

July 2009

FREE

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Caroline Pennington, 7, and Team Leader, Michael Hill, 18, join the Chick-fil-A cow for a picnic on the deck of Water Street Events Center overlooking the Cumberland River. July is Cow Appreciation month at Chick-fil-A.

Caroline's parents are Brittney and Todd Pennington; all live in Clarksville (including the cow).

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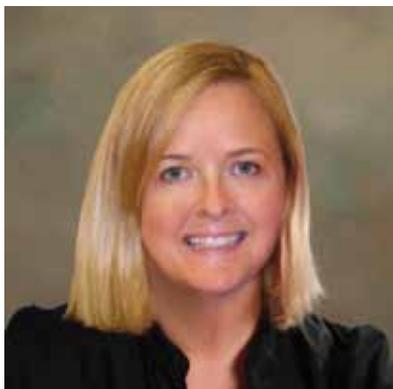


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# Publisher's Message

Well, readers, I know I don't have to remind any of you that summer is finally here. We've already had a couple of different problems with our home air conditioner due to the high humidity and constant heat...it's shaping up to be a long hot summer in Clarksville.



But as hot as it is here, I can barely imagine how hot it must be for our soldiers in the Middle East. As we celebrate another Independence Day, let us all remember their duty and sacrifices to keep America free. Let us also remember all that their families give up back here to let them serve our country. Being born and growing up here, I have long known that the relationship between Clarksville and Fort Campbell is a close one, and we are proud to have the military be part of our extended Clarksville Family.

To explain our cover this month: our longtime friends at Chick-fil-A volunteered to have their famous bovine be in our picture as part of Cow Appreciation Month. Thank you to Water Street for hosting the picnic and to Chick-fil-A for the picture and their longtime support of Clarksville Family magazine through their continued advertising. (For the record, one of their peach milkshakes does wonders to fight the heat out there!)

We have another wonderful issue of articles on everything from child safety, to healthy breakfast choices to a preview of the Riverfest Regatta cardboard boat race. There are also a couple of articles with great financial advice, and the Edmondsons give us all some wise pointers about marriage.

We hope you enjoy the issue. Stay safe and cool!

Sincerely,  
Carla Lavergne

## Clarksville Family

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

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**Special Thanks**  
Paul and Paula

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## RIVERFEST CARDBOARD REGATTA RACE PREVIEW

by Brittney Staggs Tranberg

Watching the launch of home-made boats constructed out of cardboard and duct tape from the McGregor Park boat ramp is all part of the fun at the annual Riverfest celebration in Clarksville.

In this year's Riverfest Regatta, scheduled for Saturday, September 12, paddling participants will try to keep their boats afloat long enough to finish the 100-yard course on the Cumberland River ahead of their competitors.

According to event director Kevin Cowling, the third year of the Regatta should have a record turnout. In 2008, the race grew to 26 participating teams from 18 in 2007.

Actus Lend Lease, Saturn of Clarksville, Gateway Christian, Clarksville Civitan, the Clarksville City Council and local families entered teams last year. Cowling said that some organizations use the Regatta as a team-building exercise. "The teamwork required to

build a boat from scratch and keep it from sinking is a great way to promote camaraderie among group members."



Prizes are awarded to first, second and third-place teams in each division, including Adult Open, Adult/Youth, Business and Industry, Church/Civic Organization

and Military. All boats will be judged on looks prior to the actual races beginning. And just like the event itself, the award categories are quite unique.

The Ship Shape Award goes to the most creatively designed boat. "Your imagination is your limitation when it comes to design," said Cowling. He's eager to see what participants come up with this year. Last

year's boats included kayaks, pontoons, tug boats and even Viking boats.

The Cardboard Queen Award goes to the prettiest boat, the Team Unity Award to the most spirited and

organized team, and the Team Attire Award to the team with the most creative costumes. But perhaps the most unusual award is the Titanic Award, which goes to the team that displays the most spectacular sinking of its vessel. Not all of the boats are expected to make it to the finish line, and that's half the fun — especially for the spectators. All awards will be announced and presented at the close of the event.

The entry fee for individuals is \$15 per boat and \$25 for businesses, churches and civic organizations. For a complete list



of rules, an official entry form and a list of the 2008 Riverfest Regatta winners with pictures, visit [www.clarksvilleriverfest.com](http://www.clarksvilleriverfest.com). Entry forms are also available at the City of Clarksville Parks and Recreation Office, 102 Public Square.

The Regatta race is just one of many exciting events scheduled for the 2009 Riverfest celebration, September 11-12. Mark your calendars so you can join us!





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## Keeping Our Children Safe In Crowded Places, In the Front Yard and Other Places Out of Sight

by Pamela Magrans

In the summer months, many parents venture out to amusement parks, festivals and other crowded places where children can easily become lost. If you have not felt the bone chilling fear of losing your child for even a few minutes, you are among the lucky few. Most parents have at some time looked around to find their child not where they last saw them. This usually gets remedied quickly as the parent yells loudly and the child comes running back. However, the thought of a truly missing child is a parent's worst nightmare.

Whether it is a child hiding underneath a clothes rack at a store, or a child who wandered off while at the supermarket — losing a child, even for a few minutes, can cause distress for both parent and child unrivaled by any other parenting experience.

### In crowded places...

According to a recent nationwide poll, parents report seven out of 10 children get temporarily lost at least once in their lifetime, affecting 90 percent of families. If it hasn't happened to your family yet, chances are pretty good that eventually it will.

An October 2002 report published by the U.S. Department of Justice stated that every year approximately 374,700 children are temporarily separated from their caretakers for at least one hour. That translates to 1,025 temporarily lost children each day!

In crowded places, it is especially easy for a child to become separated from a caregiver. A report from a consumer research company Intimetrix noted that over 12 months, more than 27 percent of all families visiting an amusement park lost one of their children while there. That translates to one out of every three kids, and that is not surprising. With all the distractions that are present at an amusement park it is all too easy for a child to wander away.

Most amusement parks offer I.D. wristbands for children. The parent can write their cell phone number on the wristband. That way the child has a wristband identifying them and the necessary phone number should they get lost. Even if your child has your cell phone memorized that does not confirm that they will remember it in a scary moment of being separated from you.

Some amusement parks have "Lost Parents" tents or some other designated area for a lost child to seek help. It is usually easily visible to the child and is staffed with an employee who will take care of the child until the parents show up to claim them. If you are at an amusement park this summer, be sure to point out these locations to your child.

It is always a good idea to dress your child in bright colored clothing when you plan to be in a crowded place. Doing so will help you see them in the crowd. Likewise, talk to your child about the importance of staying close to you. Identify a meeting place should you become separated. Talk to your child about this possibility so they will not panic if they become lost.

### What YOUR CHILD should do if he/she gets lost:

1. Tell your child to "stay put." The parents will retrace their steps to find the child, but if the child has wandered far away from where they last were with the parent, then the separation may last longer than it should.

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2. Teach your child to call your real name. If your lost child screams out "Mommy" that will not help authorities find you. Several children calling "Mommy" at the same time can be hard to distinguish, but if someone calls "Pamela" that will resonate more, plus it will be clear to onlookers who the child is searching for.
3. If your child abides by the previous statements and still does not find you then your child should ask another mom for help. Tell your child to look for another mom with children. Statistically mothers generally take more time to help a child. Often men are afraid to help in fear they will be targeted as a predator. Asking a mom for help is the best choice for a lost child.

**What YOU should do if your child gets lost:**

1. Stay calm. Most lost children are reunited with their parents within 1 hour. Try not to panic.
2. Go back to where you last saw your child. Retrace your steps.

3. Notify the authorities. Be able to provide a recent photo and tell them what your child was wearing.
4. When you are reunited with your child do not punish them or yell at them. Celebrate being together again and praise them for any positive action they took that contributed to the reunion. Once the frenzy is over calmly explain what mistakes they may have made that led to the separation. Yelling at a young child for getting lost may instill uncertainty and confusion. Next time they get lost the child might hide from you rather than seek help.
5. Keep in mind that children sometimes wander away. It is not the result of bad parenting or a bad child. Take the necessary steps to try to prevent the situation. Talk to your child so that a plan is in place.

**The outside vs. inside debate**

We all know that kids need to be outside. That presents some challenges for the cautious parents. How do we find balance between keeping our child safe and in our view and giving them independence in their play? When is your

son old enough to venture out of your view on his bicycle? When is your daughter old enough to walk alone to a friend's house? These questions are unique to each child and depend on many factors. It is a challenging case to balance letting our children play and be safe, in or out of our sight.

Recently I watched a television commercial for a local pizza place. It is a place I've visited many times with my children. You know the place, it's "where a kid can be a kid." The commercial shows two mothers strategically placed at a window and near a bush, each with a walkie-talkie. The mothers appear to be spying on their own children, who are shown playing outside on a play set. The kids in the commercial appear perfectly happy playing outside. Yet, one of the mothers speaks into the walkie-talkie to the other mother, "I have a better plan..." Then the setting shifts to the indoor playground of the pizza place. Instead of playing outside the kids are sliding coins in mechanical games and eating their fill of pizza.

The commercial plays on a parent's fear of a child's safety. The mothers

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appear restless letting the children play outside. The better choice appears to be to take the children indoors where their safety is ensured by the "kid check ID stamps." I have several complaints about the message of this commercial, but nonetheless, it does depict a valid parental struggle — that of keeping our children safe while they play out of our sight.

But should we really favor inside play areas over outside free play? The key to keeping our child safe when they play outside is teaching them about stranger danger.

### Stranger Danger

The most frightening case of a missing child is the possibility that they have been kidnapped by a stranger. However, while stranger abduction is the most frightening missing child situation, it is by far NOT the most common reason a child goes missing. Most times a child is missing it is due to the fact that the child has momentarily wandered away. There are many child abduction cases where a parent or family member abducted the child, but in the vast majority of those cases, the child is not in any physical danger. Even more common is the case of teenage runaways.

