

April 2010

# Clarksville Family



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Turning three on April 12,  
Chaniya Brooke Dickerson,  
daughter of Lakesha  
Brisbane and Chauncey  
Dickerson, tries to stay dry in  
a spring shower.

Portrait by  
David Barbee.



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# Publisher's Message

It's that time of a year again...the time when we celebrate the *Clarksville Family Magazine* anniversary! This month marks the start of our fourth year, and we are so proud to have made it this far and to have grown this much.

As has been our tradition since the first anniversary back in 2008, we have featured a local child who is also having the same birthday this month. April's covergirl is Chaniya Brooke Dickerson, who was photographed in one of those early spring showers, looking cuter than a button! We give many thanks to Chaniya, her family, and to David Barbee for his excellent portraiture.



I find myself giving thanks a whole lot in these letters over the years, and I'm not going to stop now. We definitely could not have made it three years in the ailing publishing industry, and through an economic recession on top of that, without the continued support of all of you, our readers. Thank you all from the bottom of our hearts. To the wonderful writers and photographers who have helped to fill these pages with so many great stories and articles, we would be nowhere without you. To our dedicated and talented staff, we thank you more than words can express for all you have done. And last, but certainly not least, to our advertisers who have supported us financially and made this little free magazine in Clarksville what it is today—thank you the most!

This month we have the first of what we plan to be a series of articles on budget vacations. We are going to focus on places that are within a short drive that offer fun things for the entire family to do, without putting a big dent in your wallet. Prizer Point Marina and Resort, on Lake Barkley in Kentucky, is our first feature. Read all about it on page 22.

One minor housekeeping note, we have consolidated the Family Resource Network and Parent Groups. Both sections have steadily grown since we cobbled the original collection together three years ago. In an attempt to keep them from becoming more of an "eye chart" than they already were, we decided to combine them. All of the content is the same; Parent Groups is now a section in the Family Resource Network. If you know of any other community organizations or groups that you would like to have published, feel free to email them to [info@clarksvillefamily.com](mailto:info@clarksvillefamily.com).

I think we have another great issue for you, I hope you enjoy it. Here is to many more years of being part of Clarksville's family!

Sincerely,

Carla Lavergne

## Clarksville Family

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

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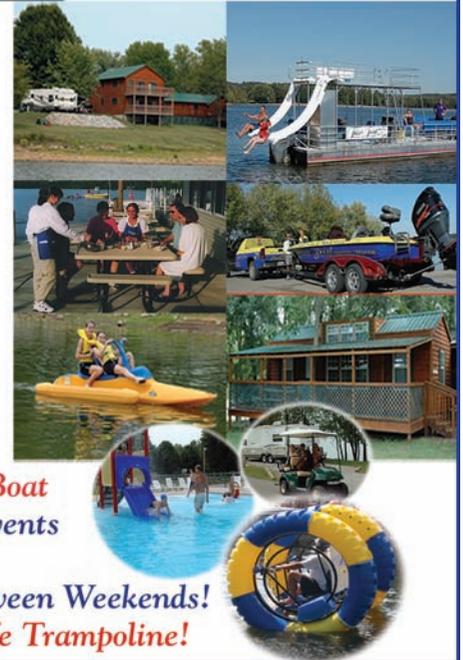
**Special Thanks**  
Paul and Paula

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## NEW AND OLD REASONS TO SUPPORT THE CUSTOMS HOUSE MUSEUM

by Pamela Magrans

### Caves and bubbles...

A cave is forming in Clarksville, but it won't take eons to make. This one should be finished by May. This cave won't be the result of slow dripping water, erosion or tectonic plate shifts. On the contrary, this cave will be located downtown, in the heartbeat of Clarksville, situated in the basement of the Customs House Museum.

As visitors venture down into the basement to the Explorers' Gallery, they will face a 17' long hallway depicting the geologic forms characteristic of Clarksville. The hallway will lead to the newly renovated Bubble Room, now nicknamed the "Bubble Cave." Once in the Bubble Cave, children and adults can experiment with the traditional bubble making wands. Visitors can try standing inside a bubble or experiment at various bubble stations.

