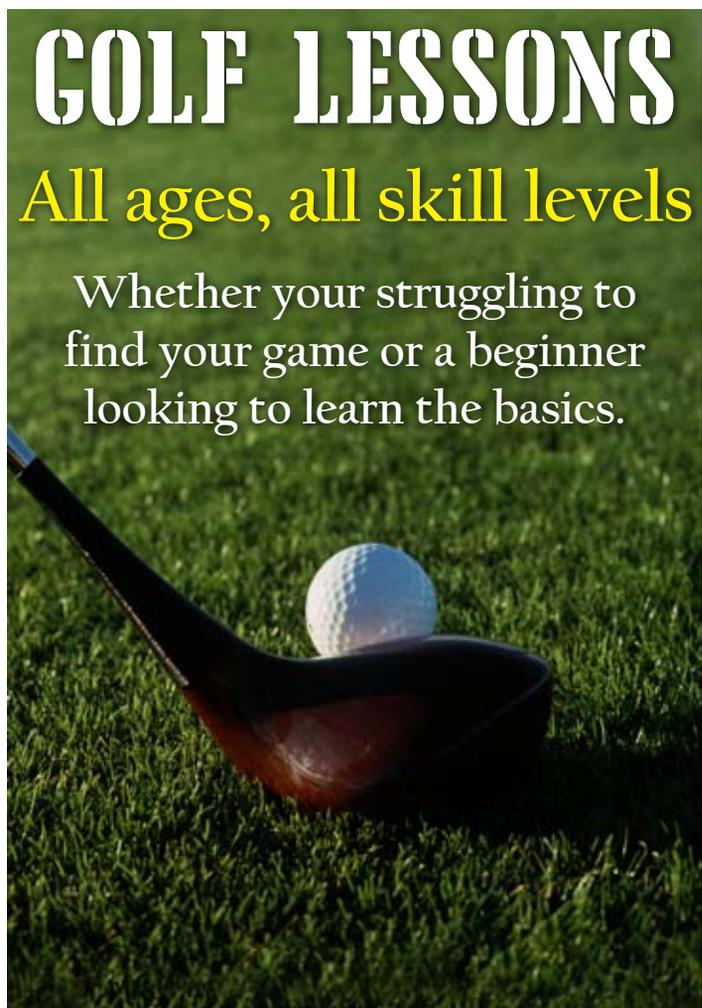
trying to keep my cool in front of my children, rubbing hands over my face and through my hair in an effort to get the sticky stuff off. All the while in the back of my mind I am thinking, "Please don't let the spider be crawling on me!"

A few days ago, after just such a web collision had taken place, I thought "Since I have destroyed the web so many times now, maybe the 'ole girl (okay, the spider) will just move on." She hasn't chosen the most convenient place to build her web. Seems to me that it would be kind of frustrating for her to have to keep rebuilding her home every time my head tears



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it apart. However, the next morning when I came downstairs, there it was—gleaming in the morning light—the web. As intricate and beautiful as ever. I think it was a little larger too. Perhaps she is hoping I will get stuck in the web and she can wrap up my head as a meal for later!

I stood there in amazement. That's when I started to think about what a persistent lady spider it is that now makes her home in my doorway. No matter how many times I have walked through her home, she keeps coming back. She always rebuilds. Each time the new web is just as strong and sturdy as the one before. Obviously she is very taken with the location and wants to stay there. She is a hard worker. She is determined. She has perseverance.

In the Bible, there was a man named Paul who had lived his life for Christ, and it had not been an easy journey. He suffered greatly for choosing to believe in Jesus and living his life to tell others about Him. He was tortured, made fun of, and put in prison for things he did not do. Even through all of this, Paul persevered. He continued to believe and encourage others. He kept on building his faith no matter how many times he was knocked down.

In a letter that he wrote to his friend, Timothy, Paul said:

“...run from evil things. Pursue right living and a Godly life, along with faith, love, perseverance, and gentleness.”

1 Timothy 6:11

Paul, who had been through so much, and by our standards had every right to quit, told Timothy to “pursue a Godly life.” Pursue means to strive for, carry out, to persevere. So, Paul is telling Timothy, “strive for a Godly life.” Carry out your faith. Persevere in love for others and even persevere in your perseverance. Now that is dedication.

What about us? In the areas of life that mean the most, do we persevere? In my marriage, do I pursue a loving relationship and honest communication? In my work,

do I carry out my tasks with a good attitude? With my children, do I strive to be patient and a good listener? What about my relationship with the Lord? Do I persevere in knowing and loving Him even when I am knocked down by the circumstances of life?

Based on the example of Paul and my spider friend, the things that mean the most to me are worth fighting for. Just like Paul, I need to keep on pursuing the life that Christ has called me to. Just like the spider, I must persevere in building and rebuilding what life seeks to destroy. It's not easy, but it certainly is worth it. When I persevere for the Lord I receive His peace, love and goodness. When I persevere in my home, a strong marriage and happy children are blessings to me. Not bad results for being willing to stick to it.

I want to encourage you to persevere in your life. If you have struggled in your relationship with the Lord, don't give up. Read the Bible, pray and ask Him to help you. Find a church where others can encourage you. Most of all, keep on seeking Him.

If you are struggling in your marriage or with your children, pursue them with love and kindness. Be available and speak the truth. Keep building into them the traits that bring solid relationships and good character.

I've determined that the next time I head out the back door of my house, I'm not going to forget my spider friend. I plan to keep my head as far from her home as possible. I really do not enjoy a face full of web. However, I know that if I do forget, and once again destroy her home, when I come back around she'll be there, rebuilding what I have destroyed and serving as a reminder to me that I should persevere, just like her.

**Kim Edmondson has the privilege of being married to her pastor, and being the mom of three boys.**

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## Spotting and Reporting Child Abuse

Although many people are hesitant to get involved in another person's family life, if child abuse is present or suspected, it is your responsibility to report it. Be informed and learn about where to find help if you suspect a child is being abused.

Some of the most common signs of abuse or neglect include a watchful or fearful child, especially when adults are near; and a child with unexplained burns, bruises

or injuries. In school, a child may have sudden changes in the quality of their work or overall behavior, problems learning and difficulty concentrating; or arrives at school and other functions early, stays late, and does not want to go home.

Reporting abuse is anonymous and confidential when you call a national child abuse hotline. Social workers trained in child abuse are able to provide professional

guidance. For emergency intervention you should call 911. Otherwise dial (800) 4-A-CHILD for the Childhelp National Child Abuse Hotline, (800) 799-SAFE for the National Domestic Violence Hotline, or (800) 239-9950 for the National Children's Alliance. You can also contact your local military police department, your military installation's Family Advocacy Program or other local sources, if you suspect a child is being abused.

## What You Should Know About Skin Cancer

Skin cancer is the most common form of cancer in the United States with over one million new cases each year. Although there are different types of skin cancer—with some being faster spreading and more dangerous than others—skin cancer is almost always curable when it is detected and treated in its early stages.