According to the U.S. Office of Juvenile Justice and Delinquency Prevention around 115 children per year nationwide are kidnapped by strangers and not returned to their families. We cannot barricade our children indoors out of parental fear, but this statistic is a warning call to parents to talk openly to our children about this very real danger.

As rare as it may be we must prepare our children so that they will not fall victim to any "stranger tricks" that may result in child abduction. This is a scary but rare situation that parents cannot ignore.

According to the book *Abducted Dreams* by David Almeida, PI, the National Center for Missing and Exploited Children examined 403 attempted kidnappings by strangers (or slight acquaintances) that were reported during February 2005 and July 2006. The goal of the study was to learn how an abductor's attempts were foiled. The study revealed that six in 10 children ran away before any physical contact occurred between the child and the abductor. Ten percent were saved when a nearby adult intervened.

What can we as parents learn from those two statistics? It is important that we teach our children how to be safe when they are out of our view. This means we must openly talk to them about what they should and should not do in certain situations. Saying "don't talk to strangers" is not enough. To a child that instruction is vague. They need more specific instructions to fully understand.

### Tips to avoid stranger danger: Tell your child to...

1. Do not talk to any stranger, help a stranger, or accept a gift unless a parent is present and says it is okay.
2. Tell a parent if someone makes you feel uncomfortable or scared.
3. If a stranger tries to grab you, yell "this person is not my daddy/mother/grandpa, etc.."
4. Run away from danger. Avoid any physical contact with a stranger.
5. Avoid "stranger tricks." Talk to your child about "what if" scenarios and role-play with them, so they are aware of the many "tricks" a perpetrator might use.
6. If the child is ever followed by a vehicle tell them to run away from it in the opposite direction.

7. If a stranger tries to grab them, tell your child to scream, kick, and yell. Being safe is more important than being polite.

There are some parents who don't agree with fear-based lessons. But my parental experience has developed a theory: a little bit of fear is a good thing. It is fear that keeps my children from plunging their arm elbow deep into the bonfire in their grandparent's back yard. If we shield our children from all fear, then we build in them a naive sense of security that may someday be equally harmful.

Of course we all want our children to feel safe and secure. We do not want them to be paralyzed by fear to the point that they cannot thrive, grow and play outside. Our challenge as parents is to create balance between our child's sense of security and their physical safety.

Our children's safety can be maintained by open communication with them. Talk to your children about what to do if they become lost. Talk to your child about avoiding strangers. They should realize that strangers can present a real danger.

For some useful books, games, coloring sheets and more to help you talk to your child about safety, visit the websites below. View the material before sharing it with your child to make sure you agree it is appropriate.

[keepyourchildsafesafe.org/kids\\_page.asp](http://keepyourchildsafesafe.org/kids_page.asp)  
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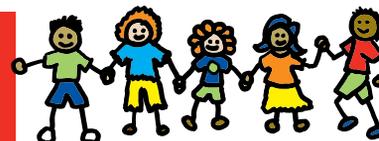
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Managing your finances is a lifelong process. It usually begins with savings — ideally as a child. Once you have a regular income of your own and have started saving on a regular basis, you'll have to decide how to invest the money you are saving.

Investors in their twenties are often advised to put more of their savings in investments that have potential to grow. Even though these investments may carry more risk of loss, a younger person has time to potentially make up any losses they may experience early on. Conversely, those who are investing for more immediate goals are often advised to put more of their savings in fixed income investments. These may not grow as fast but are less likely to lose money.

**Strategies For Common Life Events**

Everyone lives their lives differently, and everyone has complicated emotions about money, so investment decisions are highly personal and unique to each individual. Nonetheless, throughout their lives, most investors face some similar situations. Where are you in the cycle? The following are examples of common life events and some things you might consider when making investment decisions.

*Your first full-time job*

- Start a savings account to build a cash reserve.
- Start a retirement fund and make regular monthly contributions, no matter how small.

*Marriage*

- Examine your joint investment contributions and allocations, taking into account your combined income and expenses.
- Consider opening a short-term investment account specifically to help fund your down payment on your home and pay closing and moving costs.

*Children*

- If you don't yet have life insurance, now's the time.
- Start a college savings fund.

*New job*

- Review your investment strategy and asset allocation to accommodate a new salary and a different benefits package.
- Consider rolling over your previous company's 401(k) plan into your new employer's plan or a Rollover IRA.

*Within 10 years of retirement*

- Review your retirement fund asset allocation to accommodate the shorter time frame for your investments.

- Increase savings for retirement.

*Retirement*

- Study your distribution options to enhance assets and tax benefits.
- Reallocate your investments to provide the income you need while still potentially offering some growth in capital to help beat inflation and fund your later years.

For more help at every stage of your financial life cycle, talk to your financial professional.



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# Beauty Begins from Within

by Natalie Finney, Aesthetician, Bella Medical Spa

Beauty

Not only do we have to protect and preserve our skin from the outside using sunscreen and proper skin care but our systems on the inside need just as much attention. You have to think of yourself as a whole package. Sunlight, smoke, air pollution and alcohol all cause oxidative stress that can lead to a weaker immune system, premature aging and even damaged DNA. Oxygen-free radicals damage cells and are partly responsible for aging in tissues and organs. I think of them as little Pac Men eating away at your skin. Antioxidants and polyphenols combat these effects by neutralizing free radicals and preventing oxidative stress.

At Bella we have began using a state of the art product, called EIRO, to protect our bodies from these free radicals. EIRO is a great tasting, highly effective superantioxidant nutraceutical made with a proprietary blend of five whole superfruit purees, including a first-to-market superfruit.

Each superfruit in EIRO was selected for its high content of key antioxidants and polyphenols. Each superfruit is present in meaningful amounts; ensuring key nutrients are delivered to the body. EIRO is formulated with whole fruit purees and doesn't contain any extracts, freeze-dried ingredients or added sugars. While some extracts provide important benefits in targeted situations, researches believe that when it comes to nutrition, the best approach is to use a whole food strategy wherever and whenever possible.

EIRO contains some of the highest levels of antioxidants, properly formulated using five whole fruit purees, resulting in the most effective superantioxidant nutraceutical available.

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For more information on Eiro contact Natalie at [Natalie@Bellamedspa.com](mailto:Natalie@Bellamedspa.com), call (931) 245-0500 or visit [www.bella.ieiro.com](http://www.bella.ieiro.com).



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# It's the 4th of July, Chester!

by Brenda Hunley



"Chester, wake up! It's July 4th!" Boomer squeaked into Chester's ear.

"What?" Chester asked, wiping the sleep from his eyes.

"Remember last year? We had a picnic, we played games, and then when it was dark there was a big noise, and then the pretty colors! Do you remember?" said Boomer, excitedly bouncing around Chester's bedroom.

"I remember..." mumbled Chester rolling over and hiding his head under a leaf.

"Chester, Chesssster, Cheeeeeeeeeessstttttrrrr!" Boomer yelled.

"I'm up!" Chester barked.

"Knock, knock!" said a voice from the outside of Chester's front door. "SIGH, why can't I ever sleep in, even just a little?" Chester muttered while walking toward the door.

As Chester opened the door, Lily buzzed around the corner and into his front room.

"Good morning, Chester!" she said. "Your Mom told me to tell you she is making a picnic lunch for us, and your dad has sparklers, and..."

"OOOH!" interrupted Boomer. "What is a sparkler?"

Chester yawned. Why was everyone in his house so early in the morning?

"It's a stick that sparkles when you light it with fire," Dart replied as he flew in the front door; landing in front of the group. Dart explained how all fireworks need a spark of fire, that's what makes them explode and have all the colors.

"Then I don't think that is a good idea," Chester said shaking his head.

"What! Why not?" Lily asked.

"If it has to do with fire, I don't want anything to do with it. Fire scares me," Chester said folding his arms across his chest.

"First off, your dad doesn't HAVE sparklers; he said he knew there would be lots of sparklers tonight," Dart corrected Lily.

"Can't we just watch? We don't have to touch them do we?" Lily asked.

"No, we don't, we are only going to watch the skies, just like last year," Dart replied.

"Can we talk about what we are going to do today?" Chester asked his friends.

Once everyone settled down it was decided they would go on a scavenger hunt for supplies they could use while watching the fireworks. The group split up and agreed to meet at Chester's parents' tree for dinner. Boomer and Lily went to look for some soft leaves to lie on, while Dart and Chester went to hunt some snacks for them to eat.

"I know where to find some good fuzzy ones!" Lily said.

"I'm right behind you!" said Boomer as he followed Lily down into the woods.

Meanwhile, Chester and Dart were gathering berries off some bushes when they heard some whispering. Dart motioned for Chester to join him under the bush so they could watch and listen.

"Do you think anyone saw us?" a voice said.

"No, did you get some firecrackers?" said another.

"I sure did!"

"I watched my brother light some like these last year."

"Let me see!"

Chester could see three boys scrunched down under some trees. Dart motioned to Chester that he was going to get a closer look. Dart backed out from under the bush and flew up into a nearby tree. He then waved to Chester to come join him.

Once Chester was high up in the tree with Dart he could see a little better. The boys now had some smoke around them and little sparks of fire could be seen as they threw little white papers down on a rock.

"That's fire they are playing with, isn't it?" Chester whispered to Dart.

"Yes, they are using it to light the fireworks," Dart said shaking his head back and forth.

"I thought humans were smarter than us. What can we do to stop this before the woods catch on fire?" Chester asked.

"I'm going to go find the Ranger," Dart said.

"How will he know to follow you?"

"I will bug him until he understands," Dart said as he flew up into the sky.

Chester sat in the tree hidden by leaves as he watched and listened to the boys pop fireworks. He wondered how no one could hear them as there were people on the trails and the golf course today.

