

September 2009

FREE

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**Briley Hagewood,**  
3-1/2, and his sister,  
**Hadley, 2,** enjoy  
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Cumberland River at  
McGregor Park.

Their parents,  
Stacey and Philip  
Hagewood, live in  
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# Publisher's Message

After a (sometimes not so) hot summer, fall is finally in the air. The kiddies are back in school, the festival season is upon us, and some of the leaves are even starting to show a little color.

We're excited about the 22nd Annual Riverfest Celebration at McGregor Park the weekend of September 11 and 12. Last year we introduced Toddler Town to Riverfest, and this year we're doing it again; with even more fun for the young ones and conveniences for the parents. It was a thrill to meet so many of you last year, so we are especially looking forward to seeing you all there. As always there will be fun for all ages, so come out and enjoy the last days of summer.

I promised myself that I would not mention our page count again this month...but hopefully you notice that we've grown a lot! Maybe it's the whole "fall is in the air" thing, but I can't help but launch into an early Thanksgiving grace: Thank you to our new salesperson, Rachel Phillips, for hitting the ground running, as we thought she would; we are so fortunate to have her as part of our team. Thank you to all of our existing and new advertisers. Thank you to all of our content contributors who give us the great articles and stories. Specifically, thank you to Pamela Magrans and Brenda Hunley, our staff writers; their unique voice and style are appreciated by us and thousands of readers every month. And most of all, thank you, our readers, who keep picking us up month after month and have allowed us to come as far as we have. We plan to keep on growing, just like Clarksville!

One request I have of you, our readers, is that we want more pictures. We are planning to add additional photo pages (like The Fridge) called Candid Clarksville. The idea is to have photos of your family at a sporting event (as a participant or spectator), with a member of the military (perhaps a parent or relative, in uniform), playing outdoors, hunting, fishing...anything active. Send them to us by email at [candid@clarksvillefamily.com](mailto:candid@clarksvillefamily.com) or mail them to us at PO Box 31867, Clarksville, TN 37040.

I hope you enjoy the issue. Stay safe!

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.

For advertising inquiries contact Rachel Phillips at (931) 216-5102 or [rachel@clarksvillefamily.com](mailto:rachel@clarksvillefamily.com).

For all other information:

Phone  
(931) 338-2739

E-mail  
[info@clarksvillefamily.com](mailto:info@clarksvillefamily.com)

Fax  
(931) 919-1234

Mail  
PO Box 31867  
Clarksville, TN 37040

Web  
[clarksvillefamily.com](http://clarksvillefamily.com)

My Space  
[myspace.com/clarksvillefamily](http://myspace.com/clarksvillefamily)

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Owner/Publisher  
Carla Lavergne

Editor  
Cliff Lavergne

Graphic Designers  
Carla Lavergne  
Courtney Zenner

Sales  
Rachel Phillips

Staff Writers  
Brenda Hunley  
Pamela Magrans

Contributing Writers  
Ryan Bosler  
Jessie Carter, PT  
Stephani Cook, Ed. S.  
Kim Edmondson  
Ron Edmondson  
John McDonald  
Jennifer Overby Mead  
Sabrina Potter, RPSGT

Special Thanks  
Paul and Paula

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## CLARKSVILLE'S RIVERFEST CELEBRATION

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

The 22nd Annual Clarksville Riverfest Celebration is Friday, September 11, from 5:00 p.m. to 11:00 p.m. and Saturday, September 12, from 10:00 a.m. to 11:00 p.m. at the city's signature RiverWalk at McGregor Park on Riverside Drive.

The City of Clarksville produces Riverfest to provide the citizens of Clarksville with a fun and family-friendly event celebrating the city's river heritage and the end of summer. The generosity of sponsoring businesses, civic organizations, and volunteers makes the festival a community affair with free admission.

Parking is available at the Austin Peay State University Dunn Center parking lot. A shuttle service will be running throughout the festival to transport festivalgoers. The last pickup will depart from the Riverwalk at 11:00 p.m. both nights. Several Riverside Drive businesses may allow parking as well.

Parking for guests with a valid handicap license or place card will be available at a designated lot across from the main entrance. Also, CTS buses can accommodate riders with special needs and wheelchairs, allowing these riders to also park at Austin Peay. For ADA assistance for this event, please call (931) 645-7476.

Tour d'Art parking will be available at the Cumberland Plaza (the corner of N. 2nd Street and Commerce Street).

The Tour d'Art shuttle service will make stops at the Riverfest Art Exhibits featured at the Downtown Artist's Co-op and Smith-Trahern Mansion. The Tour d'Art shuttle service and parking are also free.

Riverfest has something for all ages. This year there will be a special tribute to 9/11 to kick things off on Friday afternoon. And as always a great roster of live



entertainment (see the full schedule on page 10). Here are just a few of the available activities:

### Kids on the Cumberland

From toddlers to teens there is something to keep them all entertained this year. Inflatables will be available for all ages as well as a petting zoo, pony rides and plenty of children's activities sponsored by non-profit organizations, step team dance demonstrations, and the Clarksville-Montgomery County School System Row to Education. Inflatables for toddlers are free; for older kids, arm bands can be purchased for



inflatables. The armband cost is \$15 for Friday and Saturday combined, or \$10/day for Friday or Saturday only.

### Toddler Town

For the second year in a row, *Clarksville Family Magazine* proudly presents Toddler Town. Available for children ages five and under,

Toddler Town is a free place for smaller kids to enjoy toys, arts and crafts, activities and a padded play area. Parents can park the strollers and take a load off while their young ones play in the fenced-in tent. There will also be a covered diaper changing area. Children must be accompanied by a parent or guardian at all times.

### Riverfest Regatta

Last year 18 teams did what some said was impossible and built cardboard boats to race down the Cumberland River during the Riverfest Regatta. This year's race will be even bigger. Races begin Saturday, September 12, at 10:00 a.m. and last until 1:00 p.m. Come out to cheer (and laugh) as local teams made of individuals, businesses, military personnel, city departments and church/civic organizations all put on a great show trying to win. There is also a very realistic chance you'll see a few of them sink!

Sign-ups begin at 9:00 a.m. In addition to winners by class, special recognition will be given for the following categories: The Titanic Award (best sinking of a ship), Ship Shape Award (best ship design), Cardboard Queen (prettiest boat in the competition), Team Attire Award (team with the most creative costumes), and Team Unity Award (most spirited and organized team—looks don't matter here!).

Entry fees are \$15 per boat for individuals and \$25 per boat for civic organizations/churches. Entry forms and fees are due no later than September 3, 2009 at 4:00 p.m. to Riverfest, 102 Public Square, Clarksville, TN 37040.

### River of Culture

Experience music, dance and stories from all across the globe

in the River of Culture. The River of Culture area will be a community of diverse entertainment and educational experiences. Participating cultural groups will be sharing the history and the development of their varied cultures through interactive booths. Among the many cultural groups to showcase their way of life will be Brazil, France, Japan, Latin America, Panama and Hawaii. Some groups will also be entertaining festival guests with exciting dances, musical performances, and storytelling from their own culture. Come out and see how diverse Clarksville and Montgomery County are.

#### **Lighted Boat Parade**

The Riverfest 2nd Annual Lighted Boat Parade will be held Saturday, September 12, at 8:15 p.m. Boats will begin lining up at the Montgomery County Conservation Club at 6:00 p.m. and then the parade will depart promptly at 7:00 p.m., arriving in front of McGregor Park just as the sun falls behind the trees along the western bank of the Cumberland.

Judging will take place at the McGregor Park courtesy boat dock. The event will be hosted by the Montgomery County Conservation Club. Locations throughout McGregor Park during the Riverfest Celebration will offer public viewing. Boats will be judged on theme, amount of lights, use of music, and use of costumes.

In the event of inclement weather, boats will be judged at the Montgomery County Conservation Club and boats will not be expected to travel the parade route. Award results will be announced onstage after the completion



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of the parade. Boats will be divided into three classes: pontoon, boats up to 23 feet, and boats over 23 feet. For rules and other information visit [www.clarksvilleriverfest.com](http://www.clarksvilleriverfest.com) or call Debbie Nunn at (931) 645-7476. Entry forms and \$10 fee are due by Friday, September 4.

#### **Wait Staff Wars**

On Saturday, September 12, from 1:00 p.m. to 3:00 p.m. this competition will finally prove which restaurant has the best wait staff in Clarksville.

Local restaurants may enter a team of no more than six of their current servers and bartenders. Restaurants will be awarded trophies that can be displayed at their place of business until the next year's competition. The seven titles up for grabs are: Best Bartender, Best Bussers, Best Customer Service, Quickest Drink Server, Server with the Best Balance, Wait Staff with the Best Memory, and Best Overall Wait Staff.

The competition will consist of the following six rounds:

**1. Best Balance** Server will have one tray with seven glasses full of water. The server who weaves through an obstacle course the fastest without tipping over will win.

**2. Quickest Drink Server** Server will deliver three tables of waters to three people per table. The fastest to complete all three tables will win. Server must go back to the drink line after each table. If you tip over you must get another full glass.

**3. Best Memory** Server will be taking orders from three people. The server who most correctly relays the order to the "grill" person will win. A mock menu will be

given to all participants when they sign in and customers can only tell the server their order once.



**4. Speediest Bussing** The busser who can clean the table the quickest without breaking or dropping any dishes wins. Timer stops when busser returns everything to designated area.

**5. Bartender with the Most Flair** Three minute flair presentation. Must bring your own bottles. Bottles must be empty or filled with water. Sound will be available for routine if applicable. The bartender who impresses the three judges and crowd the most will win.

**6. Best Customer Service** This will be our Mr. or Ms. Congeniality award. Judges will be on the



lookout for one server with true team spirit and sportsmanship.

**7. Best Overall Wait Staff** The restaurant to win the most categories (1-5 above) will take home this trophy!

#### **Riverfest Fine Arts Exhibit**

Presented by the City of Clarksville and the Arts & Heritage

Development Council, the Riverfest Fine Arts Exhibit highlights works from a variety of artists. Artists will be divided into the following categories:

##### *High School Division*

Artists must be currently attending a Montgomery County high school or high school in surrounding counties. Limit two entries per artist. Work

will be accepted September 4, from 8:00 a.m. to 4:30 p.m. at Clarksville Parks & Recreation Office. The High School division exhibit hours will be 10:00 a.m. to 5:00 p.m., Friday, September 11 and Saturday, September 12. The Tour d'Art reception will be on Friday September 11, from 5:00 p.m. to 6:00 p.m. at the Customs House Museum. Awards will be announced at 5:30 p.m. Categories in the High School division are photography/digital image, 3D/sculpture, painting, mixed media/collage, and drawing.

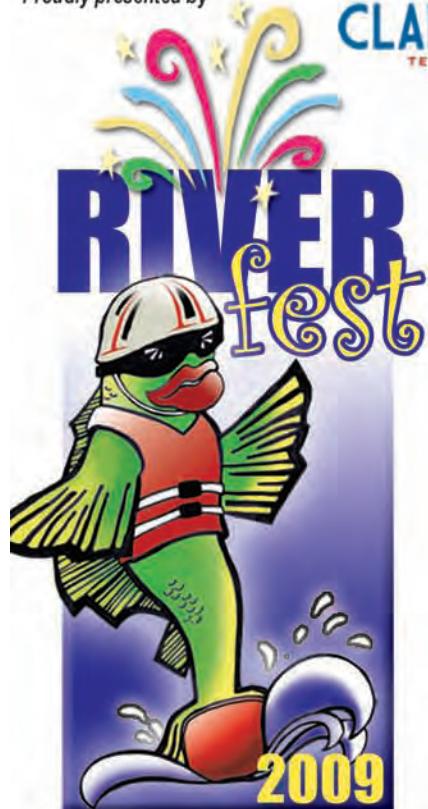
Entry fee is \$5 per piece, due at receiving. Entry does not guarantee inclusion in the public display. For further information please contact Diane Batson-Smith with the Arts & Heritage Development Council or Clarksville Parks and Recreation at (931) 645-7476.

##### *Amateur and Professional Division*

Artists must be at least 18 years of age and residing in Montgomery County or surrounding counties. Limit two entries per artist. Work will be accepted September 7, from 12:00 p.m. to 3:00 p.m. at the Smith-Traherne Mansion. The Amateur

**Continued on Page 10**

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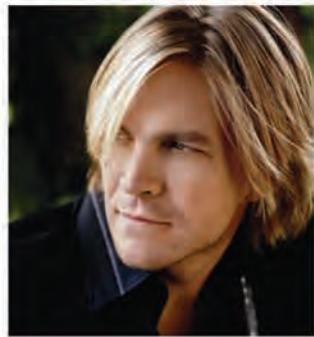
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**Saturday, September 12,  
8:00 p.m. on the Budweiser Stage**



**Rush of Fools**

**Friday, September 11,  
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[www.clarksvilleriverfest.com](http://www.clarksvilleriverfest.com)**

For ADA Assistance with this event,  
please call 931-645-7476.

Professional exhibit hours will be 10:00 a.m. to 8:00 p.m. on Friday, September 11, and 10:00 a.m. to 5:00 p.m. on Saturday, September 12. The Tour d'Art reception will be on Friday, September 11, from 6:00 p.m. to 8:00 p.m. at the Smith-Trahern Mansion. Categories in the Amateur Professional division are digital photography, film photography, painting & watercolor, 3D & fiber arts, drawing, mixed media & print collage.

Entry fees are \$10 for one amateur piece; \$15 for two pieces. Professional entry fees are \$15 for one piece and \$20 for two. Entry does not guarantee inclusion in the public display. For further information please contact Beverly Parker Photography at (931) 358-2320 or Clarksville Parks and Recreation at (931) 645-7476.

#### *Senior Division*

Artists must be at least 65-years-old, residing in Montgomery County or surrounding counties. Limit two entries per artist. All art must be recent within two years of the exhibit date. Work will be accepted September 4, from 12:00 p.m. to 3:00 p.m. at the Downtown Artists Co-op. The Senior exhibit hours will be 12:00 p.m to 6:00 p.m., Friday, September 11 and Saturday, September 12. The Tour d'Art reception will be on Friday, September 11, 2009 from 6:00 p.m. to 7:00 p.m. at the Downtown Artist Co-op. Awards will be announced at 6:30 p.m. Categories in the Senior division are photography, painting & watercolor, 3D & fiber arts, drawing.

No entry fee. All artwork entered must be ready for display (i.e.

hanging or easel display). For further information please contact Clarksville Parks and Recreation at (931) 645-7476.

#### **Festival Rules & Policies**

- No pets
- No outside food or drinks
- No coolers
- No weapons of any kind (this includes pocket knives)
- No roaming solicitation
- No flash photography, camcorders or recording devices during headlining concerts (after 8:00 p.m.)
- Any violation of these rules and policies will result in confiscation of items and or immediate expulsion from the festival.