Some people are more at risk for developing skin cancer than others. Risk factors include excessive exposure to ultraviolet (UV) radiation, having a family history of cancer, a fair complexion, a history of sunburns,

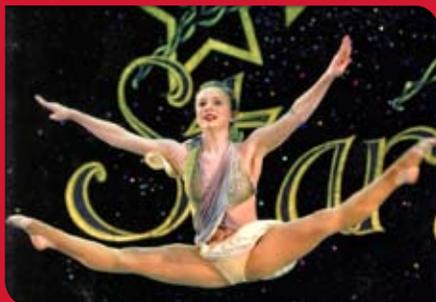
and multiple or abnormally shaped moles. People who live in high-altitude climates are also more at risk.

There are things you can do to help prevent skin cancer. Avoid sun exposure between 10:00 a.m. and 4:00 p.m., when the sun's rays are the strongest. If you must be outside during those times, apply sunscreen with a sun protection factor (SPF) of 15 or higher, and wear sunglasses and a wide-brimmed hat to protect your face, neck and ears. Other forms of UV light, such as tanning beds and sun lamps, should also be avoided.

Finding skin cancer early is possible when you perform monthly self-exams. Watch for changes in your skin's appearance or texture such as changes in the number, color or size of moles, or the presence of nodules or bleeding spots. Changes in the amount of pain, itchiness, sensation or tenderness of an area can also signal a problem. Let your doctor know immediately if you find something unusual on your skin or suspect cancer. It could very well save your life!

Provided by Health Net Federal Services, Preventive Care Services ([www.healthnetfederalservices.com](http://www.healthnetfederalservices.com))

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# Protecting the Skin You're In

by Shannon Graham

The sounds of waves crashing on the shore, the smell of sunscreen wafting in the air, children building sandcastles and splashing in the water are all the signs of summer vacation. Just because you want to protect your skin doesn't mean you have to miss out on all of the fun. Before you head out into the sun, be sure to arm yourself with knowledge that can enable you to protect the skin you're in.

Sunlight that has passed through the earth's atmosphere contains two types of ultraviolet rays, A and B. Ultraviolet B (UVB) rays are the ones that burn or tan your skin. Ultraviolet A (UVA) rays do not make you burn, but they do cause wrinkles. Exposure to ultraviolet light is believed to be the number one cause of all types of skin cancer. There are more new skin cancer cases each year than breast, prostate, lung and colon cancer combined. What can you do to protect yourself?

You need to wear sun screen! Which SPF is appropriate? What does SPF

even mean? The sun-protection-factor (SPF) rating system is mainly a measure of the time it takes your skin to burn, and that depends on how fair or dark your skin is. For example, if your unprotected skin turns pink after 10 minutes of sun exposure, then it would take 15 times as long, or 150 minutes, when you are wearing an SPF 15. The SPF number also indicates what percentage of UV rays the product blocks. An SPF 2 blocks 50 percent of rays, while an SPF 30 blocks 97 percent. Any SPF higher than 30 gives you only marginally more protection. Keep in mind: No sunscreen blocks 100 percent of UV rays!

Before you go out to enjoy the summer festivities, there are a few things to keep in mind. Apply sunscreen at least 20 to 30 minutes prior to sun exposure to allow it to seep into your skin to protect you properly. It is imperative that you apply the necessary amount of

sunscreen, otherwise you decrease its SPF. The proper amounts for complete coverage are: a full ounce on your body, one teaspoon on your face, and another teaspoon on your neck. While enjoying the sun, be sure to reapply sunscreen every two hours. If you are going swimming, be sure to use "waterproof" sunscreen. Waterproof sunscreen will protect you for a limited amount of time, so you will need to reapply it often.

There are many other ways to keep your skin protected: avoid the sun between the hours of 10:00 a.m. and 2:00 p.m., wear sunglasses that offer UV protection, wear clothing that has an SPF 15 or more, and when in doubt seek shade. Frequent sunburning or life-long sun exposure can increase your risk of getting skin cancer and speed up your skin's aging process, therefore, you need to protect the skin you're in.

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[www.cityofclarksville.com](http://www.cityofclarksville.com)

For ADA assistance, please call 648-6129



Coloring Contest!  
July 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](http://clarksvillefamily.com), color it in however you like, and return your entry to Clarksville Family Magazine for judging.

**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.

**Contest ends 07/15/08**

#### 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 August 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.



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

# If a Tree Falls in Your Neighbor's Back Yard, and No One Is Around To Hear It...

by Cliff Lavergne

This past Mother's Day an amazing thing happened that unfortunately few if any people got to witness.

On that clear, windless day an enormous oak tree fell over in Marilyn Yount's Clarksville back yard, knocking down at least two other smaller trees on its crushing path to the ground. Miraculously, such a potentially deadly and destructive force managed to miss any personal property—no one's home, car, outdoor buildings, not even a flower pot was broken by this massive force.

The oak is at least 100 feet tall and nine feet around at its base,

and for whatever reason toppled from the root ball. If it had fallen in almost any other direction than it did it could have caused



massive devastation to Marilyn's home and possibly even those of her neighbors.

Though one of the largest trees from her backyard is now gone, Marilyn notes that nature has still found it useful, "I see little birds on it every day. I guess they're eating bugs, and the earthworms that are now exposed at its base."

Where this tree landed is just beyond the back yard of our home. I didn't notice it until later that week when something odd caught my eye as I was pulling into the garage. We went over to investigate and took pictures of this amazing site. The thing I found oddest was how shallow the root system was for such a big tree. It made me wonder how many of the other

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**Karaoke Contest**  
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giants towering over us in our yards were potential ticking time bombs!

Now that we have all had a chance to be thankful that no one was injured, or that any property was damaged, comes the unfortunate toll of finding out how to remove what is left. Marilyn has gotten quotes from tree removal services and they are in the \$1,000 range. She wonders if there is anyone out there who would like to use the wood in exchange for removing the tree from her yard. "I pray about it every night. Hoping that someone who needs this kind of

oak wood will find out about it and be able to take advantage of it," says Marilyn.



Marilyn knows that she is blessed to have only this to worry about, especially compared

to the victims of tornados and flooding that are often in the news. Fortunately where her tree lies is very accessible by vehicle, and once harvested it would be useful for anything from woodworking or construction to firewood for the upcoming fall. "The irony is that I've always wanted new oak hardwood floors," Marilyn jokes. But that speaks to one of the many possible uses for this fallen tree.

If you or anyone you know is interested in removing this fallen tree in exchange for keeping the wood, please contact Marilyn at (931) 980-5664.



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## T & Sympathy: Manners

by Kimberly Haynes Titlebaum



Dear Ms. T,

*I hope you can help me with my mother-in-law. I have been married to her son for almost 18 years and while we aren't exactly close, we have always gotten along. She always seemed to be supportive up to now. The problem is her treatment of my daughter. My daughter just had a birthday and her grandmother didn't get her a single gift. I had given her a list of things I knew my daughter wanted, as always. I know she could afford everything on the list. My poor daughter was shocked because she has always been able to count on her Grandmother's presents being something great. I had my husband ask her about it and when he came back from talking to her, he had a sealed letter to give our girl from her Grandmother. He said his mother said that she had become offended and disappointed lately in our girl's language and rudeness. He said the letter explained it and had examples of what she was talking about so our girl could "mend her ways" if she chose. He said she had no intention of giving a present to a "young lady" until she acted like a "young lady."*

*How do I make my mother-in-law understand that kids act and*

*talk differently than they did when she was a girl, and it is wrong to disappoint the child this way? I don't want to even give my daughter the letter unless I read it first, because I don't want her to be upset. Aren't grandparents supposed to be doting and spoiling instead of judgmental? It seems to me she is the one showing bad manners.*

**Mad over Manners**

Dear Mad,

I don't know what incidents of rudeness or language has your mother-in-law so upset, since I haven't read the letter—and I *strongly* suggest that you do not read it either. But I do suggest that you leave it on her bed or some place else where she can read it in private. Letters between one person and another should be private unless one of them wants to share its contents.

