

April 2009

# Clarksville Family

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**Vehicle Shopping  
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**A New Addition to  
Betsy's Barn**

**Retirees Cope  
with a Roller  
Coaster Ride**

**A Walk Through  
Cherry Lane**



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# Publisher's Message

The cuties on our cover have a hidden significance — they're both turning two this month—just like *Clarksville Family Magazine*! We're so proud and excited to have made it to our 25th issue, and we are thankful to all of you readers and our advertisers for helping us get here. Thank you all, and here's to many more!



We have several articles this month on a broad range of topics. Pamela Magrans has used her unique writing style to give a view into a couple of local businesses, *Cherry Lane* and *Betsy's Barn* — *Garden and Yarn*. There are also two *Giving Back* articles about the YMCA's *We Build People* fundraising and *Northeast Elementary's Spring Carnival and Vendor Fair*.

Of course April also brings the annual *Rivers & Spires* festival to downtown. Be sure to bring the whole family out the weekend of April 16th through 18th, as there is something to entertain everyone. Check out more details in the calendar block on page 24.

Speaking of the calendar, this month we have done a little rearranging back there. The *MOM's Club* calendar moved to the *Parent Groups* section (page 28), and the *Clarksville-Montgomery County Public Library* block moved to the *Family Resource Network* (page 29).

I'm sure, like me, you're glad spring is finally here and with it warm weather, birds and blossoms. We look forward to our third year, and hope you'll stay with us every step of the way.

Sincerely,

Carla Lavergne

\* Our apologies to all of the parents and kids who had March birthday pictures in last month's issue. We forgot to change the month magnets from "February" to "March."

## 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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Paul and Paula

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by Cliff Lavergne

On Monday and Wednesday afternoons you can find 50 Clarksville school-age kids having a difference made in their lives. They're in the Abundant Life Outreach Center on Chapel Street, a building that would normally be vacant on these days, but instead is bristling with activities in almost every room.

The cause for this inspirational event is Operation Excel, a community-funded partnership that focuses on growing the mind, spirit and bodies of Clarksville's at-risk youth. Created in 2006 by Gary Ellis, Jr., Operation Excel receives funding primarily through We Build People of the Clarksville YMCA.

Gary's dream was for at-risk children of all school ages to be mentored and guided in Operation Excel. On a recent visit I saw a variety of positive activities doing just that.

In one basement room was Jamila Mitchell, a licensed cosmetologist, teaching a class of tweenagers and teenagers. The group of girls listened attentively as Jamila showed how to style the hair on a mannequin, then took a turn on their own to practice for themselves.

Upstairs in the main room were several tables with kids of varying ages getting tutoring help from Thomasine Adams and Natasha Baldwin, both nurses from Blanchfield Army Community Hospital. Dennis Clardy, a second grader at Moore Magnet, is in his first year of Operation Excel, and it is already making a difference for him. Dennis was struggling to pass some of his classes, but through the after-hours tutoring, and the attention, diligence and love of the volunteers here, he is now passing.

In one of the satellite buildings a class is being taught by Stacie Luter, a partially deaf woman who wanted to help any way she could. Taking her affliction and turning it into a gift, she's teaching the children sign language.

Kenya Small, 14, is a freshman at Kenwood High. Kenya started attending Operation Excel two years ago but has now become a volunteer herself. She helps with anything she can, and has a brother and sister currently in the program.

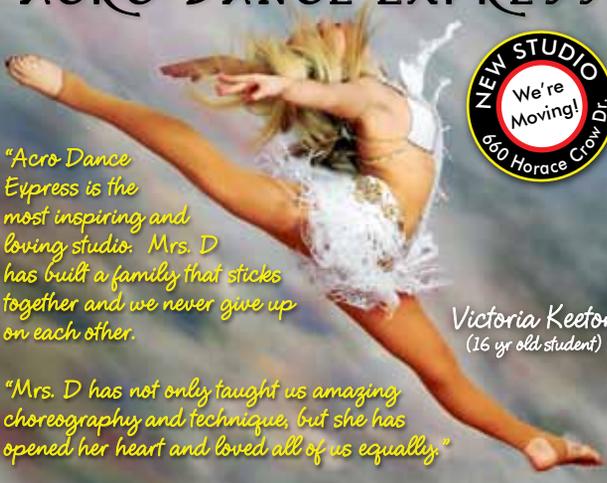
Kim Smith is a single mother of four who nonetheless volunteers at Operation Excel.

When asked how she finds the time to come here with such a large family herself Kim responds, "I can't expect someone to help my children if I'm not willing to help theirs."

As the kids arrive, most having been picked up by the Operation Excel bus, they are provided a snack. Starting at 4:30 p.m. the first hour includes arts and crafts, games, and even theater. In the second hour tutoring sessions take place for those who need it. Others attend life skills sessions, where same-gender children of similar ages discuss peer pressure, sex, drugs and how to handle their emotions with an adult leader. The focus stays on giving the children what is missing from their lives, so that with those pieces they can now succeed.

On Friday afternoons Operation Excel moves to the YMCA itself. There swimming, basketball and other activities are available to all of the children. Overall it's three afternoons a week where kids who don't have anywhere else to go can find a quality environment filled with caring people helping them better themselves in many ways.

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One of Operation Excel's slogans is "Preparing Leaders for Tomorrow." We've all heard the cliché that our children are the future...but it is still true. Helping children develop and succeed at a young age will pay endless dividends as they graduate and become productive members of the Clarksville community.

Obviously all of this doesn't just happen; they need money to pay for the bus, supplies and many other things. But as Gary says, "A donation doesn't have to be money. Time and talents are gifts that money cannot buy." Dance and gymnastics teachers are a couple of the specific skills Gary mentioned they would like to have volunteered, but anything that can make a difference in a child's life is welcome. To get more information about volunteering for Operation Excel visit [www.operationexcel.com](http://www.operationexcel.com) or call Gary at (931) 302-3295.

In addition to all of the dedicated volunteers, donations to the We Build People Fund at the YMCA have been the largest contribution to Operation Excel's success. For 2009 the Clarksville Area YMCA has an overall We Build People fundraising goal of \$230,000. Britney Campbell and Eddie Ferrell are the committee chairs responsible for Community Gifts, which are donations less than \$1,000. Their goal this year is \$10,000.

Britney, the Assistant Vice President of Marketing at Legends Bank, says, "The reason I wanted to be involved with fundraising for the Y is specifically because of the children's programs; because it's those ages where you're able to be the biggest influence."

Eddie, a realtor for Crye-Leike, adds, "The more we give back to the community, the more we all get from the community. When people move here it's good to be able to show that this is the type of community we live in."

If you are already a member of the YMCA then you already know how beneficial it is in so many ways. If you are not, you should know that the Y's mission of helping communities through athletics and fellowship has existed for decades. For more information on the Clarksville YMCA or the We Build People program contact (931) 647-2376.

A donation as small as \$25 can provide swim lessons at the YMCA for a child—a lesson that could someday save their life. Higher donations do more—from sending a child to a week of YMCA Summer Day Camp, to giving an at-risk student a year's enrollment at Operation Excel, to providing an entire family YMCA membership for the year.

Every little bit helps, and it all goes right back into the Clarksville community. It's a tough economy out there for most, but it's even tougher for the less fortunate and their children. Please give to this great cause.

To donate please contact:

Britney Campbell at  
(931) 572-1226 or [bcampbell@legendsbank.com](mailto:bcampbell@legendsbank.com)

and

Eddie Ferrell at  
(931) 320-4552 or [eddie@thehomessoldteam.com](mailto:eddie@thehomessoldteam.com)



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by Pamela Magrans

My car usually smells like the five-month old puppy that rides along side me on trips to and from the car circle. Sometimes the car smells like the baseball cleats that rested hidden in the back seat all night. Sometimes the car radiates the lovely aroma of a black banana peel that is tucked in the booster seat cup holder.

But now my car smells like orange/vanilla potpourri. I'm keeping the windows rolled up so I can retain the scent longer. When the boys got in the car after school, they noticed it right away. "Wow, mom! Did you get new perfume?" my son asked.

But I cannot claim the credit for a sweet smelling car. I must thank two local moms and a lovely store where unique ideas bloom.

### Cherry Lane—my recent visit

I recently visited Cherry Lane, a locally owned gift store, located at 1490 Madison Street. It is the yellow building across from Kroger. You may have noticed the red cherries on the sign.

It was not my first time. I've been to Cherry Lane before to shop when I needed something special for my mom, sister, or a close friend. When my niece turned 10 and I wanted to buy her something unique—Cherry Lane was my choice.

This is not your typical store—you won't find countless metal shelves and aisles of stacked products aligned to make you maneuver like cattle through the crowded gates. As you enter the building it feels more like someone's house than anything else. On my recent visit, lilacs greeted me as I entered. The silk flower arrangement stood tall on a center table alongside pastel decorations, dishes and gifts. It was soothing and relaxing.

There was a soft scent of something good in the air. The sound of friendly chatting echoed from the back of the store.

Brenda Barker and Debra Bailey, the store owners, greeted me. Every customer is greeted when entering Cherry Lane. Some, like me, come there in search of a unique gift for a specific occasion. Some come to browse and chat. Still others enter the doors because of Brenda and Debra. They are mothers, entrepreneurs and friends.

They, like the rest of us, raised children here in Clarksville. Through that experience they forged a friendship that blossomed into a business. It is clear, upon entering their store, that this is more than a gift shop. It is a local place of inspiration, a place of shared hopes and dreams, and some eloquent gifts to round that experience with a smile.

### Bridal gift registry

Cherry Lane offers a complete line of personalized wedding accessories and a bridal gift registry. But don't expect the cookie cutter wedding items there. Instead, future brides get to browse catalogs to choose from countless items that can be personalized to each bride's unique tastes. Accessories such as ring bearer pillows, wine glasses, and cake knives can be adorned with anything from camouflage ribbons to pearl colored beads. The bridal registry can consist of a unique choice of dishes, glassware, and other decorative house wares.

Brenda and Debra encourage brides of all ages to come and browse their bridal selection of china and more. Whether it is for a small or large wedding, having a gift registry helps friends and family buy the lucky couple something they really want—something unique and tailored to their likes.

Cherry Lane offers a unique and personal way to create a bridal registry. Plus, they offer free gift-wrap and delivery to local churches for weddings and/or bridal showers.

They have a wonderful collection of the traditional Portmeirion china for those who

favor the classic style. They also carry Portuguese stoneware called Casafina. This unique stoneware is a perfect example of delicate durability. A popular choice for recent brides, the Casafina collection offers a variety of colors and pieces that can be mixed and matched to make each bride's selection unique to her. At my recent visit, a framed photo of the happy couple rested next to the Casafina dish set this particular bride had chosen. This simple touch adds the personal element that makes Cherry Lane unique.

I notice the signature-wedding platter equipped with the marker. After baking the platter, the signatures are forever etched into the platter. What a nice gift idea for a wedding shower. A bride could ask each shower guest to sign the platter and she would always remember those who helped her celebrate that special day.

### Baby gift ideas

On this given day I am looking for a gift for a friend who recently gave birth to her third child. After two daughters, she was recently graced with the wonderful blessing of a son. I make my way down the hall towards the baby items.

On the top shelf are tiny blue triangular fabric "teepees" packaged in a five-pack. I have to pick one up and read the label closely before I realize their purpose. The Pee-pee Teepee is "for the sprinkling wee-wee" according to the packaging. I diapered many male diapers (I have two sons), so I can appreciate this image. I pick up a five-pack for my friend who is a new mother.

As I continue to browse, I am drawn to the line of baby items called Servant's Heart. This new line of baby items consists of pillowcases, burp clothes, newborn caps, baby gowns, and more all displaying quotes from scripture.

Cherry Lane also offers a baby registry for mothers-to-be. Brenda and Debra can

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On my way to the cash register, I notice some lovely PAR•A•SOL hummingbird feeders. This is a unique hand-blown glass hummingbird feeder, a vibrant red globe attached to a metal stake. This feeder is intended to be staked in the ground, like a real flower. I make a mental note to buy one for my mom on Mother's Day.

As I continue to the checkout, a fragrance causes me to turn towards the door. On a table sit six large clear glass jars. Inside each jar are countless colored fragrant beads called Aroma Floria. I lift each lid, briefly stir with the enclosed scoop, and inhale the soft scent. I reach for an organza bag and select orange/vanilla as my choice.