## ENTERTAINMENT LINE-UP

### FRIDAY, SEPTEMBER 11

#### BUDWEISER STAGE

5:00 p.m. - 5:45 p.m. September 11 Program  
 6:00 p.m. - 6:45 p.m. Highway 105  
 7:00 p.m. - 8:00 p.m. Mike Broward-Buffett  
 8:15 p.m. - 9:30 p.m. Chain Reaction  
 9:45 p.m. - 11:00 p.m. American Floyd

#### GATEWAY STAGE

5:00 p.m. - 5:45 p.m. G Man  
 6:00 p.m. - 6:45 p.m. Jaimie Whirley  
 7:00 p.m. - 8:00 p.m. Xample Praise  
 8:15 p.m. - 9:30 p.m. August Christopher  
 9:45 p.m. - 11:00 p.m. Rush of Fools

### SATURDAY, SEPTEMBER 12

#### BUDWEISER STAGE

10:00 a.m. - 10:45 a.m. Magic Show  
 11:00 a.m. - 11:45 a.m. Nashville Zoo  
 12:00 p.m. - 1:00 p.m. Wakeboarding Demos  
 1:15 p.m. - 2:15 p.m. Sterling Heights  
 2:30 p.m. - 3:30 p.m. Dusty Mahan  
 3:45 p.m. - 4:30 p.m. Stephanie Corbin  
 4:45 p.m. - 6:15 p.m. Beaver Country Idol  
 6:30 p.m. - 7:45 p.m. Pistol  
 8:00 p.m. - 9:15 p.m. Trailer Choir  
 9:30 p.m. - 11:00 p.m. Jack Ingram

#### GATEWAY STAGE

10:00 a.m. - 10:25 a.m. Stars Dance Studio  
 10:25 a.m. - 10:50 a.m. Christy's Dance Connection  
 10:50 a.m. - 11:15 a.m. Showtime Dance Studio  
 11:15 a.m. - 11:40 a.m. Natalie's Dance Network  
 11:40 a.m. - 12:05 p.m. Lana's Dance Centre  
 12:05 p.m. - 12:30 p.m. The Dance Force  
 12:30 p.m. - 12:55 p.m. Acro Dance Express  
 1:00 p.m. - 3:00 p.m. Gateway - Stardom  
 3:00 p.m. - 4:00 p.m. Step Exhibition  
 4:15 p.m. - 5:00 p.m. Keisha Williams  
 5:15 p.m. - 6:00 p.m. Alfonz  
 6:15 p.m. - 7:15 p.m. Renay Ross  
 7:30 p.m. - 8:15 p.m. Atomic Blonde  
 8:15 p.m. - 8:30 p.m. Five Minus One  
 8:30 p.m. - 9:30 p.m. Stan Lassiter  
 9:45 p.m. - 11:00 p.m. Stacey Mitchart

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# With a Back Scratch and a Belly Rub...

by Pamela Magrans

On weekends and evenings the streets in my neighborhood are frequented by families walking, running, biking—just spending time together. On weekdays, however, the streets are quiet and motionless, as most parents are at work and children at school.

Recently on a weekday morning, when the streets are usually still, I looked out my front window and noticed a mother walking on the street along side her young son. The son looked like a preschooler and held tightly to his mother's hand. She was talking to him, glancing down at him periodically; they seemed happy and content. The child walked in quick steps trying

to keep up with his mother's stride. His gait was more of a skip than a walk—a timeless picture of childhood delight. His blonde head bounced back and forth as if he had a tune in his head. I imagined what was making him so happy—perhaps it was the also very happy looking mother by his side.

It was a cool August day; there was a slight breeze, and the sky was light blue and clear. It was the ideal day for a mid-morning walk with a toddler. I watched the Mother and son pass my house leisurely and continue on their walk down the street.

The sight brought mixed feelings to me—my boys rarely

hold my hand in public. We exchange "goodbye" kisses each morning at home before we get anywhere near school. I know that young mother will soon experience the same as her son grows. A slight sadness embraced me as I remembered when my sons were that age—when they were content to walk with me around the neighborhood and listen to my stories. There was once a time when they were not self-conscious about holding my hand or giving me a kiss in public. There was once a time when I had all day with my preschooler to walk, ride bikes, and play together. Those days have given birth to

Continued on Page 14

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new and different parenthood experiences—as they are both in school now.

Amidst the brief sadness, the view of a mother and her son reminded me of the greatest journey—that of parenthood. Sometimes we run through parenthood—sometimes we walk. Sometimes we wish it would go by faster—sometimes we wish it would slow down. We hurry the kids to bed then we hurry to wake them up. Sometimes we want to fast forward; sometimes we want to rewind.

Parenthood is a dichotomy of sorts—a contradiction of holding on and letting go.

On the night before my baby started 1st grade, I laid

down beside him in his bed (yes, that is my confession, I do that often, despite all the medical professions who urge against it—I'm a sucker for a cuddly kid). He was restless on the brink of 1st grade. The anticipation of new friends, a new teacher, and no nap or snack time—it was all too much for his 6-year-old mind to wrestle. We talked for a long time before his little eyes grew weary. Just as he began to look tired, he said, "Will you scratch my back and rub my belly?" Of course, those two acts cannot occur at once, so I simply started with the back scratching. Soon he flipped over and I began the belly rub. I could have back scratched and belly rubbed all night, if it

had not been for the laundry that was calling my name. When he was fast asleep, I slipped from the bed, covered him with the afghan and closed the bedroom door. I had ushered him into the first day of first grade with a back scratch and a belly rub.

However, I know that back scratches and belly rubs will end too. Just like leisurely walks with a preschooler on an August morning. So, to the mother in my neighborhood walking with her preschooler, keep up the good work—you and your precious son are a refreshing reminder to the rest of us.

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## Does Your Child's Backpack Make the Grade?

by Jessie Carter, PT

With school in full swing and the kids bringing home loaded backpacks, now is the perfect time to find out if your child's backpack makes the grade. According to the U.S. Consumer Product Safety Commission, more than 7,000 children were injured in 2007 due to overloaded backpacks. While backpacks are a fun and practical way for children and teenagers to carry books and supplies, they may cause problems when they are too heavy or worn incorrectly.

Compared to sling packs, messenger bags, or purses, backpacks are the wisest choice when considering your child's health. When worn correctly, backpacks distribute

weight across the body more evenly and use the strong back and abdominal muscles to support the load. This results in less stress on the shoulders and neck than that caused by carrying totes or purses. As handy as backpacks can be, however, they have the potential to strain muscles and joints.

### What's the Problem?

While many factors can lead to back pain, hauling around a locker's worth of books and supplies takes a toll on a growing back. When adjusting to carrying a heavy load, children (and adults) may develop faulty habits such as arching the back, bending forward, or leaning to one side.

This causes the bones in the spine to be lined up incorrectly. When the bones are not lined up correctly, the discs in between the bones compress unnaturally and become less effective at "shock absorption." Muscles and soft tissues must also work harder to carry a heavy load, which leads to strain, fatigue, and an increased chance of injury. Your child may complain of pain in their neck, shoulders, or back if this is occurring.

Improper backpack use may also lead to poor posture. A recent study showed that postural changes such as forward head were magnified when a backpack weighed more than 15% of

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the student's bodyweight. These imbalances appeared to be the most significant in adolescent girls. Girls ages 11 to 16 experience rapid growth and can be particularly prone to injury during puberty. Even though girls often weigh less and have a smaller frame than boys, they are still carrying the same amount of backpack weight.

Backpack straps are another important consideration. While narrow straps may be stylish, they have a tendency to dig into the shoulders. This can interfere with circulation and nerve function. Straps that are thin or unpadded may contribute to numbness, tingling and weakness in the arms and hands. While these symptoms are usually short-lived, you should be aware that children who wear backpacks for longer periods (such as when walking to and from school) are at increased risk of injury.

#### **Making an A+ Choice**

**Strap it up** Two wide, padded shoulder straps are best and using both straps is even better. Avoid the use of one strap only—by wearing two shoulder straps, the weight of the backpack is better distributed.

**Lighten the load** Keep the load at 10-15% or less of your child's body weight (for example, if your child weighs 80 pounds, his/her backpack should weigh

no more than 8-12 pounds). Choose a lightweight pack that does not contribute to the overall weight of your child's load. When organizing the contents of the backpack, it is helpful to have multiple compartments to help distribute the weight more evenly. Place the heaviest items closest to your child's back to decrease stress on his/her body.

#### **Consider comfort features**

Backpacks offer comfort features such as padded backs that add cushion and protect your child from sharp edges. Also consider purchasing a pack with a waist belt which helps distribute the weight more evenly across the body.

**Fits like a glove** Pay close attention to the way the backpack fits your child. It should rest evenly in the middle of the back, not extending below the low back. The shoulder straps should be tightened enough for the backpack to fit closely to the body and sit approximately two inches above the waist. Be careful not to adjust the straps too tightly—your child should be able to move his/her arms freely and put on and take off the backpack without difficulty.

**Weight lifting** As with picking up any weight, proper technique can help prevent injury. Instruct your child to bend at the knees and grab the pack with both hands.



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Encourage your child to keep the backpack as close to the body as possible when lifting, and avoid a lot of twisting when putting on and removing the pack.

#### **What about wheelies?**

Wheeled backpacks are a good option for younger students who do not change classes or go up and down stairs frequently, but there are precautions that should be taken with rolling



Incorrect way to wear a backpack.

Correct way to wear a backpack.

also be large enough to prevent the backpack from shaking, toppling, or getting hung up in rough terrain. Before purchasing a rolling pack, you should check with your child's school—many schools do not allow wheeled backpacks because of the tripping hazard they pose in hallways and when loading busses.

#### **Backpack-itis**

While it has been reported that 30-50% of adolescents complain of pain related to

**J**unior Auxiliary of Clarksville will host their annual fundraiser Hillbilly Ball on Saturday, September 26 starting at 6:30 p.m. at WaterStreet Events Center at 804 South Riverside Drive.

Members of the community are encouraged to attend. Live music, dinner, drinks, and dancing will be part of the evening fun. Tickets are \$25.00. Please contact Abby Binkley at (931) 561-4383 or [abbybinkley@gmail.com](mailto:abbybinkley@gmail.com) for ticket information.

Junior Auxiliary of Clarksville is a service organization dedicated to helping children in the region. Their 45 members dedicate over 2,000 hours in service-related activities and events each year. Proceeds from Hillbilly Ball will be used to fund the following service projects in the community.

**Healthy Kids Kits** are provided to 65 children in need three times during the school year. Junior Auxiliary provides hygiene products that include soap, shampoo, toothpaste, deodorant, and other items.

**Gingerbread Party** is hosted each December for 45 children in need. Junior Auxiliary

packs. The handle should be long enough to prevent your child from twisting and bending. The wheels should

provide these children's families with a meal for the holidays, Christmas gifts to take home, and a breakfast with Santa Claus.

**Focus Family** is a service project geared toward a particular family in need in the community. Two years ago, Junior Auxiliary adopted a toddler, who at birth, was born with multiple health problems and continues to overcome his medical endeavors. Junior Auxiliary has helped provide for basic needs with diapers, formula, clothing, and gas cards for transportation between Clarksville and Vanderbilt Children's Hospital.

Junior Auxiliary has been sponsored this year at the Imperial and Royal levels by F&M Bank, Budweiser of Clarksville, Planters Bank, AdOne Advertising, D&D Design & Clarksville Family Magazine.

If you have an interest in learning more or joining Junior Auxiliary of Clarksville, please attend Hillbilly Ball or contact Andrea Goble, president of the organization, at (931) 206-2130.

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backpack use, rest assured these injuries are usually temporary. The extra weight and pressure has not been shown to cause structural or long-term spinal damage nor has it been linked to scoliosis. Given that back pain is the most common ailment among working American adults, however, it makes sense to start making wise choices during the early years. When looking at 13+ years of backpack use and kids expressing their individual style through backpack choice, you as the parent should keep your child's safety in mind.



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Jessie Carter is a physical therapist and owner of High Pointe Rehab in Clarksville. She is the mother of three children who attend Sango Elementary School. For more information about High Pointe, visit [highpointetcn.com](http://highpointetcn.com) or become a fan of High Pointe Rehab, LLC, on Facebook.

## Good Sleep, Good Kids

**Sufficient sleep is necessary for good health, good grades and much more**

by Sabrina Potter, RPSGT, Sleep Technologist

As lazy summer days give way to fall and the return to school, families begin to prepare: getting haircuts, shopping for that new backpack and other school supplies, and making sure all summer reading is completed. However, one of the most important tools for a child's academic success is a good night's sleep.

Children who are well rested are more alert, focused and better behaved. They retain information more easily and perform better on tests. However, getting good sleep has important health benefits outside the classroom, too. Children need plenty of sleep to support their growth and development—as well as their long-term health.

Children who don't get enough sleep are at increased risk for injury, obesity and chronic disease. Research cited by the National Sleep Foundation found that sleeping less than 10 hours per day increased a child's injury risk by 86 percent. Industry-wide studies on sleep habits continue to reveal new information about the correlation between insufficient sleep and childhood obesity. A recent review of 17 studies around the country on sleep and childhood obesity, conducted at Johns Hopkins University, concluded that children who fell at least two hours short of

sleep benchmarks were almost twice as likely to be overweight or obese.

Just one hour less of sleep each night in early childhood can affect children's scores on cognitive skill tests at school entry, researchers have found. And a new study published in the April 2009 edition of *Pediatrics*, the medical journal of the American Academy of Pediatrics, found a relationship between sleep problems in childhood and mental functioning in adolescents. Young teens that had

### How Much Sleep Does My Child Need?

According to the National Sleep Foundation, children's requirements for sleep vary by age.

Age	Hours of sleep
Newborns (1-2 months)	10.5 - 18 hours
Infants (3-11 months)	9 - 12 hours
Toddlers (1-3 years)	12-14 hours
Preschoolers (3-5 years)	11-13 hours
School-aged children (5-12 years)	10-11 hours
Teens	9.25 hours

experienced persistent sleep problems scored poorly on tests that measured the ability to process new information.

A child's reaction to sleep deprivation is different from the low energy and sleepiness exhibited by adults, according to experts. A child can experience mood swings, behavioral problems and hyperactivity—symptoms similar to attention deficit disorder.

Children have varying requirements for sleep depending on their age. The National Sleep Foundation recommends that children

ages 5 through 12 years get at least 10 to 11 hours of sleep per night. Healthy sleep isn't just about the number of hours, though. Quality counts, too. Here's how to make sure your child gets the rest they need:

#### **Consistency is key.**

Regardless of age, bedtime routines are important. The NSF recommends 15 to 30 minutes of calm activities to wind down for bedtime. An established routine that includes a warm bath, bedtime story and quiet time will set the stage for sweet dreams. Go to bed and get up at the same time, every day, and try not to depart significantly from this schedule on weekends.

#### **Set the example.**

Maintain good habits yourself—by eating right, exercising, and sticking to a regular bedtime—and make this the rule for your household. Your children will follow suit.

#### **Don't over-commit.**

Help school-age children balance their schedule with a reasonable commitment to extracurricular or athletic activities that allows ample time for homework, downtime, and most importantly, sleep. That balance should not only be right for your child, but also for your entire family. Too many after-school activities can short-change homework time, dinner and family time, and push bedtime later into the evening.



**Make the bedroom peaceful.** A dark, cool and quiet bedroom will help children—and adults—fall asleep faster and sleep better.

**Minimize technology.** Television, computer, video games and telephone use should be limited, particularly within the half hour before bedtime. It's best not to have a computer or television in your child's room. A 2008 study by the American Academy of Pediatrics also found that teens with a television in their bedroom were less likely to have good health habits.

It's best to establish and maintain a set bedtime and nighttime routine—and stick to it—year-round. If you don't slack off on bedtime rules during the summer, it will be easier to transition back to a new school year.

If you do extend bedtime during the summer, start adjusting your child's sleep schedule back to the normal sleeping and waking times about two weeks prior to the beginning of a new school year to allow the child's biological clock to reset and adjust to the new schedule.

Sources: Web MD, [webmd.com](http://webmd.com); American Academy of Pediatrics, [aap.org](http://aap.org); The National Sleep Foundation, [sleepfoundation.or](http://sleepfoundation.or).



Sabrina Potter, RPSGT, Sleep Technologist, is a six-year employee at Gateway Medical Center. She has over 12 years experience in Sleep Medicine and is a graduate of Roane State Community College, Knoxville, TN. For more information about Gateway's Sleep Disorders Center visit [www.todaysgateway.com](http://www.todaysgateway.com) or call (931) 502-4090.