I am very sorry that your child is shocked and disappointed by the lack of a present when one was expected. It is painful to watch your child be disappointed. However this may be a good time to help your child understand that there is a difference between expectation and entitlement. Gifts are not an obligation for anyone. Nor are birthdays, weddings, or other rites of passage occasions to demand tribute like some conquering emperor of ancient times. Such occasions are times to pause and reflect on the honoree, hopefully with esteem, affection, and well-wishes for the future. Gifts are mere tokens of the esteem and affection. The size of the gifts or the expense should not be considered a measure of that esteem or affection. A child or, indeed, anyone receiving multiple gifts should be as

appreciative and generous in thanks for the most humble gift as for the most lavish.

If, for whatever reason, that esteem and affection is diminished it seems rational that the gifts be forgone. To give a token of affection or respect when there is little or no affection or respect is not good manners. It is, at best, falsehood. Falsehood is still falsehood even when it is disguised as "keeping the peace" or "being polite."

Most generations shake their collective heads in dismay over the ones that come after theirs. This was true three hundred years ago, and it is true now. I rather suspect your daughter in a few decades will bemoan the lax behavior and habits of her granddaughter. Certainly there are many customs and rituals of society that are much relaxed than in decades past. It can be both a relief and a bit sad. The elegance of deep curtsies and extravagant bows may be gone, but the simpler courtesies are still expected and appreciated—such as the words "please" and "thank you" or reasonable table manners. Respect and thoughtfulness will never go out of fashion.

Sometimes it is not enough to demonstrate and model good manners on a day-to-day basis. A parent needs to correct what is incorrect for the surroundings and company. A very helpful parent assists his/her child to build a wider range of experiences so he or she can learn what is expected in one setting and be able to make the transition smoothly into another. It is hard to know what is expected in a five star restaurant if you have only been to fast food places. But it is a lucky child who has been to a fine dining establishment at least once

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before they find themselves in one on a special date or job interview. Similarly, a child needs to understand what may be normal and acceptable with friends and peers, may not be acceptable to others such as grandparents, potential employers, or members of college acceptance boards.

I understand your dismay and indignation on the behalf of your child. However, I should point out that your mother-in-law went to the time and trouble to write out a letter explaining what she found offensive. I imagine that it was not an easy or pleasant letter to write. It would have probably been easier to buy the cheapest thing on your suggested list as a sop to expectations, and then to plan to avoid any interaction with her troublesome grandchild in the future. But she cared enough to try to provide guidance. It would be unfair to expect a child to change what she may not realize is a problem. From your letter I gather that your mother-in-law also recognizes that once the child understands what behaviors are offensive, the choice is the child's to change or not. Your mother-in-law has given your child love enough to guide, love enough to inform—when silence would be easier—and the freedom to make choices.

In a few weeks or months the presents she received—the games or gadgets or gift certificates—will be used up, or tired of, or simply outgrown and forgotten. It may well be the letter from a grandmother who loved and cared about the kind of young person she became will be the gift that lasts the longest.

Visit Kimberly Haynes Titlebaum on-line at [www.transitionsofnashville.com](http://www.transitionsofnashville.com).

Submit your question to Ms. T via e-mail at [advice@clarksvillefamily.com](mailto:advice@clarksvillefamily.com) or by snail-mail at

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



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Jasmine, Annessia, Giulia, Lauren & Micah  
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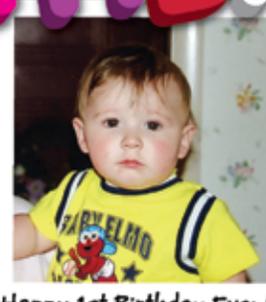
# JULY BIRTHDAYS!



Happy 1st Birthday Tyler!



Happy 1st Birthday EmLee,  
our Luckey baby  
Love, Mom and Dad



Happy 1st Birthday Evan!!  
Love Mom, Dad & Timmy



April  
I'm turning 1!

## Wanna be on the Fridge?

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

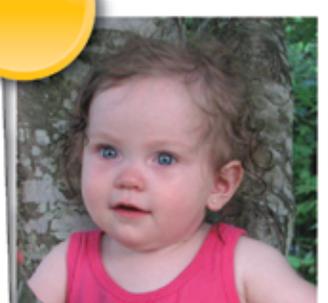
*Remember...the Fridge isn't just for birthdays!*

**\*\* 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.*



Lindsey  
I'm this many!



Happy 1st Birthday Chelsea!  
Love, Daddy & Mommy

# MORE BIRTHDAYS!



Happy 2nd Birthday Chase!  
Love Mom, Dad & Bubby



Happy 2nd Birthday Aydin!



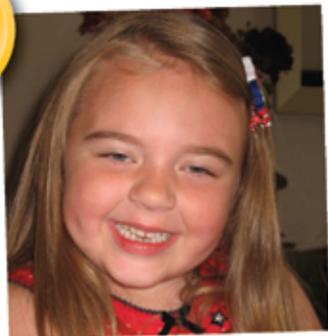
Happy 2nd Birthday Kirk!  
Love Mommy, Daddy & Sydney



Happy 3rd Birthday Keshawna  
Love, Mommy & Daddy



Happy 4th Birthday Gracie!  
Love, Mommy



Happy 5th Birthday Bailynn  
Love Mommy, Daddy & Madeline



Happy 5th Birthday Dayne!  
Happy 12th Birthday Kaila!



Happy 5th Birthday Mya  
Love, Mommy, Daddy, & Brendyn



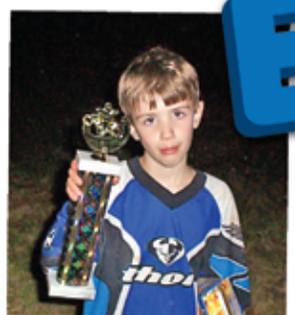
Happy 5th Birthday Kiersten!  
Love, Daddy, Mommy & Lindsey



Happy 5th Birthday Christopher!  
We love you so much!



Happy 6th Birthday Jordyn!



Happy 7th Birthday Elye  
(The Elyinator)



Happy Birthday girls!  
Holly 15 & Sarah 8



Happy 10th Birthday, Matthew!  
Love, Mom, Dad & Alaina



Happy 9th Birthday Sara!  
Love, Mom, Dad, Lindsay & Carli

**Don't forget!**  
Send in photos  
for August Birthdays by  
July 15th!

J

E

S

July

**1 TUESDAY**  
**MONTGOMERY COUNTY FARMER'S MARKET**  
 6:30 a.m. to 2:00 p.m. at L&N Train Station, corner of 10th and Commerce Streets. Featuring locally grown fruits and vegetables. Call (931) 503-0526 for more information.