The walls and ceiling will be decorated with acrylic illuminated bubbles. The bubbles will be etched with names either in honor or in memory of that person. The illuminated bubbles offer a unique donation opportunity that



will remain for generations to come. The blue LED lights will illuminate the rooms with a soft magical radiance. This cave-like environment will merge the bubble room idea that so many children have enjoyed over the years, with the new vision of educating children about the geologic structure of a cave.

According to Museum Director, Alan Robison, "The Bubble Cave is a way to add more content and more interaction for the children. It will tell the story of why Clarksville sits on a cave. We are designing

the cave all in-house. The work is being completed by Museum staff." The result will be a new and unique addition to the Customs House and another way for children to explore and learn.

If you or someone you know is interested in buying a bubble, contact the Customs House Museum. The purchasing of bubbles is one way the museum is financing the construction of the new Bubble Room.

The renovation project should be completed by May, so pack up the kids and make bubbles in a cave.

### Flying High - a museum fundraising tradition

The Customs House Museum and Cultural Center is one of the most distinct and eye-catching buildings in Clarksville. It is hard not to notice the steeped pinnacles and ornate tower that reaches skyward. The building was originally constructed in 1898 for use as a Federal Post Office to handle the large amount of foreign mail generated by the local tobacco business.

Since 1898, the building has shifted hands and changed purposes, and now serves as a regional general interest museum. The Customs House exhibits range from art and history to children's interactive experiences.

The Customs House is a non-profit that operates off museum memberships, donations and their annual fundraiser, Flying High.

The Flying High fundraiser, now in its 27th year, was

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originally inspired by the hot air balloon image and theme of ever expanding visions for both the Museum and our community. However, nothing great ever happens without the help of many. That is why the Museum Guild works hard each year to create a memorable event where members can come together to promote arts and arts appreciation.

On June 5th, Pete and Stacy Olsen of Clarksville will host the event at their home, off Ussery Road. The evening will consist of a reception, dinner, dancing, live band music and the highlight of the event—the live silent art auction. The silent auction includes original pieces of artwork created just for this event.

“The signature art piece is an original Peg Harvill watercolor. This was a generous gift from the Regions Bank collection, made possible by Regions Bank,” said Liana Wallace, Museum Guild member. “There is a dedicated group of volunteers, museum staff and the Museum Guild that work to make this event a reality year after year. The event has grown tremendously in past years. We are actually capping the number of tickets sold to the first 400 this year,” continued Wallace.



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“Flying High is a great way for our guests to interact with the artists. It gives people a chance to see and be inspired by regional artists,” says Alan Robison, Museum Director.

**Take the last train to Clarksville...**

Locals like to believe that the Monkee’s 1966 song “Last Train to Clarksville” references our own historic city. It is a reasonable and fun claim to fame for those of us who call Clarksville home. There was a day when trains moved frequently through Clarksville, moving travelers and cargo to various destinations.

For many children today, the only image they have of a



railroad is what they see on a small-scale reproduction at the Customs House Museum.

The train exhibit is manned on Sundays between 1:00 p.m. to 4:00 p.m. and on special holidays. A volunteer operates the gears and gauges to make

the trains roll. Around the outside of the exhibit are buttons that allow visitors to operate small features near the track. The buttons are on a child’s level and are intended to create an interactive environment.

Push one button and make the helicopter fly. Another button makes the children on a tiny tire swing move back and forth. Push yet another and watch a teacup carnival ride spin with dizzy children. There have been some new additions to the train exhibit, including moving carnival rides and a chocolate factory building. The Island of Sodar, including Thomas and his friends, rests at the end of a waterfall.

Don’t be misled in thinking that this is a children’s exhibit. On the contrary, adults have as much fun examining the small details of the landscape as the train races by.

David Elliot has been running the model trains since they were first introduced to the Museum

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# Spring Cleaning Sale

in 1986. He was one of the original crewmembers and still works weekly to maintain the trains. "I work on the layout regularly on Monday nights, and every now and then I run the trains," he said.