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## Dollar Cost Averaging for the Long-term Investor by Ryan Bosler

Dollar cost averaging\* can be a powerful investment strategy. You place a fixed amount of money into an investment at regular intervals, regardless of the daily fluctuations in the market. Because the amount that you invest remains fixed, you may ultimately purchase more shares when the market is low and fewer shares when the market is high. Over time, the average price

of your shares may often be lower than if you invested all at once.

Dollar cost averaging takes the guesswork and emotional factors out of investing. You invest regularly, regardless of whether the market is rising or falling. With this approach, the objective is to resist the temptation to sell or postpone purchases when stock prices decline. In fact, the lower the share price, the more shares you acquire for your money. The chart to the left shows how you can potentially

Scenarios	Regular Investment	Share Price	Shares Acquired
Declining Market	\$200	\$13	15.4
	\$200	\$10	20.0
	\$200	\$7	28.6
Total	\$600	\$30	64.0
<b>Average Share Price: \$10</b>		<b>Your Average Cost Per Share: \$9.38</b>	
Fluctuating Market	\$200	\$13	15.4
	\$200	\$7	28.6
	\$200	\$13	15.4
Total	\$600	\$33	59.4
<b>Average Share Price: \$11</b>		<b>Your Average Cost Per Share: \$10.10</b>	
Rising Market	\$200	\$10	20.0
	\$200	\$13	15.4
	\$200	\$16	12.5
Total	\$600	\$39	48.0
<b>Average Share Price: \$13</b>		<b>Your Average Cost Per Share: \$12.50</b>	

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\*Dollar cost averaging does not assure a profit and does not protect against losses in a declining market. In contemplation of implementing such strategies, investors should consider their financial ability to continue making purchases though periods of low price levels.



This article is provided by  
Ryan Bosler.

Ryan Bosler offers securities and investment advisory services through Paramount Planning Group, a division of AXA Advisors, LLC (member FINRA, SIPC), 631 Madison Street Clarksville, TN 37040,

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## Grace Parenting

by Ron Edmondson

As parents, most of us want the opportunity to speak wisdom into our children's lives throughout their life, not just when they are too young to resist it. The fact is when our children are two years old they have to have our input. As a child matures they can begin to resent a parent's influence and actually rebel against the parents.

Most of us want our children to learn from our experiences—good and bad—and make better choices in their life than we made in ours. I personally believe parenting that has a life-long impact develops long before the need for wisdom presents

itself. That develops through a parenting model that builds a strong relationship of trust and respect. As a very purposeful person, I attempted to have a strategic plan for my parenting. I called it "Grace Parenting."

Grace parenting is parenting children the way God parents us. If God leads us by grace, shouldn't we lead our children by grace? This does not mean that we let them do whatever they want to do. It doesn't mean there are no rules in my house. It certainly doesn't mean we released them to sin, or even that we expected them to sin. To the contrary, I actually believe grace

parenting has led to a stronger walk with the Lord, and a stronger bond with us as parents, for each of the boys.

I have developed some steps that helped us to think through parenting by grace. Consider them for your own family and see if they are appropriate, recognizing that each child

is unique and may require a different approach in some areas.

### **Set clear boundaries.**

Children need to know what is expected of them and what the limits are. They will test these. When they do, enforce the boundaries, but do it with grace.

**Recognize the individuality of the child.** Some children require more structure than others do. Make sure the boundaries set are appropriate for the needs of the child. One of our boys needed more structure than the other boy. His boundaries had to be more defined. He also needed illustrations to help explain to him the boundaries.

**Major on the majors, not the minors.** There should be some items that everyone understands are non-negotiable. We tended to let these be moral or Biblical issues, such as lying, cheating, disrespect, etc. If the issue affects the child's character, then it is a major issue. These major issues should be handled sternly and thoroughly, but still with love. The minor issues, which do not affect the child's character, are not to be ignored, but they can be handled less severely. This will eliminate much of the "nagging" children often feel parents do.

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**Consider the heart.** Always try to determine the reasons behind your child's actions before deciding on discipline. A pure heart should be treated differently from a rebellious heart. Remember you are trying to mold a character for life. Scripture says that we should monitor and protect the heart above everything else (Proverbs 4:23). This will be a key to maintaining that life-long connection to your child.

**Give multiple chances and forgive easily.** God has given me so many chances. Shouldn't I do the same for my children? After punishment is applied, make sure the child understands why they were punished. You may not be able to fully explain at the time, but go back to the child afterwards to make sure you have not broken their spirit or closed their heart to you. They should always know that you love them, even when they have done something wrong. Give love liberally, just as God gives to us. This will help keep children from resenting your input or being afraid of your reaction to their mistakes in years to come.

**If your children are living within the boundaries, then be a "fun" parent.** Let them see you having a good time with them. We

wanted our boys to honestly be able to say they live in a fun house, while at the same time we could look at their character being molded into the image of Christ. Homes that laugh together and enjoy life together are more likely to be homes where wisdom is shared.

Our boys quickly learned the concept of grace as they grew in our home. They understood that we were holding them to high standards, but that we would extend lots of grace. Today my boys are young adults, but they are still seeking my wisdom on an almost daily basis. I get to play a huge

role in helping them make wise decisions in life, but that process began early in their life.

This month at Cross Street Live our bottom line theme will be teaching kids to make wise choices. Join us at Rossview High School, Sunday night, September 20, at 5:30 p.m. as we partner with you to build great families.

Ron Edmondson is co-pastor of Grace Community Church and frequently speaks and writes on the family. You can find Grace Community Church online at [www.gcomchurch.com](http://www.gcomchurch.com).

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## Lessons Learned

by Brenda Hunley

Illustrated by Willie Bailey

Lily the dragonfly was stuck. She was in such a rush to beat Chester the chipmunk to the ice cream party that she flew straight into a spider web.

"Help, ewww, help me, I'm stuck!" screamed Lily. She struggled to break free. She looked around to see if she could see the spider. She didn't, thankfully. The more she wiggled, the more her wings were stuck in the web.

"Help, help!" Lily cried, with little tears running down her cheeks. She could hear her friends gathering for the party. However, they were too far away to hear her.

"Hello...is there anyone who can help me? I'm stuck up here in this spider web!" Lily called.

"Lily?" came a familiar voice from somewhere below.

"Yes! It's me, Lily! Help me! I'm stuck in a web! Please hurry!" cried Lily.

"Lily! There you are!" said Chester as he climbed up the tree trunk.

"Chester! I've never been so thankful to see you in my whole life!"

Chester looked the web over, and started working to get Lily down.

"When you weren't at the party, I knew something was up!"

Lily giggled. "That UP you are talking about is me stuck up here!"

Chester worked for several minutes before he was able to get Lily out of the web.



"Thank you so much! It feels so good to be free again!" said Lily as she stretched her wings. She flew up into the air, did a few flips and fluttered down next to Chester.

"Why don't we go together this time?" asked Chester.

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"Good idea!" answered Lily.

A wonderful scene opened up before the friends as they made their way toward the party. The sun had set, yet there was still light from the moon. There were also many lightning bugs twinkling on and off creating a peaceful atmosphere. The heat of the day was being replaced with a warm, slight breeze. Everyone was laughing and talking with one another.

Dad Chipmunk was waving to them. "Hey, you two; we were starting to worry!"

"Sorry Dad, we uh...we brought some blackberries and some mint for the ice cream."

"Sorry, Mr. Chipmunk, I got stuck in a spider web and Chester came back to get me out of it," Lily explained.

"Well, well, glad you are safe!" said Dad Chipmunk, hugging Lily and Chester tightly.

"Will you two please give those to Mom Chipmunk? I've got the ice cream ready. Your mom will grind the berries and the mint down, and then we can mix it into the ice cream," he instructed.

After dropping off the ingredients to Mom Chipmunk, the friends looked at all the fruits and nuts they would be able to mix in. Each family had brought some sort of fruit or nut to mix into the ice cream. This was turning into a great party!

"Look Lily! I'm mixing strawberries into this batch," Boomer said with a big goofy grin on his face.

Lily took a deep breath, "OOH! That smells wonderful Boomer! I can't wait to try it! You will save some for me, right?"

"Sure!" said Boomer, blushing.

"Hey, there is Dart!" Chester said, running to greet his friend. Dart and his family had brought peaches.

"Here are the peaches I promised. Mom peeled and pitted them already," Dart said, handing Chester a bowl of the diced fruit.

"Yummy! Thank you!" Chester said to Dart and his mom.

"Why don't I take those to your mom for you Chester? That way you two can visit and I can help your mom get things ready," Dart's mom offered.

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There was quite a large crowd out in front of the chipmunk tree as the ice cream was brought out by several strong turtles. There were many different kinds to choose.

There were lots of ooh's and ahh's exclaimed as each one was set up on long tables.

Dad Chipmunk clapped his paws together to get everyone's attention.

"Thank you all for coming," he said, as he climbed on top of a nearby stump.

"I know you are all eager to dive in, but we need to take some time to thank our Creator for this great bounty, for our homes, families, and for each other." The group of friends and neighbors bowed their heads and gave thanks.

Soon all a passerby could hear was the sound of spoons scraping bowls, and the slurping sounds of many tongues eagerly lapping up their flavored ice cream treats.

"So, what's your favorite flavor, Chester?" asked Lily.

"I like blackberry best or maybe peach," Chester replied licking his lips.

"Peach is my favorite," added Dart.

"I like the mint," said Mom Chipmunk.

"We like strawberry!" sang the duckling triplets.

"We like the walnut!" said a squirrel in the back.

"Which is your favorite Lily?" Chester asked.

"I like the blueberry," Lily answered.

"I like the blueberry too, and the strawberry, and the peach, and the nuts, and well...all of it!" said Boomer.

The group laughed.

"SSSSSSSSoooo, what do we have here?" came a voice from a nearby bush.

The group instantly froze! It was so quiet. Even the crickets stopped chirping. There was no sound as a snake slithered into the clearing.

Everyone looked at each other, and then either ran into the chipmunk home, or climbed up the tree, or flew into the branches, or hid in their shells.

"SSSSSSSSSSsssss. Why is no one answering me?" the snake said.

The only ones still standing in front of the chipmunk home were the chipmunk family.

No one said anything. The snake's long black body shone in the moonlight.

Chester wondered if anyone else could hear his heart beating. It was so loud! Just as he gathered enough courage to step out, his little brother Boomer took a step toward the snake.

"I'm not afraid of you snake! Go away! There is nothing here for you!" yelled Boomer.

The snake looked Boomer over. Its spiked tongue kept flicking in and out. Then it said, "Where is Chessster?"

Chester gulped. "I'm here," he said as he stepped out to stand next to Boomer.

"Be careful son!" whispered Dad Chipmunk.

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Mom Chipmunk was not happy to see both her boys were talking to a snake!

"Chester! Boomer! Please come inside the house!" she said, opening her front door.

"It's me, Sssami," interrupted the snake.

"Sami? What are you doing here?" Chester asked.

"I heard you talking to the dragonfly about having a party with ice cream and I didn't know what a party wasssss, or what ice cream iss. Sssso, I thought I would ssssee for myself," said Sami.

"Are you going to eat us?" Boomer asked.

"No, you silly chipmunk! Why does everyone ask me that?" she said.

"Would you like some ice cream?" Chester asked.

Dad Chipmunk opened the door and brought out a bowl of blackberry ice cream. As he got close to Sami, he pushed the boys behind him as he shoved the bowl out towards her.

"Here you go, we hope you like it," he said nervously backing toward the door of his home.

Everyone watched as Sami the snake had her first taste of ice cream. She took one lick, made a sour face, and started to shiver all over.

"Ooh! It's cold! I don't like cold. Get it away from me! Yuck!" she said as she slithered back toward the bushes.

"Thanks, and goodbye," Sami said. Then she was gone as quickly as she came.

Chester, Boomer and Dad Chipmunk hugged.

"You two need to stay away from snakes. We were lucky this time," Dad Chipmunk instructed.

"We will Dad, we will," said Chester and Boomer closing the door behind them.

"Did you see the look on that snake's face when it tasted the ice cream?" Dart asked laughing.

As the animals of Dunbar Cave settled in for the night, each in their own home, they had a lot to think about before they went to sleep. Stay away from spider webs; don't talk to snakes, and how much they looked forward to their next taste of ice cream!



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by Jennifer Overby Mead

Over the past 13 years of originating loans I have watched the popularity of VA loans come and go. There are actually quite a few misconceptions out there that have caused some Veterans to not take advantage of one of the best benefits their military service has granted them. So let's start with the history of VA Loans and then let me take a moment to point out some of the most common misconceptions.

The original Servicemen's Readjustment Act was passed by the United States Congress in 1944 and extended a wide variety of benefits to eligible Veterans. As part of this act the Veterans Administration is authorized to guarantee or insure home, farm and business loans made to Veterans by various lending institutions. Although most financial institutions do not participate in the VA farm and business loans due to the risk associated with these types of loans, almost every lender participates in the home loan financing guarantee.

The most common misconception I hear is that most VA borrowers assume that the Department of Veteran Affairs actually reviews each file, when in reality they see less than 10% of all VA loans originated. I usually tell my clients that if their file is personally being reviewed by someone at VA then something has happened to cause its audit. Either the home has gone into foreclosure or the Lender is having their files periodically audited to make sure that they are following all VA established guidelines. In any case it is not fun for anyone involved.

Here are a few of the other misnomers regarding VA loans:

- VA does not set interest rates, they only regulate the fees a veteran can be charged. So make sure you have compared your rate with other lenders before deciding to lock in.

- Just because the loan is called a "VA guaranteed home loan" doesn't guarantee you will get a loan. The VA is only guaranteeing that the lender will get their money if you default, and is not guaranteeing you will qualify for a loan. You must have good credit and stable employment to qualify.

- If you have ever been rated disabled

or are the surviving spouse of a Veteran who died on active duty or from an active duty disability then you may qualify to have your funding fee waived.

- VA Appraisers are not home inspectors. They are only there to make sure the home a Veteran is purchasing is worth what they are agreeing to purchase it for. They are not promising the house doesn't need a new roof or a new heating and cooling system in the next six months. If you want to know everything about the home and its condition get a home inspection from a qualified home inspector.

- You can own and finance more than one property using a VA loan as long as it meets certain VA guidelines (e.g. loan amount, available entitlement). Don't let anyone tell you it can't be done. It can be if the lender knows how to do it.

- If you defaulted on your VA loan and the Government is not seeking repayment from the loss you can use your VA bonus entitlement to finance a second property. Once again, don't let anyone tell you it can't be done. Believe me, it can be done in certain situations.

- If you can afford the payment, take advantage of the 100% financing available when using your VA loan even if you have money for a down payment. Putting money down on your first time use is usually not going to save you that much money monthly. Save your money to put towards your second time use VA Funding fee, or invest the money instead and let it make you money.

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8. If you do choose to put down money, put down at least 5% and you can lower your VA funding fee. If you put down at least 10% it can be lowered even more.

9. It has been my experience that the VA funding fee sometimes scares people into thinking that their payment will be more than a conventional loan. However, this is untrue unless you are planning on putting down 20%. Since the US Government is backing the loan the lender will not require you to have private mortgage insurance, which is usually pretty expensive, so VA loans will have a lower monthly payment.

10. If you either purchased a home using your VA loan and you paid it off in full (without selling it), or refinanced the property using a different type of loan, it doesn't automatically free up your VA Entitlement. You must request a onetime restoration that will be granted just once. However, if you want

to reuse your VA entitlement again you must sell both properties, even if they are paid in full, to be able to get your entitlement back.

11. You can use your VA loan to purchase a multi unit property as long as you plan to occupy one of the units as your primary residence. This is a great option for those who are financially stable and want to let their property make money for them. Just know there are additional guidelines the veteran must follow to purchase this type of home.