**KINDERMUSIK VILLAGE CLASS**  
 9:30 a.m. at Mary's The Music Store, 305 North Riverside Drive. For newborns to 1-1/2 years old. Call (931) 233-9111 for more information.

**3 THURSDAY**  
**MONTGOMERY COUNTY FARMER'S MARKET**  
 6:30 a.m. to 2:00 p.m. at L&N Train Station, corner of 10th and Commerce Streets. Featuring locally grown fruits and vegetables. Call (931) 503-0526 for more information.

**KINDERMUSIK OUR TIME CLASS**  
 9:30 a.m. at Mary's The Music Store, 305 North Riverside Drive. For ages 1-1/2 to 3 years old. Call (931) 233-9111 for more information.

**KINDERMUSIK IMAGINE THAT CLASS**  
 10:45 a.m. at Mary's The Music Store, 305 North Riverside Drive. For ages 3 to 5 years old. Call (931) 233-9111 for more information.

**CITY OF CLARKSVILLE INDEPENDENCE DAY CELEBRATION**  
 5:00 p.m. to 10:00 p.m. at McGregor Park. Join us for Clarksville's largest fireworks display to celebrate our nation's independence. Featuring

food and live entertainment. Free admission. Visit [www.cityofclarksville.com/parks&rec/events.asp](http://www.cityofclarksville.com/parks&rec/events.asp) or call (931) 648-6129 for more information.

**ALZHEIMER'S CAREGIVERS SUPPORT GROUP**  
 6:30 p.m. at Clarksville-Montgomery County Public Library, 350 Pageant Lane. Contact Patsy Shell at (931) 648-1884 for more information.

**4 FRIDAY**  
**INDEPENDENCE DAY**

**5 SATURDAY**  
**MONTGOMERY COUNTY FARMER'S MARKET**  
 6:30 a.m. to 2:00 p.m. at L&N Train Station, corner of 10th and Commerce Streets. Featuring locally grown fruits and vegetables. Call (931) 503-0526 for more information.

**TENDERPAW'S PET THERAPY GROUP**  
 10:00 a.m. at Gateway Medical Center in the Legacy Room, 651 Dunlop Lane. Call Kathy in advance if you would like your dog screened at (931) 553-8959.

**7 MONDAY**  
**GYMNASTICS CAMP**  
 Through Friday, July 11, 9:00 a.m. to 2:00 p.m. at Action Gymnastics & Cheer Centre, 221-B West Dunbar Cave Road. Camp is open to members and non-members four years of age and older. Bring a sack lunch. \$25 per day, and you may come for one day or the whole week. Call (931) 920-3111.

**SCHOOL OF ROCK GUITAR CAMP**  
 Through Friday, July 11, 9:00 a.m. to 11:00 a.m. at Mary's The Music Store, 305 North Riverside Drive. For ages 13 and up.

Must have own guitar. Charlie Winkler is the teacher. Call (931) 552-1240 for more information.

**AFFORDABLE SUMMER CAMP**  
 Through July 25, Clarksville Montessori. Westward ho, pioneers and mountain men! Pan for gold, make a dream catcher, learn about Native Americans, make bread, learn to garden, make a bonnet. For children 2 years through 6th grade. Part time is \$60/week, full time is \$100/week. Call (931) 905-0045 for more information.

**AMERICAN RED CROSS BLOOD DRIVE**  
 10:30 a.m. to 4:30 p.m. at 585 South Riverside Drive. Call (931) 645-6401 for more information.

**ROASTING MARSHMALLOWS SUMMER CAMP - PHOTOGRAPHY CAMP**  
 Through Friday, July 11. For ages 8 and up. Reservations required. Call (931) 216-1366, (931) 906-2433 or (931) 905-0070 option 5.

**ROASTING MARSHMALLOWS SUMMER CAMP - ARTZ AND CRAFTZ**  
 Through Friday, July 11. For ages 5 and up. Reservations required. Call (931) 216-1366, (931) 906-2433 or (931) 905-0070 option 5.

**CHICK-FIL-A FAMILY NIGHT**  
 5:00 p.m. to 7:00 p.m. at Chick-fil-A, 1626 Madison Street. Kids will be able to get their picture taken with the Chick-fil-A Cow, get cow tattoos, play the spinning wheel for prizes, and make their own cow costumes! Receive one free Kid's Meal (4-pack) with each lunch or dinner Meal purchased.

**MUSICAL MONDAY**  
 7:00 p.m. to 7:30 p.m. at Governor's Square Mall in the Borders Court. Come and listen to great performances in the Mall.

**8 TUESDAY**  
**MONTGOMERY COUNTY FARMER'S MARKET**  
 6:30 a.m. to 2:00 p.m. at L&N Train Station, corner of 10th and Commerce Streets. Featuring locally grown fruits and vegetables. Call (931) 503-0526 for more information.

**KINDERMUSIK VILLAGE CLASS**  
 9:30 a.m. at Mary's The Music Store, 305 North Riverside Drive. For newborns to 1-1/2 years old. Call (931) 233-9111 for more information.

**10 THURSDAY**  
**MONTGOMERY COUNTY FARMER'S MARKET**  
 6:30 a.m. to 2:00 p.m. at L&N Train Station, corner of 10th and Commerce Streets. Featuring locally grown fruits and vegetables. Call (931) 503-0526 for more information.

**KINDERMUSIK OUR TIME CLASS**  
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**KINDERMUSIK IMAGINE THAT CLASS**  
 10:45 a.m. at Mary's The Music Store, 305 North Riverside Drive. For ages 3 to 5 years old. Call (931) 233-9111 for more information.

**11 FRIDAY**  
**ICEDREAM® SOCIAL SPONSORED BY CHICK-FIL-A**  
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**221-B Dunbar Cave Rd. www.action-gymnastics.com**

**12 SATURDAY  
MEET AND GREET JASMINE  
AND ALADDIN**

The Pampered Palace, 237 Marion Street. Lunch included. Reservations required, \$12 per person. Call (931) 905-0070.

**13 SUNDAY  
VACATION BIBLE SCHOOL**  
Through Thursday, July 17, 6:00 p.m. to 8:00 p.m. at Madison Street United Methodist Church, 319 Madison Street. Beach Party: Surfin' Through the Scriptures is the theme. Register on-line at [www.madisonstreetumc.org](http://www.madisonstreetumc.org) or at the church.

**14 MONDAY  
ROASTING MARSHMALLOWS  
SUMMER CAMP -  
FASHION AND DESIGN**  
Through Friday, July 18. For ages 9 and up. Reservations required. Call (931) 216-1366, (931) 906-2433 or (931) 905-0070 option 5.

**AMERICAN RED CROSS  
BLOOD DRIVE**  
10:30 a.m. to 4:30 p.m. at 585 South Riverside Drive. Call (931) 645-6401 for more information.

**VACATION BIBLE SCHOOL**  
Through Saturday, July 18 from 5:45 p.m. to 8:30 p.m. at Gum Springs Baptist Church, 5270 Marion Road, Cunningham, (931) 387-3879. Open to babies through adults. Supper will be provided each night. The theme is Outrigger Island: Studying Living God's Unshakable Truth.