After paying for my items, I pass the next customer as I exit the door. I hear Brenda and Debra in the background greeting her. Maybe she's looking for something unique too—a monogrammed bag or coffee mug, maybe a charm bracelet for her granddaughter.

Once in my car, I place the organza bag of fragrant beads on my dashboard. I think of placing some in my son's sock drawer too.

I know I will be back to Cherry Lane, partially because they have nice gifts that fit any price range, but mostly because Brenda and Debra create a friendly atmosphere that makes me want to return.

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by Ryan Bosler

When the AARP conducted a nationwide phone survey in October 2008, asking working Americans aged 45 and older how the turbulent U.S. economy is affecting them personally, 65% said they will have to delay retirement and work longer to compensate for losses. That's grim news for a populace eager to reap the rewards for decades of keeping their nose to the grindstone. And, it's just one more bit of proof that we are facing serious times filled with serious financial challenges.

Unfortunately, retired people and those within arm's reach of their Golden Years are experiencing a perfect storm: fuel prices have been at record highs, driving the price of everything from gas to eggs through the roof. Investment earnings are also down...way down. We've been financing a war, picking

up the pieces from natural disasters both here and abroad, watching the housing market disintegrate, and facing the worst economic crisis since the Great Depression. Dual-income, working households are struggling, but quite probably those hit hardest are the Americans trying to get by on fixed incomes that simply do not stretch as far. For the first time in a long time, Americans are rethinking their relationship with money.

### Uncertain Times

According to the Employment Benefit Research Institute's 2008 Annual Retirement Confidence Survey, only 29% of Americans believe they'll have a financially secure retirement, down 12 percentage points from 2007—the largest drop since the survey began 18 years ago. Health care cost

concerns and declining home values weigh heavily into this perception. As Americans have become almost solely responsible for their own financial independence in the absence of pension plans, and with many retirees' money linked to Wall Street in one way or another, wild 700-point market swings are not for the faint of heart.

### Reality Check

So, what can you do if you're at or near retirement age? For starters, you can rethink when you retire. Delaying retirement by a few years, or even just one year, may help you save more and offset market losses. It may not be what any soon-to-retire worker wants to hear, but keeping your job for a while longer is probably the best way to add new money into your retirement savings.

Consider holding off on retirement account withdrawals as long as possible. The longer you can let them work (and hopefully grow), the better off you'll be. If you have already retired but are able-bodied and so inclined, you may consider getting a part-time job doing something that interests you. The money you make can replace the income you would otherwise take from your retirement accounts – but be conscious of how much you earn as it may trigger a decrease in your social security benefits. If you are younger than full retirement age in 2008 and you opt to work, Social Security will deduct \$1 from your benefits for each \$2 you earn above \$13,560<sup>1</sup>. When you reach full retirement age, your benefit will be increased.

### Making Savings Last

Experts usually suggest retirees withdraw 4% of their investment savings in the first year of retirement and then increase it each year to account for inflation. This model gives reasonable assurance—though no guarantees—that a person's nest egg should last 30 years or more. The 4% strategy is also an effective way to ensure that a big market hiccup during the early years of retirement will not be impossible to overcome.

For those currently living on a fixed income, there are two other savings-preservation options to consider. First, withdrawals can be decreased to even less than 4%, assuming the retiree can still survive at the reduced income level. Second, withdrawals can stay level for a few years rather than being adjusted for inflation. Both options help the retiree withdraw less and keep more money in play to potentially capitalize on future market returns.

### Annuities Can Offer a Port in the Storm

If an annuity contract has been part of your overall financial strategy, you may be in better shape than most since one of the strongest selling points of annuities are their guarantees. Depending on the type of annuity you hold, it may have a guaranteed income benefit and/or a guaranteed withdrawal benefit, in which case your payments would remain level regardless of market swings. That's because annuity guaranteed annual payments are based on the amount of money used to fund the initial account balance, which

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can go up if the market performs well, but which cannot decrease due to poor market performance. In volatile times, annuities can provide a reliable income stream no matter what's going on around them.

It's important to note that annuities are long-term financial products designed for retirement purposes. In essence, annuities are contractual agreements in which payment(s) are made to an insurance company which agrees to pay out an income or a lump sum amount at a later date. There are contract limitations, fees and charges associated with annuities which include, but are not limited to, mortality and expense risk charges, sales and surrender charges, administrative fees and charges for optional benefits. A financial professional can provide cost information and complete details. It is also important to note that guarantees are based on the claims paying ability of the issuing insurance company.

#### Little Cuts Equal Big Savings

Living on less means finding more places to cut costs. Consider turning the heat down a degree or two, going without air conditioning if possible, clipping coupons, and cooking at home rather than eating out. Insurance deductibles can be increased to lower premiums, and you can trade in a gas-guzzler for a fuel-efficient automobile. Vacations may need to be postponed (or kept closer to home) and movie nights may involve a rental rather than going to the theater. There are usually places to cut back thousands of dollars a year if you are willing to make some sacrifices.

#### Don't Panic

You may be scared. You may be mad. But, the one thing you should not do right now is pull all your money out of the market and stuff it under your mattress. Diversification is still a prudent investment strategy for the long term. If the ups and downs lately are too much to handle, consider slowly moving some... not all... of your money into lower risk investments such as bonds, CD's, or annuities, but do not opt for safety at the expense of losing out on significant growth should the markets steady themselves. Even if you are 65, you do not need all of your retirement savings immediately. Some of it will not be accessed for a decade or two, which is why a big picture investment mix is best, helping protect what's there now AND helping make gains down the road.

#### Going Forward

Keep your long-term strategy and your timeline in mind: small portfolio shifts can loosen the knot in your stomach, but major pull-outs, especially when the market is down, are not a good idea. For help understanding the current market and how it impacts your investment plan and retirement horizon, be sure to contact your financial professional.



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<sup>1</sup> Social Security Administration, "How Work Affects Your Benefits", January 2008.

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# Peace of Mind: Vehicle Shopping in a Buyer's Market

by Casey Jenkins Combs

In the market for a pre-owned vehicle? Below are a few tools to put in your toolbox as you begin your research!

Provided is a checklist of tips to consider. Buying a vehicle is a big deal and making an informed decision is of utmost importance.

- If the pre-owned vehicle has over 50,000 miles, make sure it has had a compression check to ensure the engine is mechanically sound.
- Ask if the vehicle has been through an inspection before being deemed saleable. Any pre-owned vehicle should have at least a 32 point inspection to make sure the vehicle is safe and will be quality for the next owner.
- Ask for the previous owner's name and number. Knowing how the vehicle was maintained will help you make a wise decision.
- Ask for a CARFAX or AutoCheck so that you can see the history of the vehicle and how many previous owners the vehicle has had. Any accident or damage reported to an insurance company will show up in the report. In addition, every time the vehicle is registered in a new name/owner, the County Clerk's Office will report the change of ownership.

- Ask if the vehicle has a powertrain warranty or what the store will cover if something goes wrong within the first year or first 12,000 miles of ownership.
- Does the pre-owned vehicle you are considering have a window sticker posted for you to easily see? This will help you know the Fair Market Value Price upfront. In addition, you will be able to see a list of options and features that come on the vehicle. Having a window sticker leaves the guess work out!
- An "As Is" Warranty sticker is federally mandated by law to be posted on any pre-owned vehicle being sold in a business.
- Ask to meet the service technician that inspected the vehicle. Feel free to ask about any lingering service questions.
- Ask for previous service records of the vehicle so that you can have an idea of how it was previously maintained.
- Most importantly, in case your financial situation changes or you feel that the payment isn't feasible with your budget—or if you just do not like the vehicle after you get it home—ask what the company's policy is to bring back the vehicle. Make sure the company will allow you to bring the vehicle back within 48 hours.

Whether the vehicle is for you, a child, a family member, or for business—having peace of mind when you purchase a vehicle and knowing that you did all you could to make a wise choice will help you enjoy your new purchase for years to come!

Not looking for pre-owned and prefer the "new" route? It's a buyer's market! Many manufactures are offering excellent lease specials and special interest rates to help make your next purchase affordable. Despite the negative spin some in the media are taking, now is a better time than ever to buy a vehicle. Looking to save money? Tremendous offers have been made available for you to take advantage of!

Curious about what your monthly payment would be on a vehicle? For more automotive questions, or for sales or service needs, feel free to call Casey at (931) 245-5297 or email [jenkinsandwynne@yahoo.com](mailto:jenkinsandwynne@yahoo.com). Casey is a manager at Jenkins & Wynne Ford Lincoln Mercury and Honda at 328 College Street. She is glad to help you make smart automotive decisions, and welcomes the opportunity to serve you!

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# Don't Scar Your Facelift Scar

by Darlene Hess

While no scar can be removed completely, the appearance of the scar can be improved by different methods. Anytime the skin is traumatized by an incision the skin becomes inelastic, void of blood vessels and nerve endings. Re-incising a face lift scar sometimes works out and sometimes it does not, so it is a very unpredictable and risky attempt to reduce the appearance of a face-lift scar.

Elasticity is crucial for the skin to heal properly after a face-lift incision. Even though a scar revision surgery is an acceptable procedure, a second incision will further damage the elasticity of the tissue in and on the borders of the surgical site. It is always wise to try to improve a scar of this nature by cosmetic procedures rather than having your surgery redone in an effort to improve or reduce the appearance of this type of scar.

Re-pigmenting the scar is a very effective and non-traumatic procedure to make your face-lift scar unobvious, with no down time. I have had great success with improving the appearance

of this type of scarring, as well as hair transplant scars (of which I have seen many of in the past 20 years), cleft lip scars, and head and face trauma scars.

When a person has a face-lift, a skilled surgeon will leave little or no obvious scar tissue. The incision should be made behind the hairline and should not be visible to the naked eye around the hairline or the ear. Everyone is different so there is a chance that a perfectly good face-lift can leave unexpected scar tissue that is quite visible.

If a person has dark hair and the scar tissue turns white it becomes very obvious. Scar tissue can actually stretch and begin to cover a larger area around the hairline and or the ear. A scar revision by the surgeon is an acceptable procedure requiring new incisions but may even end up looking worse. After using techniques in scar camouflage over the past few years I have found that when done properly these scars can be made undetectable with very little or no down time.

This also applies to surgical hair replacement scars at donor areas. This camouflage technique is very successful on surgical types of scar tissue, including scars from radical breast surgeries, to remodel and re-pigment the surgical site. There are many different scar tissues that can be either camouflaged or re-pigmented.

If you have scar tissue concerns please call us for a free consultation. If you are looking for someone in your area that may be competent enough to do this type of procedure visit the Society of Permanent Cosmetics Professionals at [www.spcp.org](http://www.spcp.org). A non-profit organization that has made a mission out of keeping the standards and ethics up in the field of cosmetic and medical micro pigmentation. It is very rewarding when a serious situation is remedied in such a non-invasive way.

Darlene Hess, SPCP, AAM,  
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# NEES to Provide Tons of Fun for All Ages on May 2

by Jessica Allen

Everyone is aware that schools are challenged to have adequate funds to address the educational needs of students. The parents, teachers and staff at Northeast Elementary are planning a Spring Carnival and Vendor Fair to make a positive difference for children. On May 2nd from 9:00 a.m. to 1:00 p.m., Northeast Elementary will be transformed into an area of fun for all ages.

Upon entering the Northeast campus, one will find new Volkswagen vehicles ready to test drive. VW will pay the NEES PTO \$5 for every licensed driver who test drives a new VW and completes a survey. Representatives and an assortment of vehicles will be provided from our very own Gary Mathews Volkswagen, located at 511 North Riverside Drive.

Next for children of all ages there will be an assortment of games to play. From a duck pond, to inflatables, to face painting—everyone will find something to enjoy in this section of

the school. Walgreens on Trenton Road has eagerly assisted the PTO in securing some wonderful prizes sure to please all. Tickets will be 50 cents each and are available at the door. The tickets will be used for all games and food purchases.