As a loan originator who has been in this business for 13 years, knowing the VA Loan guidelines have become as simple to me as repeating my ABC's. This is the case for any Loan Originator who is located near a military base. VA Loans are our bread and butter, which have allowed us to help many new homeowners get into their home with little or no money out of pocket. This is usually not the case

for Banks and Lenders who do not derive more than 70% of their business doing VA loans. Most loan originators would rather poke themselves in the eye than learn all of the required guidelines, forms and quirks associated with the Veterans Administration Loans. So when using your VA Loan for financing a home, use a local lender and it should be a smooth process for you.



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

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Once upon a time there was a little girl. She was like most of the other girls her age. She had a mom and dad who took care of her and loved her. Her parents took her to church and she heard stories about Jesus, and how He loved her too. She had food to eat and nice clothes to wear. She had a modest home with a swing set in the back yard. If you walked through her neighborhood on a summer afternoon you would find her playing with her friends and riding her bike, just like other little girls.

At a very young age this little girl also did something that little girls are known for. She began to dream. She began to dream about growing up and all of the things she hoped her life would be. She dreamed about her wedding and getting married. She dreamed about having children and being a mother. She

## Once Upon A Time

by Kim Edmondson

dreamed about her home, and thought about the many things she might be when she grew up.

As the years went by the little girl grew into a lovely young woman. She had done well in school and earned a scholarship to attend the college of her choice. While in college she worked hard and was known for doing her best. All the while, she remembered her dream. Just before her college graduation she met a very nice young man. Before she even realized it, she was planning her dream wedding. Standing at the altar looking into the eyes of the man she loved, and taking her first step into living out part of the dream she had carried inside of her for so long.

The early years of her marriage were tough, but wonderful. Lots of work and a little bit of money

were not what she had expected, but she had a great husband who was working hard and continuing his education. She worked to help ends meet and continued to dream of the day when she would be a mother. Finally, she learned she was expecting a baby and her dream surged with a new excitement. She had so many questions and felt such anticipation. With the arrival of her baby a new season of dreams emerged. Now the dreams were no longer for her, but for this amazing life that had wrapped itself around her heart so tightly.

As time has a way of doing, it moved quickly. Days turned into months and months turned into years. And the little girl, who carried all of those dreams was now a wife, a mother and a career woman. Looking in from the outside, it seemed as though she had all she ever dreamed of.

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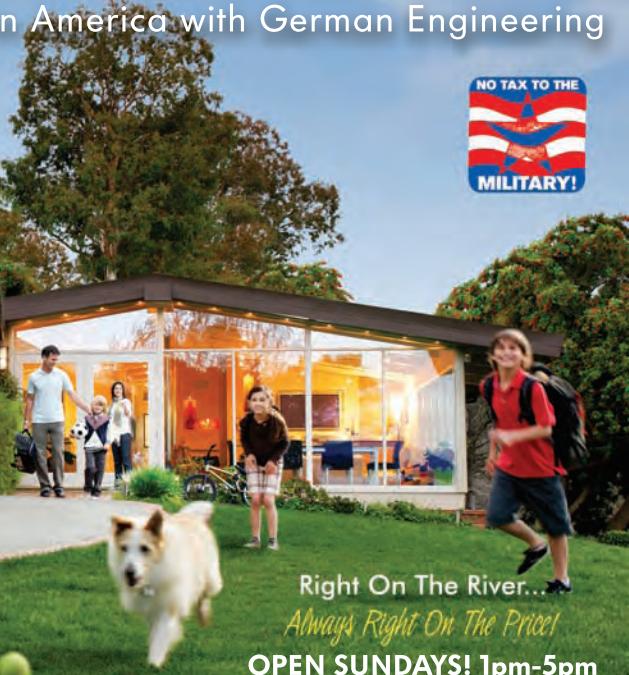
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**A good husband, great kids, a nice job—but in the quiet moments when she was alone, she felt there was something missing. She did not like it when those thoughts and feelings came to her mind. What more could she possibly want or need? Life was good. So, why did she feel this emptiness? Why did she long for something more? She tried asking her friends if they felt the same way. When she did they would remind her of the great life she had and suggest that she treat herself to something special. So a new hairstyle or handbag later she would find herself feeling a bit better, but the longing always returned.**

**One day when she had some time to herself she started to think back over her life. She remembered her childhood, her parents, her friends and her dreams. And then, in a brief moment, she remembered a song. The tune was so faint in her mind she wondered if she really even heard it at all. She closed her eyes and focused on the distant sound. She knew there were words that went with the tune. If only she could remember. Finally, the words came. She only whispered them at first. Then as they came to her mind, she heard herself singing, “Yes, Jesus loves me. Yes, Jesus loves me. Yes, Jesus loves me, the Bible tells me so.”**

**As soon as she had finished singing the words she knew what was missing. Through all of the years and all of her dreams, what she had longed for most had filled her life. She had everything she had hoped for in life, except for the Lord who had allowed those dreams to come true. It wasn’t that she didn’t believe in Him. She just forgot He was there. She was living her life and her dreams, but she came to realize that a life without Jesus is no life at all.**

In the Bible it says:

“He will give you all you need from day to day if you live for him and make the Kingdom of God your primary concern.”

Matthew 6:33

Do you find yourself in the place of living your life, your way? You are working hard at being the best you can be and providing for your family. Perhaps all of your dreams have come true and life is good, but you know there is more. There is a longing deep inside of you to feel complete. The something more you are searching for is the person of Jesus Christ. As you live your life each day, don’t forget the One who has given you life. Make Him your priority. Give Him first place. Jesus loves you so much and He wants to be your greatest dream coming true.



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## Ten Common Homework Mistakes Made by Well Meaning Parents

by Stephani Cook, Ed.S.

Well, we have almost a month of school behind us. It seems that with every year the academic demands increase and the expectations are greater than ever before. One of the most difficult times of the day is the dreaded homework time. As parents, we want our children to be successful, but we must also recognize that part of academia is learning independence and self-motivation. With that in mind, here are some of the most common mistakes well meaning parents might make.

**1) IT IS NOT YOUR HOMEWORK** Remember, as tempting as it may seem, do not do for your children what

they can do for themselves. Yes, of course you could get those math problems done in at least half the time, but the goal of homework is not to test the knowledge of the parent, but rather to allow the student extra practice of the skill. Let your child do just that, practice with minimal help from you if possible. We've all had our child lose the science fair to the project we are certain no kindergartner was capable of completing, but hold your head high knowing that every stray crayon mark and excessive glue streak was the sole work of your little Einstein and know that in the long run, he'll be at the top of his class!

**2) LET HIM FAIL** Failure and disappointment are part of the learning process. This is one of the most difficult parts of parenting—allowing your child to suffer the natural consequences of something such as forgetting his reading book at school or forgetting to study for the test until five minutes before the bus comes. Again, every mistake has a price, and it is those mistakes that we suffer from the most that also teach us the most. When you are faced with this type of situation, weigh the costs—is this a good time to learn a tough lesson or should you help if possible—sometimes, watching him fail is loving him the most.

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### **3) CHILDREN DO NOT LIKE DISCIPLINE**

Remember, just because a child doesn't like something doesn't mean it shouldn't happen. Discipline is never fun for the child and is rarely fun for the parent, but it is such an essential part of parenting. Be very careful that you do not assist your child in avoiding everything that he or she finds unpleasant. Receiving a well rounded education means suffering through those topics or concepts that are not our favorites. Often our children need a little encouragement to realize that not everything in life is fun—but sometimes things are necessary.

### **4) FAIR DOES NOT**

**ALWAYS MEAN EQUAL** For those of us with more than one child, we all know “no two children are created equal.” This is true in many areas, but particularly academic strengths and weaknesses. Do not worry about being “fair” in their sense of the word. Provide for each child what he or she needs. One of your children may demand all of your attention one evening because the assignment is very difficult—while the other whizzes through his homework in seven minutes and is off to play. One of your children may **ALWAYS** demand more of your attention. Helping everyone in the family understand one another in a way that allows everyone to get what he or she needs is an important part of being a family.

### **5) BE RELIABLE AND**

**AVAILABLE** Although completion of homework and school projects is the ultimate responsibility of the student, it is important that we, as parents, are reliable and available to them when assistance is needed. If your child has told you about the big science test on Friday for two weeks ahead of time, Thursday night is probably not the best night to schedule a family outing that has everyone rushing home well past bedtime. If that is unavoidable, then be sure you have provided an alternative time to help with studying if needed. Along those same lines, it is so important to our children that we are present at as many school functions as possible. Yes, the fall festival may make you claustrophobic and bring up bad childhood memories of losing the cake walk, but to your child—it is THE place to be and it's important. Support him or her as much as possible in those kinds of things.

### **6) LOVE IS**

**UNCONDITIONAL** Learning problems are very difficult for everyone involved, especially for your child. Be sure that when things do not go as expected that your child understands that your love for him or her is not conditional on the ability to DO anything well. It is imperative that we separate the obstacle from the worth of our child, and communicate that very effectively. Often children feel that they have disappointed those they care about most when they are unable to achieve at the same rate as others. Be sure that you let your child know that your

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love for them is not based on the ability to perform well in school or sports or whatever presents the difficulty. Offer love, safety and security during that time.

#### 7) REINFORCE EFFORT

Effort should always be reinforced, even when it may not lead to success. We have all grown up under the motto of "If at first you don't succeed, try and try again." However, we often only reward those who succeed and not those who are doing the best they can. Be sure that your child receives your support when you can see that he or she is giving the very best effort.

#### 8) TEACH THE IMPORTANCE OF BALANCE

Help your child to learn balance in his life. Our children are growing up in a world that is moving so quickly and many of them have schedules that would rival that of a high profile CEO. It is our job to help our children with balance in their lives. This means that they deserve time to play, as children, in addition to all the other demands in their lives. Research is very clear that successful adults know the importance of balancing work and play. Help teach this lesson early in life.

#### 9) THE TEACHER KNOWS BEST

Resist the urge to

"blame" the teacher for academic difficulties. We can all agree that 100 math problems coming home with your first grader is probably a bit excessive; however, if you begin the evening by ranting about what a terrible teacher he must have, your child is quite unlikely to feel any responsibility for completing that assignment or any other assignment in the future. It is very important that the teacher remains the authority figure in your child's eyes, despite your lack of admiration. Otherwise, your child will lose an entire year of instruction under the pretense of "I don't have to do what she says, she's a bad

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teacher. My daddy says so." Of course, you always have the right to discuss any matter with the teacher directly or the school administrator—as long as you do so privately, out of your child's presence.

**10) ASK FOR HELP** When you've reached the end of your rope, ask for help. Although parents are their child's best teachers, sometimes it is just easier to let someone else help with homework to avoid the nightly battle and to help restore a friendly relationship between the parents and child. Sometimes, the homework far exceeds our knowledge base as parents. Students are learning concepts at a

much faster rate than we ever dreamed, and often we are tapped out by the end of elementary school in our expertise to be very helpful. Often, the best thing for everyone involved is to seek outside assistance through a private tutoring center or school based tutoring. (I can suggest a good one if needed ☺.)

We are very fortunate to live in a community that provides high quality academic instruction in both our public and private school settings; however, academic success really is a collaborative effort, and it takes commitment from the school personnel,

the student, the home and the community to help reach our goal of 100% graduation for all students. Never underestimate your role as a parent in providing what your child needs to reach that goal, as well as all of his or her academic goals. You are your child's best teacher!!

Stephani Cook is a school psychologist in the CMCSS, as well as co-owner of Beyond the Books, an educational learning center that provides tutoring and academic assessments. She can be reached at [beyondthebooks@bellsouth.net](mailto:beyondthebooks@bellsouth.net) or (931) 358-5405.

## Any of this sound familiar?

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My child is a terrible speller.

We fight every night over homework.

My child will never learn the multiplication tables.

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## A Golden Opportunity to Reach a Student in a Way that Transcends the Classroom

by John McDonald

Photos courtesy of Greg Williamson / The Leaf-Chronicle

The big yellow buses will again clog up Franklin Street, bringing scads of children on field trips to experience their first, or second or third (or more), theatrical event here at the nationally-recognized Roxy Regional Theatre, Clarksville's oldest professional theatre. From nearby schools or faraway counties, they'll converge on the corner of Franklin and First to be enlightened, enlivened and enriched by a live theatrical performance.

We begin our 27th season with an imported production, MARK TWAIN: 100 YEARS OF COMEDY. The humor alone will be the catalyst to bring Tom Sawyer and Huckleberry Finn to students who have yet to be able to imagine words as pictures or understand Twain's humor on the printed page.

As a child, I lacked that ability. My imagination ran wild, yes, but not in the direction nor in the context of the written

to bring their students to see and hear plays, to hear and see literature come to life. That is why we have the highest high school graduation of any county in the state; because we have in our school system the very best teachers, principals, and school board—the latter headed by Michael Harris, who said, "The Roxy brings the written word to life in ways that can't be duplicated in the classroom."



word. Imagining the text and seeing it in my mind's eye was not a taught ability, but it was learned through plays—in reading them, seeing them and being in them. In my scattered and pre-pubescent mind, plays brought the word picture to life.

This golden opportunity to reach a student in a way that transcends the classroom experience is invaluable. (*Daytime performances for schools at 9:15 a.m. and 11:30 a.m. on September 7, 8, 9, 10 and 11.*)

I praise and laud those educators who jump through hoops and do the paperwork that is required

**THE 25TH ANNUAL PUTNAM COUNTY SPELLING BEE** gives students who aspire to climb the musical ladder to public performances a truly hands-on experience, possibly even to join the cast onstage. (*Daytime performances for schools at 10:00 a.m. on September 21, 22, 28 and 29.*)

When the Montgomery County teachers were asked what they would like most for their students to experience, Edgar Allan Poe headed up the list—and specifically "The Masque of the Red Death," "The Cask of Amontillado" and "The Tell-Tale Heart." Our adaptation POE UNEARTHED features all three, woven together by "The Raven." (*Daytime performances for schools at 9:15 a.m. and 11:30 a.m. on October 19, 20, 21, 22, 23, 26, 27, 28, 29 and 30.*)

**A STREETCAR NAMED DESIRE** is a remarkable play

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of fragile Southern beauty and barbaric cruelty. Characters like Blanche, Stanley and Stella are jewels in Tennessee Williams' literary crown. (*Daytime performances for schools at 10:00 a.m. on November 9, 10, 11, 12, 13, 16, 17, 18, 19 and 20.*)

We are more than fortunate to have Tom King reprising his role as Rosina Daintymouth aka The Witch in our production of HANSEL AND GRETEL. HANSEL AND GRETEL is this year's "Christmas Drill" (that's what we call it), and I love it. We are filled to overflowing with the spirit of the season, well before Thanksgiving. By

the time it actually rolls around, we are Christmas-ed out. We can't sing another Holly Ho or say another Bah Humbug. However, Humperdinck's message is timeless and unforgettable: "When past bearing is our grief, then the Lord above will send relief." (*Daytime performances for schools at 9:15 a.m. and 11:30 a.m. on*



*November 30; December 1, 2, 3, 4, 7, 8, 9, 10, 11, 14, 15, 16 and 17.)*

In PETER RABBIT AND FRIENDS, Flopsy, Peter, Mittens and Mr. McGregor, along with Jemima Puddle-Duck, bring new young faces to the theatre, faces that easily suspend their disbelief and

believe actors with felt ears are rabbits and a painted drop can be a garden of earthly delights. (*Daytime performances for schools at 9:15 a.m. and 11:30*

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Thur. 9/24: Barksdale Elem. 5-8pm

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a.m. on January 19, 20, 21, 22, 25, 26, 27, 28, 29; February 1, 2, 3, 4, 5, 8, 9, 10, 11 and 12.)