**CHICK-FIL-A FAMILY  
NIGHT "PIRATE NIGHT"**  
5:00 p.m. to 7:00 p.m. at Chick-fil-A, 1626 Madison Street. Come dressed and ready to have fun! We will have a sand table outside to dig for buried treasure, coloring sheets, and a place to make your own eye patch! Receive one free Kid's Meal (4-pack) with each lunch or dinner Meal purchased.

**15 TUESDAY  
KINDERMUSIK VILLAGE CLASS**  
9:30 a.m. at Mary's The Music Store, 305 North Riverside Drive. For newborns to 1-1/2 years old. Call (931) 233-9111 for more information.

**17 THURSDAY  
KINDERMUSIK OUR TIME CLASS**  
9:30 a.m. at Mary's The Music Store, 305 North Riverside Drive. For ages 1-1/2 to 3 years old. Call (931) 233-9111 for more information.

**KINDERMUSIK IMAGINE  
THAT CLASS**  
10:45 a.m. at Mary's The Music Store, 305 North Riverside Drive. For ages 3 to 5 years old. Call (931) 233-9111 for more information.

**18 FRIDAY  
KARAOKE CONTEST**  
Registration begins at 5:30 p.m., show time begins at 6:00 p.m. at Governor's Square Mall in JCPenney Court. \$10 registration fee for solos, \$15 for groups. Prizes for 1st, 2nd and 3rd prize winners. All ages welcome.

**19 SATURDAY  
FREE DAY DANCE CAMP**  
1:00 p.m. to 4:00 p.m. at Acro Dance Express, 331-E Union Street. Call to secure your spot at (931) 648-3636.

**ELITE MODEL SEARCH**  
Registration begins at 12:00 p.m., model walk begins at 1:00 p.m. at Governor's Square Mall in Center Court. Don't miss the opportunity of a lifetime to be seen by Elite Model Management Scouts. One lucky winner will receive a FREE New York City photoshoot. Bring two non-returnable photographs (one headshot and one full length), and your height, bust, waist, hips, and dress size to register. Arrive early to insure participation. This is a free event and open to the public.

**MEET AND GREET THE  
BACKYARDIGANS**  
The Pampered Palace, 237 Marion Street. Outdoor adventure. Reservations required, \$12 per person. Call (931) 905-0070.

**21 MONDAY  
2008 AAU GIRL'S NATIONAL  
BASKETBALL CHAMPIONSHIP  
TOURNAMENT**  
Through Tuesday, July 27. Volunteers are needed on July 21 to help escort teams during the registration process at Austin Peay State University's Dunn Center, and with Opening Ceremonies at Governor's Stadium. During July 22 through 25, ticket-takers are needed at all competition venues: Austin Peay State University, Kenwood High and Middle Schools, Northeast High and Middle Schools, Northwest High School, Rossvie High and Middle Schools, Montgomery Central High and Middle Schools and Clarksville High School.

With games beginning by 8:30 a.m. each morning and concluding late in the evening, many time



Join us every Monday night from 5-7 PM for Family Night!

Each week we will feature something exciting for Kids and the entire family to enjoy!

During family night, you will receive one FREE Kid's Meal (4 pack) with each Lunch or Dinner Meal purchased.

One FREE Kid's Meal per Lunch or Dinner Meal, additional Kid's Meals during family night will only be \$.99!  
(Offer valid at Madison St. location only)

1626 Madison St.  
931-648-4468

Please check the Clarksville Family Calendar for further details about each night's events!

# Be a Hero.



Are you patient and dedicated with a heart for children and teenagers? Become a foster parent with Youth Villages. You will receive financial reimbursement, training and 24/7 support.

Call 931-503-0777 ext. 1020



**Be a foster parent**



**Local Underwriting  
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FHA, VA, THDA,  
Conventional



**Donnie Van Hooser**  
Home Loan Consultant  
(931) 645-2347 or (931) 216-4367  
[donnie\\_van\\_hooser@Countrywide.com](mailto:donnie_van_hooser@Countrywide.com)

## Clarksville-Montgomery County Public Library 2008 Summer Reading Program

350 Pageant Lane • (931) 648-8826 • www.clarksville.org

### Starship Adventure @ Your Library

This is the theme for this year's Summer Reading Program in libraries all across Tennessee. Everyone can participate in this free program! Sign up at the Clarksville-Montgomery County Public Library. Programs continue through July 18. Children are awarded for reading or for listening to books being read. Attendance at programs is encouraged and awarded.

We have special professional entertainers, songs, stories and games being planned to make this program the best summer ever. Program seating is first come first served.

#### Program Schedule:

Mondays at 2:00 p.m.

**"T'ween Scene" Program**  
Ages 10-12.

Tuesdays at 10:00 a.m. and repeated at 2:00 p.m.

### "Starship Adventure @ Your Library" Program

For elementary age children old enough to attend without parental supervision. Parents should wait in the library for their children until the program is finished.

### Tadpoles and Tagalongs Program

For all children not yet in school (under age five) and their parents or care giver. At each program, a limited number of tickets will be given out on a first come, first served basis.

Thursdays at 2:00 p.m.

**"Find What's Out There @ Your Library" Program**  
Ages 13-18

Thursdays at 7:00 p.m.

### Pajama Story Time

For everyone in the family!

Fridays at 10:00 a.m. and repeated at 2:00 p.m.

### "Starship Adventure @ Your Library" Program

For elementary age children old enough to attend without parental supervision. Parents should wait in the library for their children until the program is finished.

Fridays at 10:00 a.m., 10:30 a.m., 2:00 p.m. and 2:30 p.m.

### Tadpoles and Tagalongs Program

For all children not yet in school (under age five) and their parents or care giver. At each program, a limited number of tickets will be given out on a first come, first served basis.

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1490 Madison St. • Clarksville  
(across from Kroger)  
**931-552-2655**

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What did your child learn today?

**Clarksville Montessori**  
Private School for Pre-K thru 6th Grade

Programs starting at \$180 per month

**931-905-0045**  
www.clarkvillemontessori.com

**NOW ENROLLING!**

slots are available. Individuals interested in volunteering should contact Channel Lemon at (931) 245-4347 or complete the volunteer registration forms available at [www.clarksville.tn.us/aa](http://www.clarksville.tn.us/aa). Volunteers should plan to attend an information meeting on Tuesday, July 15 at 6:00 p.m. at the Economic Development Council office, 25 Jefferson Street, during which procedures will be explained and t-shirts will be issued.

For more information about the AAU National Championship visit [www.clarksville.tn.us/aa](http://www.clarksville.tn.us/aa) or [www.aasports.org](http://www.aasports.org).

### GYMNASTICS CAMP

9:00 a.m. to 2:00 p.m. through Friday, July 25 at Action Gymnastics & Cheer Centre, 221-B West Dunbar Cave Road. Camp is open to members and non-members four years of age and older. Bring a sack lunch. \$25 per day, and you may come for one day or the whole week. Call (931) 920-3111.

### AMERICAN RED CROSS BLOOD DRIVE

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

### ROASTING MARSHMALLOWS SUMMER CAMP - THEATER

Through Friday, July 25. For ages 5 and up. Reservations required. Call (931) 216-1366, (931) 906-2433 or (931) 905-0070 option 5.