Soon the boys grew tired of the popping and started pulling out what looked like sticks and lighting them. The thing on the end of the stick would shoot up into the air, followed by a little trail of smoke. Then a few minutes later a little parachute would float down to the ground. This was scary for Chester as sometimes they would shoot right up into the tree where Chester was hiding.

Chester climbed down the tree a ways so he could see when Dart was coming. It wasn't long before Chester saw Dart and then the Ranger climbing up through the underbrush. Dart flew to Chester, and waited to see what would happen next. The boys were laughing and talking so much that they didn't hear the Ranger until he was right behind them.

"BOYS!" the Ranger thundered.

All three jumped back, desperately trying to hide the fireworks behind them.

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"We aren't doing anything officer," one of them stammered.

"Seems to me you were shooting off fireworks. That is illegal here in the park. Let's gather all this up and walk it back down to my office. Then I have some phone calls to make to your parents."

The boys obeyed the officer and gathered up all the trash and the rest of the fireworks and sheepishly started to make their way down the trail to the Ranger station. As the Ranger passed by he looked up to see Dart and Chester. With a smile and a wave he mouthed a "thank you" to them. Chester was thrilled. He had never had a human talk to him before.

"Dart, you are a hero today," Chester said giving Dart a high five.

"We both helped save the park today, Chester," Dart said. "Now let's finish gathering so we can go eat, I'm hungry!"

Boomer and Lily were helping Mom chipmunk get dinner together when Dart and Chester arrived. They were putting the finishing touches on a strawberry cake.

"Yummy!" Dart said cocking his head from left to right.

"I helped with the frosting!" Boomer said.

"What did you guys find?" Lily asked.

"We found some marshmallows and graham crackers that someone left behind at a campsite," Dart said as he and Chester set the supplies next to the tree.

"I found lots of nuts and berries," Chester said.

As the friends and family sat down to eat, Chester sniffed the air.

"Everything smells so good!" he said, whiskers twitching.

"There is something here for everyone!" Dad chipmunk said as he placed a juice pitcher on the table.

As the sun started to fade, the group was still sitting around the table laughing and joking with each other.

"Mom, this was so good!" Chester said giving her a big hug.

"Glad you liked it, does anyone want cake?" she replied.

Everyone agreed that cake was a great idea. Once the cake had been eaten, and clean up was finished, the friends were ready to lie back and watch some color fill the night sky.

The leaves that Boomer and Lily found were so very comfortable, and smelled so good, Chester was afraid he might go to sleep before all the fun started.

"Dart, do you think we should say anything to everyone about what happened while we were out today?" Chester asked as he sat down next to his friend.

"No, let's just have fun tonight."

"What are you two talking about?" Chester's dad asked.

"Oh, just the adventure Dart and I had today! We got to see the Ranger in action!" Chester gushed.

"That's nice," Dad chipmunk said as he stretched out on some leaves.

"OH! I see one!" Boomer shouted. "Look!"

Crackle!

Pop!

Fizz! Pffffff!

Pow! Bang! BOOM!

As the sky exploded with color the group sat together beside the lake and pointed out their favorite fireworks to each other. It was a great ending to another fun holiday.



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## The Benefits of a Healthy Breakfast

by Amy Freeman, Clinical Dietitian, RD, LD, CNSD

Your mother always told you that a healthy breakfast was the best way to start your day. Based on Harvard Medical School research, she was right. It has been confirmed that regular breakfast-eaters tend to weigh less, consume more vitamins, have lower cholesterol and have better morning-time concentration than those who skip breakfast on a regular basis. The key to breakfast is choosing healthy options, just like your other meals. Even if you don't like traditional breakfast foods, there are other options that provide the needed nutrients without a ton of calories.

There are two theories as to why breakfast eaters are usually healthier than breakfast skippers. One theory is that eating breakfast helps control hunger, leading to lower caloric intake throughout the day. Those who eat breakfast aren't as hungry at lunch and can make smarter eating choices for the remainder of the day. However, if you're hungry, a growling stomach may have more influence over meal decisions than personal willpower.

Also, those who eat breakfast maintain a more steady level of blood sugar throughout the day. Without breakfast, blood sugar levels may drop leading to a loss of concentration or poor memory. That lack of concentration could also sabotage personal goals of choosing healthy food options.

The second theory as to why breakfast eaters are healthier is that people who plan what they will eat for breakfast are also more likely to plan other meals. Planning meals ahead of time makes choosing healthy food easier. Without meal plans, a hunger attack could derail even the best of intentions. Cravings for unhealthy foods will not have as much control over someone who has planned ahead to eat healthy foods.

To make breakfast a beneficial meal, it must provide energy, a feeling of fullness and essential vitamins and nutrients. Otherwise, you will experience the same problems as the breakfast-skippers. Healthy breakfast options should contain fiber and protein to achieve a sensation of

fullness, without containing too many calories. Breakfast does not have to be a bowl of cereal with cold milk. For the breakfast lover, foods such as eggs, fruit, dairy and oatmeal are good options. Other options are an English muffin egg sandwich, a veggie omelet, salmon on a whole-grain bagel, a fruit smoothie or a hard-boiled egg. Trying different menu items will keep breakfast interesting and hopefully make it a habit.

For those people who dislike breakfast foods, there are options beyond the traditional eggs and bacon combination. Try leftover low-fat veggie pizza, fresh fruit, yogurt, a breakfast taco with beans and salsa or cheese and whole-wheat crackers. Disliking breakfast foods does not have to derail your plans to make healthy food choices.

Breakfast not only helps get your day started, but it provides an opportunity to introduce needed vitamins and

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Amy Freeman is the Chief Clinical Dietitian at Gateway Medical Center. She is a Certified Nutrition Support Dietitian, specializing in enteral and parenteral nutrition. Amy is the president-elect for the Middle Tennessee Society for Parenteral and Enteral Nutrition and has co-authored and co-edited numerous publications for the American Society for Parenteral and Enteral Nutrition (ASPEN). Amy is currently working on an on-line enteral nutrition management tutorial for ASPEN.

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by Jennifer Overby Mead

A day has not gone by in recent months that someone didn't ask me some sort of question regarding the President's new American Recovery and Reinvestment Act of 2009 and the \$8,000 Tax Credit for First Time Homebuyers. Please allow me to start with a "disclaimer" as I like to tell my clients... While I am not a tax professional and I personally rely on my own accountant to keep me on the straight and narrow, I have done countless hours of research regarding this topic. Please use my information as a personal opinion on how the Recovery Act might affect your future home purchase and confirm all of the information you have read or been given with your tax advisor first.

Some might call me a pessimist because I can find fault in most things, even an \$8,000 dollar tax credit; however I like to call myself a realist. Very few things in life are just handed to us with no strings attached and this Bill is one of them. Here are some of the highlights (good and bad) of the First Time Homebuyer Credit for 2009.

- To qualify for the credit, the purchase must be made between January 1, 2009 and November 30, 2009. Buyers may not have owned a home and used it as their primary residence for the past three years to

qualify as a "first time" buyer. They must also live in the house for at least three years, or they will be obligated to pay back the credit. The \$8,000 will not be prorated and must be paid back in full in the tax year you cease to live in the property as your primary residence. The money will be owed even if you lived in the home for 35 months and 28 days. This rule could cause some headaches for military personnel or those who are employed by companies that have the possibility of being transferred to a new area during the first 36 months. This tax credit is so new that the IRS has not issued guidance as to how to pay back the money, but instead just states on their website that they will be issuing guidance in 2009. (Isn't it already 2009?)

- A First-time buyer can claim a credit worth \$8,000 or 10% of the home's purchase price — whichever is less — on their 2008 or 2009 taxes. Keep in mind if you purchase a home under \$80,000 you will not receive the full \$8,000 that everyone is talking about because the 10% rule will come into effect. You do not have to repay this money if you occupy the home as your primary residence for 3 years.

- There are income restrictions: To qualify, buyers must make less than

\$75,000 for singles or \$150,000 for couples. (Higher-income buyers may receive a partial credit.)

- The \$8,000 is a tax credit, which means if you typically owe money on your federal tax returns, you definitely should consult your Tax Professional first before spending your future money. The IRS might just take the money before you ever get to touch it.

- If you currently own a home, but have not occupied it as your primary residence in the last 36 months, you will qualify for the tax credit.

- The new FHA monetization policy states that the tax credit can be used towards the purchase of a new home right now. However, quite a few things I have seen published fail to mention you cannot use the money towards the actual 3.5% down payment required. It can only be used towards any additional down payment beyond the 3.5%, or towards closing costs and discount points to buy your rate down. And not all lenders are participating in this program yet. There will also be a few strict guidelines attached to using your future money for these purposes so don't get too excited about it just yet. Talk to your lender about your specific options.

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• THDA (Tennessee Housing Development Agency) has had in place since April 1st their version of using the tax credit towards your required down payment or closing costs for FHA loans. The interest rate is 0% and is deferred until June 1, 2010, and then will become amortized for 10 years beginning on July 1, 2010 at 1% above your corresponding first mortgage rate. You also have the option to pay this second mortgage in full when you receive your tax credit. With THDA income limits do apply and the State of Tennessee sets the interest rate on the first mortgage.

There are so many different situations regarding this new tax credit that I would not be able to begin to list them all here. These are just some of the most often asked questions I get as a Mortgage Consultant. Please feel free to email me with your specific situation and if I can't answer your questions I can at least refer you to someone who can. My accountant is going to love me (sorry, Tom)! Just keep in mind, don't spend your future money before you actually get it in your hands and enjoy your new home.



Jennifer Overby Mead is the owner of Legacy Mortgage Services, Inc., 329A Warfield Boulevard. She can be reached at (931) 551-8999 or JMead@lms-tn.com.