The Johnny Cash musical RING OF FIRE brings us back to our Tennessee roots with the country music sounds that Cash perfected and, in doing so, made him and country

music famous. (*Daytime performances for schools at 10:00 a.m. on February 15, 16, 22 and 23.*)

Shakespeare is the one constant in our canon of playwrights. We are the only theatre in Tennessee that annually produces Shakespeare and have done so since 1986. This year's production, AS YOU LIKE IT, is one of Shakespeare's funniest and easiest to understand plays. We have workshopped it with the Saturday class teens, who really enjoyed the mistaken identities and role-playing that form the

crux of one of Shakespeare's greatest comedies. (*Daytime performances for schools at 9:15 a.m. and 11:30 a.m. on March 8, 9, 10, 11 and 12.*)



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This is our second time to produce OF MICE AND MEN. It is required reading and the play is adapted by the author—no one could adapt a novel better than John Steinbeck himself.

*(Daytime performances for schools at 9:15 a.m. and 11:30 a.m. on March 29, 30, 31; April 1 and 2.)*

HIGH SCHOOL MUSICAL 2: What can I say about this Disney phenomenon? When it played on television, it brought in the highest number of viewers, even more than The Beatles did that record-breaking



Sunday on The Ed Sullivan show. *(Daytime performances for schools at 10:00 a.m. on April 12, 13, 14, 15, 16, 19, 20, 21, 22, 23, 26, 27, 28, 29, 30; May 3, 4, 5, 6, 7, 10, 11, 12, 13 and 14.)*

The cost of a field trip to the Roxy is \$5 per student and has been \$5 since we opened in 1983. Now, with our partnership with the Customs House Museum and Cultural Center, a student could see a play live onstage and visit the museum, a double-header for 1983 prices. For booking information, contact Katie Kennedy

at the Roxy Regional Theatre at (931) 645-7699 during regular box office hours (9:00 a.m. to 2:00 p.m. weekdays) or by email at [roxytheatre@bellsouth.net](mailto:roxytheatre@bellsouth.net).

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Expires 9-30-2009

Use Offer Code: **ClarksvilleFamily02**  
For Qualifying Systems

Use Offer Code: **ClarksvilleFamily03**  
Expires 11-30-2009

## Operation Serve

### A Day of Volunteerism and Community Service

by Pamela Magrans

Olivia (age 9) stands with her arm around her sister Clare (age 7) sporting their new shirts that read "We Came to Serve." No, they are not future waitresses or models. Rather they are two of Clarksville's own who are learning the merits of stewardship and volunteerism through the steady example of their parents, their church, and their community.

#### What is Operation Serve?

On Saturday, September 26, Grace Community Church will host the 4th annual Operation Serve. Operation Serve is a one-day community blitz where volunteers donate time, labor and resources to help others in the Clarksville community.

Grace Community Church organizes this one-day event, but will rely on the labor of at least 1,300 volunteers. Grace Community Church is budgeting \$54,000 from the church to fund the various projects of Operation Serve.

Operation Serve has been a natural development from the inception of Grace Community

Church. Inspired by biblical principles of helping and serving our neighbors, this call to stewardship and volunteerism turns principles into reality. Operation Serve consists of approximately 30 different projects. Each project serves our community in some way.



Several local organizations that benefited from last year's projects were the Salvation Army, West

Creek Elementary, Firehouse Shelter, Hope Pregnancy Center, Tabernacle Christian School, Loaves and Fishes, Urban Ministries and South Central Village Nursing Home, to name only a few.

On August 30, following the church service at Grace Community Church, tables were set up in the gym at Rossview High School. Church attendees piled into the gym to sign up for a project. There were many different projects, each with a project leader ready to sign-up volunteers. There was something there for anyone willing to donate his or her time. Volunteers could sign up for whatever project suited their individual skill and interest.

Volunteers are still being accepted, as 1,300 volunteers are needed to meet the demands of the various projects. Last year, approximately 1,000 volunteers assisted in Operation Serve. This year, the project list has grown and so has the volunteer list.

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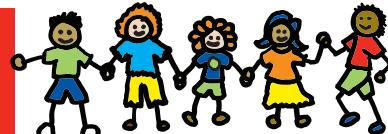
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## **Extreme Makeover Neighborhood Edition—one project of many**

If that term makes you think about the popular television show Extreme Home Makeover—that's about right. Except that this Extreme Makeover project doesn't exactly level homes or send recipients on Disney vacations. Rather than focusing on just one home, like the television show, this project focuses on assisting residents of an entire neighborhood in smaller, but meaningful ways. In partnership with the Office of Housing and Community Development, a targeted neighborhood in the Clarksville area will be the recipients of the volunteer labor. The city helps with the funding of certain expenses through grants and federal funding, as well as helps with the home selection and preapproval process.

On the morning of September 26, volunteers will arrive at the homes equipped with tools, trades and time. The homeowners will receive home repairs, minor renovations, and other assistance as needed. Some residents will receive help with interior and exterior painting, planting shrubbery, even the construction of wheelchair ramps. The services provided by the Operation Serve volunteers will be catered to those homeowners' unique needs.

It is a chance to provide a face-lift to a neighborhood in our community and help individuals in a time when

financial resources are tough for many. On that day, both lunch and dinner will be provided for the families whose homes are being repaired. It is more than just a day of construction work—it becomes a shared experience of community—with volunteers and homeowners spending



time together while the work is completed.

Mike and Jeannie Monroe are volunteers who help with the largest of the projects—Extreme Makeover. It is their daughters, Olivia and Clare, who are already sporting the official Operation Serve shirt that will be worn by volunteers on September 26.

Mike and Jeannie attend Grace Community Church and are eager to use their talents and skills to help others. Jeannie has a background in interior design and likes using her work experience to help improve the interior of someone's home. For her it is both a calling and a hobby.

While other volunteers may be working on the functionality of home repairs, Jeannie likes to add a personal touch and

make the inside of a home more inviting. "I like to add what they like," she said. "My surroundings are important to me and I like to help make someone else's surroundings comfortable for them too."

Mike and Jeannie Monroe both agree that while there are tangible rewards for the homeowners, the volunteers experience intrinsic rewards. Mike explains the Extreme Makeover project as being "the hands and feet of Jesus." It is a process of helping others as Jesus calls his followers to do. He recalled a story from last year when they entered a home to do some other work, only to realize the resident did not have access to hot water. The team quickly found the needed volunteers to remedy that situation and when the team left the home, the resident had hot water for the first time in seven years.

While last year's projects focused on interior work, Mike notes that this year will integrate more exterior work, such as landscaping. "We want to facelift the neighborhood by using landscape," says Mike. This year the volunteers will work on long-term projects that will continue to benefit the homeowners. Energy efficient light bulbs will be installed for some residents. Insulation and painting projects will help increase the property value and efficiency of some homes in the neighborhood. Some residents may get replacement doors for security reasons. A



few homeowners may get some new appliances. Last year, the Extreme Makeover worked on 16 homes. This year 20 homes will benefit from the volunteer labor. All of this is in an effort to serve others and help fellow members of the community.

### The Block Party

The Extreme Makeover hosts a block party to celebrate the work being done in the nearby neighborhood. It will be held on September 26 from 10:00 a.m. to 1:00 p.m. and will be located at the center green space in the new Providence Point residential area. Providence Point residential area is on

Peachers Mill Road across the street from Byrns Darden Elementary.

The block party is a special celebration that will consist of carnival/fair-type games, prizes, a DJ, inflatables, and lots of food and drinks. The activities cater to the very young to elementary-age children. There will also be representatives from the Clarksville area YMCA, TENNderCare, and Big Brothers Big Sisters who will host special activities and offer information at their tables. The Clarksville K9 Search and Rescue Team will entertain the children with the search dogs. There will be fun and food available for any who wish to join.

In keeping with the spirit of community, the Block Party is a way to celebrate the success of the Extreme Makeover, as well as give local families a fun and free afternoon.

### A multitude of helping hands...

There are a multitude of projects that will occur on Saturday, September 26 across the Clarksville community; the list is entirely too long to mention here. There will be hammering and painting, sewing and cooking, laughing and sweating.



Like any military operation, Operation Serve will be carried out in an organized, planned and strategic way. Like any battlefield, it will also be a day

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when hearts turn to God—in quite reflection of service, in gratitude for the gifts God has given, and in appreciation for our neighbors and those willing to sacrifice.

Like any well suited solider—the uniform of the day will be the “I Came to Serve” shirt.

There are a multitude of places where you might see volunteers wearing the “I Came to Serve” shirt. You may see them planting flowers in front of an elementary school. You might see them delivering dinner to a home. You may witness them performing a random act of kindness. You might see them at the supermarket, at the soccer field, at the gas pump. Wherever we might see the “I Came to Serve” shirts may we all be reminded that we each have unique talents and gifts that we should use to help others. “Each one should use whatever gift he has received to serve others, faithfully administering God’s grace in its various forms” (1 Peter 4:10).

So wherever you are on Saturday September 26, be aware that an army of volunteers is serving Clarksville.



#### **Where grace and community converge...**

There is a reason why the word “Community” rests in the middle of the name Grace Community Church. Serving others has always been a cornerstone of this

church and Operation Serve is a one-day example of what they strive to do daily.

“We tell our volunteers to come with a heart to serve and expect nothing in return,” says pastor Ron Edmondson. When asked what Bible verse sums up the inspiration behind Operation Serve, he recounted John 13:34-35, “A new command I give you: Love one another. As I have loved you, so you must love one another. By this all men will know that you are my disciples, if you love one another.”

Operation Serve is a one-day extravaganza of exemplifying that verse by showing love to others through various community service projects.

Grace Community Church meets at Rossview High School each Sunday. Due to attendance growth, they are changing their gathering time. Beginning on Sept 13, the services will be at 8:30 a.m., 10:00 a.m. and 11:30 a.m. Everyone is invited to come as you are. For more information visit [www.GComChurch.com](http://www.GComChurch.com) or call (931) 647-6800.

#### **Autumn has arrived at Hodgepodge**



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# THE FRIDGE



Maggie  
Pretty in pink!



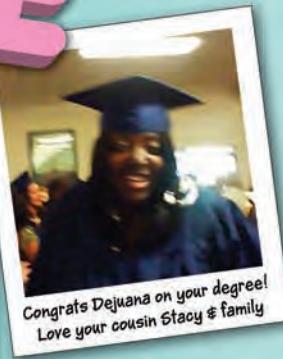
Austin  
Victor  
I love you, man!



Kayden's first day of school!



Kennedy  
Yep, I'm always this sweet!



Congrats Dejuana on your degree!  
Love your cousin Stacy & family!

## HAPPY BIRTHDAY!



Happy 1st Birthday Callie!



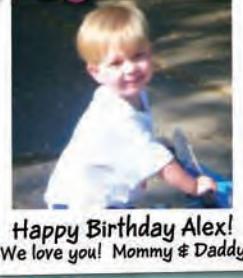
Happy 1st B-day Laila!  
Luv cousin Stacy & family



Happy 1st Birthday Charlie!  
Love, Daddy, Mommy, Abigail & Madelyn



Happy 2nd Birthday Aiden!  
Love Mama & Daddy



Happy Birthday Alex!  
We love you! Mommy & Daddy



Happy 2nd Birthday Dylan!  
Love Mommy, Daddy & Lane



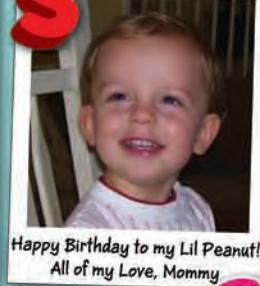
Happy 2nd Birthday Evelyn!



Happy 2nd Birthday, Alyssa!  
Love Mom, Dad, & Cris



Happy 2nd Birthday, Savannah!  
Love Daddy, Mama & Bristol



Happy Birthday to my Lil Peanut!  
All of my Love, Mommy



Happy 3rd Birthday Addison  
Love, Mommy & Daddy



Happy 3rd Birthday Caleb!  
Love Daddy, Mommy, Nevaeh & Ryan



Happy 3rd Birthday Jalyn  
& Happy Birthday Julia!



Happy 3rd Birthday Mason.  
Love Mommy



Happy 3rd Birthday, Chloe!  
We Love You, Mommy & Daddy

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

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

\*Photo publication cannot be guaranteed due to volume of photos received.

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

# HAPPY BIRTHDAY!



Happy 3rd Birthday, Joey!  
Love, Daddy, Mommy & Luke



Happy 3rd birthday, Xander!  
We love you, Beeba and Pa



Happy 3rd Birthday Tyler!



Happy 4th Birthday Madelyn!  
Love, Daddy, Mommy, Abigail & Charlie



Happy 5th Birthday Abby Grace!  
Love, Daddy, Mommy & Emma Cate



Happy 5th Birthday Cooper!  
Love, Mommy, Daddy & Colt



Happy 6th B-day LaKeith  
Love Mommy, Daddy & Siblings



Happy 6th Birthday Cookies!  
Love, Mommy, Daddy & Isabella



Happy 6th Birthday Joshua!  
Love, Mom, Dad, & Noah



Happy 6th Birthday Kaylea!  
I love you, Mimi



Happy Birthday!



Happy 7th B-Day Ethan!  
Love Mom, Dad, NeeNee & Jess



Happy 7th Birthday Alexis!  
Love, Mommy, Daddy, Kaitlyn, Alura & Tristan



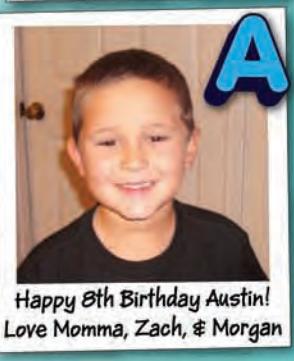
Happy 7th Birthday Hannah!  
Love, Mom, Jordan, Jeb & Jude



Happy 7th Birthday Ireland!  
Love Mommy, Nonni, & Mimi



Happy 8th B-day Sweetpea  
Luv your cousins. Stacy, Shemar & Demari



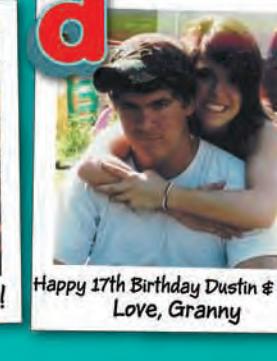
Happy 8th Birthday Austin!  
Love Momma, Zach, & Morgan



Happy 9th Birthday Madison!



Happy Birthday Abbie!



Happy 17th Birthday Dustin & Dana  
Love, Granny



Now, just by sending your  
birthday picture in for the fridge  
you have a chance to win a  
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(look for  on the winner's picture to see who won this month)

Winners are chosen via random drawing.  
The winning birthday boy & girl's parent or guardian  
will be notified each month by phone or email.

**Don't forget!**  
Send in photos  
for October  
birthdays  
by September 15th!

# Calendar

## Ongoing

### BATTERIES NOT INCLUDED: UNPLUGGED GAMES FROM THEN AND NOW

Starting September 14 through January 17, at Kimbrough Gallery of Customs House Museum, 200 South Second Street. Before the age of Atari, Nintendo and their ilk, kids played OUTSIDE when the weather was good. If it wasn't, there was always the basement or another large room in the house to get together and play games of chance, wits and skill. We've gathered some games your grandparents may have played, some our parents played, some that we played as children, and some that children still play today. All are electronic free and lots of fun. Museum hours: Tuesday through Saturday, 10:00 a.m. to 5:00 p.m.; Sundays 1:00 p.m. to 5:00 p.m. Admission: Adults \$6, Senior Citizens \$4, College \$2, Students 6 to 18 \$1, under 6 free. Free admission on Sundays.