### ROASTING MARSHMALLOWS SUMMER CAMP - BEAUTY BOOT CAMP

Through Friday, July 25. For ages 8 and up. Reservations required. Call (931) 216-1366, (931) 906-2433 or (931) 905-0070 option 5.

### CHICK-FIL-A FAMILY NIGHT

5:00 p.m. to 7:00 p.m. at Chick-fil-A, 1626 Madison Street. Kids will be able to make their own strawberry jam. Receive one free Kid's Meal (4-pack) with each lunch or dinner Meal purchased.

### 22 TUESDAY

KINDERMUSIK VILLAGE CLASS 9:30 a.m. at Mary's The Music Store, 305 North Riverside

## Vacation Bible School July 13-17 6pm-8pm

Mark your calendars and clear the dates for a **BEACH PARTY** in July! We are looking forward to a great time "surfin'" through the Scriptures together!



You can register on-line at [madisonstreetumc.org](http://madisonstreetumc.org) or at the church, 319 Madison St., Downtown Clarksville.



### Sunday School Rally Day August 3rd at 9:15am

Please plan on joining us in our Fellowship Hall as we represent each Sunday School class (all age-levels) to provide the perfect opportunity for you to explore Sunday School at Madison Street and find the class that is right for you! Whether you are new to Madison Street or a long-time member who is not currently involved in a Sunday School class, plan on taking part in our Rally Day festivities and get involved!

Remember...it is by coming together in love that we grow together in faith!



Madison Street  
United Methodist Church  
319 Madison Street • Clarksville, Tn  
(931) 647-0221 • [madisonstreetumc.org](http://madisonstreetumc.org)



## The Kids Clothes Basket

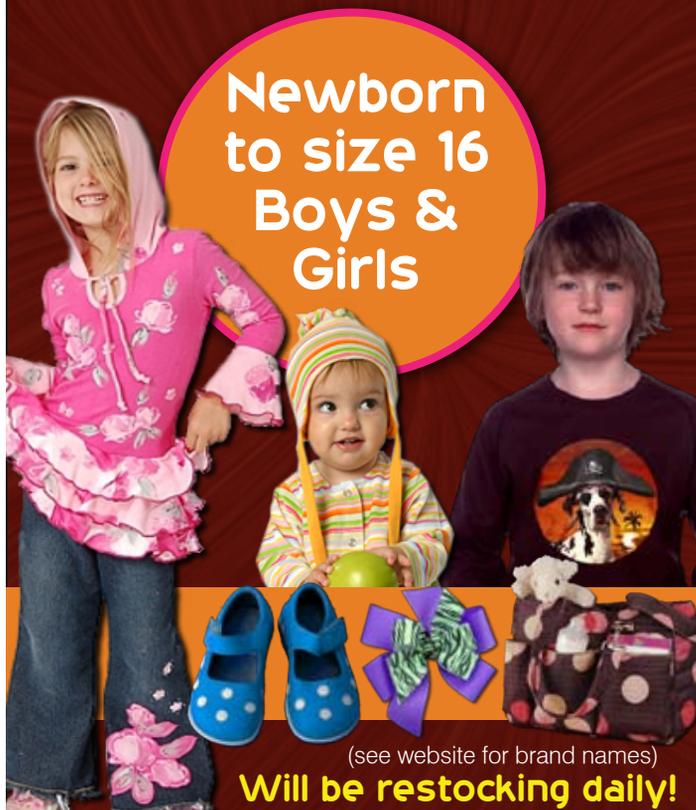
ALL CLOTHES 30-90% OFF RETAIL!

5 DAYS ONLY!

HUGE Inventory of New Boutique Clothing, Gifts & Accessories

Get first pick of Fall 2008 fashions!

Newborn to size 16 Boys & Girls



(see website for brand names)

Will be restocking daily!

Thur. July 29 - Fri. Aug 1: 10am-6pm

Sat. August 2: 10am to 2pm

Extra 50% off everything on Saturday!!!

New Location!

Natalie's Dance Network

141 Kender Rhea Ct.

(behind Appleton's Harley Davidson)

Want to work for clothes and get to shop first?

Shifts are limited and go quickly so please call ASAP if interested. Call Julie at 615-594-9682 or go to [thekidsclothesbasket.com](http://thekidsclothesbasket.com) for more information

Drive. For newborns to 1-1/2 years old. Call (931) 233-9111 for more information.

## 24 THURSDAY KINDERMUSIK OUR TIME CLASS

9:30 a.m. at Mary's The Music Store, 305 North Riverside Drive. For ages 1-1/2 to 3 years old. Call (931) 233-9111 for more information.

## KINDERMUSIK IMAGINE THAT CLASS

10:45 a.m. at Mary's The Music Store, 305 North Riverside Drive. For ages 3 to 5 years old. Call (931) 233-9111 for more information.

## 25 FRIDAY SUMMER AUTO SHOW

Through Sunday, July 27 at Governor's Square Mall, mall hours and mall wide. Come check out the latest model cars, trucks and SUVs.

## THE WIGGLES - POP GO THE WIGGLES LIVE!

3:00 p.m. and 6:30 p.m. at Nashville Municipal Auditorium, 417 Fourth Avenue North, Nashville. Tickets \$18 to \$38.

Visit [www.ticketmaster.com](http://www.ticketmaster.com) or [www.nashvilleauditorium.com](http://www.nashvilleauditorium.com) for tickets or more information.

## 26 SATURDAY END OF SUMMER DIVA GIRL PAMPERING

The Pampered Palace, 237 Marion Street. Buffet included. Reservations required, \$20 per person. Call (931) 905-0070.

## MOVIES IN THE PARK

Beginning at dark at Heritage Park. Enjoy a free movie underneath the stars. It's like a drive-in without cars! Pre-show entertainment and G to PG rated films make this a great family event.

## 28 MONDAY ROASTING MARSHMALLOWS SUMMER CAMP - BABYSITTING 101

Through Friday, August 1. For ages 11 to 16. Reservations required. Call (931) 216-1366, (931) 906-2433 or (931) 905-0070 option 5.

## AMERICAN RED CROSS BLOOD DRIVE

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

## CHICK-FIL-A FAMILY NIGHT "BEACH BLOW OUT"

5:00 p.m. to 7:00 p.m. at Chick-fil-A, 1626 Madison Street. Come dressed and ready to have fun! We will have a sand table to dig for prizes, coloring sheets, and a place to "make and take a craft" home. Receive one free Kid's Meal (4-pack) with each lunch or dinner Meal purchased.

## 29 TUESDAY KINDERMUSIK VILLAGE CLASS

9:30 a.m. at Mary's The Music Store, 305 North Riverside Drive. For newborns to 1-1/2 years old. Call (931) 233-9111 for more information.

## KIDS CLOTHES BASKET

Through Friday, August 1, 10:00 a.m. to 6:00 p.m.; Saturday, August 2, 10:00 a.m. to 2:00 p.m. at Natalie's Dance Network, 141 Kender Rhea Court, behind Appleton's Harley-Davidson.