In the cafeteria you can find an assortment of things. First, there will be concessions for sale. Popcorn, drinks, baked goods and pizza from Luigi's are just a few things that will be available. Next you can make your very own Sandy Candy straws. These 12-inch long straws can be filled with your choice of candy powder flavors. Then you can peruse our assortment of silent auction items. There will be a wide variety of baskets put together by our parents. In addition, there will be a hot air balloon ride for one, two or four people. New items are being added daily so you'll definitely want to stop by to see what is available.

In the gym you'll find numerous vendors set up and ready to help

meet your needs. From Creative Memories to Discovery Toys to moms with homemade goods like hair bows and other crafts, there's no telling what treasure you may discover in our gym that day. Every thirty minutes during the carnival the PTO will be giving away prizes provided by the vendors and other community partners.

All proceeds will stay at NEES. The PTO plans to use the funds to purchase folders, planners and additional items for the students. Grade levels will be keeping the profits from the games to purchase much needed items for their students. NEES PTO is hoping to raise \$15,000 while having tons of fun! So save the date and bring your family and friends to enjoy a few hours of fun and help a very worthy cause. Anyone interested in participating in the Vendor Fair, providing additional giveaway or auction items, can contact the PTO at [neespto@hotmail.com](mailto:neespto@hotmail.com). More information is available at [www.neespto.com](http://www.neespto.com). We hope to see you and your family there!!

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# Twilight Charm Project

by Jessica Clark

You have probably read and re-read the *Twilight* series. Now make a charm bracelet to go with your favorite books!

### Materials

- 3 or more charms
- 6-mm open jump rings (1 ring for each charm)
- 24-gauge wire (3 inches per bead charm)
- 1.5-inch head pin (1 per bead charm)
- 7-inches of chain with 3-mm links or larger
- 1 lobster clasp
- 1 6-mm jump ring (for clasp)

### Charms Ideas & Meanings

- Edward – letter E, black & amber beads for his eyes, sparkly bead for his skin
- Bella – clear crystal heart, motorcycle, old truck
- Jacob – wolf, feather
- Alice – crystal ball
- Emmett – bear
- Esme – whistle
- Carlisle – stethoscope
- Jasper – anything to do with healing
- Rosalee – mirror
- Renesmee – baby, baby item
- Baseball – their favorite game
- Music Note – Bella's blood sings to Edward, Edward plays music
- Drop of blood – red bead

- Apple – Bella is the forbidden fruit, book cover for *Twilight*, Edward
- Wedding Ring – for the unique ring given to Bella
- Moon – book cover, vampire romance happens at night
- Leaf – to represent the forest

The possibilities are endless!

### Tools

- Round nose pliers
- Chain nose pliers
- Bent nose pliers
- Side cutters

### Step One:

Start by choosing which charms you want. A balanced bracelet needs at least three charms. You can use as many charms as will fit so you don't have to limit yourself with just three!

### Step Two:

Cut a chain length of 6.5 to 7 inches depending on your wrist size. Make sure you choose a chain that has large enough links to put your jump rings through.

### Step

### Three:

Attach charms to the chain

with the jump rings. Bead charms can be attached with a head pin or 24-gauge wire. Use a simple or wrapped loop depending on the structure of the bead to do this. It helps to start in the

center and then place charms evenly on the chain while watching for balance. Your bracelet will be more comfortable to wear by keeping spacing and weight in mind during the design process.

### Step Four:

After all charms and bead charms are attached, you're ready to finish the bracelet by attaching the clasp with a jump ring.

Enjoy wearing your creation!

You can also design a necklace, however this project takes more techniques. Stop into Busy Beads & Moore for help with your *Twilight* bracelet or necklace, or any project you may be having trouble with.



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## A New Addition to a Local Favorite: Betsy's Barn - Garden and Yarn

by Pamela Magrans

My grandmother always had yarn in her house: in the wicker basket next to her recliner, in an old popcorn tin bucket next to the swing on the back porch; her back-up supply was tucked in a dresser drawer, neatly aligned by color. As a child I loved to play with her yarn. It was like a rainbow in her house.

My grandmother's knitting expertise was in making afghans. When I was a child she made a multi-colored afghan that would match the new family sofa. When I went off to college, she worked for three months making a rose colored afghan that would match my newly purchased comforters. After I got married, she took me to the store and told me to pick out any color yarn. I picked carefully, as I knew it might be the last one she would make for me. I walked with her down the aisle full of yarn and together we picked up countless yarn balls, smoothed them with our fingers and touched them to our check. We compared color variations, fabric, and texture.

Last night when I covered my sleeping child with that burgundy knitted afghan I thought of her aged hands, spotted with wear, moving silently through the fabric, making her pattern by memory.

The afghan she knitted for me is more than just yarn and fabric. It is a neatly cultivated pattern—cubic feet where creativity and function meet.

### Floral and cotton gardens...

It was that memory of my grandmother that made me notice the recent addition to Betsy's Barn on Hwy 41A South. For those of you who have passed Betsy's Barn recently, you've perhaps noticed the recent renovations. Betsy's lawn and garden shop has occupied the location at 3208 Hwy 41A South for over eight years. (Her husband's landscaping and irrigation business occupied the space prior to that.) Betsy's Barn is located

approximately 2.5 miles past the Sango Walmart. For many years passersby have been blessed by the lovely display of greenery and flowers. The opening of Betsy's Barn marks the arrival of spring for many. When she begins to stock her spring flowers, we know it's time to do the same.

But this past winter, Betsy's shop underwent a face-lift—it is now equipped with a new red roof, complete interior remodeling, and a crème coat of fresh paint. The large arbor that used to anchor the hanging plants has been moved slightly, exposing the front face of the building more.

There are now two entrances—one to the left takes customers into the garden shop, offering all the wonderful plants and garden needs that Betsy's Barn is known for. But the other door, located on the right side of the building, takes customers into a new store. The door reads, "Betsy's Yarn Barn." On my recent visit, I walked in expecting flowers and yard décor only to find a different type of garden—the type my grandmother made with her hands when she knitted my afghan. It was a fabric garden—greens, yellows, and reds—all bundled neatly in rows arranged by shade and texture.

White cubicles line the wall of this newly renovated space. It was like walking through a rainbow. I wanted to reach out and touch each ball of yarn, rub it across my face, and feel like the little girl in my grandmother's house again.

Instantly, I wanted to learn to knit something so I could harness those colors in my hands. There were different types of yarn, any color imaginable, each just waiting to be transformed into something functional.

In the center of the room were large chairs positioned around a wide but short standing table. This is where customers sit and knit together. This is where yarn turns into something else—a baby blanket, a scarf, a friendship.

### Knitting with a purpose...

Knitting has often been a group activity. For many knitters, it is a therapeutic way to release the stresses from the day by focusing on creating something with their hands.

But for some, it is a way to give back to their community—to turn yarn into something functional that may benefit someone else. Betsy Richardson, owner of Betsy's Barn and Yarn Store, understands that. Her genuine caring attitude and her eagerness to help others finds a perfect fit in this new store. In addition to providing numerous knitting and crochet classes, she wants to use the store as a way to encourage community generosity.

On the fourth Sunday of each month Betsy's Yarn Store will host a charity event. This past March, customers came into the shop, purchased the yarn of their choice at a discounted rate, and together made caps for local chemotherapy patients. The only cost is the expense of purchasing your favorite yarn choice.

Future charity events will include making baby blankets to donate locally. The yarn store is normally closed on Sundays, but will open just for the charity events.

### When gardening meets knitting...

The recent renovations at Betsy's Barn have created a marriage of sorts between gardening and knitting. To some, this may seem like an unlikely match. However, once you stroll through the yarn store and then browse through the lovely selection of flowering annuals, you may begin to see the similarities.

The garden shop still offers unique gift ideas such as wind chimes, hummingbird feeders, and monogrammed garden flags. High quality flowers and shrubs are stocked and well cared for by employees who are knowledgeable and helpful. There is a personal touch, and this can be seen in the pruning and plucking that takes place daily. It can be seen in the healthy and vibrant flowers that are cultivated there. It can be heard in the advice given to customers when they come with questions looking for the right plant for just the right space.



# Do you have Osteoporosis?



At the yarn store adjacent to the garden store, you will find much of the same—friendly conversations, guidance, and a local atmosphere. The yarn store offers lock-ins and a variety of knitting and crochet classes. It is a place of social gathering—a place where women can come together, learn a new skill, or cultivate an old one.

I can already imagine the husbands and wives who will frequent Betsy's Barn and Yarn Store as spring etches its way forward. There will be something there for both of them—shrubs and shovels, knitting needles and yarn.

This summer Betsy's Barn will sell fresh fruits and vegetables too. Whether it is mulch for your newly weeded flowerbed or yarn for the scarf you've been meaning to knit, at Betsy's Barn – Garden and Yarn, you will find personal service and products with a local touch.

To learn more about the hours of operation and services of either business, visit their new website at [www.betsysgardenandyarn.com](http://www.betsysgardenandyarn.com).

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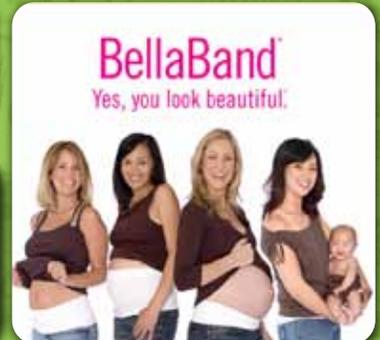
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# Lily and Her Sparkle

by Brenda Hunley

"I found one!" Chester squealed as he checked Daffodil off on his list.

"What color is it?" piped in Dart.

The two friends had been on a scavenger hunt of sorts today looking for new things one can find in the woods in April. So far they had just found flowers.

"This one is white," Chester replied.

"So you found a White Narcissus!" chirped Dart. Dart knew all sorts of things about flowers.

"Yeah, a white Daffodil!" mumbled Chester. He didn't care what the technical name was, he was just having fun.

"There are some purple flowers over here. What are they called, Dart?"

Dart cocked his head back and forth as he looked the little flowers over. He did that a lot when he was thinking.

"I believe that is a Violet Wood Sorrel," he replied.

"Hmm. Well they taste good!" Chester said between mouthfuls.

"Chester!" Dart scolded. "You aren't supposed to pick the flowers! Don't you remember the sign the park ranger put out?"

"I'm not picking them, I'm eating them, mmm-mm-mmmm!" munched Chester. "Besides, that's rules for the humans."

Dart shook his head, "Let's move on before the ranger catches you! Why do you have to put everything in your mouth?"

"Because that is what chipmunks do! Last week I got nine nuts in my cheeks at once! Can you believe it? NINE! Last fall I could only get seven in there! Then there was this time..." Chester stopped as he realized Dart wasn't listening to him anymore.

"Dart, what are you doing?"

"I smell something," Dart said as he flapped his wings and flew up into the sky.

"What?" Chester asked. He listened real hard and sniffed in the wind.

An amazing smell was wafting in the air this afternoon. How could he have missed it?

"That smells like popcorn!" Dart called down. "I want to see where that smell is coming from. I will go look around the picnic tables and the cave area."

"What's popcorn?" Chester called back. Dart didn't answer, as he had already flown off.

Chester's tummy growled. "I will look around the lake. Maybe there is food down there," Chester said to himself.

Chester looked this way and that to make sure the coast was clear. As he made his way around some bushes, under a broken tree, and

through the hollow log; he could see the sparkle of sunshine on the lake. He could hear birds chirping, and an occasional splash of water caused by a turtle or duck...and voices too! As he climbed down to the water line, he kept watch as he knew there would be others looking to score some extra food, and he didn't want to be left out!

Chester climbed up into a tree that had branches close to the ground. This way he could watch and not be seen by humans, or anything else!

A family was sitting down on a couple of benches feeding the ducks some bread crumbs. The quacking got louder as more ducks saw what was going on, and wanted some bread too! Nestled in a bushy area over to the side a boy and a man sat fishing.

Setting on his hind legs and stretching himself up, Chester looked to see if there were any other humans around. There were several walking the trails today, and a few having picnics up around the tables.

As he made his way down to the next branch, his foot slipped and down he came! End over end into the grass below. Poor Chester! He fell with little more than a thud. Since Chester is so small, thankfully no one heard him fall.

However, a dragonfly saw it happen and flew over to see how he was.

"Are you okay?" she buzzed.



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“Yes, just embarrassed,” Chester sheepishly replied.