### CASH FOR HEALTHY BLOOD SAMPLES

We need your help! Alpha Clinical Research is collecting blood samples from healthy volunteers in exchange for \$25. "Healthy" is defined as free from disease. People with anxiety, allergies and on birth control or hormone replacement therapy are not excluded and may participate. Interested volunteers may call (931) 920-2525 to learn more.

### 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. Visit [www.clarksvilledowntownmarket.com](http://www.clarksvilledowntownmarket.com) for more information.

### CLARKSVILLE FIRST CHURCH OF THE NAZARENE HOPE RIDERS

1:15 p.m. every Sunday afternoon at 180 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.

### FAMILY LIFE CENTER ACTIVITIES

Monday through Friday, 5:00 a.m. to 9:00 p.m. (except Wednesday, 5:00 a.m. to 5:00 p.m.), Saturday, 7:00 a.m. to 4:00 p.m. at 250 Old Farmers Road in Sango. This family-oriented facility sports a walking track, basketball courts, weight room, cardio deck, racquetball court, group fitness, game room, and a luxurious senior-adult social room. It is open to the entire Clarksville community and offers a variety of membership options such as walking pass member, group exercise member, and single-, couple- or family-memberships. Classes include step aerobics, Pilates, sculpting, Zumba, circuit, chair aerobics for seniors and beginner step (all classes are \$2). Visit [hbcfamilylife.blogspot.com](http://hbcfamilylife.blogspot.com) for more information.

### OWEN FARM FAMILY FALL FESTIVAL

Starting Saturday, September 19 through October 31, Saturdays, 10:00 a.m. to 6:00 p.m.; Sundays, 1:00 p.m. to 6:00 p.m. at Owen Farm, 825 Crocker Road, Chapmansboro, Tennessee. Corn maze, pumpkin rides, hayrides, barrel train, corn crib, 60-foot "drop zone" slide. Adult admission \$8 (\$6 with military I.D.), children \$6 (ages two and under are free). \$1 discount for non-perishable food donation. Concessions are available. Call (615) 642-0294 or visit [www.owenfarm.com](http://www.owenfarm.com).

## September

### 1 TUESDAY

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

### ALL NATIONS BIBLICAL STUDY CENTER

**REGISTRATION FOR FALL CLASSES**  
7:00 p.m. through Saturday, September 5 at All Nations Biblical Study Center, 1186 Fort Campbell Boulevard. Offering tuition-free Bible courses in the major fields of Biblical research. Fall Semester dates are September 10 through December 3. Course offerings for the Fall include: The Book of Revelation and Apocalyptic Literature, The Origins of Christianity, Biblical Hebrew I, New Testament (Koine) Greek I, and Jesus the Teacher: Studies in Matthew. Six Online Courses are also

available. Visit [www.studythescriptures.net](http://www.studythescriptures.net) or call the office at (931) 648-8844 for course descriptions, more information and to register.

### 2 WEDNESDAY

#### CHICK-FIL-A TRANE EMPLOYEE DAY

All day at Chick-fil-A in Governor's Square Mall, 2801 Wilma Rudolph Boulevard. Receive a free Chick-fil-A sandwich with the purchase of a medium fry and drink (employee i.d. required). Call (931) 645-5144 for information.

### 3 THURSDAY

#### CHICK-FIL-A APSU DAY

All day at Chick-fil-A in Governor's Square Mall, 2801 Wilma Rudolph Boulevard. Receive a free Chick-fil-A sandwich with the purchase of a medium fry and drink (student or employee i.d. required). Call (931) 645-5144 for information.

### 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.

### "LET'S FIND TOYS"

10:30 a.m. to 11:30 a.m. at Customs House Museum, 200 South Second Street. Children 2 - 5 years old and their grown-ups are invited to join Ms. Sue each month to explore the museum from a child's perspective. This month, we will look for toys, listen to a story, and make a craft. Children are invited to bring their favorite small toy.

This activity is free to museum members. Non-members pay the regular adult admission of \$5, plus \$1 per child. Siblings are always welcome. Reservations are requested; please call by 9:00 a.m. the morning of the event.

"Let's Find" can also be scheduled for mom's clubs, as well as home school, preschool, day care, and kindergarten groups. For more information contact Sue Lewis at (931) 648-5780.

### 4 FRIDAY

#### CHICK-FIL-A QUEBECORWORLD EMPLOYEE DAY

All day at Chick-fil-A in Governor's Square Mall, 2801 Wilma Rudolph Boulevard. Receive a free Chick-fil-A sandwich with the purchase of a medium fry and drink (employee i.d. required). Call (931) 645-5144 for information.

### 5 SATURDAY

#### SUNRISE CENTURY BIKE RIDE/RACE

Presented by the Clarksville Sunrise Rotary Club, "The easiest 100 miles you'll ever pedal." Ride headquarters is at Rossview High School, 1237 Rossview Road. On-site registration begins at 5:50 a.m. for the Sunrise Century (including Peloton) and the 32-mile ride; 6:50 a.m. for the 61-mile race. The Peloton starts at 6:45 a.m.; the main body of the Sunrise Century (non-Peloton riders) and all 32-mile riders begin at 7:00 a.m.; the 61-mile riders begin at 8:00 a.m. Registration fees are \$45 for the Sunrise Century (including the Peloton) and the 61-mile ride; \$35 for the 32-mile ride. Fee includes entry, t-shirt and timing chips for 500 riders. Additional t-shirts are available for \$10 each. For more information visit the Sunrise Century website at [www.clarksvillecentury.com](http://www.clarksvillecentury.com), e-mail [rideinfo@clarksvillecentury.com](mailto:rideinfo@clarksvillecentury.com), call Mike Schrecker at (931) 552-4287, or call Tom Cole at (931) 624-1373.

### DAY OUT WITH THOMAS 2009: THE HERO OF THE RAILS TOUR

8:00 a.m. to 5:00 p.m. at Tennessee Central Railway Museum, 220 Willow Street, Nashville. Thomas the Tank Engine is coming to save the day! Thomas, the beloved and courageous storybook engine, is set to roll into the Tennessee Central Railway Museum for the Day Out With Thomas 2009: The Hero of the Rails Tour. This fun-filled event offers preschoolers and their families the opportunity to take a ride with a 15-ton replica of Thomas the Tank Engine, star of the popular Thomas & Friends series. Children will ride along with their favorite hero on his latest adventure. For more information and directions contact the museum at (615) 244 9001 or on the web at [www.tcrly.org](http://www.tcrly.org). Tickets are \$18 for ages two and up. Visit [www.ticketweb.com/thomas](http://www.ticketweb.com/thomas) or call (212) 981-5204 for tickets.

### 6 SUNDAY

#### DAY OUT WITH THOMAS 2009: THE HERO OF THE RAILS TOUR

8:00 a.m. to 5:00 p.m. at Tennessee Central Railway Museum, 220 Willow Street, Nashville. Thomas the Tank Engine is coming to save the day! Thomas, the beloved and courageous storybook engine, is set to roll into the Tennessee Central Railway Museum for the Day Out With Thomas 2009: The Hero of the Rails Tour. This fun-filled event offers preschoolers and their families the opportunity to take a ride with a 15-ton

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## Little Lambs & Ivy Children's Clothing

**13th Annual Fall/Winter Consignment Sale**

Newborn to Size 14 Children's Clothing • Infant Equipment • Toys • Maternity Clothing

**RECEIVING DATES:** September 10th-12th (by appointment only). Call or go on-line to schedule your drop-off time!

<b>SALE &amp; PRE-SALE DATES:</b>	<b>OPEN TO THE PUBLIC:</b>
PRE-SALES: (Sorry, NO CHILDREN ALLOWED at pre-sales)	Wednesday, Sept. 16th 7:00 AM - 6:00 PM (REGULAR PRICE)
Tuesday, Sept. 15th, 5:00 - 7:00 PM CONSIGNORS ONLY	Thursday, Sept. 17th, 7:00 AM - 6:00 PM (25% discount, unless marked "No Discount")
7:00 - 9:00 PM CONSIGNORS AND GUESTS WITH PASSES	Friday, Sept. 18th, 7:00 AM - 6:00 PM (50% discount, unless marked "No Discount")
** 50% DISCOUNT PRESALE FOR CONSIGNORS ONLY (NO GUESTS) - THURSDAY, Sept. 17th, 6-8 PM **	Saturday, Sept. 19th, 7:00 AM - NOON (50% discount, unless marked "No Discount")
Sale Location: 121 Union Hall Road Clarksville, TN	CONTACT: Jeannette Smith, Phone 931-358-2979 (please, no calls after 9 PM), or email <a href="mailto:littlalambsandivy@gmail.com">littlalambsandivy@gmail.com</a>

For complete details & instructions go to: [www.tnconsign.com/lili.htm](http://www.tnconsign.com/lili.htm)

replica of Thomas the Tank Engine, star of the popular Thomas & Friends series. Children will ride along with their favorite hero on his latest adventure. For more information and directions contact the museum at (615) 244 9001 or on the web at [www.tcr.org](http://www.tcr.org). Tickets are \$18 for ages two and up. Visit [www.ticketweb.com/thomas](http://www.ticketweb.com/thomas) or call (212) 981-5204 for tickets.

## 7 MONDAY LABOR DAY

## 8 TUESDAY

CHICK-FIL-A FUNDRAISER NIGHT - MOORE MAGNET  
4:00 p.m. to 8:00 p.m. at Chick-fil-A at 1626 Madison Street.

## 9 WEDNESDAY

CHICK-FIL-A FLORIM EMPLOYEE DAY  
All day at Chick-fil-A in Governor's Square Mall, 2801 Wilma Rudolph Boulevard. Receive a free Chick-fil-A sandwich with the purchase of a medium fry and drink (employee i.d. required). Call (931) 645-5144 for information.

## 10 THURSDAY

CHICK-FIL-A FUNDRAISER NIGHT - HILDDALE BAPTIST CHURCH MOPS

All day at Chick-fil-A at 1626 Madison Street.

CHICK-FIL-A SPIRIT NIGHT - ST. BETHLEHEM ELEMENTARY

5:00 p.m. to 8:00 p.m. at Chick-fil-A in Governor's Square Mall, 2801 Wilma Rudolph Boulevard.

## 11 FRIDAY

CHICK-FIL-A - GRANDPARENT'S DAY

All day at Chick-fil-A in Governor's Square Mall, 2801 Wilma Rudolph Boulevard. Grandkids, bring your grandparents in and buy a kids meal and get a #1 combo for FREE!

## RIVERFEST

5:00 p.m. to 11:00 p.m. at Riverwalk at McGregor Park Riverwalk. Free admission. See article starting on page 6 for full details or visit [www.clarksvilleriverfest.com](http://www.clarksvilleriverfest.com) for more information.



## 12 SATURDAY

DAY OUT WITH THOMAS 2009: THE HERO OF THE RAILS TOUR

8:00 a.m. to 8:00 p.m. at Tennessee Central Railway Museum, 220 Willow Street, Nashville. Thomas the Tank Engine is coming to save the day! Thomas, the beloved and courageous storybook engine, is set to roll into the Tennessee Central Railway Museum for the Day Out With Thomas 2009: The Hero of the Rails Tour. This fun-filled event offers preschoolers and their families the opportunity to take a ride with a 15-ton replica of Thomas the Tank Engine, star of the popular Thomas & Friends series. Children will ride along with their favorite hero on his latest adventure. For more information and directions contact the museum at (615) 244 9001 or on the web at [www.tcr.org](http://www.tcr.org). Tickets are \$18 for ages two and up. Visit [www.ticketweb.com/thomas](http://www.ticketweb.com/thomas) or call (212) 981-5204 for tickets.

## RIVERFEST

10:00 a.m. to 11:00 p.m. at Riverwalk at McGregor Park Riverwalk. Free admission. See article starting on page 6 for full details or visit [www.clarksvilleriverfest.com](http://www.clarksvilleriverfest.com) for more information.

## 13 SUNDAY

DAY OUT WITH THOMAS 2009: THE HERO OF THE RAILS TOUR

8:00 a.m. to 8:00 p.m. at Tennessee Central Railway Museum, 220 Willow Street, Nashville. Thomas the Tank Engine is coming to save the day! Thomas, the beloved and courageous storybook engine, is set to roll into the Tennessee Central Railway Museum for the Day Out With Thomas 2009: The Hero of the Rails Tour. This fun-filled event offers preschoolers and their families the opportunity to take a ride with a 15-ton replica of Thomas the Tank Engine, star of the popular Thomas & Friends series. Children will ride along with their favorite hero on his latest adventure. For more information and directions contact the museum at (615) 244 9001 or on the web at [www.tcr.org](http://www.tcr.org). Tickets are \$18 for ages two and up. Visit [www.ticketweb.com/thomas](http://www.ticketweb.com/thomas) or call (212) 981-5204 for tickets.

## 14 MONDAY

CHICK-FIL-A SPIRIT NIGHT - ROSSVIEW ELEMENTARY

5:00 p.m. to 8:00 p.m. at Chick-fil-A in Governor's Square Mall, 2801 Wilma Rudolph Boulevard.

## 15 TUESDAY

CHICK-FIL-A FUNDRAISER NIGHT - EAST MONTGOMERY ELEMENTARY

5:00 p.m. to 8:00 p.m. at Chick-fil-A at 1626 Madison Street.

CHICK-FIL-A SPIRIT NIGHT - NORTHEAST ELEMENTARY

5:00 p.m. to 8:00 p.m. at Chick-fil-A in Governor's Square Mall, 2801 Wilma Rudolph Boulevard.

CLARKSVILLE SCRABBLE GAME CLUB

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

## 16 WEDNESDAY

CHICK-FIL-A METALPHA EMPLOYEE DAY

All day at Chick-fil-A in Governor's Square Mall, 2801 Wilma Rudolph Boulevard. Receive a free Chick-fil-A sandwich with the purchase of a medium fry and drink (employee i.d. required). Call (931) 645-5144 for information.

LITTLE LAMBS & IVY CHILDREN'S CLOTHING 13TH ANNUAL FALL/WINTER CONSIGNMENT SALE

7:00 a.m. to 6:00 p.m. at 121 Union Hall Road. Newborn to size 14, infant equipment, toys and maternity clothing. All items regular priced. For information call Jeannette Smith at (931) 358-2979 before 9:00 p.m.

## 17 THURSDAY

CHICK-FIL-A YMCA SILVERSNEAKERS LUNCHEON

At Chick-fil-A in Governor's Square Mall, 2801 Wilma Rudolph Boulevard.

LITTLE LAMBS & IVY CHILDREN'S CLOTHING 13TH ANNUAL FALL/WINTER CONSIGNMENT SALE

7:00 a.m. to 6:00 p.m. at 121 Union Hall Road. Newborn to size 14, infant equipment, toys and maternity clothing. All

## BUSY BEADS & MOORE • SEPTEMBER CLASS SCHEDULE

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

**PEYOTE BRACELET** \$25. Wednesday the 2nd @ 2:00 p.m.

**FACETED RING** \$35. Gemstones are \$12. Monday the 14th @ 2:00 p.m.

**FILIGREE BRACELET** \$25. Thursdays the 3rd and 17th @ 11:00 a.m.

**FILIGREE RING** \$25. Thursdays the 10th and 24th @ 11:00 a.m.

**BASIC JEWELRY** \$25. Tuesday the 8th @ 10:30 a.m., Saturday the 12th @ 10:00 a.m., Friday the 18th @ 1:00 p.m. and Saturday the 26th @ 1:00 p.m.

**BEGINNING WIRE WRAP** \$25. Friday the 4th @ 1:00 p.m., Saturday the 12th @ 1:00 p.m., Tuesday the 22nd @ 10:30 a.m. and Saturday the 26th @ 10:00 a.m.