## BACH BLANKETS CROCHET GROUP MEETING

1:00 p.m. to 2:00 p.m. at Clarksville-Montgomery County Public Library, 350 Pageant Lane. Crochet blankets for babies delivered at Blanchfield

Army Community Hospital. Contact Sharon Loebel at (931) 572-0734 for more information.

## 31 THURSDAY KINDERMUSIK OUR TIME CLASS

9:30 a.m. at Mary's The Music Store, 305 North Riverside Drive. For ages 1-1/2 to 3 years old. Call (931) 233-9111 for more information.

## KINDERMUSIK IMAGINE THAT CLASS

10:45 a.m. at Mary's The Music Store, 305 North Riverside Drive. For ages 3 to 5 years old. Call (931) 233-9111 for more information.

# August

## 2 SATURDAY GRAND OPENING AND 1 YEAR ANNIVERSARY

11:00 a.m. ribbon cutting at Hot Potato Kids Consignment Store, 1020 Industrial Drive, Pleasant View, (615) 746-8880. Door prizes and refreshments available.

## MOMS Club of Clarksville July 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.

3 THURSDAY **LUNCH BUNCH** at Zaxby's.

7 MONDAY **PARK DAY** at Fairgrounds Park. \*This will substitute our General Meeting. Join us for some fresh air and fun at the park.

11 FRIDAY **SUMMER READING PROGRAM** 2:00 p.m. at Clarksville-Montgomery County Public Library.

14 MONDAY **PARK DAY** at Dixon Park.

17 THURSDAY **SWAN LAKE POOL** keep cool at the pool. Join us for a swim.

18 FRIDAY **GO JUMP!** indoor fun for one and all.

21 MONDAY **PARK DAY** at McGregor Park.

22 TUESDAY **DINNER DELIGHT NIGHT** Backyard BBQ.

25 FRIDAY **MOMS NIGHT OUT**

28 MONDAY **PARK DAY** at Rotary Park.

30 WEDNESDAY **BACK TO SCHOOL PARTY** at Once Upon a Child.

\*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) 552-3405 or [clarksvillemomsclub@yahoo.com](mailto:clarksvillemomsclub@yahoo.com). Visit [www.geocities.com/clarksvillemomsclub](http://www.geocities.com/clarksvillemomsclub) for more information.

## The Roxy Regional Theatre

[www.roxyregionaltheatre.org](http://www.roxyregionaltheatre.org) • 100 Franklin Street

### ALL SHOOK UP!

By Joe Dipietro; inspired by the songs made famous by Elvis Presley.

Shake, rattle, and roll!!!! Join us for this swinging, jumping and pelvis twisting rock-and-roll musical. Poodle skirts and ducktail haircuts are back! Featuring "Love Me Tender," "Jailhouse Rock," and of course "All Shook Up."

July 11, 12, 16, 17, 18, 19, 23, 24, 25, 26, 30, 31; August 1, 2, 6, 7, 8, 9, 13, 14, 15, 16, 20, 21, 22, 23.

### 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](mailto:roxytheatre@bellsouth.net)

**MEET AND GREET  
DORA AND DIEGO**

Rain date Sunday, August 3. The Pampered Palace, 237 Marion Street. Outdoor adventure. Reservations required, \$12 per person. Call (931) 905-0070.

**FALL DANCE REGISTRATION**

2:00 p.m. to 6:00 p.m. at Acro Dance Express, 331-E Union Street, (931) 648-3636.

**3 SUNDAY**

**SUNDAY SCHOOL RALLY DAY**

9:15 a.m. at Madison Street United Methodist Church in the Fellowship Hall, 319 Madison Street. Summer vacation is over...school has started...let's start our Sunday School year off with a bang! Display tables representing each Sunday School class (all age-levels) will provide the perfect opportunity for you to explore Sunday School at Madison Street United Methodist Church and find the class that is right for you! Whether you are new to Madison Street or a long-time member who is not currently involved in a Sunday School class, plan on taking part in our Rally Day festivities and get involved!

**FALL DANCE REGISTRATION**

2:00 p.m. to 6:00 p.m. at Acro Dance Express, 331-E Union Street, (931) 648-3636.

**4 MONDAY**

**AMERICAN RED CROSS  
BLOOD DRIVE**

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

**7 THURSDAY**

**MONTGOMERY COUNTY  
GENERAL ELECTION**

**ALZHEIMER'S CAREGIVERS  
SUPPORT GROUP**

6:30 p.m. at Clarksville-Montgomery County Public Library, 350 Pageant Lane. Contact Patsy Shell at (931) 648-1884 for more information.

**16 SATURDAY**

**BACK TO SCHOOL  
PAMPERING**

The Pampered Palace, 237 Marion Street. Buffet included. Reservations required, \$20 per person. Call (931) 905-0070.

**HOME BASED BUSINESS  
OPEN HOUSE**

10:00 a.m. to 4:00 p.m. at 700 Meadowgate Lane. Come join us for good food, free gifts

and fun! Businesses featured: Pampered Chef, Longaberger, Tupperware, Cookie Lee Jewelry, Mary Kay, Dove Chocolate, Creative Memories, Arbonne and Horse Feathers.

**23 SATURDAY  
THE BACKYARDIGANS  
LIVE! - TALE OF THE  
MIGHTY KNIGHTS**

Multiple times through Sunday, August 24 at the Tennessee Performing Arts Centre Andrew Jackson Hall, 505 Deaderick Street, Nashville. Tickets from \$20 to \$40. Visit [www.ticketmaster.com](http://www.ticketmaster.com) or [www.tpac.org](http://www.tpac.org) for tickets and more information.

**30 SATURDAY**

**DAY OUT WITH THOMAS™**

Multiple Tennessee Valley Rail Museum, 4119 Cromwell Road, Chattanooga. Day Out With Thomas™ offers an opportunity for children and their grownups to take a 25 minute ride with Thomas the Tank Engine™ and to meet Sir Topham Hatt™, the Controller of the Railway. Every event includes Thomas & Friends™ storytelling, a viewing station for Thomas & Friends videos, temporary tattoos, and Build with LEGO® DUPLO® Bricks in the Imagination Station. The activities on site at Day Out With Thomas™ are for you and your children to enjoy for several hours or more. Please plan your arrival times accordingly. You should arrive no later than one hour before your scheduled train departure. For more information about this event (directions, FAQs, ADA accommodations, etc.) please visit the Tennessee Valley Railroad Museum website [www.tvrail.com](http://www.tvrail.com) or call (423) 894-8028.

**MOVIES IN THE PARK**

Beginning at dark at Heritage Park. Enjoy a free movie underneath the stars. It's like a drive-in without cars! Pre-show entertainment and G to PG rated films make this a great family event.

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

Custom furnishings for all your storage needs, now available at Hodgepodge



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where you gather your home

125 Franklin St. Historic Downtown Clarksville  
[www.hodgepodge-home.com](http://www.hodgepodge-home.com) 931.647.0444

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Gently Used Clothing For Children  
A Ministry of Hope Pregnancy Center

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THROUGHOUT THE MONTH OF JULY!  
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**New hours:**  
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Josephine's Closet  
325 North Second Street  
(Behind the Hope Pregnancy Center)



Do you have everything you need for **Dance Camp** this Summer?