“What are you doing down here by the water?” she said, zipping over toward a bunch of flowers.

“I was looking for something,” said Chester while dusting off his legs and back.

“Do you need help?”

“Nah, I think I’m finished,” Chester said as he moved out from under the bushes.

Chester stared. He liked shiny things, and this dragonfly was shiny. She moved quickly wherever she flew. Her wings were moving so fast he could hardly keep up with her. In the sunlight she was so sparkly.

“Hello...are you listening?” she asked.

“What?”

“You are a silly chipmunk, aren’t you? My name is Lily. What’s yours?” Lily buzzed.

“Chester,” he said without blinking.

Lily stopped zig-zagging for a moment and said, “Why are you looking at me that way?”

“Do you know you sparkle when you fly?” Chester said, as she landed on a leaf next to him.

Lily giggled. The very sound tickled Chester’s ears.

“Wanna race?” Lily asked.

Chester and Lily played tag along the waterline, and then took a break in the sunshine.

“You are fast!” Chester said, catching his breath.

“So are you.” giggled Lily. She was sitting still now.

“I love the way the sun feels on my wings. Hmmm, this is nice,” sighed Lily.

Chester smiled as he watched the sunlight dance in different colors on her wings.

“Watch this Chester!” Lily darted out over the water toward the middle of the lake. Just as quickly she was back.

“Did you see? I get close to the water, but not too close. I don’t want a fish to eat me!”

Chester was so busy watching Lily move about over the water, he didn’t hear Dart calling to him.

“Chester! Chester! CHESTER!” Dart called.

“Huh?” When Chester turned around he saw Dart sitting on a nearby branch.

“I found popcorn!” Dart said. “I saw a boy drop a bunch of it out on the trail.”

Chester clapped his paws together, “Hooray!”

He turned around to tell Lily but she had already buzzed back onto the lake.

“Come on Chester, let’s go eat! Just wait until you taste it!” Dart said, urging Chester along.

Chester looked back over his shoulder and waved to Lily. He wasn’t sure if she saw him or not, but he did it just the same.

As the two friends hurried back to the popcorn, Chester told Dart all about Lily and her sparkle. Chester was happy; he had made a new friend, and was going to eat popcorn with his best friend.

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### Get Inspired!

*The designers at Busy Beads & Moore will have their jewelry on display in-store from April 6-30. Customers come in and vote for their favorite piece.*

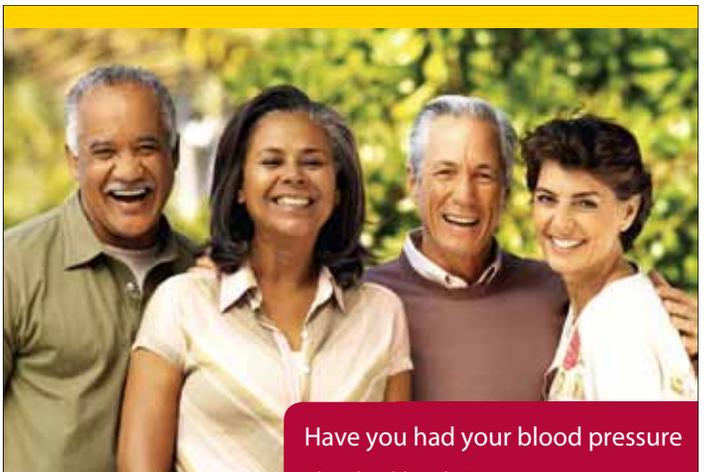
Show off your talents and create a piece of jewelry to enter in our Jewelry Art Show to be held in May.

Contact anyone at Busy Beads & Moore for more details!

Clarksville's original PANDORA dealer since 2004

1960-I/b Madison St., Clarksville, TN  
931-552-5545  
BusyBeadsAndMoore@Gmail.com

Mon - Fri: 10am-5:30pm • Sat: 10am-3pm • Closed Sunday



Have you had your blood pressure checked lately?

### High blood pressure combined with type 2 diabetes is a leading cause of heart attacks and strokes.

If you have hypertension and type 2 diabetes, you may be eligible to participate in a research study of an investigational medication for high blood pressure.

**How do I qualify for the study?**

- You are between 18 and 75 years of age.
- You are currently taking blood pressure-lowering medication(s).
- You have type 2 diabetes.

Qualified participants will receive study-related care and study medication, including lab tests at no charge. Qualified participants will be randomly chosen to receive the study drug or placebo, which is an inactive "look-alike" pill. In addition, all study participants will continue to take their current blood pressure-lowering medication throughout the study.

**To learn more about this study, please call:**

# 931-920-2525



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

# THE FRIDGE



Baby Brianna is 5 months old!



Big brother Tristan is 2!



I ♥ my nephew!



Natalie & Daddy at the park!

# HAPPY BIRTHDAY!



Happy 1st Birthday Abigail  
Love, Mommy & Daddy



Our little boy is 1...  
Happy Birthday Alec!



Happy 1st Birthday Allyson!  
Love, Daddy, Mommy & Jacob



Happy 1st Birthday my little Nadia!



Happy 1st Birthday Jacob!  
Love, Mommy & Daddy



Happy 1st Birthday Randy!



Happy 1st Birthday Savannah!



Alles Gute zum 2ten Geburtstag Madison  
Happy 2nd Birthday Madison!  
Love Mama, Daddy, & Cheyanne



Happy 2nd Birthday Summer!  
Love, Daddy, Mommy. & Bubba



Happy 2nd Birthday Tessa!  
We Love You!



Happy 3rd Birthday Camden!  
We Love You - Daddy, Mommy, & Kender



Happy 3rd Birthday Jacob!  
Love, Daddy, Mommy & Allyson

**Wanna be on the Fridge?** Email photo to: [fridge@clarksvillefamily.com](mailto:fridge@clarksvillefamily.com) by April 15th.  
\*Please include the name of who is in the photo & a preferred short caption\* (optional).

**\*Please limit entire photo caption to 50 characters or less including spaces.**

# MORE BIRTHDAYS!



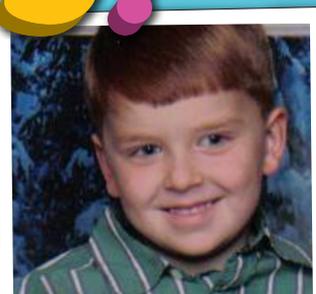
Happy 3rd Birthday Khali!  
Love Mommy, Daddy, Alexis & Toby



Happy 3rd Birthday Melanie!  
Love, Mommy, Daddy & Victoria



Happy 4th Birthday Tyler Gauge,  
Our April Fool's Day boy!



Happy Birthday # 5 Austin!  
Love, Mimi & Papa



Happy 5th Birthday Alaina!  
Love Mommy, Daddy & Matthew



Happy 5th Birthday Morgan!  
Love Mommy, Daddy & Jacob



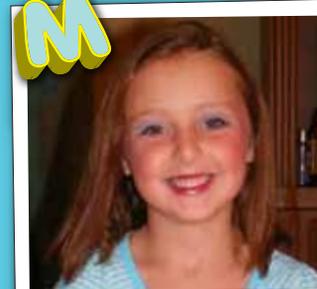
Kender turned 5 in March!



Happy 6th Birthday Alencia!



Happy 6th Birthday  
my precious Alexis!



Happy 7th Birthday Mataia  
Love, Mom, Baytley, & Holden



Happy 8th Birthday, Cole!  
We love you! Mom, Dad, & Keely



Happy 10th Birthday, Keely!  
We love you! Mom, Dad, & Cole



Imani turned 12 in March!  
Happy 12th Birthday Imani...  
We adore you!



Happy Birthday Kayla!  
Love Mom, Dad & Sara

**Don't forget!**  
Send in photos for May  
birthdays by April 15th!

**\*\* 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.

Recurring

**CHICK-FIL-A FUNDRAISER NIGHTS**

Various nights throughout the month at Chick-fil-A, 1626 Madison Street. Bring the entire family out to support your school. Simply bring your voucher or let us know that you are here with your school and a percentage of those sales will go directly back to the school. Look forward to the cow, balloons, face painting, Spinning Wheel and much more! Best of all it's a great way to socialize with other parents and staff from your school.

**EASTER BUNNY PHOTOS**

Through Saturday, April 11th in Center Court at Governor's Square Mall. See Customer Service Center for hours. Each child that visits the Easter Bunny will receive a FREE Coloring Book from Governor's Square Mall.

**CLARKSVILLE FIRST CHURCH OF THE NAZARENE HOPE RIDERS**

1:15 p.m. every Sunday afternoon at 150 Richview Road, weather permitting (temperature above 50 and no rain). Hope Riders is the name of our full-fledged Biker Ministry. The ride group is comprised of all bikes, bikers from our church, other churches, and some who do not attend church. For more information contact Pastor Ron at (931) 648-0110 or visit [www.hoperiders.blogspot.com](http://www.hoperiders.blogspot.com) for upcoming rides and events.

**BE A HERO, BE A FOSTER PARENT!**

Saturdays, April 4th & 11th from 9:00 a.m. to 3:00 p.m. at Youth Villages, 585-G South Riverside Drive. Would you like to receive training on how to become parents as tender healers? Youth Villages offers training classes for those interested in becoming foster parents to children in the child welfare system. As a foster parent with Youth Villages you receive 24/7 support,

trainings, financial reimbursement and access to many resources to help make a difference in the lives of hurting children. Call (931) 503-0777, ext. 1020 now to enroll.

April

**1 WEDNESDAY**

**CHICK-FIL-A FREE CHICKEN DAY: TRANE**

All day at Chick-fil-A inside Governor's Square Mall, (931) 645-5144. Present employee i.d. to receive a free chicken sandwich with purchase of medium fry and drink.

**2 THURSDAY**

**2ND ANNUAL TEACHER/BOOK SALE**

10:00 a.m. to 5:00 p.m. and again 9:30 a.m. to 3:00 p.m. Friday and Saturday. at Hot Potato Kids, 1020 Industrial Drive Suite 124, Pleasant View, TN. (615) 746-8880.

**CHICK-FIL-A FREE CHICKEN DAY: AUSTIN PEAY**

All day at Chick-fil-A inside Governor's Square Mall, (931) 645-5144. Present employee or student i.d. to receive a free chicken sandwich with purchase of medium fry and drink.

**4 SATURDAY**

**SUMMER CAMP ROUND-UP & EASTER TEA PARTY**

11:00 a.m. to 3:00 p.m. at JCPenney Court in Governor's Square Mall. Parents, check out several local and regional camps available for your kids this summer. Kids, stop in for some tea and cookies! Sponsored by The Girly Girlz Pampered Palace.

**EASTER EGGSTRAVAGANZA**

2:00 p.m. to 4:00 p.m. at Billy Dunlop Park, 1930 E Boy Scout Road. Easter fun for kids ages 2 through 12. Egg hunt begins at 2:00 p.m. sharp! Free and open to the public. Call (931) 920-0127 for more information.



Are you at **RISK** of increased falls?

You may be at risk if you...

- Are 65 years or older
- Are postmenopausal
- Had a past fracture of the hip, spine, or wrist
- Have experienced falls in the years since menopause

If you think you may meet these criteria...

You may be interested to learn more about a 12-month clinical research study looking for volunteers if you...

- Are 65 years or older
- Had your last menstrual period 1 year ago
- Have fallen at least once in the past 12 months
- Have not received osteoporosis treatment

Qualified participants will receive study-related assessments and evaluations performed by medical professionals along with either the standard of treatment for osteoporosis or an investigational drug.

For more information, contact:



931-920-2525

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

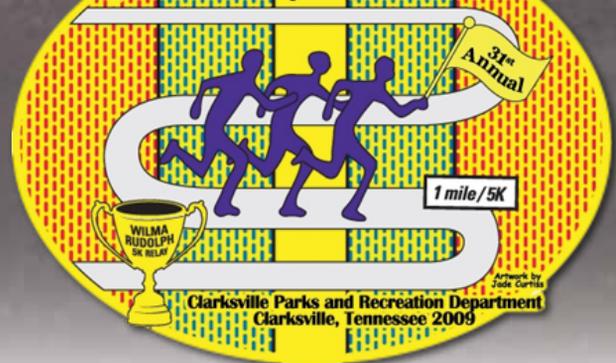


**PLEASE JOIN US**

**Sunday, April 19, 2009**

at Austin Peay State University Governor's Stadium

**Queen City Road Race**



**5K Run, 5K Relay Run, 1-Mile Walk, 1-Mile Fun Run 5K & 1-Mile Wheelchair Race**

Applications available at [www.cityofclarksville.com/parksandrec](http://www.cityofclarksville.com/parksandrec)

**Presented By**



Co-Sponsored by:



Pick up an entry form at any branch of Cumberland Bank & Trust, Burt-Cobb, Crow and Kleeman Community Centers, the Clarksville Parks and Recreation office or any PE teacher!