David operates a fundraiser to help offset the cost of maintaining the train exhibit. The personal rewards of watching both adults and children enjoy the trains are enough to keep him active in helping the Museum maintain the train exhibit. The volunteers who dedicate time to keeping this small-scale train alive enjoy it most when visitors take an active interest too. "We love their questions and interest in details."

Henry Livingstone is a second-generation volunteer with the train exhibit. His father was also a volunteer at the Customs House. Henry began volunteering at the train exhibit in 2002. "Most adults either knew a family member who worked on the railroads or had model trains when they were growing up, or knew someone who had model trains. It reminds them of a time gone by," said Henry. "I think because most children don't get to see real trains or model trains it is exciting to them, with the fast pace, and the lights and sounds," he said.

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wonder of a train lately, pack up the children and the spouse on Sunday and see one of the last trains in Clarksville.

**Tiggy the Iguana—at the museum and on Facebook!**

Upon entering the Customs House museum, just inside the courtyard entrance and to the left, is the Seasons Gift Shop. It is a must see for any shopper looking for a unique gift idea. The only thing not for sale in the shop is the store’s mascot, Tiggy the Green Iguana. The five-year-old female iguana loves to eat fruits and veggies as she sunbathes by her lamp. Her cage stays open, but she doesn’t venture out, she’s content to sit and be photographed by onlookers. Tiggy came to live at the Seasons Shop when she was only a few weeks old and seven inches long. Now she is almost four feet long.

Tiggy managed to get a Facebook account. Search for Tiggy Green, she’s looking for new friends. She is also featured on YouTube, search for museumtiggy.

While the kids are watching Tiggy chew some veggies, browse the selection of unique gifts such as Tom Rice birdhouses, Beer Sheba Porcelain and other items from regional artists. The Seasons Store houses a unique selection of Folk Manis hand puppets for children. Select from a wide range of unusual animals puppets such as a llama, an otter, an eagle and a woodpecker. Just beware, the kids are sure to find something they want for Christmas. You might even find something unique for yourself.



**Celebrating the old and new...**

The Custom’s House offers some permanent exhibits, but also hosts rotating exhibits. They are currently hosting a Challenge and Champions exhibit, a

celebration of sports. Featuring exhibits relating to Pat Head Summitt, Jeff Purvis, Billy Copeland and Wilma Rudolph; the exhibit is one of many that demonstrate that art and life often merge.

Museum Guild member, Liana Wallace, is an avid volunteer

and supporter of the Museum. “If there is one thing I could stress it is the importance of supporting local institutions such as the Customs House through membership,” she said. “If you want to enjoy a night on the town, join the Museum. Their new exhibit openings and receptions are a great way to spend an evening enjoying fine art in the company of your peers.”

If you have not visited the Museum lately, now is the time to share some culture with the kids. Go stroll down memory lane and see the 1842 log cabin. Show the children the historic printmasters’ shop and the antique fire truck. Marvel at the detailed birds and flowers in the Lucy Dunwody Boehm Porcelain Collection, go shopping at McGregor’s Market, say “hello” to Tiggy and don’t forget to make a bubble in a cave!

The Museum is open for free to the public on Sundays. It is located at 200 South Second Street. For more information visit [www.customhousemuseum.org](http://www.customhousemuseum.org) or call (931) 648-5780.

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## UNDERCOVER HERO...A MILITARY MOM

by Leah Parkin

There he is...all put together, representing strength and courage, a seemingly fearless warrior with hidden scars and obvious valor. He does his job so well, most times going unnoticed and unappreciated by those that are most closely associated with him. It's his job, it's just what he does, he has an obligation to uphold. He represents pride in such a subtle way, but it's there in all that he does. The meetings, briefings, paperwork, training, disciplining... in everything he participates in or oversees, his standard is never compromised. He will always have that connection, that sense of camaraderie will be

dear to him his entire life. His time of service will forever be etched in the hearts of those who he is most adored by, and he will never be forgotten for what he does. He is not a quitter. He...is an American soldier.