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## Lessons from a High Dive

by Pamela Roddy Magrans

I tried something new this summer. But it wasn't by choice.

Sometimes we grow where we least expect it — like a seed pushed deep into the dirt by a little finger.

Like many of you I have a pool bag that stays packed all summer. It is a very large bag, deep enough to hold three changes of clothing, two pairs of goggles, bottled water, four huge towels, sunscreen, and countless water toys. The bag usually stays in the laundry room where I can easily restock it with dry items. In the case of a sudden decision to visit one of the local pools I can easily grab the bag and go. It's getting the children covered in sunscreen that is the hardest part of getting out the door on a pool day.

On a recent day I had not planned to visit the pool. I was behind on my cleaning duties and after the children enjoyed a blissful one-hour stroll through the supermarket, we headed home so I could spend the next four hours of daylight cleaning.

But after the groceries were put away, the pleading began. And within minutes I was packing the pool bag with clean towels and the boys and I were heading to the car — bound for the pool — pool passes in hand. I decided to forget the cleaning — I have the rest of my life to clean a house — I do not have forever to watch my children enjoy a summer swim.

### Pool side persuasion...

It was after 3:00 p.m. when we arrived at Swan Lake Pool, when the cost is half price. The crowd was small. Some murky

clouds overhead probably drove some people away. So the result was a perfect situation for us. There were no friends there I knew, no one to talk to, so instead, I climbed in the pool with the boys.

With the lack of friends present in the pool the boys actually wanted to play with me. It was a nice break from tradition. After a few minutes of playing together in the shallow end, the dreaded question came. It was a question I had never considered.

"Mom, will you go off the high dive?"

I paused. This was a defining moment for me.

I've never been off a high dive. Even as a child, I did not like jumping in a pool. I preferred to enter a pool at zero entry, walking slowly in as my body adjusted to the water. I never learned to dive, and so any jump from the side of a pool was always awkward and splashy, not graceful like a dive.

Many times I went to local pools in my hometown of Chattanooga and watched my friends jump from the high dive. But I always held to the side watching. Even though my friends pleaded for me to try it, I never felt compelled to do so. I politely told them, "I don't do high dives." I was not a risk-taker, so I was content to stay by the side and watch my friends jump.

But I am not 10 years old anymore and it was not my childhood girlfriends asking me to do this. It was my blue-eyed son, full of zeal and vitality. He's

my one with no fears, so he would not understand the same excuses I probably gave my girlfriends long ago.

About the time I began to muster up a "No, not today. Maybe another time..." my other son joined in. "Come on, mom. You're not afraid are you?"

How many times have I encouraged them to try something new? Like most mothers, if I kept a list of times I told them not to be afraid, the list would be longer than the spaghetti noodles we ate last night if we tied them end-to-end.

### Excuses and other irrational thoughts...

I tried to think of excuses. Excuse #1: I was not wearing waterproof mascara. Excuse #2: I feared a bathing suit malfunction on the way down (but my sons would not understand that; they've never heard of Janet Jackson). Excuse #3: The water is too cold. Excuse #4: There's no one near the towel to watch my cell phone and the other very valuable "stuff." Excuse #5: Mommy doesn't like heights.

Then it occurred to me that I was rationalizing why I should lie to my children. The real reason I did not want to jump was because I never had. Putting aside any insecurities of looking stupid, the simple fact remained that I was afraid to try something new.

I had no choice here. I was not going to be a hypocrite. I was not going to let my children see me afraid. I would never want them to live a life stunted by fear and today was a small step in modeling that life lesson for them.

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And so we climbed out of the pool and walked side by side dripping to the diving board. My youngest son held my hand as we walked. They had a plan. My oldest was to go first, then me, then my youngest. I think this was a psychological plan to cage me in.

#### A fish out of water...

Once in line, I was the odd one. Amidst children and teenagers, I stood awkwardly, like I didn't belong. The others in line looked over at "the Mom" with a hurried glance and quick smile. Eyes darted my direction as if I were a fish out of water.

I began to consider how many 30-somethings I had seen jump from the high dive. I could only think of one — a friend of mine, also a mother, whose child encouraged her to do the same last summer. I had sat comfortably on my towel and watched her jump — silently fearing my children would ask me to do the same. Last year they had not. But today in the summer of 2009 it was my turn.

#### Cannonballs, pencils and gravity defying mommies...

My oldest child climbed up the ladder and descended cannonball style into the deep end. I climbed the ladder hesitantly, each step taking me to heights that made my stomach feel achy. Once on top of the board I felt loopy walking to the edge. There was nothing but empty space between me and the water below. Gravity was not meant to be defied, I thought.

Looking down at all that water, watching my son swim to the side, I wanted to turn back. For one moment I considered turning around, passing my youngest on the way down the ladder and retreating to my pool side towel. Then I considered the consequences: my children's disappointment and the image forged in their memory of their mother afraid and turning back. I knew if I hesitated too long the fear would be too great.

So just as the thoughts of hesitation repeated themselves I jumped and plunged feet first, pencil like, into the cold water. It was a deep plunge. The water was strong and the water had control of me. For that brief moment I felt lost in all that water, not being able to see the surface. My sense of touch and space was heightened in the absence of sight. The cold water rushed around me as I descended and as quickly as it began I popped up like a balloon to the surface. My eyes and mouth promptly opened as my head bobbed with the rippling water. It had taken only a few seconds for the jump, the descent and the ascension to take place. Suddenly I felt foolish for not having tried it earlier.

My first high dive jump had been swift and triumphant. Safely, there was no bathing suit malfunction. Maybe there was some black mascara smudged under my eyes, but nothing that a strong spirit couldn't simply ignore. I swam to the side and looked back at my six year old as he took his turn.

Once we were on the side my boys hovered around me. We walked together back to the towels. They barraged me with questions "Did you like it?" and "Will you do it again?" I savored their excitement. They had coached me into doing something new and they were proud of me. It's not often that the children are the teachers. It was a nice shift for a summer day.

As for my first high dive, I wouldn't say I liked it, but at least I tried it. That's all I will ever ask of my children in return.

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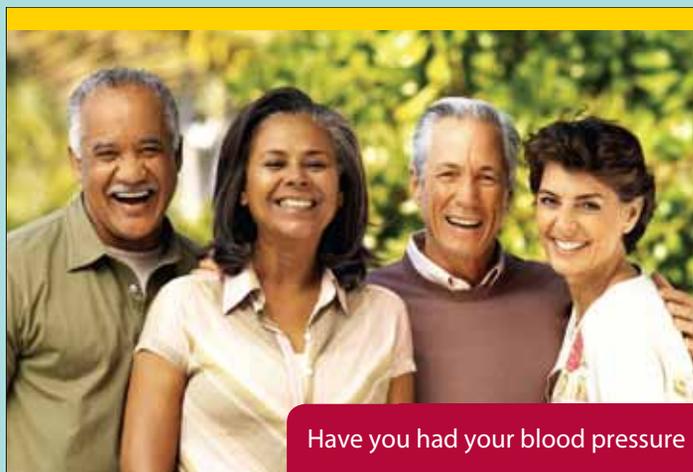
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## The Priority of Marriage

by Kim & Chris Edmondson

Tonight, we have been sitting around our kitchen table with some of our friends. We have laughed, talked about our families and upcoming vacations, and shared about our struggles. We conversed about reality TV marriages and how it seems couples on the tube and around our own community are falling apart. Through multiple deployments and our economy, it is no wonder. Families are struggling and sadly, many of our friends' marriages haven't lasted.

We would like to pass along some of what we talked about around our kitchen table, letting you in on our conversation about love and marriage.

When we begin our marriage, we are filled with hopes and dreams of what the future will hold. When we say "I do" we're ready to give all we've got to make our spouse happy and fulfilled. No challenge is too great; no mountain is too high...

we can conquer anything together. None of us gets married with the hopes of having a broken home and the pain of divorce. However, for fifty percent of couples that is exactly what happens.

Why? Why do marriages fail? What started as "I can't wait to marry her" ends with "I can't wait to sign the papers." What happens during the middle? With the passing of time — the busyness of life and the birth of children — the attention we poured into our spouse during the early years slowly is siphoned into other areas.

Bunko nights, little league baseball, dance rehearsals and nights out with the guys crowd the time we used to spend dating our spouse, talking about our dreams and having those intimate, romantic encounters. We think about our spouse less, conversations are shorter, and time alone is harder to find. The tyranny of the urgent takes over and the

relationship starts coasting. And before we realize it, our marriage is out of gas and stranded on the side of the road.

At this point, our culture says to "Get rid of that old jalopy of a marriage! Time for a trade in! Upgrade!" Society would like us to think that this is the norm and it's okay if a marriage doesn't survive. But God has a different plan. God's plan is a commitment — a covenant that puts Him first, our spouse second, and our children third.

Our spouse — not our children — should be a top priority! Now we know this flies in the face of our culture, but think about it: What do your children need more than anything else? To know that mom and dad love each other and that they aren't going anywhere. There is stability and security.

It is the relationship with our spouse — not our children — that is

# summer fest

Saturday July 18 11 am - 3 pm

Center Court

FREE CRAFTS • BOUNCY HOUSE • GAMES • FACE PAINTING



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We have the power  
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shopping in Clarksville.

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www.clarkvillechamber.com

a covenant, lifelong relationship. The first thing God said about marriage is the priority of the spouse over all other relationships.

This explains why a man leaves his father and mother and is joined to his wife, and the two are united into one.

Genesis 2:24

We raise kids to get them out of the house (and when they leave, we change the locks!), but after those kids are long gone and raising families of their own, mom and dad are still husband and wife.

It seems a paradox, but if you make your kids a priority over your spouse, it is the children who get hurt when the marriage fails. But if you place your spouse first and invest time and energy into the marriage relationship, the children are in a family that is stable and secure.