**Call 931-645-7476**

### 5 SUNDAY

#### EASTER EGG HUNT

2:00 p.m. to 4:00 p.m. at Heritage Park Complex, 1241 Peachers Mill Road. For children up to age 12. The Easter Bunny will be on hand for pictures. Children will be divided into age groups for egg hunts. Provided free by the Clarksville Parks and Recreation Department, call (931) 645-7476 for more information.

### 6 MONDAY

#### CHICK-FIL-A FREE CHICKEN DAY: MILITARY MONDAYS

All day at Chick-fil-A inside Governor's Square Mall, (931) 645-5144. Present military i.d. to receive a free chicken sandwich with purchase of medium fry and drink.

### 7 TUESDAY

#### CLARKSVILLE SCRABBLE GAME CLUB

6:00 p.m. to 9:00 p.m. at Borders, 2801 Wilma Rudolph Boulevard. Call Clay Sanders at (931) 647-3625.

### 12 SUNDAY

#### EASTER

### 13 MONDAY

#### CHICK-FIL-A FREE CHICKEN DAY: MILITARY MONDAYS

All day at Chick-fil-A inside Governor's Square Mall, (931) 645-5144. Present military i.d. to receive a free chicken sandwich with purchase of medium fry and drink.

### 14 TUESDAY

#### CRIME PREVENTION "A WOMAN'S SAFETY COURSE"

10:00 a.m. to 12:00 p.m. at Family Resource Center, Fort Campbell. Law enforcement personnel will provide a FREE course to women within the Fort Campbell community regarding safety and crime prevention. Childcare is available at no cost, but space is limited. For more information or to register for childcare, please call (270) 412-5500.

#### CHICK-FIL-A FUNDRAISER NIGHT: MOORE MAGNET

3:00 p.m. to 8:00 p.m. at Chick-fil-A, 1626 Madison Street, (931) 648-4468.

### 15 WEDNESDAY

#### CHICK-FIL-A FREE CHICKEN DAY: BRIDGESTONE METALPHA

All day at Chick-fil-A inside Governor's Square Mall, (931) 645-5144. Present employee i.d. to receive a free chicken sandwich with purchase of medium fry and drink.

### 17 FRIDAY

#### CHICK-FIL-A FUNDRAISER NIGHT: DANCE FORCE OF CLARKSVILLE

5:00 p.m. to 8:00 p.m. at Chick-fil-A, 1626 Madison Street, (931) 648-4468.

### 18 SATURDAY

#### MOM'S CLUB MEGA SALE

8:00 a.m. to 12:00 p.m. at Kenwood High School Cafeteria. Offering clothing for the whole family, games, toys, baby gear, household items, books and much, much more!

#### BACH BLANKETS CROCHET GROUP

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. Call Sharon Loebl for information at (931) 572-0734.

### RIVERS & SPIRES FESTIVAL 5TH ANNUAL CHILDREN'S PARADE

Free to enter for children ages 12 and under with adult escort. Participate by individual or group with small floats, child-sized vehicles or walking. Entries may compete for awards. Register by April 10. For information and registration go to [www.riversandspires.com](http://www.riversandspires.com). Direct further questions to Shirley Taylor at [secretarytaylor@yahoo.com](mailto:secretarytaylor@yahoo.com) or call (931) 553-8160.

### 19 SUNDAY

#### QUEEN CITY ROAD RACE

At APSU Governor's Stadium.

Applications available at [www.cityofclarksville.com/parksandrec](http://www.cityofclarksville.com/parksandrec), call (931) 645.7476 for more information.

### 20 MONDAY

#### CHICK-FIL-A FREE CHICKEN DAY: MILITARY MONDAYS

All day at Chick-fil-A inside Governor's Square Mall, (931) 645-5144. Present military i.d. to receive a free chicken sandwich with purchase of medium fry and drink.

#### WOMEN'S SELF-DEFENSE COURSE

Through Tuesday, April 21 from 6:00 p.m. to 9:00 p.m. at location to be determined on Fort Campbell. Classes will be conducted by Clarksville Police Department's certified Rape Aggression Defense (R.A.D.) instructors. R.A.D. is a program of realistic self-defense tactics and techniques for women. The R.A.D. System is a comprehensive, women-only course that begins with awareness, prevention, risk reduction and risk avoidance, while progressing on to the basics of hands-on defense training. Childcare is available at no cost, but space is limited. For more information or to register, please call (270) 412-5500.

### 21 TUESDAY

#### CLOTH DIAPER CLUB CLASS

1:30 p.m. to 3:00 p.m. at YMCA on Reed Avenue, Ft. Campbell. Save money while saving the environment. Cloth diapers aren't about the Gerber pre-folds and flats with pins and rubber pants your grandma used. Come join other cloth diaperers and learn about all the various diapers that are out there. Learn about all-in-ones, pockets, fitteds, all-in-twos, Chinese pre-folds and covers. There will be a door prize of a sampling of diaper products. For more information contact Christina at (931) 542-6542.

#### CHICK-FIL-A FUNDRAISER NIGHT: EAST MONTGOMERY

5:00 p.m. to 8:00 p.m. at Chick-fil-A, 1626 Madison Street, (931) 648-4468.

#### CLARKSVILLE SCRABBLE GAME CLUB

6:00 p.m. to 9:00 p.m. at Borders, 2801 Wilma Rudolph Boulevard. Call Clay Sanders at (931) 647-3625.

### 22 WEDNESDAY

#### CHICK-FIL-A FUNDRAISER NIGHT: ST. MARY'S CATHOLIC SCHOOL

5:00 p.m. to 8:00 p.m. at Chick-fil-A, 1626 Madison Street, (931) 648-4468.

### 23 THURSDAY

#### CHICK-FIL-A FUNDRAISER NIGHT: CLARKSVILLE CHRISTIAN SCHOOL

5:00 p.m. to 8:00 p.m. at Chick-fil-A, 1626 Madison Street, (931) 648-4468.

# Crisis

# 211

There is light, even in the darkest night. **DIAL** Find Help • Give Help

**Crisis comes in many forms. It comes when a person experiences emotional pain like the death of a loved one, divorce, neglect, depression, broken relationships & even a bad day at work or school.**

**2-1-1 offers information on a broad range of services including:**

- Financial assistance
- Prescreening for foodstamps
- Free tax preparation
- Food banks
- Housing
- Health resources
- Elderly care
- Financial literacy
- Job training programs

## 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

**YouthVILLAGES**  
[www.youthvillages.org](http://www.youthvillages.org)

## Be a foster parent

## It's that time of year again.



Whether it's shoes, tights or that extra special gift for your dancer, we've got you covered.

**\$10** off any purchase of \$50 or more  
**\$5** off any purchase of \$25 or more  
Please use by April 30th, 2009

149 Kender Rhea Ct.  
Next to Appleton's Harley Davidson on the bypass



**RHYTHM RAGS**

931.647.5301

# RIVERS & SPIRES Festival

Clarksville, Tennessee

Don't miss the annual Rivers & Spires Festival in Historic Downtown Clarksville, Tennessee, on April 16, 17, and 18. This internationally-award winning event is free to the general public, no admission is charged, and most activities are offered at no cost. Five stages of entertainment—including



a new stage on Strawberry Alley—will feature every genre of music including Country, Rap, Hip Hop, Oldies, Christian Rock, Salsa, and much more.

New activities for 2009 include Quilts of the Cumberland, Clarksville's Got Talent, Last Band Standing, Songwriters' Showcase, and an Adventure Race—produced in part with R3 Running, Racing & Relaxing. Your favorite zones are back

again to include the International StreetFest, Kidz Zone, teen activities, classic cars and Corvettes, arts



& crafts, Jazz & Wine, cooking shows, boutique shopping, festival food, and military appreciation events. A whole weekend of entertainment

awaits the entire family in Historic Downtown Clarksville.

New acts for 2009 feature the *NOJOE'S Clown Circus* in the Kidz Zone, *New Odyssey*—a jukebox tribute band, *Mariachi Band Zelaya* in the International StreetFest, and *John Michael Montgomery*, whose number one hits include "I Swear," "I Love the Way You Love Me," and "SOLD (The Grundy County Auction Incident)." He will headline the country stage on Saturday, April 18.

For more information, visit [www.riversandspires.com](http://www.riversandspires.com).



## 24 FRIDAY USED BOOK SALE

Through Sunday, April 26, 9:00 a.m. to 5:00 p.m. Friday and Saturday, 1:00 p.m. to 4:00 p.m. on Sunday, at Clarksville-Montgomery County Public Library, 350 Pageant Lane. Paperbacks will sell for 50 cents and hardback books for \$1. Profits to benefit the children's programs at the library. Sponsored by Friends of the Library.

## SPRING AUTO SHOW

Through Sunday, April 26, mall hours, mall wide at Governor's Square Mall. Check out the latest models of cars, trucks, SUVs, RV campers, and bedliners.

## 27 MONDAY CHICK-FIL-A FREE CHICKEN DAY: MILITARY MONDAYS

All day at Chick-fil-A inside Governor's Square Mall, (931) 645-5144. Present military i.d. to receive a free chicken sandwich with purchase of medium fry and drink.

## 28 TUESDAY CHICK-FIL-A FUNDRAISER NIGHT: NORMAN SMITH

5:00 p.m. to 8:00 p.m. at Chick-fil-A, 1626 Madison Street, (931) 648-4468.

## 30 THURSDAY CHICK-FIL-A FUNDRAISER NIGHT: BARKSDALE

5:00 p.m. to 8:00 p.m. at Chick-fil-A, 1626 Madison Street, (931) 648-4468.

May

## 1 FRIDAY DINE WITH A HERO

6:00 p.m. at Cole Park Commons, Fort Campbell. Dine with a Hero is a semi-formal dinner to benefit The Wounded Warriors Project. The purpose is to not only fundraise for The Wounded Warriors Project, but to extend an invitation to this event to our local Wounded Warriors, at no cost to them, as a small token of our thanks for their service. This event will feature an enticing array of dishes, live entertainment, a surprise guest speaker, a silent auction (including items from Toby Keith, Martina McBride, The Oak Ridge Boys and more!) and raffle prizes. Tickets are \$35 per person. For more information contact us at [escftcky@yahoo.com](mailto:escftcky@yahoo.com) or [www.101stESC.net](http://www.101stESC.net).

## TODD'S TEAM BENEFIT DINNER/ DANCE/AUCTION

7:30 p.m. at Cumberland Room (three miles past fairgrounds, on the left). The band is "The Sell Outs." Tickets in advance only—\$40 per person (payable to The Rotary Foundation, note "Todd's Team dinner"). To purchase tickets or donate an auction item, contact: Tina Augustine at [tinabanker1@bellsouth.net](mailto:tinabanker1@bellsouth.net) or (931) 320-3497, Mary Looney at [mario868@bellsouth.net](mailto:mario868@bellsouth.net) or (931) 358-0827, or Angela Mayer at [toddmayer@bellsouth.net](mailto:toddmayer@bellsouth.net) or (931) 368-0150. Close friends are raising funds through

a non-profit foundation for Todd Atkins and his young family. He has a glioblastoma multiforme brain tumor and recently began treatment. Visit [www.caringbridge.org/visit/toddattkins](http://www.caringbridge.org/visit/toddattkins) for more information. We could use more Silent Auction items if you want to help.