It's close to dinner time, most days dishes are already in the sink and there's a plate in the microwave waiting to be reheated. The door opens and little feet come running. "Daddy's home!" The excitement, the joy, the "Will you play with me?" the "Look what I did today," or "Do you have to go to work tomorrow?"

the kisses and hugs. What a feeling of being loved and valued.

This precious, limited time comes with a price, a sentence of agonizing anticipation every time duty calls. It's that time again, time to go off and be that hero he is at home. Only this time it's in a far away land and this time instead of "Daddy's home," it's "Why does he have to leave?" The kisses and hugs are given one last time until we meet him again. Instead of walking in the door kicking off his boots to safety and warmth, he's walking out the door fully geared up entering the great unknown, clutching to the last

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glimpses of his safe haven and all those that will occupy it without him for the next year.

“SLAM!” The car door shuts as you get in to drive away from dropping him off. The ball in your throat that hurts so badly from putting on a strong front for him finally gives way to uncontrollable tears as you tip the rearview mirror away so your kids won't see you crying. The dreaded walk to the front door, knowing once it opens reality without him for the next twelve months will set in. The feelings of immediate loneliness, emptiness and fear set in almost instantly as you see his dirty clothes from the past week in the hamper still needing to be washed.

The picture is painted, life as a military mom begins, for the next year you will become...an undercover hero.

There you are—a complete mess. But at the same time the characteristics you have in common with your husband shine through, you represent strength and courage. You have no choice, you muster up the strength for everyone. Your children, your husband, your friends, your parents, anyone looking in expecting you to break. “How will you do it alone?” “Can you do it alone?” “When will you get a break?” “Are you going to be ok?” All legitimate concerns from those around you who care. In keeping

with tradition, you reply with, “I'll be fine. I've done it before, I can do it again.” An all too common phrase for such a young family leader. You try to keep your hidden scars from being worn on your shoulder as

all the familiar feelings of previous separations come back. Your valor isn't quite that obvious just yet. You too, do your job well, most, if not all times going unnoticed and unappreciated by those most closely associated with



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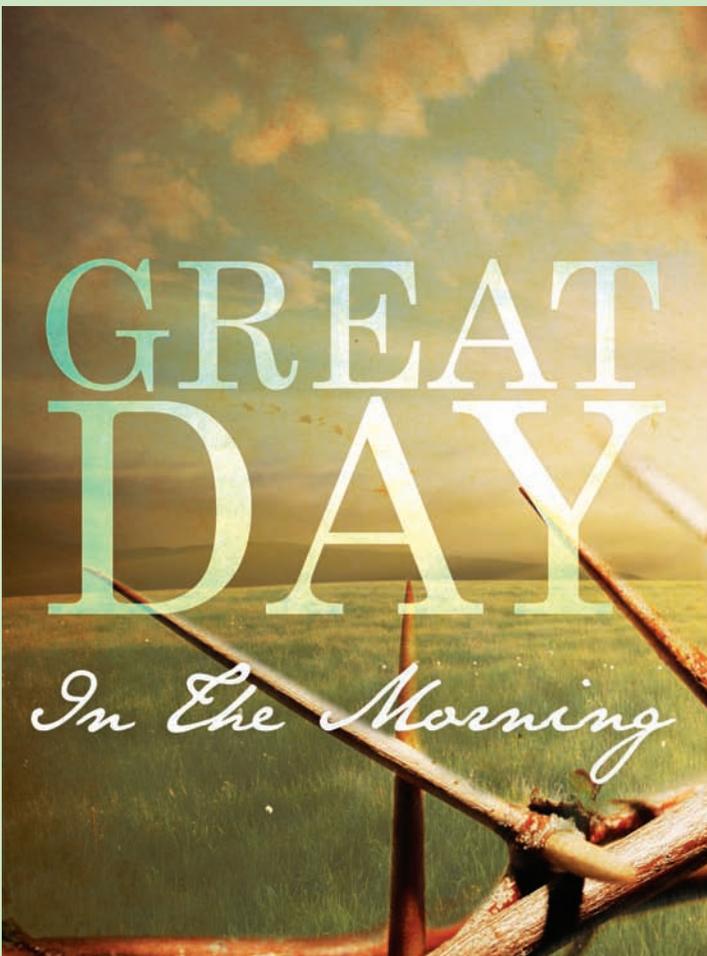
You will forever have that connection with those who are left back holding things together while the obvious hero is away. You represent pride in your family, home, and job by the care you give, the love you show, the prayers you continuously send up for safety and strength for both your husband and you and the kids. You do what you do because it's your job, because