As our friends sat around that table talking about keeping our spouses

first and our children second, the conversation drifted to families in reality television. We're all anxious to see the "reality" of another family's life. Over the past couple of years, we have taken the time to view the life of one particular family on TV. The husband and wife worked hard to protect their marriage and care for their children, trying to maintain a happy home. But with each passing season, it seems as though their focus has shifted from their relationship with their spouse to the allure of wanting more. They now have more stuff for their children, more stuff for themselves, and less love for each other. In an attempt to provide their children with all they could ever want and need, they have sacrificed their relationship with one another. They have placed being mom and dad over being husband and wife, and now, sadly, their marriage is sputtering on fumes.

What the children need more than anything right now is a mom and a dad who are first committed to be husband and wife, who are willing to take time to date each other, listen to each other, and fight and protect to keep the spark alive.

If you find yourself saying "We'll have time for one another when our children are grown. Right now, it's all about the kids." Watch out! By the time your children are grown, you may look at your spouse across an empty kitchen table and find that you are married to a stranger who looks a lot like someone you used to love.

In God's plan for marriage we are first to focus on our relationship with Him, then our relationship with our spouse, and finally our family and friends. When we mix up these priorities, we hinder God's best for our marriage. Family is important and children should be a priority, but it is vital to nurture the relationship of husband and wife.

# 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



**DAY DANCE CAMP**  
JULY 13-16 • 9AM - 2PM  
**PERFORMANCE:**  
JULY 18, 7PM @ "MOVIES IN THE PARK"

**NIGHT DANCE CAMP**  
AUGUST 3-8  
AGES 3-9, 5-7 PM & AGES 10-18, 7-9 PM  
**PERFORMANCE:**  
AUGUST 8TH @ "CONCERTS IN THE PARK"

**Invitation Dance Camp**  
(must call the studio before registering for this camp)  
July 27 - 30 • 5pm-7:30pm

**Performance Team/Competition Company Try-Out:**  
August 17-20 • 5pm - 7:30pm

**Summer Registration: July 12, 4pm-6pm**

**Fall Registration: August 23, 1pm-5pm**

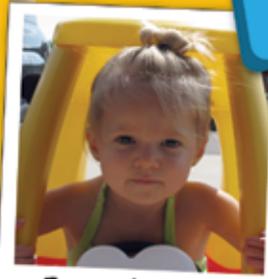
**Fall Dance Classes start September 8**



**Natalie's Dance Network**  
141 Kender Rhea Ct. • Clarksville, TN  
(just off the bypass)

**931-906-3333**  
[www.NataliesDanceNetwork.com](http://www.NataliesDanceNetwork.com)

# THE FRIDGE



Josie, absolutely LOVING the Sunshine!



Zach & Morgan at Pre-K Graduation



Natalie reading to Daddy



Congratulations Shemar! (Elementary School Graduation)



Maggie & Jacob playing at their best!

# HAPPY BIRTHDAY!



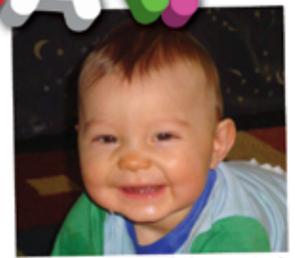
Happy 1st Birthday Graham! We love you, Mommy, Daddy & Lacy



Happy 1st Birthday Jameson! We love you, Momma, Daddy, & Addie Beau



Happy 1st Birthday Jordan Love Mommy, Daddy & Roxie



Happy 1st Birthday, Luke! We love you! Mommy, Daddy, & Chayson



Happy 1st Birthday Jake! Love Dad, Mom, & Riley



Happy 2nd Birthday Michael! Love, Mommy, Daddy, & Ryan



Happy 2nd Birthday Zoel! Love, Daddy, Mommy, & Max



Happy 3rd Birthday Brady! Love, Mama, Daddy, G-G & Poppa



Happy 3rd Birthday Emma! Love, Mommy, Daddy, & Maggie



Happy 3rd Birthday Drake! We love you! Mom & Dad



Happy 3rd Birthday Rishabi! Cutest little brother Love you, Daddy, Mommy & Ritika.



Happy 4th & 2nd Birthday Rambo Boys! Love Daddy and Mommy

**Wanna be on the Fridge?** Email photo to: [fridge@clarksvillefamily.com](mailto:fridge@clarksvillefamily.com) by July 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.**

# HAPPY BIRTHDAY!



Happy 4th Birthday Amari  
Love Mommy, Daddy, Trinity & Brianna



Happy 4th Birthday Bryleigh  
Love Mommy & Bentlei



Happy B-Day DJ from your Mom!  
I Love You!



Happy 4th Birthday Shalea!  
We all love you. Mom, Dad, & the Mob



Happy 4th Birthday Tristan!  
Love ya, Mommy, Daddy, Kaitlyn, Alura & Alexis



Happy 5th Birthday Layla!  
Love, Mommy, Daddy & Bub Kelin



Happy 6th Birthday Bailynn!  
Love Dad, Mom, Madeline & Payton



Happy 6th Birthday Mya!  
And Congrats On Graduating Kindergarten!  
Love Mom, Dad & Brendyn



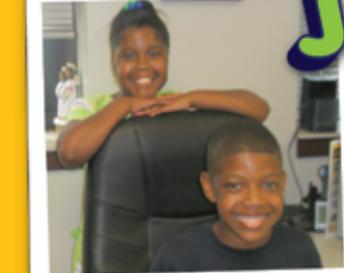
Happy 6th Birthday Elijah!  
Love Mommy & Dameshia



Happy Birthday Princess  
Love Dad, Mom & Jake



Happy 8th Birthday Matthew!  
We love you so much, Papa & Pennie



Happy Birthday to Jacob "Sticks"  
Love Mommy, Daddy & Jerrica



Happy 10th Birthday Breanna!  
Love, Daddy, Mommy & Paige



Happy 10th Birthday Sara!  
Love, Mommy, Daddy & Ryan



Happy 11th Birthday Matthew!  
Love, Mom, Dad, & Alaina



12 could never be more beautiful!  
Happy B-day J.J. We love you!



Happy 13th Birthday Kaitlyn!  
Love, Mommy, Daddy, Alura, Alexis & Tristan

Don't forget! Send in photos for August birthdays by July 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.

## Ongoing

**CLARKSVILLE DOWNTOWN MARKET**  
Every Saturday from 8:00 a.m. to 1:00 p.m. at One Public Square during market season. The Market will feature fresh, locally grown produce, nursery stock, hand made craft items and other commodities available on a seasonal basis.

**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.

**DAY DANCE CAMP**  
9:00 a.m. to 2:00 p.m. from July 13 through July 16 at Natalie's Dance Network, 141 Kender Rhea Court. Performance is July 18 at 7:00 p.m. at "Movies in the Park" in Heritage Park. Call (931) 906-3333.

**INVITATION DANCE CAMP**  
5:00 p.m. to 7:30 p.m. from July 27 through July 30 at Natalie's Dance Network, 141 Kender Rhea Court. Call (931) 906-3333 to register for this camp.

**IRON KNIGHTS SUMMER TECHNIQUE CAMP**  
July 15, 16 & 17 at West Creek Middle School. There will be two sessions offered, the first one from 8:00 a.m. to 12:00 p.m. and the second from 4:00 p.m. to 8:00

p.m. The cost is \$60 and includes a camp t-shirt. The camp is open to Midget weight class through Middle School weight class only. We are bringing in Coach Chad Davis of Gardner Webb University, NC. We do not encourage any wrestler to participate in both sessions of the camp, so please choose either the a.m. or p.m. session. Availability is first come first served, for registration or questions e-mail [intheknow@myironknights.com](mailto:intheknow@myironknights.com) or visit [www.myironknights.com](http://www.myironknights.com).

**MORNING DANCE CAMPS**  
July 13 to 16 at Lana's Dance Centre, 41-A Bypass/1808 Ashland City Road. Cheer Dance & Tumbling Camp (ages 6 years and up), Ballet, Tap & Tumbling Camp (ages 3 to 5 years), Ballet, Tap, Tumbling, Jazz, Hip Hop, Lyrical Camp (ages 6 years and up). Call (931) 503-8050 or (931) 358-4126 to register.

**SPEECH-LANGUAGE SUMMER CAMP**  
9:00 a.m. to 10:30 a.m. on Tuesdays and Thursdays from July 7 through 30 at Advanced Therapy Solutions, 2150 Wilma Rudolph Boulevard Suite 6. A fun-packed four week camp to help your child improve their speech and language skills. For children ages 2 years to 4 years old. Centered-based activities that are enriched in speech and language include: speech/language screenings; group interaction; themed snack, arts & crafts, and music; taught by master-level therapist; parent consult on child's speech and language skills. Call (931) 542-2168 to reserve your child's camp. \$360 for eight sessions due July 7.

## Betsy's Barn - Garden & Yarn Classes

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

LACE CABLE PULLOVER  
KID'S KNITTING CAMP  
CABLE SCARF

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

## July

**1 WEDNESDAY**  
**FREEDOM FEST CARNIVAL**  
4:00 p.m. to 10:00 p.m. at Fort Campbell Division Parade Field. Call (270) 798-7535 for information. Everyone welcome. Visitors obtain pass at Gate 4.

**2 THURSDAY**  
**FREEDOM FEST CARNIVAL**  
4:00 p.m. to 10:00 p.m. at Fort Campbell Division Parade Field. Call (270) 798-7535 for information. Everyone welcome. Visitors obtain pass at Gate 4.

**CHICK-FIL-A FAMILY NIGHTS: RED WHITE & BLUE DAY**  
5:00 p.m. to 8:00 p.m. at Chick-fil-A inside Governor's Square Mall, (931) 645-5144.