## 2 SATURDAY

**RELAY FOR LIFE TEAM FUNDRAISER**  
9:00 a.m. to 5:00 p.m. in Sam's Club parking lot, 3315 Guthrie Highway. The Relay for Life teams have joined together for a fundraising yard sale/kids' carnival, in preparation for the Relay for Life event Friday, June 5 to raise awareness and money for the American Cancer Society. Donations in talent, supplies, prizes, money, etc. to help with the fundraiser event, Relay for Life Event, or a donation to the American Cancer Society are welcome. If you would like to contribute, or for more information, please contact Gale at [unicorngale@yahoo.com](mailto:unicorngale@yahoo.com), (931) 552-0733 or (731) 616-2631. Visit [www.relayforlife.org/montgomerytn](http://www.relayforlife.org/montgomerytn) or [main.acsevents.org/goto/galebailey](http://main.acsevents.org/goto/galebailey) for more information. Thank you in advance for your support.

## NEES SPRING CARNIVAL AND VENDOR FAIR

9:00 a.m. to 1:00 p.m. at Northeast Elementary School. See article on page 14.

## MEET THE STORM TROOPERS AND STAR WARS CHARACTERS

12:00 p.m. to 3:00 p.m. at JCPenney Court in Governor's Square Mall. Have your photo taken with them when you donate \$5 to the "Make a Wish" Foundation!

## 10 SUNDAY MOTHER'S DAY



## GOLF LESSONS

All ages, all skill levels

Whether you're struggling to find your game or a beginner looking to learn the basics.

Instruction given by local golf champion,

**Rob Long**

By appointment only  
**(931) 338-1654**

## Betsy's Barn - Garden & Yarn

3208 Highway 41A South in Sango • (931) 358-KNIT

**INTRODUCTION TO KNITTING** April 7 and 11  
**INTRODUCTION TO CROCHET** April 21 and 25  
**CHILD'S KIMONO** April 7, 21 and  
 May 5 or April 11, 25 and May 9  
**ALLERGIC TO WOOL - COTTON CABLE**

**PULLOVER** April 2, 16 and 30  
**EASY CABLE SCARF** April 21 and 23  
**BEADED SUMMER CLUTCH** May 7 and 21

We also have one-on-one classes available at any time. Kids classes coming this summer. Please call shop for details on classes.

## The Girly Girlz Pampered Palace

(888) 348-2475

360 Fantasy Lane, Clarksville  
[www.thepamperedpalace.biz](http://www.thepamperedpalace.biz)

1007 South Virginia Street, Hopkinsville  
[www.princesssteaparty.biz](http://www.princesssteaparty.biz)

### APRIL

- 4 **SATURDAY EASTER TEA PARTY** 11:00 a.m. to 3:00 p.m. at the JCPenney Court of Governor's Square Mall.  
 5 **SUNDAY EASTER EGG HUNT** 5:00 p.m. at Gold Estate (weather permitting).  
 10 **FRIDAY STRAWBERRY SHORTCAKE TEA PARTY** 7:00 p.m.  
 19 **SUNDAY PERFECT PRINCESS TEA PARTY** 5:00 p.m. to 7:00 p.m. at Smith-Trahern Mansion, 101 McClure Street. \$17 per person.

### APRIL

- 6 - 10 **MONDAY - FRIDAY SPRING BREAK GLAM CAMP** 9:00 a.m. to 5:00 p.m. \$45/day or \$185/week.  
 11 **SATURDAY STRAWBERRY SHORTCAKE TEA PARTY** 12:00 p.m.  
 18 **SATURDAY FANCY NANCY TEA PARTY** 12:00 p.m.

### MAY

- 9 **SATURDAY MOTHER'S DAY TEA** Hopkinsville Public Library  
 17 **SUNDAY PERFECT PRINCESS TEA PARTY** 4:00 p.m. to 7:00 p.m. at War Memorial Building, South Virginia Street.

Tickets must be purchased in advance to attend all events.

## Busy Beads & Moore Class Schedule

1960 I-b Madison Street • (931) 552-5545

You must sign up for classes at least 48 hours before the class date. You can sign up in person, or over the phone with a credit or debit card, (931) 552-5545. Class fee must be paid in advance to hold your place in class. There is a minimum of two students per class, unless special permission is granted from instructor. Please arrive at least 30 minutes before the beginning of your class so you can choose your beads and supplies. Most classes will enable you to take home a completed, unique piece of jewelry that you have created! When you take a class you will receive a Designer Discount Card good for a 20% discount for three months following your class (discount does not apply to parties, Pandora, consignment items and items already on sale). If you want to learn a skill that is not listed, let us know and we will try to arrange a class for you! If the class times listed are not convenient for you, let us know and we will make every effort to have a class at a time that is convenient for you. Most classes are 2-hour sessions that meet only once.

Classes may be cancelled at any time at the instructor's discretion. Class fees DO NOT include beads or supplies unless specified.

- \*NEW\* **FACETED RING** Monday, 20th @ 2:00 p.m. \$35. Gemstones are \$12.  
 \*NEW\* **SPRING FLOWERS** Tuesday, 7th & Thursday, 23rd @ 10:30 a.m., Tuesday, 28th @ 2:00 p.m. \$25.

- \*NEW\* **FILIGREE RING** Thursday, 2nd @ 10:30 a.m. and Tuesday, 14th @ 2:00 p.m. \$25.  
 \*NEW\* **FILIGREE BRACELET** Thursday, 9th @ 10:30 a.m. and Tuesday, 21st @ 2:00 p.m. \$25.  
**BASIC JEWELRY** Friday, 3rd @ 12:00 p.m., Saturday, 4th @ 10:00 a.m., Friday, 10th @ 2:00 p.m., Friday, 24th @ 11:00 a.m. and Monday, 27th @ 5:00 p.m. \$25.  
**BEGINNING WIRE WRAP** Saturday, 4th @ 1:00 p.m., Monday, 6th @ 5:00 p.m., Friday, 10th @ 11:00 a.m., Friday, 17th @ 12:00 p.m. and Friday, 24th @ 2:00 p.m. \$25.  
**EAR WIRES** Saturday, 18th @ 10:00 a.m. \$25.  
**HUG RING** Wednesdays, 8th & 22nd @ 10:00 a.m. \$25.  
**PHARAOH'S RING** Thursday, 16th @ 2:00 p.m. \$35.  
**SPIRAL BRACELET** Monday, 6th @ 2:30 p.m. \$25.  
**STERLING AND CRYSTAL BANGLE** Thursday, 23rd @ 2:00 p.m. \$35. (Three hour class, materials cost about \$35.)  
**HOOP EARRINGS** Monday, 6th @ 10:00 a.m. \$35.  
**DICHROIC BRACELET** Monday, 20th @ 10:30 a.m. \$45. (This is an advanced class and may take up to four hours. Materials cost starting at \$50.)  
**EARRING RING** Mondays, 6th & 27th @ 10:00 a.m. \$35.  
**CLASSIC BANGLE** Thursday, 2nd @ 2:00 p.m. \$25.  
**CHAIN, CHAIN, CHAIN!** Horseshoe, Wall Eyed and Eternity Chains. Call to set up time. \$25.

## The Roxy Regional Theatre

100 Franklin Street • [www.roxyregionaltheatre.org](http://www.roxyregionaltheatre.org) • (931) 645-7699

**CATS**  
 Based on *Old Possum's Book Of Practical Cats* by T. S. Eliot, music by Andrew Lloyd Webber.

Based on the universally popular poetry of T.S. Eliot, CATS tells the story, in song and dance, of the annual gathering of feline cats at which time one special cat is selected to ascend to the Heavenside layer. A true musical theatre phenomenon, featuring the classic "Memory," CATS opened in London on May 11, 1981 and ran for a record-setting 21 years and was nearly matched on Broadway where it ran for just over 18 years. April 10, 11, 14, 15, 16, 17, 18\*, 21, 22, 23, 24, 25, 28, 29, 30 and May 1 & 2.

**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)

## The Girly Girlz Pampered Palace!

presents...

## The Perfect Princess Tea Party!



Come experience the  
 Ultimate Tea Party!  
 Princesses & Princes ages  
 2-12 are welcome to attend  
 this unforgettable event

**When:** Sunday April 19th, 5:00pm **Where:** Smith Trahern Mansion  
 101 McClure Street in Clarksville

This event is \$17pp, additional children are \$15.00pp.  
 Reservations required. Please see our block in the calendar for more details on this royal event.



1-888-348-2475 • 931-906-2433

Check the CF Calendar for our  
 block of events this month!



[www.thepamperedpalace.biz](http://www.thepamperedpalace.biz) or [www.princesssteaparty.biz](http://www.princesssteaparty.biz)  
 360 Fantasy Ln., Clarksville, TN • 1007 S. Virginia St., Hopkinsville, KY

**May Madness!!**  
 No Session Fee  
 & Eight Wallets  
 Cozette Winters, Photographer  
[cozettewinters.com](http://cozettewinters.com)  
 931.551.5145  
 Expires May 31, 2009

**Josephine's closet**  
 Gently Used Clothing For Children  
 A Ministry of Hope Pregnancy Center  
**Pop-in!**  
 To see our new  
 Spring selections!  
 Premie - size 12 • Nothing over \$5

Maternity Clothing Needed in all Sizes -- Donations are Tax Deductible

**New hours:**  
 Mon-Thur 10:00-2:00  
 (931) 645-2273

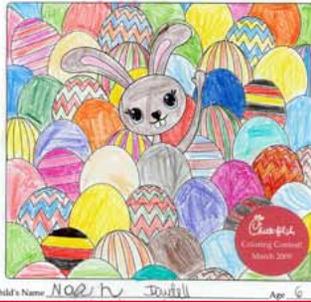
**Josephine's Closet**  
 325 North Second Street  
 (Behind the Hope Pregnancy Center)

# Coloring Contest Winners!



**Kadence Gray**  
age 4, Clarksville TN

**Ages**  
**0-4**



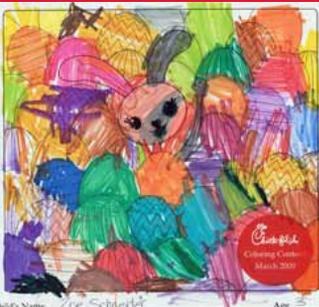
**Noah Dowdell**  
age 6, Clarksville TN

**Ages**  
**5-8**



**Jordan Reed**  
age 9, Clarksville TN

**Ages**  
**9-12**



**Zoe Schneider**  
age 3, Clarksville TN



**Sarah Derr**  
age 8, Clarksville TN



**McKayla Knight**  
age 12, Joelton TN

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

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

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



The Original Chicken Sandwich  
for over 40 years.



Free Kids Meal (4 pack)  
with purchase of any  
combo meal!

Coupon not valid with any other offer. One coupon per person per visit. Redeemable at Governor's Square Mall & Madison St. locations in Clarksville. Closed Sundays. Please use by May 31st, 2009.



Free Chick-n-Strips  
(3 Count) with purchase  
of the same.

Coupon not valid with any other offer. One coupon per person per visit. Redeemable at Governor's Square Mall & Madison St. locations in Clarksville. Closed Sundays. Please use by May 31st, 2009.

# APRIL 2009 MARKETPLACE

**Now Enrolling**



In both  
locations!

**Age 6-weeks and up**

**Hands & Hearts Daycare**  
1086 Lafayette Rd. • 931-647-7803  
64 Hillsboro Rd. • 931-552-1225

**PRESENT THIS AD TO HAVE YOUR  
ENROLLMENT FEE WAIVED!**

## B & B Construction



Remodeling • Room Additions • New Construction  
Replacement Windows • Insurance Claims  
General Maintenance & Repair  
Licensed & Insured

Call Jesse for your free estimate!

**(931) 980-0144**

or email: jesse.burney@gmail.com

## Fill Your Child's Easter Basket With Educational Toys!



**100 reps  
needed in  
this area  
ASAP!**

**Tons of Products For \$15 and under!**

**Now Booking Spring/Summer Shows!**

**Never a recall in 30 years!  
Now partnered with Autism Speaks.**



**Dana Fitzpatrick**

Educational Consultant

**(931) 472-8505**

[www.discoverytoyslink.com/danafitzpatrick](http://www.discoverytoyslink.com/danafitzpatrick)

## L.A. Nails



Full service nail & waxing salon  
Over 20 years experience  
Highest quality & satisfaction guaranteed!

save

**50% off**

any eyebrow  
or lip wax

Expires April 30th 2009

Open 7 days  
a week!  
Mon.-Sat.  
9am-8pm  
Closed Sunday

Walk-ins  
Welcome!