you have an obligation to uphold as the rock of your family. So many sleepless nights, waiting for the phone to ring, getting up in the middle of the night to check your email for the tenth time that day and still nothing.

When you finally do talk, your time is short. "I'm fine," "I miss you," "I love you" are the important things said to avoid each other's realities. He doesn't want to worry you and you don't want to stress him out anymore than he already is. The phone hangs up and you're back to dealing with fighting children, a leaking car, and a messy house. If you could, you'd crawl back

into bed for the remainder of the year, or at least a 15 minute nap. But, you keep life as normal as possible and sink your teeth in, all the while seemingly working undercover to keep this huge operation running.

You can only hope that your time and service will never be forgotten, but even more importantly than being remembered for *what* you do, you hope that those that you do it for will feel loved *because* you do it. You are not a quitter. You, a military mom...are an undercover hero.



*Celebrate Our Risen Lord!*

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A note from the author...I realize there are many husbands who are left behind while their wives do the courageous job of filling the boots, this article was not meant to overlook them. My husband and I were once on opposite sides of this story, they are just as important. I wrote this from my personal perspective, a military mother/wife/veteran, but I dedicate it to all those who fill each role, soldier and caregiver, male and female alike. You are never alone.

Is it possible for one woman to balance so many roles? Yes, we prove it time and time again. Mother, wife, Christian, teacher, cook, doctor, friend, taxi driver, etc. All those could be wrapped up into one with just the words 24/7 loving supporter. You must not forget where your strength comes from, and why you are able to be the rock of your family. You must not forget who upholds you so that you can in turn uphold your entire universe without letting it crash. You must never forget the battle buddy that never leaves you, that is always on guard and armed so you don't have to go it alone. You cannot do it without Him, not well anyway.

You may feel unvalued and unloved at times for all that you do, feeling like everyday tasks mean nothing at all. But when the day is done and you are having a hard time thinking of what to thank God for because you are so worn out and feeling unappreciated, just remember He sees everything you do for the good of your family and your fellow soldiers, you have to prove nothing to Him. Our husbands may receive awards and recognition for their jobs, visible proof that what they do is worthy, but for us undercover heroes our rewards we will reap in eternity for sharing the love He teaches us. Only then will our valor be evident. He values you, loves you, and appreciates you, and that is the most important acceptance of all. May God bless you as you uphold your family in this difficult time of deployment.

The Will of God will never take you where the Grace of God will not protect you.

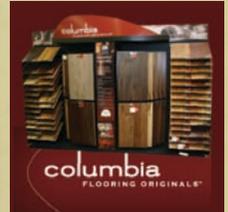
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## THE EFFECTS OF HORMONES ON DENTAL HEALTH

by Dr. Lance Harrison

### What do hormones have to do with a woman's oral health?

Hormonal changes occur throughout a woman's life, and with these hormonal changes come changes in oral health. Puberty, menstruation, pregnancy, and menopause all can have an effect on a woman's oral health. The use of oral contraceptives (birth control pills) can affect a woman's oral health as well.

### When might I notice changes in my oral health?

During *puberty*, fluctuations in hormones can make gums more susceptible to gingivitis.

As a result, the gums may appear red and swollen, and they can bleed.

During *menstruation*, women who have a tendency to develop canker sores and cold sores may develop a pattern in which these sores recur during every menstrual cycle.