**RHYTHM RAGS**  
931 647-5301  
100 Legion St.  
Downtown Clarksville

## 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](mailto: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](http://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](http://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](http://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](http://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](mailto:info@clarksvilleimpact.us) or [www.clarksvilleimpact.us](http://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](mailto:info@myironknights.com) or [www.myironknights.com](http://www.myironknights.com)

## YOUTH WRESTLING PROGRAM

The Hawks youth wrestling club is a sanctioned, non-profit organization that is dedicated to instructing athletes (beginner or advanced) in the basic fundamentals of competitive freestyle and folkstyle youth wrestling. This program is open to both boys and girls ages 6 - 14 years old that are interested in learning and competing in youth wrestling. For more information

on how to get involved please contact Coordinator/Head Wrestling Coach Rafael Gonzalez at (931) 320-5042 or e-mail at [toniagon@bellsouth.net](mailto:toniagon@bellsouth.net).

## 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](http://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) 502-1010.

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) 502-1010.

## 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) 502-1010.

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](mailto: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](http://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 and Transportation information. (Home based child care facilities are also listed.)

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

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

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

## PARENT INFORMATION NETWORK

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

## PROGRESSIVE DIRECTIONS, INC.

At 1249 Paradise Hill Road, provides services to developmentally delayed children and adults. (931) 647-6333 or [www.progressivedirections.com](http://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 Boulevard & Airport Road, Kim at (931) 647-0566. [www.middletnalanon.org](http://www.middletnalanon.org).

## CLARKSVILLE RAPE AND SEXUAL ABUSE CENTER

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

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

## MONTGOMERY COUNTY CHILD SUPPORT SERVICE

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

## SAFEHOUSE

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

## CHILDREN'S GROUPS

### 4-H YOUTH DEVELOPMENT

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

## BOY SCOUTS OF AMERICA

(931) 647-8811, (800) 899-7268 or [www.mtcbsoa.org](http://www.mtcbsoa.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. (931) 648-8844 or [www.studythescriptures.net](http://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](mailto:jonesma@apsu.edu) or [www.ed2go.com/apsu](http://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) 502-1010.

## HUMANE SOCIETY OF CLARKSVILLE-MONTGOMERY COUNTY

Provides reduced-cost spaying-neutering and pet care assistance to eligible owners; pets for adoption through foster homes; dog bite prevention and pet care programs; and a 24-hour help line. (931) 648-8042, [humanesociety@clarksville.com](mailto:humanesociety@clarksville.com) or [clarksvillehumane.petfinder.org](http://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. English as a Second Language classes are offered, in partnership with Adult Basic Education as well as How to Start Your Own Business seminars, offered in Spanish or English, in partnership with Your Spanish Link and Concept Training. Donations of any kind are welcomed. (800) 431-8364 or [www.asociacionlatina.info](http://www.asociacionlatina.info).

## LOAVES AND FISHES

At 215 Foster Street, provides a hot meal Monday-Saturday 10:30 a.m. to 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

810 Greenwood Avenue, (931) 920-7330.

## CENTERSTONE ASSOCIATES

1820 Memorial Circle, (931) 920-7300.

## CENTERSTONE AT GATEWAY

Crisis Walk-In Center, Gateway Hospital at 651 Dunlop Lane, (931) 502-1010.

## CENTERSTONE

511 Eighth Street, (931) 920-7200.

## LIFESOLUTIONS - ASPIRE & JOBLINK

611 Eighth Street, (931) 920-7210.

## LIFESOLUTIONS - RECONNECT

1840 Memorial Drive, (931) 505-0933.

## OAK HILL RESIDENTIAL

118 Union Street, (931) 647-8257.

## REGIONAL INTERVENTION PROGRAM

404 Pageant Lane, (931) 920-2347 or (931) 920-2348.

## FAMILY CENTERED SERVICES

901 Martin Street, (931) 503-4600.

## VIVIAN HOUSE

125 Vivian Street, (931) 920-7235.

## WEEMS ACADEMY

812 Greenwood Avenue, (931) 920-7370.

## 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.

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

## SUPPORT GROUPS

### ALZHEIMER'S CAREGIVERS' SUPPORT GROUP

Meetings are the first Thursday of each month at 6:30 p.m. at Clarksville Montgomery County Public Library and the third Wednesday of each month at 9:00 a.m. at the Senior Citizen's Center at 953 Clark Street. Patsy Shell at (931) 648-1884.

### ARMY COMMUNITY SERVICE

At 5661 Screaming Eagle Boulevard, Fort Campbell, "Family Readiness" is the state soldiers, spouses and family members proactively prepare for, and in which they are able to cope with mobilization, deployments and prolonged separations. To prepare, soldiers (both active and reserve components) and their families attend classes and receive written instructional materials on subjects such as how to prepare a will, how to establish and manage a household budget, how to communicate with children of various ages, and how to maintain communication with the rear detachment of the deployed unit. (270) 798-0609, [relocation@fortcampbellmwr.com](http://relocation@fortcampbellmwr.com) or [www.fortcampbellmwr.com/ACS/familyReadiness.htm](http://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 Fairview 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 Cauley at (931) 801-0895 or (800) 670-9882.

## 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) 502-1010.

## 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](http://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](mailto:warriorsofhope@charter.net)

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](mailto:info@clarksvillefamily.com).

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# Parent Groups

## 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](mailto:clarksvillemoms@hotmail.com) or call Kamila at (931) 503-0480.

## CHARA (Christ-centered Homeschoolers Applying Righteousness Academically)

CHARA is a support group for those who have chosen to educate their children at home. Monthly meetings for parents and children are held the last Monday of each month at Hilldale Baptist Church, 2001 Madison Street. Additional activities are held throughout the year. For further information visit [www.orgsites.com/tn/chara](http://www.orgsites.com/tn/chara) or email [charatn@charter.net](mailto:charatn@charter.net).

## 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, 10:00 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) 552-3405, email [clarksvillemomsclub@yahoo.com](mailto:clarksvillemomsclub@yahoo.com) or visit: [www.geocities.com/clarksvillemomsclub](http://www.geocities.com/clarksvillemomsclub)

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

MOPS International is an organization for moms who are expecting or have children ages birth to 5 years of age. MOPS meets at First Baptist Church downtown, 435 Madison Street, on the 2nd and 4th Thursdays of the month. Each meeting begins at 9:30 am and childcare is provided. We will begin our new season on August 28. If you are interested in joining us for

food, fellowship and fun then contact our 2008-2009 Coordinator, Christine Ferguson, at [cmferguson81@bellsouth.net](mailto:cmferguson81@bellsouth.net) or (931) 647-1364. Also check out our website for more info [www.orgsites.com/tn/mops\\_fbc](http://www.orgsites.com/tn/mops_fbc)

## 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) 358-0127 or e-mail [vp@clarksvillemultiples.com](mailto:vp@clarksvillemultiples.com), or visit [clarksvillemultiples.com](http://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. For membership information please visit: <http://groups.yahoo.com/group/tnSHARE/>

## TENNESSEE EARLY INTERVENTION SYSTEM (TEIS)

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

[www.FortCampbellMWR.com](http://www.FortCampbellMWR.com)

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# July 2008

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