**ALZHEIMER'S CAREGIVERS SUPPORT GROUP MEETING**  
6:30 p.m. at Clarksville-Montgomery County Public Library, 350 Pageant

Lane. For more information call Patsy Shell at (931) 648-1884.

**3 FRIDAY**  
**FREEDOM FEST CARNIVAL**  
12:00 p.m. to midnight at Fort Campbell Division Parade Field. Call (270) 798-7535 for information. Everyone welcome. Visitors obtain pass at Gate 4.

**INDEPENDENCE DAY CELEBRATION**  
6:00 p.m. to 10:00 p.m. at McGregor Park, 640 North Riverside Drive. Come to Clarksville's largest fireworks display and celebrate our nation's independence with great food and live entertainment.

**4 SATURDAY**  
**INDEPENDENCE DAY**  
**FREEDOM FEST CARNIVAL AND FIREWORKS SHOW**  
12:00 p.m. to midnight at Fort Campbell Division Parade Field. Call (270) 798-7535 for information. Everyone welcome. Visitors obtain pass at Gate 7 between 12:00 p.m. and 10:00 p.m. Longest fireworks show in the area!

**5 SUNDAY**  
**FREEDOM FEST CARNIVAL**  
1:00 p.m. to 8:00 p.m. at Fort Campbell Division Parade Field. Call (270) 798-7535 for information. Everyone welcome. Visitors obtain pass at Gate 4.

**7 TUESDAY**  
**CLARKSVILLE SCRABBLE GAME CLUB**  
6:00 p.m. at Borders, 2801 Wilma Rudolph Boulevard. Call Clay Sanders at (931) 647-3625.



## DON'T WAIST TIME

this summer, make the decision to get healthy from the inside out..

- Colon Hydrotherapy
- Nutrition Plans
- Weight Loss Support
- Fitness Training
- "Fresh Foods" Classes
- Weekly Meal Service
- Massage Therapy

Tummy Solutions

colonics. nutrition. exercise. massage.

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

### 9 THURSDAY

#### CHICK-FIL-A FAMILY NIGHTS: SPORTS NIGHT

5:00 p.m. to 8:00 p.m. at Chick-fil-A inside Governor's Square Mall, (931) 645-5144. Wear your favorite team jersey.

### 10 FRIDAY

#### CHICK-FIL-A COW APPRECIATION DAY

All day at Chick-fil-A inside Governor's Square Mall, (931) 645-5144. Come dressed as a cow for some free chicken!

### 16 THURSDAY

#### CHICK-FIL-A FAMILY NIGHTS: ROYALTY NIGHT

5:00 p.m. to 8:00 p.m. at Chick-fil-A inside Governor's Square Mall, (931) 645-5144. Come dressed as a prince or princess.

### 17 FRIDAY

#### JAMMIN' IN THE ALLEY

6:00 p.m. to 9:00 p.m. in front of City Hall at Strawberry Alley and 1st Street. Free concert for all ages.

### 18 SATURDAY

#### SUMMER FESTIVAL

11:00 a.m. to 3:00 p.m. at Center Court in Governor's Square Mall. Bring your kids out to jump in a large inflatable bouncer, get their faces painted, and receive a FREE craft.

### 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.

### MOVIES IN THE PARK

6:00 p.m. at Heritage Park. Enjoy a free movie underneath the stars.

### 21 TUESDAY

#### CLARKSVILLE SCRABBLE GAME CLUB

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

### 23 THURSDAY

#### CHICK-FIL-A FAMILY NIGHTS: CAREER NIGHT

5:00 p.m. to 8:00 p.m. at Chick-fil-A inside Governor's Square Mall, (931) 645-5144. Come dressed as your future career.

### 24 FRIDAY

#### SUMMER AUTO SHOW

Mall hours, mall wide inside Governor's Square Mall. Come check out the latest models cars, trucks, and SUV's from your local dealerships.

To have your event included for free on the Calendar e-mail events@clarksvillefamily.com. Please have it to us by the 10th of the month to be included in next month's issue.



## 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



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

## Busy Beads & Moore Class Schedule

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

**PEYOTE BRACELET** \$25. Wednesday, July 1st @ 2:00 p.m.

**FACETED RING** \$35. Gemstones are \$12. Monday, July 6th @ 2:00 p.m.

**FILIGREE BRACELET** \$25. Thursdays, July 2nd, 16th and 30th @ 11:00 a.m.

**FILIGREE RING** \$25. Thursdays, July 9th and 23rd @ 11:00 a.m.

**BASIC JEWELRY** \$25. Friday, July 3rd @ 3:00 p.m., Friday, July 10th @ 1:00 p.m., Saturday, July 11th @ 10:30 a.m., Monday, July 13th @ 5:30 p.m., Friday, July 24th @ 1:00 p.m. and Friday, July 31st @ 3:00 p.m.

**BEGINNING WIRE WRAP** \$25. Friday, July 10th @ 3:00 p.m., Friday, July 17th @ 3:00 p.m., Friday, July 24th @ 3:00 p.m., Saturday, July 25th @ 10:00 a.m. and Monday, July 27th @ 5:30 p.m.

**PHAROAH'S RING** \$35. Monday, July 13th @ 2:00 p.m.

**CLASSIC BANGLE** \$35. Wednesday, July 18th @ 2:00 p.m.

**BANGLE WITH BEADS** \$35. Wednesday, July 8th @ 2:00 p.m.

**HUG RING** \$25. Tuesdays, July 14th and 28th @ 10:00 a.m.

**EAR WIRES** \$25. Tuesdays, July 7th and 21st @ 10:00 a.m.

**SPIRAL BRACELET** \$25. Wednesday, July 29th @ 2:00 p.m.

**DICHROIC BRACELET** (Advanced class, may take up to four hours, materials start at \$50.) \$45. Wednesday, July 22nd @ 1:00 p.m.

**EARRING RING** \$35. Call to set up time.

**STERLING AND CRYSTAL BANGLE** \$35. (Three hour class, materials \$35.) Monday, July 27th @ 2:00 p.m.

**CHAIN, CHAIN, CHAIN!** Horseshoe, Wall Eyed and Eternity Chains. \$25/class. Call to set up time.

Call (931) 552-5545 to schedule these or other classes.

## SUMMER YOUTH CLASSES

### July Classes:

1st: **BASIC JEWELRY**

2nd: **BEGINNING WIRE WRAP**

### AGES 7-15

Contact us to reserve your spot today!

Learn Techniques to Make Stunning Bracelets!



Clarksville's original PANDORA dealer since 2004

1960-I/b Madison St., Clarksville, TN  
931-552-5545

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

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

## The Girly Girlz Pampered Palace!

Presents...Pink Poodle in Paris Party!

Saturday July 25 11am-3pm

Hosted at Hopkinsville Location

\$17pp, lunch included.

Come check out our new "Create Your Own" stations:



Lip Gloss: She can design her very own from picking the flavor, the color, the glitter, it's all up to her!



Sugar Scrub Sundae: Great skin care disguised as a yummy treat! Choose your own "flavor" and toppings for glowing skin!

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.princessteaparty.biz](http://www.princessteaparty.biz)

360 Fantasy Ln., Clarksville, TN • 1007 S. Virginia St., Hopkinsville, KY

## The Girly Girlz Pampered Palace July Events

(888) 348-2475

1007 South Virginia Street, Hopkinsville  
www.princesssteaparty.biz

6th - 10th • PHOTOGRAPHY CAMP "In the Eye of the Beholder" (ages 8 and up). \$165.

7th - 10th • ARTS & CRAFTS (ages 5 and up). \$165.

13th - 17th • FASHION & DESIGN CAMP \$185.

20th - 24th • BEAUTY BOOT CAMP Hair Care, nutrition, exercise (ages 8 and up). \$160.

20th - 24th • THEATER CAMP "To Be, or Not to Be" (ages 5 and up). \$160.

22nd - 26th • CULINARY CAMP "What's for Dinner?" (ages 12 to 16). \$185.

25th • PINK POODLE IN PARIS 11:00 a.m. to 3:00 p.m., lunch included. \$17.

27th - 31st • BABYSITTING 101 (ages 11 to 16). \$155.

ROASTING MARSHMALLOWS SUMMER CAMP 9:00 a.m. to 5:00 p.m. daily.

Call for information. Tickets must be purchased in advance to attend all events.

## Clarksville-Montgomery County Public Library

### "Be Creative @ Your Library" 2009 Summer Reading Program Schedule • Through July 17

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

In keeping with our commitment to provide age appropriate programming, we have scheduled five different programs as part of the Summer Reading Program. Seating will be first come, first served.

"Tadpoles and Tagalongs" programs are for all children not yet in school (under age five) and their parents or care giver, on Tuesday and Friday at 10:00 a.m., 10:30 a.m., 2:00 p.m., and 2:30 p.m. On Friday, we will repeat Tuesday's program. At each program, a limited number of tickets will be given out on a first come, first served basis.

The Summer Reading Program, "Be Creative @ Your Library" for elementary age children (five years and up) will be held on Tuesday at 10:00 a.m. and 2:00 p.m., and Friday at 10:00 a.m. and 2:00 p.m. Children should be old enough to attend this elementary age program without parental supervision. Parents should wait in the library for their children until the program is finished.

On Monday at 2:00 p.m. there will be a "T'ween Scene" program for children that are 10-12 years old. On Thursday at 4:00 p.m. there will be an "Express Yourself @ Your Library" program for teens that are 13-18 years old.

On Thursday evening at 7:00 p.m. there will be a "Pajama Story Time" suitable for the whole family.

Each participant will receive a "Reading Log" to track books read or total hours read. Participants may count the amount of time or the number of books read to them if they are listeners. Older children who read picture books to younger children may count the time spent reading to the younger child but not the number of books read.