During *pregnancy*, gingivitis may develop. In fact, gingivitis is the most common oral condition associated with being pregnant. Sometimes, however, women will avoid dental checkups for fear that treatment might harm the developing baby. In truth, untreated gum infections

and decayed teeth can put a mother and her baby at risk. Dental infections may be responsible for as much as five percent of low-birth-weight pre-term babies.

Pregnant women need routine checkups. Always tell your dentist and his or her staff if you are pregnant.

Some women also experience dry mouth while pregnant. Taking frequent sips of water and chewing sugarless gum or candy can help alleviate this symptom. Women who experience morning sickness need to brush their teeth more frequently than twice a day.

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This will help to prevent stomach acids from contacting the teeth and causing permanent damage to tooth enamel.

The use of *oral contraceptives* may cause gum tissue changes in some women. Women who use birth control pills may also be more prone to healing problems or dry socket after tooth extraction.

During *menopause*, women may experience oral changes that include pain, a burning sensation in the oral tissue, changes in taste, and dry mouth.

After menopause, there is an increased risk of developing osteoporosis, which may increase the chance of tooth loss.

**How can I maintain good oral health throughout my life?**

Brush twice daily with toothpaste containing fluoride and floss once daily. Have your teeth professionally cleaned and examined by your dentist every six months (or more frequently if recommended by your dentist). Eat a well-balanced diet, and always tell your dentist and his/her staff about any medications, vitamins, and supplements that you are taking.

Ask your dentist any questions that you have about your oral health. Together, you and your dentist can create a treatment and prevention plan that specifically meets your needs. For more information about women's oral health, visit [www.knowyourteeth.com](http://www.knowyourteeth.com).

Dr. Lance Harrison Jr. graduated from Howard University College of Dentistry in Washington, D.C. Due to his research training, Dr. Harrison has published in the journals of Brain Research and Pharmacology Biochemistry and

Behavior. He is currently one of the dentists at Clarksville Dental Spa.



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A large advertisement for Clarksville Dental Spa. The background is a close-up of a woman with long dark hair and blue eyes, smiling warmly. The text is overlaid on the image. At the top left, 'DENTAL SPA' is written in large, bold, brown letters, with 'clarksville' in smaller lowercase letters below it. Below that, the slogan 'Smile! You're in great hands!' is written in a white, italicized font. In the center, the text 'Accepting New Patients!' is written in a large, black, sans-serif font. A white rounded rectangular box on the left side contains the text 'Sedation Dentistry available for adults, children & patients with special needs'. At the bottom left, a dark brown box contains the text 'for more information call (911) 647-8437'. At the bottom right, there are three small square inset photos showing the interior of the dental clinic: a waiting area, a dental procedure in progress, and a dentist talking to a patient. At the very bottom, a green banner contains the text 'Open: Mon-Thu 8am-5pm Fri & Sat 9am-1pm • [www.clarksvilledentalspa.com](http://www.clarksvilledentalspa.com)'.

## EAT, DRINK AND BE WARY

### CHRONIC HEARTBURN MAY INDICATE A MORE SERIOUS DISORDER

by Christopher White, MD, MSPH, Gastroenterologist

“I can’t believe I ate the whole thing.” We’ve all been guilty of overindulging at one time or another and have suffered the discomfort that often follows. Sometimes the pain after eating too much is more severe than the typical gas, bloating, or indigestion—or it happens frequently and is hard to control with the usual over-the-counter remedies. Sometimes the pain just happens and has nothing to do with what we’ve eaten. This pain that many people experience may be what is known as heartburn.

One in five Americans experience heartburn (a burning sensation in the chest) at least once a week. While it’s common, don’t take heartburn lightly. Frequent heartburn may indicate a serious health problem known as gastroesophageal reflux disease (GERD)—severe or chronic acid reflux that can lead to complications such as

sleep disorders, esophageal ulcerations, bleeding and even cancer.

Heartburn may be that pain in the chest we feel after overeating. It’s caused by stomach acid backing up into the esophagus, the muscular tube that carries food from the throat to the stomach. Overeating isn’t the only cause of acid reflux. It can also be triggered by tobacco, alcohol, certain medications, obesity, pregnancy, stress, certain chronic health conditions, or even sleeping in certain positions.