**L.A. Nails**

2349 Madison St.  
(Sargo Wal-Mart Shopping Ctr.  
down from Doni Panchaj)

**931-552-3246**

Learn,  
Laugh,  
Share,  
Grow.



Cumberland Presbyterian Preschool  
now has spaces available for  
Tuesday/Thursday classes!

Contact Chelsea Bayne, (director)  
at 931-802-4485 or email at:  
chelseabayne@gmail.com

1410 Golf Club Ln. • Clarksville • 931-648-0817

## Chroma Crystal The Perfect Gift!



Capture those special moments in exquisite crystal.  
Order yours today!

**800-963-1790**

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

## Hot Potato Kids CONSIGNMENT STORE

Spring Hours: Tues - Thur 10-5:00  
Fri & Sat 9:30:00 (weather permitting)

With this coupon, buy one get one 25% off  
from the Easter Bunny's shopping list:



Stephen Joseph 'Penny Pincher' or wallet.

Madison & Dora beads, puzzle, or art set.

ValGal Necklines.

Expires 4/30/09 • Cannot combine with other coupon.

**Infants to Teens and Maternity too!!**

[www.hotpotatokids.com](http://www.hotpotatokids.com)  
1020 Industrial Dr. Suite 124  
Pleasant View, TN  
615-746-8880

### CLARKSVILLE FAMILY MARKETPLACE AD RATES & INFORMATION

#### RATES:

1 MONTH: \$95/MONTH  
3 MONTHS: \$75/MONTH  
6 MONTHS: \$65/MONTH

DIMENSIONS: 2.5" X 3" IN FULL COLOR

DEADLINE: INFO AND MATERIALS DUE BY 10TH FOR THE  
FOLLOWING MONTH'S AD.

PAYMENT: PAYMENT FOR FIRST AD IS REQUIRED BEFORE AD IS  
PRINTED. (CREDIT OR DEBIT CARDS ACCEPTED.)

#### TERMS & CONDITIONS:

1. ADS MAY BE EDITED BY CLARKSVILLE FAMILY FOR LENGTH OR  
CONTENT.
2. ONE BASIC AD DESIGN IS INCLUDED IN THE ABOVE QUOTED RATES  
BASED ON CUSTOMER'S INSTRUCTIONS AND MATERIALS.
3. AD PROOFS ARE PROCESSED VIA E-MAIL AND CANNOT BE  
GUARANTEED.
4. PUBLICATION OF AD DOES NOT CONSTITUTE ENDORSEMENT BY  
CLARKSVILLE FAMILY MAGAZINE.
5. NO REFUNDS CAN BE MADE AFTER PAYMENT HAS BEEN PROCESSED  
(UNLESS CLASSIFIED AD IS REFUSED BY PUBLISHER).

6. MARKETPLACE ADS ARE NOT ACCEPTED FROM THOSE WHO OFFER  
PRODUCTS OR SERVICES THAT COMPETE WITH DISPLAY ADS IN  
THE MAIN PART OF THE MAGAZINE AND MAY BE REJECTED BY THE  
PUBLISHER.
7. CLARKSVILLE FAMILY RESERVES THE RIGHT TO REFUSE ANY AD AT  
ANY TIME.

#### SEND MATERIALS TO:

ATTN: MARKETPLACE  
CLARKSVILLE FAMILY MAGAZINE  
PO BOX 31867  
CLARKSVILLE TN 37040

OR E-MAIL: [MARKETPLACE@CLARKSVILLEFAMILY.COM](mailto:MARKETPLACE@CLARKSVILLEFAMILY.COM)

# Parent Groups

## CLARKSVILLE MOMMY'S GROUP

"Nurturing the Nurturer." The CMG is a new social and support group for Mommies 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. E-mail [clarksvillemoms@hotmail.com](mailto:clarksvillemoms@hotmail.com) or call Faith at (931) 642-2265.

## 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 Family Life Center, 250 Old Farmers Road. Additional activities are held throughout the year. For further information visit [www.orgsites.com/tn/chara](http://www.orgsites.com/tn/chara) or e-mail [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 [groups.yahoo.com/group/ClarksvilleAreaHomeSchoolNews/](http://groups.yahoo.com/group/ClarksvilleAreaHomeSchoolNews/)

## HOPKINSVILLE SAHM MEETUP GROUP

For information about the Hopkinsville Stay at Home Moms Meetup Group visit [sahm.meetup.com/1943/](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 LLI 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) 472-5218 or visit: [www.geocities.com/clarksvillemomsclub](http://www.geocities.com/clarksvillemomsclub)

## MOMS Club of Clarksville April 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.

- 3rd - General Meeting - Madison Street United Methodist Church, 10:00 a.m.
- 4th - Easter Egg Hunt
- 6th - Library Play Day
- 8th - Park Play Morning
- 10th - BUNCO
- 14th - Southern Maid Breakfast Bunch
- 15th - Dinner Delight Night
- 17th - Purity Dairy Tour
- 18th - MOMS Club MEGA Sale - Kenwood High School, 8:00 a.m. to 12:00 p.m.
- 18th - Children's Parade for Rivers and Spires, 1:00 p.m.
- 19th - Queen City Road Race
- 21st - Earth Day
- 23rd - Park Play Day
- 24th - MOMS Night Out
- 27th - Pizza Hut Lunch Bunch
- 29th - New Member Coffee

\*Playgroups, Bunco and Scrapbooking also meet throughout the month! For more information on the MOMS Club of Clarksville call (931) 472-5218 or visit [www.momsclubofclarksvilletn.com](http://www.momsclubofclarksvilletn.com)

## 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.

**CLARKSVILLE 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 a.m. and childcare is provided. Contact our 2008-2009 Coordinator, Christine Ferguson, at [cmferguson81@bellsouth.net](mailto:cmferguson81@bellsouth.net) or (931) 647-1364, or visit [www.orgsites.com/tn/mops\\_ibc](http://www.orgsites.com/tn/mops_ibc).

**FT. CAMPBELL MOPS** Free child watch is available 9:15 a.m. to 12:00 p.m. MOPS meets the 1st and 3rd Wednesday of the month at Memorial Chapel Church on Fort Campbell. Contact Tina Venditti at (270) 439-2234.

**SPRING CREEK BAPTIST CHURCH MOPS** Meets at Spring Creek Baptist Church at 2760 Trenton Road on the 1st and 3rd Thursday of the month from September to May. Meetings are from 9:30 a.m. to 12:00 p.m. and childcare is provided. Call (931) 647-5850 or email [mops@springcreekbaptistchurch.org](mailto:mops@springcreekbaptistchurch.org).

## 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: [groups.yahoo.com/group/tnSHARE/](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.

## Fundraiser Nights are in full swing at Chick-fil-A on Madison St.!

- Tue. 4/14: Moore Magnet 3-8pm
- Fri. 4/17: The Dance Force 5-8pm
- Tues. 4/21: East Montgomery 5-8pm
- Wed. 4/22: St. Mary's Catholic 5-8pm
- Thur. 4/23: Clarksville Christian 5-8pm
- Tues. 4/28: Norman Smith 5-8pm
- Thur 4/30: Barksdale 5-8pm



Trays at

To order, please call 24 hours in advance.

Telephone 931-648-4468 • Fax 931-648-4014  
Order Online: [www.chick-fil-a.com/madisonstreet](http://www.chick-fil-a.com/madisonstreet)



## Learning through play...

multiplication



division

depth  
perception



cause & effect



botany

## The Montessori way.

What did your child learn today?

## Now enrolling for Fall!



Private School for  
Toddlers thru 1st Grade  
**931-905-0045**

1220 Madison St.

(across from McReynolds - Nave & Larson Funeral Home)

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

## 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, Thursday and Friday from 10:00 a.m. to 2:00 p.m. or by appointment. 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

The Iron Knights Youth Wrestling Club is starting registration this month. The wrestling club is open to all boys and girls starting at age 4. Our season runs from November through April. The entire family can get involved as we are always looking for volunteer coaches. For more information contact Jamie at (931) 233-9091, e-mail [eventscoordinator@myironknights.com](mailto:eventscoordinator@myironknights.com), or visit us at [www.myironknights.com](http://www.myironknights.com).

### YOUTH WRESTLING PROGRAM

The Hawks wrestling club will be taking registrations for boys and girls ages 7 through 14 years old (Elementary - Middle school) starting in November 2009. Space will be limited. Our season will run from November 2009 through March 2010. We are also looking for experienced volunteer wrestling coaches and coordinators. For more information, please contact wrestling coach Rafael Gonzalez at (931) 320-8042 or e-mail at [taniagon@charter.net](mailto:taniagon@charter.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, baby moon 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 MEDICAL CENTER

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 Liberty Rooms at 7:00 p.m. (931) 502-1180.

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 3rd floor classroom at 10:00 a.m. (931) 502-1180.

### 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.

### 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 3rd floor classroom of Gateway Medical Center. Cost for the class is \$15 (\$25 if you wish to receive The Nursing Mother's Companion book). (931) 502-1180.

## 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 COUNTY CHILD CARE PROVIDERS BY AREA

At the following links you will find individual child care providers, 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.

## Clarksville-Montgomery County Public Library 350 Pageant Lane • (931) 648-8826 • [www.clarksville.org](http://www.clarksville.org)

*Our Foster Grandmother, "Grandma Louise" is in the Children's Library most Mondays to Thursdays to do crafts with the children and, most importantly, give hugs!*

### BABY AND ME LAP SIT

Infants up to 18 months will enjoy this program. It brings parents and infants together in the library and offers them an opportunity to enjoy a special sharing time together. Infants sit on their parent's lap and interact with them while enjoying songs, finger plays, and books designed with babies in mind. No older children in this program please. Thursdays, April 2nd & 9th @ 9:30 a.m.

### BUSY BEE'S

Designed for parents or caregivers and their children from 18 months through three years old, to be an interactive program for parent and child. It is important that the child stay on their parent's lap, or cuddle near them during the program. Books with brightly

colored pictures, songs, finger plays, and music are used to make this time as rewarding and instructive as possible. No older or younger children in this program please. Monday, April 6 @ 9:30 a.m.

### FAMILY STORY TIME

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. For all ages. Tuesday, April 7th @ 9:30 a.m.

### FANCY NANCY PROGRAM

For school age children. Wednesday, April 1 @ 2:00 p.m.

### FOUR PAWS FOR READING

With Tender Paws Association. Come read with a specially trained therapy dog. Saturday, April 11th @ 1:00 p.m.

### JUST FOR ME STORY TIME

Designed for children 4 and 5 years old. Incorporating music and movement as well as offering

### LEGAL AID SOCIETY

At 120 Franklin Street, provides free legal advice and representation to eligible clients. (931) 552-6666 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.mtbsa.org](http://www.mtbsa.org).

### GIRL SCOUTS OF THE USA

1300 Madison Street, (931) 648-1060 or [www.girlscouts.org](http://www.girlscouts.org).

## COMMUNITY OUTREACH

**ALL NATIONS BIBLICAL STUDY CENTER**  
Offers tuition-free Bible courses to the community. Spring Semester 2009 lasts through April 30 and registration is currently open. Course titles include The General Epistles of the New Testament, Biblical Backgrounds Seminar, Understanding the Parables of Jesus, Koine Greek II and Biblical Hebrew II. Classes meet for 1-1/2 hours weekly. Six Online audio and video courses are also offered. Visit [www.studythescriptures.net](http://www.studythescriptures.net) or call (931) 648-8844 for more information, class schedules, and to register.

### AFSU 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.

#### COMMUNITY SCHOOL OF THE ARTS AT APSU

Provides lessons and classes in music and the visual arts for the general community. From Kindermusik classes for infants and toddlers, through lessons and performing ensembles for school-age students, and continuing with adult classes in photography, ceramics, and piano, the CSA strives to serve community members of all ages and ability levels with high quality year-round instruction in the arts. For information contact JoAnn McIntosh at (931) 221-7508 or [csa@apsu.edu](mailto:csa@apsu.edu), or visit our website at [www.csa.apsu.edu](http://www.csa.apsu.edu).