Participants are responsible for keeping track of the books they read or the hours that they spend reading. "Reading Logs" should be filled out completely. For every eight books read or two hours of time spent reading, participants will be eligible to receive an incentive. Please use one log for hours read and one log for the number of books read. Please do not ask for preference of incentives. Types of incentives are subject to availability and "special" requests will not be honored.

"Express Yourself @ Your Library" Teens and T'weens will complete a Reader's Prize Card to be eligible for a prize.

All participants will receive their own "Be Creative @ Your Library" Passport. This is an attendance booklet that the child should have stamped once a week when they attend a program. The CHILD named on the "Be Creative @ Your Library" passport is required to present the booklet to be stamped. You may attend as many programs per week as you wish, but only one stamp will be added each week.

At the end of the Summer Reading Program, if the participant has attended one program per week for at least four of the six weeks and has received four stamps in their Passport, they will receive a book of their choice at no charge. The "Be Creative @ Your Library" Passport will not be replaced if lost. Prize books will not be replaced or exchanged.

Please encourage your child to be on his/her best behavior. Children who are misbehaving or causing a disruption to the program will be asked to leave the program.

Please be on time! If you are late, enter the program when there is a break in the activity so you will not create a disturbance. Once a program has begun, please do not disrupt the program by leaving the room.

## SUMMER DAY CAMPS NOW ENROLLING!



**JULY 13-17** ❄️ **JULY 27-31**  
WALK-INS WELCOME!

**Camp hours are 9am to 2pm daily.**

**You may attend by the day or by the week.**

**The cost is \$25 a day. Ages four and up.**

**Members, non-members & all skill levels welcome!**

**Reserve your child's spot today!**



**931-920-3111**

221-B Dunbar Cave Rd. • www.action-gymnastics.com

Go ahead...  
treat yourself!  
(you deserve it!)

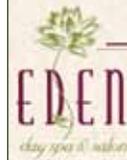


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Eden Day Spa & Salon  
150 Hillcrest Dr. Clarksville, TN  
**931-552-2313**

**30 THURSDAY**

**CHICK-FIL-A FAMILY NIGHTS: BACK TO SCHOOL EXTRAVAGANZA**

5:00 p.m. to 8:00 p.m. at Chick-fil-A inside Governor's Square Mall, (931) 645-5144. Come wearing your school colors and show your spirit!

August

**8 SATURDAY**

**VENDOR SALE - FREE ADMITTANCE - TAX FREE WEEKEND**

10:00 a.m. to 2:00 p.m. at Natalie's Dance Network Studio, Kender Rhea Court (behind Appleton Harley-Davidson Motorcycle). Vendors include Wild Angel Jewelry by Summer Jackson, Kelly's Kids and Ragland Fall/Winter 09 clothing, designer handbags and wallets, monogrammed and personalized tote bags, hooded towels, koozies and many more personalized items, custom monogrammed hairbows, Tastefully Yours gourmet foods, custom designed American Girl doll clothes and much more. Contact (931) 801-1353 for more information.

**The Roxy Regional Theatre**

100 Franklin Street  
www.roxyregionaltheatre.org  
(931) 645-7699

**DISNEY'S MULAN JR**

Travel back to the legendary, story-telling days of ancient China with this action-packed stage adaptation of Disney's Mulan. The Huns have invaded, and it is up to the misfit Mulan and her mischievous sidekick Mushu to save the Emperor! Including favorites like "Reflection," "Honor to Us All," "I'll Make a Man Out of You" as well as new songs that will get you up on your feet. Mulan Junior is a heartwarming celebration of culture, honor and a fighting spirit. (Presented by The Roxy School of the Arts.) July 1, 2 and 3\*.

**RENT**

Book, Music and Lyrics by Jonathan Larson. This rock musical is the joyous, breathtaking and inspiring story of a group of New York City East Village artists struggling to find their voices and find love in today's tough times. Based on Giacomo Puccini's classic 1896 opera, La Boheme, Rent broaches controversial themes like homelessness, AIDS and drug addiction with compassion, and thrills audiences of all ages with its moving tale of hopes and dreams. July 10, 11, 14, 15, 16, 17, 18\*, 21, 22, 23, 24, 25, 28, 29, 30 & 31; August 1, 4, 5, 6, 7, 8, 11, 12, 13, 14, 15, 18, 19, 20, 21 & 22.

**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)

Jr. Musicals: \$10  
Other Space: \$10

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)

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**931-358-3584**  
Store Hours: Tuesday - Friday 10am-6pm • Saturday 10am-5pm

## ADOPTION & FOSTER CARE 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).

## OAK PLAINS ACADEMY

1751 Oak Plains Road, Ashland City. We serve children of all ages with therapeutic services, and have several foster homes in Clarksville. Karen Henderlight, (931) 362-4723, [karen.henderlight@uhsinc.com](mailto:karen.henderlight@uhsinc.com).

## OMNI VISIONS INCORPORATED

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

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

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).

### WARRIORS SPECIAL NEEDS CHEERLEADING

A competition cheerleading squad for children with special needs and disabilities or handicaps. We give kids a chance to cheer year around in a competitive setting, but where they will not be judged. We welcome children ages four to 18. For more information call Michelle Lange at (931) 217-2392 or e-mail [warrriorscheersquad@yahoo.com](mailto:warrriorscheersquad@yahoo.com).

## SWIMMING EAGLES

We are a Fort Campbell based competitive swim team open to non-military families. Our competitive

season runs August through March. For more information please visit [www.swimmingeagles.com](http://www.swimmingeagles.com) call (352) 262-0627 or e-mail [swimeagleky@yahoo.com](mailto:swimeagleky@yahoo.com). All participants must pass a swim test.

## 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) 320-5042 or e-mail at [taniagon@charter.net](mailto:taniagon@charter.net).

## CHILDBIRTH & PARENTING EDUCATION

### 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.

### 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.

### NINE MONTHS & BEYOND

A comprehensive source for pregnancy, birth, breastfeeding and early parenting education and resources. Offers birth tub rentals, breastpump rentals, babymoon vacation and spa packages, and birth plan consultations. Micky Jones, BS, CLE, CLD, CHBE, CAPPA Lactation Educator Trainer at (931) 451-3223 or [ninemonthsandbeyond.com](http://ninemonthsandbeyond.com).

### TENDER GIFT DOULA SERVICES

A doula is a "woman who serves." I am a labor support person who attends to the emotional and physical comfort needs of the laboring woman and her family to smooth the labor process. I offer several prenatal visits, childbirth education, phone support, and one postpartum meeting to ensure the mother is well informed and supported. Doulas have been shown to reduce labor time, and the need for labor augmenting drugs, and pain medication, while increasing the mother's satisfaction

with her birth. For more information call Katie Bulger at (931) 378-7233 or visit [www.MyTenderGiftDoula.com](http://www.MyTenderGiftDoula.com).

## CHILD CARE

### CHILD CARE AWARE

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

### MID-CUMBERLAND CHILDCARE RESOURCE AND REFERRAL

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

### MONTGOMERY 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.middlemalanon.org](http://www.middlemalanon.org).

### CLARKSVILLE RAPE AND SEXUAL ABUSE CENTER

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

### CREATING HOPE BY ASSISTING PARENTS

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

### DEPARTMENT OF CHILDREN'S SERVICES

At 350 Pageant Lane, Suite 401. (931) 503-3200.

### LEGAL AID SOCIETY

At 120 Franklin Street, provides free legal advice and representation to eligible clients. (931) 552-6656 or [www.las.org](http://www.las.org).

### MONTGOMERY COUNTY CHILD SUPPORT SERVICE

At 93 Beaumont Street. (931) 872-1663.

### 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.mtcbasa.org](http://www.mtcbasa.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

Offering tuition-free Bible courses to the community in the major fields of Biblical research, to include: the Hebrew Scriptures, the New Testament, the Life of Jesus, the Biblical Languages and the Land of Israel. Registration for Online Courses is currently open. The Fall Semester will begin in September, with registration beginning July 19. Visit [www.studythescriptures.net](http://www.studythescriptures.net) or call (931) 648-8844 for more information.

### APSU EXTENDED EDUCATION

Develop a new skill, explore a new idea, learn a new language or seek a new career with one of the classes from Austin Peay State University's Center for Extended and Distance Education. Register early and receive a 10 percent discount on selected courses. Preregistration is required for each course. New online classes start every month. Melony Jones at (931) 221-7868, [jonesma@apsu.edu](mailto:jonesma@apsu.edu) or [www.ed2go.com/apsu](http://www.ed2go.com/apsu).

### ASERACARE HOSPICE

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

### 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.

#### PREVENT BLINDNESS TENNESSEE

Offering free vision screenings for adult diabetics (aged 40 and over). Call for appointment at our office. For groups of 15 or more we can come to your facility. Prevent Blindness Tennessee is a non-profit health agency that relies entirely upon gifts, contributions, foundations and volunteers. We provide education, information, referrals, community service, free vision screenings, eyeglasses and exams to children, seniors and the needy. We keep the SEE in Tennessee! 95 White Bridge Road, Nashville., (615) 352-0450.

#### 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/).

#### COUNSELING, 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

**SATURN OF CLARKSVILLE**

# CONCERT UNDER THE STARS

**FREE**

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**Peter Moon Band**

**JULY 18**  
7pm - 9pm

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**Featuring Peter Moon Band**

Bring your lawn chairs & blankets (No glass, no outside alcohol, no pets)  
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**SATURN of Clarksville**

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**CARNIVAL & 4th OF JULY CELEBRATION**

**JUNE 30th - JULY 5th**

**Largest Fireworks Show In The Area!**

**FORT CAMPBELL DIVISION PARADE FIELD**

Tuesday, 30 June / 4pm-10pm  
Wednesday, 1 July / 4pm-10pm  
Thursday, 2 July / 4pm-10pm  
Friday, 3 July / 2pm-12Midnight  
Saturday, 4 July / 12noon-12Midnight  
Sunday, 5 July / 1pm-8pm

**For Information 270.798.7535**

Everyone Welcome  
Visitors Obtain Your Pass At Gate 4  
On July 4th Only Obtain Your Pass At Gate 7 Noon - 10pm

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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).