**PHARAOH'S RING** \$35. Monday the 14th @ 2:00 p.m.

**CLASSIC BANGLE** \$35. Wednesday the 16th @ 2:00 p.m.

**BANGLE WITH BEADS** \$35. Wednesday the 16th @ 2:00 p.m.

**HUG RING** \$25. Tuesdays the 8th and 22nd @ 10:00 a.m.

**EAR WIRES** \$25. Thursdays the 10th and 24th @ 10:00 a.m.

**SPIRAL BRACELET** \$25. Tuesday the 29th @ 2:00 p.m.

**DICHROIC BRACELET** \$45. Advanced class that may take up to four hours. (Materials cost starting at \$50.) Wednesday the 23rd @ 1:00 p.m.

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

**STERLING AND CRYSTAL BANGLE** \$35. (Three hour class, materials \$35.) Monday the 28th @ 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.



**141 Kender Rhea Ct  
Clarksville, TN 37043  
Just Off The Bypass**

**931**  
**906-3333**

**Dance Begins On Sep. 8th**

Ballet, Tap  
Jazz, Hip Hop  
Lyrical, Pointe, Latin Mix  
Belly Dancing, Pom/Cheer  
Acro, and Musical Theater  
Piyo, and Zumba Classes



NATALIESDANCENETWORK.COM



items 25% discount (unless marked "No Discount"). For information call Jeannette Smith at (931) 358-2979 before 9:00 p.m.

#### CHICK-FIL-A SPIRIT NIGHT - HAZELWOOD ELEMENTARY

5:00 p.m. to 8:00 p.m. at Chick-fil-A in Governor's Square Mall, 2801 Wilma Rudolph Boulevard.

#### FRIENDS OF DUNBAR CAVE MEETING

7:00 p.m. at Dunbar Cave Natural State Area, 401 Old Dunbar Cave Road.

#### 18 FRIDAY

LITTLE LAMBS & IVY CHILDREN'S CLOTHING 13TH ANNUAL FALL/WINTER CONSIGNMENT SALE  
7:00 a.m. to 6:00 p.m. at 121 Union Hall Road. Newborn to size 14, infant equipment, toys and maternity clothing. All items 50% discount (unless marked "No Discount"). For information call Jeannette Smith at (931) 358-2979 before 9:00 p.m.

#### KIDS CLOTHES BASKET CHILDREN'S BOUTIQUE CLOTHING SALE

10:00 a.m. to 6:00 p.m. at Natalie's Dance Network, 141 Kender Rhea Court (behind Appleton's Harley Davidson off the bypass). Boys and girls, newborn through size 12, all at least 30% off. Call (615) 210-8441 for more information.

#### 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 sponsored by the City of Clarksville. Call (931) 645-7444 for more information.

#### 19 SATURDAY

LITTLE LAMBS & IVY CHILDREN'S CLOTHING 13TH ANNUAL FALL/WINTER CONSIGNMENT SALE  
7:00 a.m. to 12:00 p.m. at 121 Union Hall Road. Newborn to size 14, infant equipment, toys and maternity clothing. All items 50% discount (unless marked "No Discount"). For information call Jeannette Smith at (931) 358-2979 before 9:00 p.m.

#### KIDS CLOTHES BASKET CHILDREN'S BOUTIQUE CLOTHING SALE

10:00 a.m. to 2:00 p.m. at Natalie's Dance Network, 141 Kender Rhea Court (behind Appleton's Harley Davidson off the bypass). Boys and girls, newborn through size 12, all at least 30% off. Call (615) 210-8441 for more information.

#### GOLD STAR WIVES E.A.G.L.E.S. CHAPTER MEETING

11:00 a.m. at Family Resource Center, 1501 William C Lee Boulevard, Fort Campbell.

#### 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 Loebel for information at (931) 572-0734.

#### GIRL SCOUT LOCK-IN

Saturday, September 19 from 9:00 p.m. to 7:00 a.m. on Sunday, September 20 mallwide at Governor's Square Mall. Girl Scouts will spend a fun filled night at Governor's Square Mall. This event is open to girls who are in the 1st through 12th grade. Throughout the mall there will be an array of age-appropriate activities available such as: science experiments, craft stations, face painting, friendship bracelets, and much more. Contact Sheila Major for more information at (931) 648-1060.

#### 22 TUESDAY

CHICK-FIL-A FUNDRAISER NIGHT - NORMAN SMITH ELEMENTARY  
5:00 p.m. to 8:00 p.m. at Chick-fil-A at 1626 Madison Street.

#### 23 WEDNESDAY

CHICK-FIL-A GATEWAY EMPLOYEE DAY

All day at Chick-fil-A in Governor's Square Mall, 2801 Wilma Rudolph Boulevard. Receive a free Chick-fil-A sandwich with the purchase of a medium fry and drink (employee i.d. required). Call (931) 645-5144 for information.

#### CLARKSVILLE WRITERS GROUP MEETING

6:30 p.m. to 8:45 p.m. at Borders Book Music Movie & Cafe, 2801 Wilma Rudolph Boulevard. Writers, and those who would like to become writers of stories, songs and poems meet at Borders in Governor's Square Mall. All are welcome; meeting is free. Visit [writers.meetup.com/946/](http://writers.meetup.com/946/) or call Dave at (931) 237-2545.

#### 24 THURSDAY

ACS FAMILY ADVOCACY PROGRAM  
11:00 a.m. to 1:00 p.m. at Family Resource Center, Fort Campbell. The ACS Family Advocacy Program will present a free seminar to the Ft. Campbell Community on the topic of "Acquaintance Sexual

## The Girly Girlz Pampered Palace September Events

(888) 348-2475

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

September 1st - 30th • BACK TO SCHOOL PAMPERING Theme parties starting at \$25 per person.

September 5th • GIGGLES & GIRLY GIRLZ TALK \$19.95 per person.

September 12th • LUNCH WITH DORA at 12:00 p.m. \$12 per person.

September 18th • FANCY NANCY TEA PARTY 7:00 p.m. to 8:00 p.m. \$12 per person.

September 26th • OPEN HOUSE (Free Food and Door Prizes)  
12:00 p.m. to 3:00 p.m.

October 12th - 16th • ROASTING MARSHMALLOWS FALL BREAK CAMP 9:00 a.m. to 6:00 p.m. daily. \$175 per person, all meals included. Monday: Artz & Craftz, Tuesday: Fashion & Design, Wednesday: Babysitting 101 and Beauty Boot Camp, Thursday: Culinary Camp, Friday: PJ Party & Movies.

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

## Betsy's Barn - Garden & Yarn Classes

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

All classes must be paid for in advance. One on One classes available upon request. Call shop for details.

p.m to 2:00 p.m. Make a sweater from the top down to the bottom. Easy sweater class for beginners.

#### FINISHING CLASS

Thursday, September 17th from 6:00 p.m. to 8:00 p.m. Learn finishing techniques to complete your project.

#### FRIDAY NIGHT LOCK-IN

Friday, September 18th from 4:00 p.m. to 8:00 p.m. or 9:00ish. Bring a friend and sit-n-knit, have dinner, and relax after a long week (dinner is \$5). If you choose not to eat, you're invited anyway to just get away for a little while. Reservations must be made by September 17th.

#### CHARITY SIT-N-KNIT

Sunday, September 27th from 2:00 p.m. to 5:00 p.m. Pick your own project to donate to charity. All purchases for charity receive a 10% discount. Call by September 26th to save your seat.

## The Kids Clothes Basket Childrens Boutique Clothing Sale

Fri Sept 18, 10am-6pm & Sat Sept 19, 10am-2pm



Boys & Girls  
newborn thru size 12  
all at least  
30% off!  
2 Days Only!

Natalie's Dance Network  
141 Kender Rhea Ct.

(behind Appleton's Harley Davidson off the bypass)

615.210.8441

Saturday, October 10<sup>th</sup>

10 am - 4 pm

Silent Auction

Children's Activities

Cake Walk

Pumpkin Chuckin'  
Red Door Fall Fest & Craft Fair  
Trinity Parish Food  
Craft Vendors  
Photo Booth

Trinity Episcopal Church  
317 Franklin St  
Downtown Clarksville

Sponsored

Clarksville Family Magazine  
by: MAGAZINE

Assault Prevention." Please bring a sack lunch. Drinks and desserts will be provided. Childcare is available at no cost but space is limited. To be eligible for childcare, children must be registered with CYS. Contact (270) 412-5498 for information.

**CHICK-FIL-A SPIRIT DAY - ALZHEIMER'S ASSOCIATION MEMORY WALK**  
12:00 p.m. to 7:00 p.m. at Chick-fil-A in Governor's Square Mall, 2801 Wilma Rudolph Boulevard.

**CHICK-FIL-A FUNDRAISER NIGHT - BARKSDALE ELEMENTARY**  
5:00 p.m. to 8:00 p.m. at Chick-fil-A at 1626 Madison Street.

**26 SATURDAY**  
**JOSEPHINE'S CLOSET YARD SALE**  
7:00 a.m. to 12:00 p.m. at Hope Pregnancy Center front parking lot, 325 North Second Street. For one day only you will be able to access the entire stock of children's clothing and baby items. All seasons, all sizes (newborn to size 14). Everything Under \$5. All proceeds benefit programs of Hope Pregnancy Center. Parking available across the street at Rubel, Halliburton, and Northington Insurance (former Coca-Cola Building).

**OPERATION SERVE EXTREME MAKEOVER BLOCK PARTY**  
10:00 a.m. to 1:00 p.m. at center green space in Providence Pointe, on Peachers Mill Road across from Burns Darden

Elementary. Celebrating the volunteer work being done by Grace Community Church's Operation Serve project, come enjoy a carnival atmosphere of games, prizes, a DJ, inflatables and lots of food and drinks. The party is available free to local families.

**BABY FAIR**  
11:00 a.m. to 3:00 p.m. at Center Court and JCPenney Court in Governor's Square Mall. Attention expecting parents and family, you will find great childcare tips and vendors including local businesses, day care providers, state departments, and more that will help prepare expecting mothers. Free goody bags to the first 50 expecting mothers to the Baby Shower Games at noon. Sponsored by Toys R Us and The Fort Campbell Courier.

**JUNIOR AUXILIARY HILLBILLY BALL**  
6:30 p.m. at WaterStreet Event Center, 804 South Riverside Drive. Members of the community are encouraged to attend. Live music, dinner, drinks, and dancing will be part of the evening fun. Tickets are \$25. Please contact Abby Binkley at (931) 561-4383 or [abbybinkley@gmail.com](mailto:abbybinkley@gmail.com) for ticket information.

**THEATRE IN THE PARK**  
7:00 p.m. to 9:00 p.m. at McGregor Park, 640 North Riverside Drive. Will feature highlights from some of the funniest shows on the Broadway Circuit to include re-enacting famous acting moments, silly love songs from Broadway sell-outs and great moments in dance.

## 28 MONDAY NATIONAL ALLIANCE ON MENTAL ILLNESS

6:30 p.m. to 8:30 p.m. at First Church of the Nazarene, 150 Richview Road. Local support group for people who you love that have a mental illness. Contact Betty (931) 647-8775, Bertha (931) 216-3590 or Melanie (615) 477-8369 for more information.

**29 TUESDAY**  
**CLARKSVILLE ASTRONOMY CLUB MEETING**  
7:30 p.m. at Sundquist Science Building, Austin Peay State University. Call (931) 552-0955 for more information.

## October

**1 THURSDAY**  
**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.

**2 FRIDAY**  
**4TH ANNUAL HICKMAN COUNTY QUILT SHOW**  
12:00 p.m. to 5:00 p.m. on Friday, and 9:00 a.m. to 4:00 p.m. on Saturday at Centerville First Baptist Church, 123 Church Street, Centerville, Tennessee. *Remembering Hearth and Home*, this year's theme, will feature Log Cabin quilts. Quilts are pieced

and quilted by hand or machine. Displays of quilts will include baby, lap-size, full-size, queen, king, and wall hangings. Heirloom, battered, mended, old, and new quilts will be shown. Last year's show displayed 210 entries. Some new features of the 2009 show will be bundles of fat quarters given as door prizes during show times. Another new thing is an opportunity to win a stained glass panel, 18" x 28", of a Log Cabin quilt square with a red heart in the center. This Grand Prize is valued at \$400. Quilting with Glass, by John and Eugene Hudspeth, was designed, created, and donated as the Grand Door Prize. Tickets for the prize may be purchased from quilt show committee members for one dollar each after July 15th. Show admission is free, and free parking is provided. For more information please contact Ruth Ann Carathers at (931) 670-4998, or 3117 Highway 100, Centerville, Tennessee, 37033, or [rcarathers@centerville.net](mailto:rcarathers@centerville.net); or Betty T. Griffin at (931) 729-5437, or 901 Highway 50, Centerville, Tennessee, 37033, or [griffinj@mlecf.net](mailto:griffinj@mlecf.net).

**OKTOBERFEST**  
4:00 p.m. to midnight on Friday; and 2:00 p.m. to midnight on Saturday at Economy Drive off of Exit 11.

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

## The Roxy Regional Theatre

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

### MARK TWAIN: 100 YEARS OF COMEDY

Adapted and directed by Cecelia Rubino

Life lessons have never been more fun than when they are taught by Mark Twain! Celebrating more than 100 years of humor, Tom Sawyer, Huckleberry Finn and many other Twain characters spring to life through the amazing acting skills of Ashton Crosby, Jonathan Hopkins, and Brandon Scott. When audience members are invited on stage to join the actors in various scenes, hilarity is sure to follow. September 11 & 12\*.

### THE 25TH ANNUAL PUTNAM COUNTY SPELLING BEE

Music and Lyrics by William Finn, Book by Rachel Sheinkin, Conceived by Rebecca Feldman

Six young people in the throes of puberty, overseen by grown-ups who barely managed to escape childhood themselves, learn that winning isn't everything and that losing doesn't necessarily make you a loser. THE 25TH ANNUAL PUTNAM COUNTY SPELLING BEE is a hilarious musical about six adolescent outsiders vying for the spelling championship of a lifetime.

September 18, 19\*\*, 23, 24, 25, 26\*, 30 and October 1, 2, 3, 7, 8, 9 & 10.

\*\*Gala Evening Celebrating 27 Years of Live Theatre

#### 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)

**Your face...HERE!**

**Don't Miss the chance to share your action shots with all of Clarksville!**

eMail your action shot to: [candid@clarksvillefamily.com](mailto:candid@clarksvillefamily.com)

Photos Must be Received by September 15th • Publication cannot be guaranteed

**Crisis 211**

DIAL Find Help • Give Help

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

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

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

# Family Resource Network

## 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@ccem.org](mailto:dwilliams@ccem.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@uhscinc.com](mailto:karen.henderlight@uhscinc.com).

## OMNI VISIONS INCORPORATED

341 Union Street S, 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) 358-4928, [info@clarksvilleimpact.us](mailto:info@clarksvilleimpact.us) or [www.clarksvilleimpact.us](http://www.clarksvilleimpact.us).

## IRON KNIGHTS YOUTH WRESTLING CLUB

Ages 4 (pre-k) through 12-13 (8th grade) are all welcome. Registration cost is \$75 for the entire season & covers the AAU membership/insurance coverage, a team singlet, and a set of team warm-up/practice t-shirt and shorts. We will begin registration in October, the season will start on November 1. For more information e-mail at [myironknights.com](mailto:myironknights.com), or visit us at [www.myironknights.com](http://www.myironknights.com). Mailing address is PO Box 29172, Clarksville, TN 37040.

## WARRIOR'S 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 [warriorscheersquad@yahoo.com](mailto:warriorscheersquad@yahoo.com).