#### 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](mailto:relocation@fortcampbellmwr.com) or [www.fortcampbellmwr.com/ACS/FamilyReadiness.htm](http://www.fortcampbellmwr.com/ACS/FamilyReadiness.htm).

#### CRISIS CALL LINE

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

#### HOPE CENTER

A community service branch of the Family Guidance Training Institute, Inc., provides a number of community activities to include

summer camps for seriously emotionally disturbed children, S.T.E.P. into the Light, a woman's holistic wellness group, Woman's Share community, M.A.L.E. (Men Accessing Life Empowerment), and Tutoring to Success, a tutoring program for seriously emotionally disturbed children. The Hope Center also offers a multitude of workshops for community organizations. For further information regarding our programs, please contact Julee S. Poole, Ph.D., Program Director at (931) 431-7580 or [juleespoolephd@aol.com](mailto:juleespoolephd@aol.com).

#### HOSPICE OF GATEWAY

Interdisciplinary care for terminal patients and families. (931) 502-3600.

#### 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 12:00 p.m. 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.

#### THE QUEST FOR AUTHENTIC MANHOOD

Meets Wednesdays 6:00 a.m. to 7:30 a.m. at Highland Ridge, 1601 Old Russellville Pike. The Quest Men's Fraternity is a 24-session study that focuses on the primary issues that shape a man's life. We explore in depth the biblical concept of manhood, and finally provide practical building blocks for any man to use to construct himself a nobler, more satisfying manhood. Contact Ryan Bosler at (931) 801-8562 for more information.

#### RADICAL MISSION

Meets Tuesdays and Thursdays from 10:00 a.m. to 3:00 p.m. at Clarksville First Church of the Nazarene, 150 Richview Road. A Compassionate Ministry Center, founded by Clarksville First Church of the Nazarene, seeks to creatively address issues of suffering and brokenness particularly pertaining to poverty and basic human needs. We provide food, furniture, clothing, financial counseling, assistance with utilities and friendship. For more information contact Pastor Brett Smith or Emmen Chapman at (931) 648-0110.

#### 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.

#### VETERANS UPWARD BOUND

Provides free educational services to veterans who are planning to enroll in college or technical school, or to take the GED Exam. The program is funded by a grant from the U.S. Department of Education as a TRIO project. VUB provides veterans with free academic and counseling services to assure they are ready to succeed in their educational pursuits. Outprocessing military and discharged veterans may be eligible to receive services. For further information, please contact Makeba Webb at (931) 221-7601 or at [webbm@apsu.edu](mailto:webbm@apsu.edu). You can also visit our website at [www.apsu.edu/VUB/](http://www.apsu.edu/VUB/).

#### CONSELING, SUBSTANCE ABUSE & MENTAL HEALTH ASPERGER/AUTISM CENTER

Part of the Family Guidance Training Institute, 800 Tiny Town Road, serves children and adolescents with Asperger and Autism Disorders. The professionals at the Asperger/Autism Center recognize the special qualities these children exhibit and work to enhance their social, emotional, and communication abilities with others. Services include: individual counseling, group counseling, family education and counseling, and psychiatric services. For further information regarding our programs, please contact Julee S. Poole, Ph.D., Program Director at (931) 431-7580 or [juleespoolephd@aol.com](mailto:juleespoolephd@aol.com).

#### BRADFORD HEALTH SERVICES

Bradford Health Services at 231 Dunbar Cave Road, Suite A, creates effective and affordable substance abuse programs through a variety of innovative services. (931) 542-9816.

#### CELEBRATE RECOVERY

7:00 p.m. to 9:00 p.m. every Friday at Fellowship Hall of Clarksville First Church of the Nazarene, 150 Richview Road. A Christ-centered 12 step recovery program for people with hurts, habits, and hang ups. This ministry provides a safe place to share, a place of belonging, a refuge, a place to grow and become strong again...a possible turning point in your life! Come enjoy fellowship and food, praise and worship, teaching and testimonies, then meet in men's and women's share groups. Childcare is available for ages 10 and younger. For more info contact Pastor Brett at (931) 648-0110 or visit [www.clarksvillefirst.com](http://www.clarksvillefirst.com).

#### CENTERSTONE

810 Greenwood Avenue, (931) 920-7330.

#### CENTERSTONE ASSOCIATES

1820 Memorial Circle, (931) 920-7300.

#### CENTERSTONE AT GATEWAY

Crisis Walk-In Center, Gateway Medical Center at 651 Dunlop Lane, (931) 502-2025.

#### CENTERSTONE

511 Eighth Street, (931) 920-7200.

#### FAMILY CENTERED SERVICES

901 Martin Street, (931) 503-4600.

#### THE FAMILY GUIDANCE TRAINING INSTITUTE, INC.

800 Tiny Town Road. Committed to positively impacting the lives of our community's children, youth and their families. We recognize the enormity and diversity of need in our community and have responded with a variety of programs that range from prevention and development, to early intervention, to reduction of recidivism. Family Guidance Training Institute, Inc. is a 501c3 licensed community mental health center and alcohol and treatment facility. Providers at the center offer quality, private, compassionate services to persons who seek emotional wellness. Therapeutic and psychiatric services include: assessments, individual counseling, marriage and family counseling, group counseling, supervised visitation, mental health case management, and alcohol and drug treatment and education services. For further information regarding our programs please contact Julee S. Poole, Ph.D., Program Director at (931) 431-7580 or [juleespoolephd@aol.com](mailto:juleespoolephd@aol.com).

## HEAD START ACCEPTING APPLICATIONS FOR 2009-2010 SCHOOL YEAR

Clarksville/Montgomery County Community Action Agency Head Start is accepting applications for the 2009-2010 school year. Give your child a Head Start!

Wednesday, **April 8** from 10:00 a.m. to 3:00 p.m. at **Montgomery County Public Library**, 350 Pageant Lane

Monday, **April 13** from 1:00 p.m. to 6:00 p.m. at **New Providence Head Start Center**, 207 Oak Street, (931) 648-4220

Wednesday, **April 15** from 10:00 a.m. to 3:00 p.m. at **Chapala Restaurant**, 1191 Fort Campbell Boulevard

Wednesday, **April 22** from 10:00 a.m. to 3:00 p.m. at **Summit Heights**, Summit Heights Community Center

Tuesday, **April 28** from 1:00 p.m. to 6:00 p.m. at **New Providence Head Start Center**, 207 Oak Street, (931) 648-4220

If your child will be 3 or 4 years old on or before September 30, 2009 and your income meets Federal guidelines, then he/she may qualify for Head Start. Please bring the following information to one of the registration dates listed above (bold information is required) to apply:

- **ALL proof of family income (most recent tax return or pay stub for 12 consecutive months prior to application date)**
- **Your child's birth certificate**
- **Proof of receipt of Families First and/or food stamps, if received in the last 12 months**
- Your child's current physical and dental exam records (meaning exam occurred within the last 12 months) \*\*Extra points will be given for current physical, dental and immunization cards at the time of registration.
- Your child's Social Security card
- Your child's health insurance card
- Your child's yellow Tennessee Immunization certificate
- Proof of your child's Learning disability (i.e. IEP, IFSP or psychological evaluation)

The selection process for the 2009-2010 school year will begin in July, 2009. The school year will begin in August.

Once again, I thank you for your interest and ask you to encourage other families to explore the many opportunities available in the CMCAA Head Start program for child and family development. If you have any questions regarding the registration process, please contact the Head Start administration offices at (931) 648-5774.

**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.

**LIFESOLUTIONS - ASPIRE & JOBLINK**  
611 Eighth Street, (931) 920-7210.

**LIFESOLUTIONS - RECONNECT**  
1840 Memorial Drive, (931) 505-0933.

**MENTAL HEALTH COOPERATIVE**  
Provides evidence-based services including: Child & Family Counseling, Child Psychiatry and Community Based Case-Management to children and adolescents with emotional/behavioral challenges. Case managers assist families in their homes with parenting and behavior management in addition to linking them to needed resources in the community. They also work with schools, juvenile court and other professionals as needed. Initial intake assessments are offered within one week and at no cost. MHC welcomes TennCare recipients. Located at 1808 Haynes Street. For more information or to make a referral please call (931) 645-5440 or visit [www.mhc-tn.org](http://www.mhc-tn.org).

**OAK HILL RESIDENTIAL**  
118 Union Street, (931) 647-8257.

**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).

**REGIONAL INTERVENTION PROGRAM**  
404 Pageant Lane, (931) 920-2347 or (931) 920-2348.

**VIVIAN HOUSE**  
125 Vivian Street, (931) 920-7235.

**WEEMS ACADEMY**  
812 Greenwood Avenue, (931) 920-7370.

**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](mailto: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 MONTGOMERY COUNTY MULTIPLE SCLEROSIS SUPPORT GROUP**  
A local support group for Multiple Sclerosis patients, family members and caregivers in the day to day management of M.S. Activities include guest speakers, up to date medical news, advances in finding a cure for M.S., and open forum discussions. Meets the third Tuesday of each month (September through May) at 7:00 p.m. at First Christian Church, 516 Madison Street. For more information call Melba Dowdy at (931) 552-1486 or Mary Nell Wooten at (931) 647-8904.

**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) 502-3800.

**CLARKSVILLE PARENT SUPPORT GROUP**  
At Emmanuel Life Center, 301 Fairview Lane, sponsored by Tennessee Voices for Children, 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.

**FOOD ALLERGY SUPPORT GROUP**  
Do you, a family member, or a friend have food allergies? Would you or someone you know be interested in attending a support group for food allergies right here in Clarksville? Then visit [www.TNFoodAllergies.Web.officelive.com](http://www.TNFoodAllergies.Web.officelive.com) for information and for all your food allergy resources. Or contact Mindy at [TNFoodAllergies@aol.com](mailto:TNFoodAllergies@aol.com) or (931) 561-4800.

**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.

**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).

**PARENTS HELPING PARENTS**  
A bereavement support group for any person who has ever loved and lost a baby or child. You can expect compassion, support and useful information to help you through this time of grief. Held the first Monday of each month from 7:00 p.m. to 9:00 p.m. in classroom 2 off the "A" lobby at Blanchfield Army Community Hospital, Ft. Campbell. The group is open to the community. For directions or information e-mail Sharee at [InfantLossProject@yahoo.com](mailto:InfantLossProject@yahoo.com) or call the chaplain's office at (270) 798-8777.

**TENDERPAWS PET THERAPY**  
Tenderpaws Pet Therapy Group meets at 10:00 a.m. the first Saturday of the month in the Liberty Room of Gateway Medical Center. To have your pet screened call Kathy at (931) 553-8999.

**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 [warrriorsofhope@charter.net](mailto:warrriorsofhope@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).

www.FortCampbellMWR.com Present  
**Budweiser BIG BUCKS Karaoke**  
Big Bucks Karaoke is back!  
Friday Nights  
8pm-Midnight  
Bring your friends and enter the contest.  
FIRST PLACE \$1,000  
2nd place \$300  
3rd place \$200  
Must be 21 to enter

Join In the Open Karaoke prior to contest. This is a 22 week contest - prizes will be awarded in April 2009

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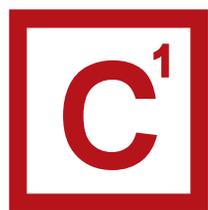
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Win the **ARMY 2009 TITLE** and an **ULTIMATE HOME THEATER PACKAGE**  
Local Winner: \$500 Gift Card and a Seat at the Finals  
On-line Finals:  
1st Place: Ultimate Home Theater with BOSE sound system and Tournament Bracelet  
2nd Place: MacBook Air Laptop  
3rd Place: \$750 Gas Card  
Starts February 5th  
Play Every Thursday - 6:30pm & 9pm  
Sportsman's Lodge  
MWRPROMOTIONS.COM  
Log on for a full list of prizes and event details.

For information 270.798.7535



Many people think they have to be “good enough” to start attending church. We’ve got news for you: Jesus’ death on the cross was cruel, violent, unfair—and it completely paid for all your mistakes. But like any payment, it has to be accepted for it to do any good. So this Easter, accept Jesus’ payment-in-full. You’ll see how He redeems not only your life, but everything in it.



**onechurch**  
exitonechurch.org

**Meets every Sunday at 9:00am & 10:45am**

**at North East High School across from the Great Escape Movie Theatre**

**(931) 802-8ONE**