#### 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.

#### 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.officealive.com](http://www.TNFoodAllergies.Web.officealive.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)

If someone you love has a mental illness this support group meets the fourth Monday of each month from 6:30 p.m. to 8:30 p.m. at the Life Solutions Center, 611 8th Street. Call Melanie at (615) 477-8360 or Betty at (931) 647-8775 or visit [www.namitn.org](http://www.namitn.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) 553-8959.

#### WARRIORS OF HOPE

A place to share the journey of life after breast cancer. Meets the 2nd Wednesday evening of each month. Jennifer at (931) 624-5400 or [warriorsofhope@charter.net](http://warriorsofhope@charter.net)

Some of the information in the Network and Parent Groups was obtained through community and Internet sources. We apologize for any errors. For corrections or if you would like to include your group's information for free call (931) 338-2739 or e-mail [info@clarksvillefamily.com](mailto:info@clarksvillefamily.com).

# 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.**

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- Food banks
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- Health resources
- Elderly care
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# 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.

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### CLARKSVILLE FAMILY MARKETPLACE AD RATES & INFORMATION

#### RATES:

- 1 MONTH: \$99/MONTH
- 3 MONTHS: \$86/MONTH
- 6 MONTHS: \$78/MONTH
- 12 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  
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#### TERMS & CONDITIONS:

1. ADS MAY BE EDITED BY CLARKSVILLE FAMILY FOR LENGTH OR  
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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 Mommys in and around Clarksville that are expecting or have a child under the age of 5. The group is run through a private website which gives members 24 hour access from the comfort of their own home to participate in many activities on or off line. The CMG provides mothers of young children opportunities to socialize, exchange ideas and participate in activities that promote personal growth for both mommy and child. CMG is a non-profit group and is absolutely free. E-mail [clarksvillemoms@hotmail.com](mailto:clarksvillemoms@hotmail.com) or call Faith at (931) 842-2265.

## 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 LLL leaders are available to provide information, support and answer questions: Gini at (931) 906-8946 or Sara at (270) 439-2723

## MOMS CLUB OF CLARKSVILLE

Come meet other stay at home moms at the MOMS Club®! The MOMS Club® is an international non-profit, non-religious, non-political organization specifically designed to support stay at home moms (including those that may work part time

or have a home based business). Join us for one of our Open House meetings the first Friday of every month at 10:00 a.m. at Madison Street United Methodist Church. Enjoy breakfast while getting to know more about MOMS Club and meeting local MOMS. Activities include speakers and discussions, park days, field trips, cooking club, and activity groups like playgroups, walking, arts & crafts, and a monthly MOMS Night Out. We also do service projects for children and families in our community. Yearly dues are \$20. Most activities are during the day, when moms need the support most. Children are welcome at all daytime activities. For more information call (931) 472-5218 or visit: [www.momsclubofclarksvilletn.com](http://www.momsclubofclarksvilletn.com). See block below for this month's events.

## MOMS Club of Clarksville July Calendar

2nd - PARK DAY  
 3rd - GENERAL MEETING Madison Street United Methodist Church, 10:00 a.m.  
 7th - MOVIE MORNING  
 11th - FAMILY DAY (horseback riding/picnic)  
 15th - WATER FUN  
 17th - LIBRARY STORY TIME  
 21st - PARK PLAY DAY  
 23rd - LUNCH BUNCH PLAY  
 28th - MOM'S NIGHT OUT  
 29th - BREAKFAST BUNCH PLAY  
 29th - DINNER DELIGHT NIGHT COOKING CLUB

## 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 2009-2010 Coordinator, Carrie Abraham, at [cchilcott@hotmail.com](mailto:cchilcott@hotmail.com) or (931) 431-2533, or visit us on Facebook under MOPS at First Baptist Clarksville.

**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.

**HILLDALE BAPTIST CHURCH MOPS** Meets most 1st and 3rd Fridays from 9:30 a.m. to 11:30 a.m. starting in September going through May. Childcare is provided and your first meeting is free. Come meet great moms and join in the fun. For more information contact Valerie Gill at [vgill4513@charter.net](mailto:vgill4513@charter.net) or visit [www.orgsites.com/hilldalemops/tn](http://www.orgsites.com/hilldalemops/tn).

**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.

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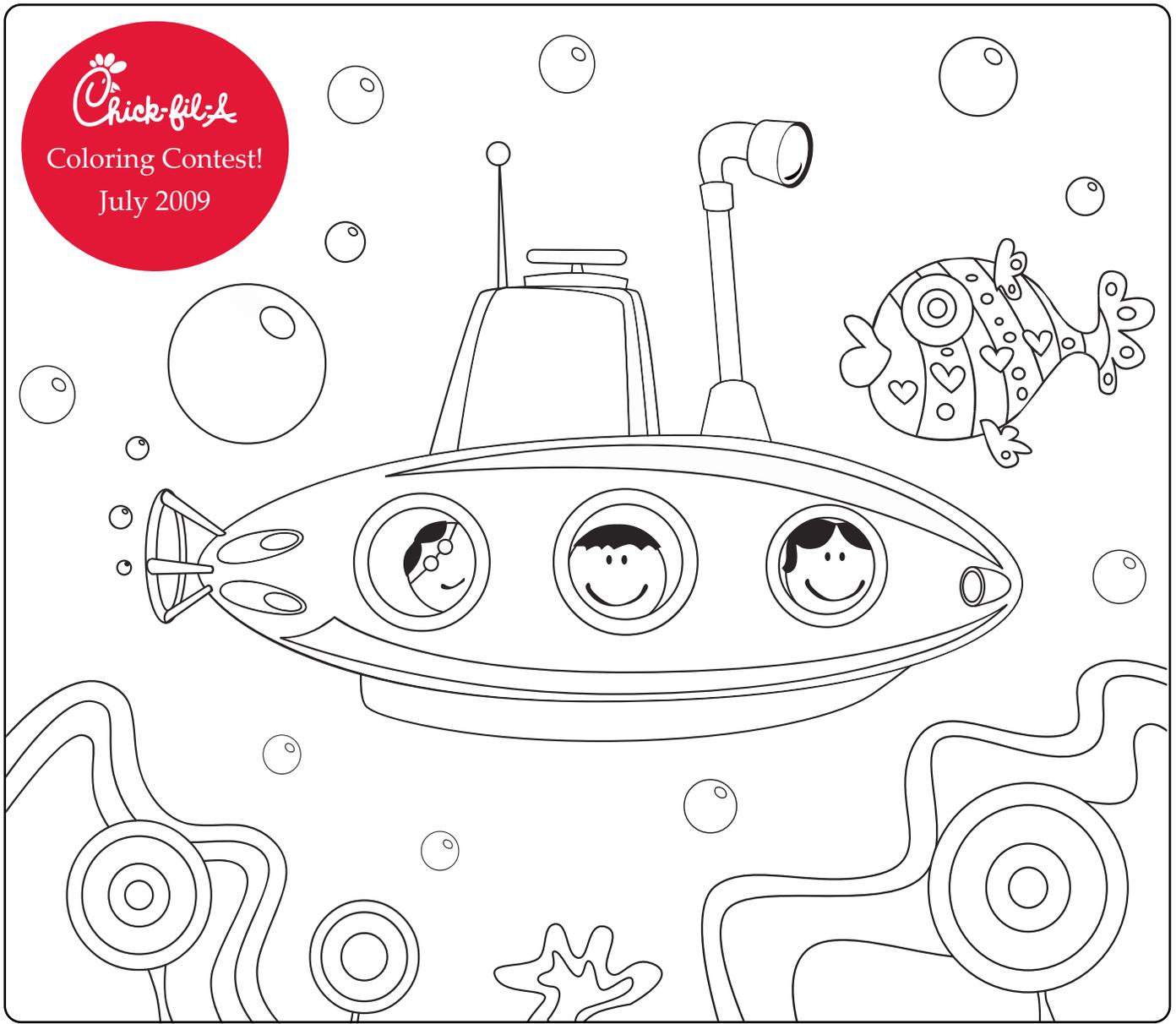
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Coloring Contest!  
July 2009



Child's Name \_\_\_\_\_ Age \_\_\_\_\_

Parent's Name \_\_\_\_\_ Phone# (\_\_\_\_) \_\_\_\_\_

Parent's Signature \_\_\_\_\_ Email \_\_\_\_\_

Mailing Address \_\_\_\_\_ Apt. # \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

### What you can win:

A Chick-fil-A Fun Pack that includes a kids meal, a cool 8-1/2" Chick-fil-A plush cow and other Chick-fil-A goodies!

#### ENTRY:

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

**YOU CAN SEND YOUR ENTRY (VIA U.S. MAIL) TO:**  
Coloring Contest  
PO Box 31867  
Clarksville, TN 37040

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

**Contest ends 7/15/09**

#### JUDGING:

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

#### WINNERS:

- Winners will be announced in the August 2009 issue of Clarksville Family Magazine.
- Each winner will receive the following prize for their winning contest entry: Chick-fil-A Fun Pack as well as their name and winning artwork printed in the next issue of Clarksville Family Magazine.



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

*We all crave something...*

Our Cravings vary from person to person, but we all have them. Some of us Crave money, possessions and fame while some of us crave things like relational intimacy and more family time. We were all designed to Crave something. I believe we were all designed to Crave intimacy with God. On July 10th we will be having a night of worship and communion for our community. This night is for those in our community who are Craving More and are not satisfied with just a little piece of God. Everyone is welcome to this night of worship.

**Please Join us at Northeast High School on  
July 10th at 7:00 pm.**



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

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