## SWIMMING EAGLES

We are a Fort Campbell based competitive swim team open to non-military families. Our competitive season runs through March. For more information please visit [www.swimineagles.com](http://www.swimineagles.com) (call (352) 262-0627 or e-mail [swimeagley@yahoo.com](mailto:swimeagley@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 [tanagon@charter.net](mailto:tanagon@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) 435-2723.

## NINE MONTHS & BEYOND

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

## 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) 647-0568; or Community Church, Jack Miller Boulevard & Airport Road, Kim at (931) 647-0566. [muddletonalanon.org](http://muddletonalanon.org).

### CLARKSVILLE RAPE AND SEXUAL ABUSE CENTER

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

### CREATING HOPE BY ASSISTING PARENTS

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

### DEPARTMENT OF CHILDREN'S SERVICES

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

### LEGAL AID SOCIETY

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

### MONTGOMERY COUNTY CHILD SUPPORT SERVICE

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

### SAFEHOUSE

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

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.

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

### GIRL SCOUTS OF THE USA

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

## COMMUNITY OUTREACH

### ALL NATIONS BIBLICAL STUDY CENTER

Offers tuition-free Bible courses to the community. Fall Semester 2009 dates are September 10 through December 3. Course titles include The Book of Revelation and Apocalyptic Literature, The Origins of Christianity, Biblical Hebrew I, New Testament (Koine) Greek I, and Jesus the Teacher: Studies in Matthew. Classes meet for 1 1/2 hours weekly. Six online courses are also available. Visit [www.studythescriptures.net](http://www.studythescriptures.net) or call (931) 648-8844 for more information, class schedules, and to register.

### 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) 221-7888, [jonesma@apsu.edu](mailto:jonesma@apsu.edu) or [www.ed2go.com/apsu](http://www.ed2go.com/apsu).

### 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, [location@fortcampbelllmwr.org](mailto:location@fortcampbelllmwr.org) or [www.fortcampbelllmwr.com/ACS/familyReadiness.htm](http://fortcampbelllmwr.com/ACS/familyReadiness.htm).

### 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.csu.apsu.edu](http://www.csu.apsu.edu).

### 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 Julie 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, [humane@clarksville.com](mailto:humane@clarksville.com) or [clarksvillehumane.petfinder.org](http://clarksvillehumane.petfinder.org).

### 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 weekly class. (931) 551-8777.

## PREPVENT 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/street 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 (TRAECY)

The 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 associations. 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. Contact Connie Sanders, TRAEYC President, at (931) 221-6234.

## 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 Julie S. Poole, PhD., Program Director at (931) 431-7580 or [juleespoolephd@aol.com](mailto:juleespoolephd@aol.com).

### BRADFORD HEALTH SERVICES

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

## CELEBRATE RECOVERY

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

## CENTERSTONE

810 Greenwood Avenue, (931) 920-7330.

## CENTERSTONE ASSOCIATES

1820 Memorial Circle, (931) 920-7300.

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

CENTERSTONE  
511 Eighth Street, (931) 920-7200.

FAMILY CENTERED SERVICES  
901 Martin Street, (931) 503-4600.

THE FAMILY GUIDANCE TRAINING INSTITUTE, INC.  
800 Tiny Town Road. Committed to positively impacting the lives of our community's children, youth and their families. We recognize the enormity and diversity of need in our community and have responded with a variety of programs that range from prevention and development, to early intervention, to reduction of recidivism. Family Guidance Training Institute, Inc. is a 501c3 licensed community mental health center and alcohol and treatment facility. Providers at the center offer quality, private, compassionate services to persons who seek emotional wellness. Therapeutic and psychiatric services include: assessments, individual counseling, marriage and family counseling, group counseling, supervised visitation, mental health case management, and alcohol and drug treatment and education services. For further information regarding our programs please contact Julie 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 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 center is 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@fortcampbellnwr.com](mailto:relocation@fortcampbellnwr.com) or [www.fortcampbellnwr.com/ACS/familyReadiness.htm](http://www.fortcampbellnwr.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.TNFooodAllergies.Web.officelive.com](http://www.TNFooodAllergies.Web.officelive.com) for information and for all your food allergy resources. Or contact Mindy at [TNFoodAllergies@aol.com](mailto:TNFoodAllergies@aol.com) or (931) 561-4800.

#### GRIEF & LOSS

The parish nurses of Grace Lutheran and Sango United Methodist churches offer a twelve week class for adults who are grieving the loss of a loved one. Grace Lutheran at (931) 647-8750 or Sango United Methodist Church at (931) 358-2552.

#### NAMI (NATIONAL ALLIANCE OF THE MENTALLY ILL)

Some one you love has a mental illness. This local support group meets the 4th Monday of the month at The First Church of the Nazarene, 180 Richview Road, from 6:30 p.m. to 8:30 p.m. For more information call Melanie at (615) 477-8369, Betty at (931) 647-8778, or Bertha at (931) 216-3590.

#### 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 [InfanLossProject@yahoo.com](mailto:InfanLossProject@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](mailto: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

**Hot Potato Kids CONSIGNMENT STORE**

**Fall Hours:**  
Tues-Wed-Thurs 10-5 Fri • Sat 9:30-3:00

**10% off your next purchase**  
Expecting mom's & Military mom's (with ID) take 20% off total purchase.

Coupon cannot be combined with other coupons, used to purchase gift certificates, or towards a custom purchase.  
Must present ad or coupon at time of purchase. Expires 9/29/09

Halloween costumes have arrived!

[www.hotpotatokids.com](http://www.hotpotatokids.com)  
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615-746-8880

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

Open  
Mon.-Sat.  
9am-8pm  
Closed Sunday

Walk-ins Welcome!

**Free**

Lip or brow wax with pedicure or new set of nails.  
Expires September 30th 2009

2349 Madison St.  
(Sango Wal-Mart Shopping Ctr.  
down from Don Panchos)

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**Children's Pumpkin Patch at "The Flower Pot"**

**HAYRIDES TO PUMPKIN PATCH**  
**HANDPICKED PIE PUMPKINS**  
**PETTING ZOO • STRAW & CORN PITS**  
**STRAW BALES & CORN MAZE**

We also have Fall Decoratives:  
Mums, Corn Stalks, Hay Bales

Tues-Sat in Oct 9am-5pm  
\$6 Children & Adults  
Groups of 12 or more  
call for reservation

**270-483-2658**  
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LOCATED ON HWY 181 S. IN TODD CTY. KY

**Patterson Place Farm ZOO**

**Corn Maze Now Open!**

**Great Family Fun for all ages!**

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**Fall Semester 2009 Sept. 10 – Dec. 3**

Revelation and Apocalyptic Literature  
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**6 Online Courses are also Available!**

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**Sister's day care**

Now has openings for extended Hours

Licensed & Insured | CPR/First-Aid Certified



6 weeks - 5 years  
Drop ins welcome  
Full time or part time  
Certificate Kids (DHS)  
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## Parent Groups

**CLARKSVILLEMOMMIES.COM** A Mommies Network community, was founded in September 2009 by Blythe Belenky to help connect and support Moms in the Montgomery County, Clarksville, Ft. Campbell and Hopkinsville areas. ClarksvilleMommies.Com is for ALL types of moms including those who work full-time. The site offers chatting online in a private forum—discussing everything from the best photographers to the worst temper tantrums and all that lies between—and meet-ups regularly at member-driven events around the area. And best of it all FREE! Everything—online support, playgroups, and MNOs are all FREE! [ClarksvilleMommies.Com](http://ClarksvilleMommies.Com) is part of TheMommiesNetwork, a 501-C(3). Register to be part of ClarksvilleMommies!

**CLARKSVILLE MOMMY'S GROUP "Nurturing the Nurturer."** The CMG is a new social and support group for Mommies in and around Clarksville that are expecting or have a child under the age of 5. The group is run through a private website which gives members 24 hour access from the comfort of their own home to participate in many activities on or off line. The CMG provides mothers of young children opportunities to socialize, exchange ideas and participate in activities that promote personal growth for both mommy and child. CMG is a non-profit group and is absolutely free. E-mail [clarksvillemoms@hotmail.com](mailto:clarksvillemoms@hotmail.com) or call Faith at (931) 542-2265.

**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/in/chara](http://www.orgsites.com/in/chara) or e-mail [charatu@charter.net](mailto:charatu@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 September Calendar

- 2nd - LUNCH BUNCH - Mr. Gatti's
- 4th - GENERAL MEETING at United Methodist Church gym. A speaker from the Imagination Library will be our guest.
- 8th - CUSTOM'S HOUSE MUSEUM
- 11th - PARK DAY at Airport Park
- 15th - BREAKFAST BUNCH - Cracker Barrel
- 17th - Trip to Nashville Farmer's Market
- 19th - FAMILY DAY - Apple picking at Shay Tree
- 21st - GYMNASTICS
- 22nd - GYMNASTICS
- 23rd - DINNER DELIGHT NIGHT - Cooking Club theme is Italian
- 24th - BOOK CLUB
- 25th - PARK DAY at McGregor Park
- 29th - MOM'S NIGHT OUT - Bunco
- 30th - LIBRARY DAY

**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 Kathryn Wohfeil at (931) 378-7359 or [ftcampbellmops@yahoo.com](mailto:ftcampbellmops@yahoo.com).

**HILDALE 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.



# WIN THE ULTIMATE RECORDING MUSIC EXPERIENCE!

**Local Winners:** Win \$500 cash & advance to the Televised Finals

**2nd place:** Win \$250 cash

**3rd place:** Win \$100 cash

**Audience:** come vote and win prizes too! \$300 awarded locally to the most supportive Unit or FRG.

**Grand prize experience** includes all expense paid trip for two, vocal coach, professional arrangement, sound engineering, and your very own 3 song demo cd. **A once in a lifetime experience.**

**MAKE YOUR VOTE COUNT**  
Audience votes count toward the selection of the winner!  
You must be 18 years of age or older to enter the facility

Don't forget to watch your favorite contests perform on TV!  
You can watch MWR Life On Air Everyday at 9pm on Charter Communications Channel 6 or on Fort Campbell's Command Channel every day at noon & 4pm.

### SPORTSMAN'S LODGE FRIDAYS @ 6pm

**GM** **MILITARY DISCOUNT** August 7 through September 25  
Please note: August 14 & September 11 competitions have been moved to Wednesdays, August 12 & September 9!  
[www.fortcampbellmwr.com](http://www.fortcampbellmwr.com) ★ 270.798.7535

Visit [www.OptRisingStar.com](http://www.OptRisingStar.com) for participating locations and official rules.

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**8pm doors open 7pm**

**\$20 per person** For more information

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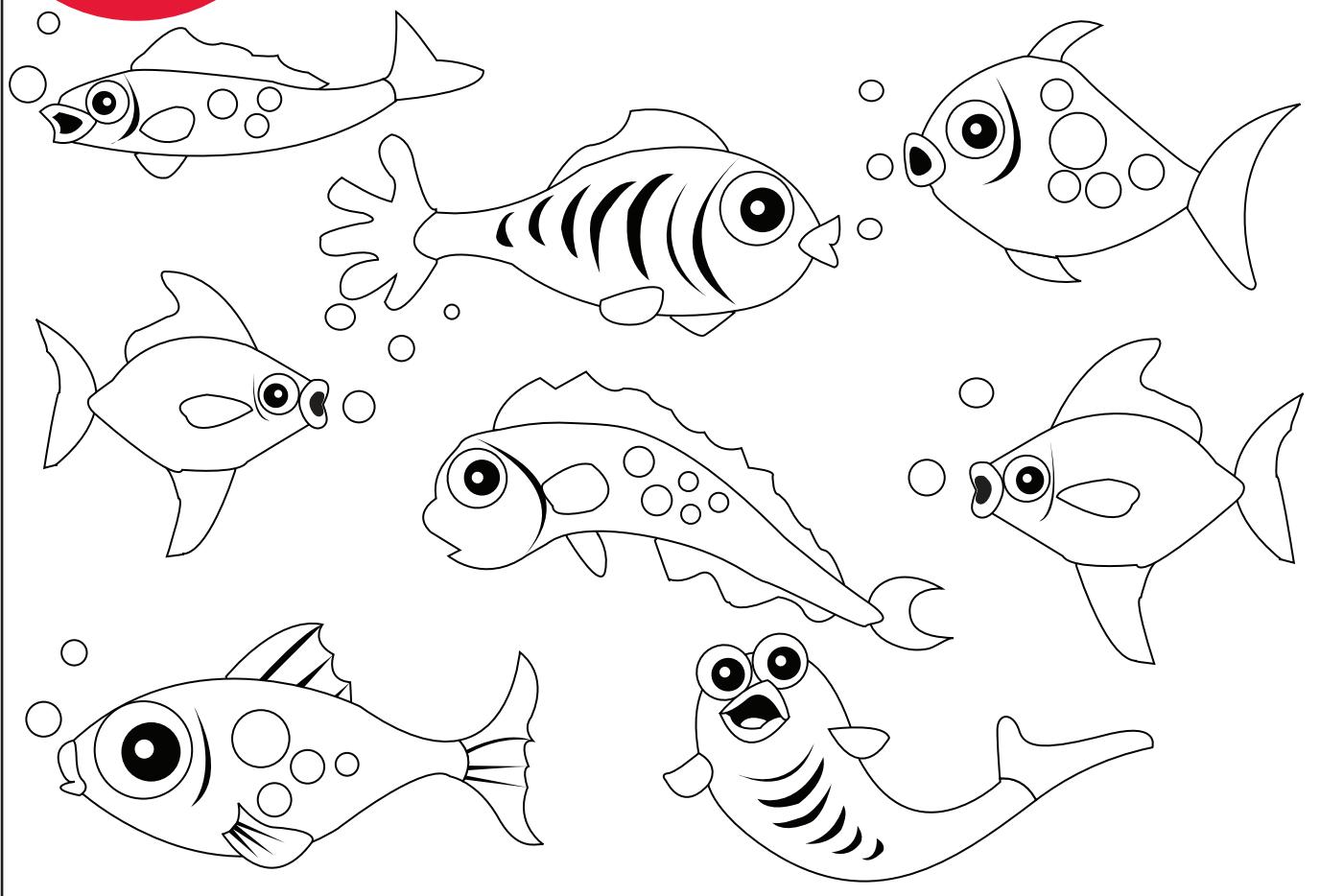
**Tickets On Sale at ITR Leisure Travel Office in Main PX August 19**



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



Coloring Contest!  
September 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 9/15/09**

#### 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 **October 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.

**OUR goal is a simple one... to create an environment where teenagers in Clarksville can discover what is relevant in life. Many ideas are presented to teens as truth but Jesus Christ is the one person who is relevant yesterday, today, and tomorrow. Our desire is to help teenagers rethink their beliefs about God and discover the greatness of the God who made them.**

**This is a generation who can make a difference and it is our desire to believe in them and release them to serve a broken and hurting world.**



**ASK Questions, Think, Discover!**  
[www.Relevantstudents.com](http://www.Relevantstudents.com)

remix is our weekly student gathering and yes we hope you are there. our goal every week is to take our normal small view of god and rethink how we live and what we believe about him, yes a remix. our gathering is open to students 6th-12th grade. if you have questions about remix email us at [ryan@exitonechurch.org](mailto:ryan@exitonechurch.org)



**Meets every Sunday  
at North East High School  
(across from Great Escape Movie Theatre)  
9:00am & 10:45am  
(931) 802-8ONE  
[exitonechurch.org](http://exitonechurch.org)**



**Meets every Sunday at Rossview High School  
9:00am & 11:00am  
Starting Sept 13th:  
8:30am, 10:00am & 11:30am**

[gcomchurch.com](http://gcomchurch.com)  
(931) 647-6800