Heartburn is one of the classic symptoms of GERD. Other signs and symptoms of GERD may include:

- Regurgitation of acid into your mouth or throat
- Excessive or frequent belching
- Sour or bitter taste in your mouth
- Difficulty swallowing

- A sensation of having a lump in your throat
- Atypical chest pain
- Sore throat or hoarseness
- Chronic cough
- Exacerbation of asthma or wheezing

It is possible to control heartburn with a few simple lifestyle changes or over-the-counter medications (see sidebar below). If your heartburn does not respond to lifestyle changes or medications, your doctor can further evaluate for GERD. A few methods commonly used to diagnose GERD include an upper GI exam (x-rays of the upper digestive tract), endoscopy (insertion of a flexible tube down the throat to examine the inside of your esophagus and stomach), or an ambulatory acid probe test (monitoring the timing and frequency of stomach acid flowing back into the esophagus, by using a catheter or chip inserted in the esophagus).

#### Rate Your Heartburn/GERD IQ

Heartburn/GERD has many causes and varies from person to person. A few of the most well known offenders, according to WebMD.com, include:

- **Meat** – especially red meat or spicy items (such as hot wings)
- **Fatty foods** – chocolate, pastries, cookies, oils and salad dressings, fried foods
- **Fruits and vegetables** – certain fruits and vegetables including tomatoes, raw onions, mashed potatoes, or citrus fruits/

juices (orange juice, lemonade, grapefruit juice and cranberry juice)

- **Certain beverages** – alcoholic beverages, coffee and tea
- **Pasta** – macaroni and cheese, pasta and pizza with tomato sauce
- **Dairy products** – milk, ice cream, cottage cheese, sour cream
- **Tobacco products**

Other causes of heartburn/GERD can be an overly full stomach, slow digestion, a weak lower esophageal sphincter (which inhibits proper

sphincter closure), and hormonal changes during pregnancy, which slows down the digestive process.

Heartburn/GERD symptoms can be controlled with some simple changes in your daily routine. In addition to controlling your diet and food portions, you can find relief by losing weight, avoiding tight-fitting clothing, quitting smoking, eating slowly, drinking water, and timing your meals at least two to three hours before bedtime, so that you’re not going to bed on a full stomach.



Medications for GERD include antacids, which neutralize stomach acid for quick relief, but don't heal the esophagus; H-2 receptor blockers, which reduce acid production, acting slower but lasting longer than antacids to provide symptom relief; and proton pump inhibitors, which block acid production and allow for healing of the esophagus. These medications are also available through your doctor in prescription-strength versions.

When lifestyle changes and medications fail to relieve GERD, surgery can be considered in selected cases. Various surgical procedures can strengthen the lower esophageal sphincter and prevent the backflow of stomach acid into the esophagus. Your doctor can help with recommendations for lifestyle changes, medications, or surgical options available to help treat your GERD.



**Dr. Christopher White, board-certified Gastroenterologist, received his medical degree from the University of Mississippi School of Medicine, Jackson, Mississippi. He completed his internal medicine residency at Vanderbilt University Medical Center and his gastroenterology/hepatology fellowship at the University of Alabama at Birmingham.**

**For more information, call Dr. White at the Clarksville Gastroenterology & Endoscopy Center at (931) 552-0180.**

**Sources: WebMD, [webmd.com](http://webmd.com); The Mayo Clinic, [mayoclinic.com](http://mayoclinic.com); American Gastroenterological Association, [gastro.org](http://gastro.org).**



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# CLARKSVILLE'S ASSOCIATION OF REALTORS' F.U.E.L FUNDRAISER EVENT

by Karla Miller

Make your plans now to attend the 3rd Annual Clarksville Association of Realtors' F.U.E.L. Fundraiser Event on Saturday May 8th at Hilldale Baptist's parking lot and gym from 10:00 a.m. to 3:00 p.m., located at 2001 Madison St.

The F.U.E.L. (Full of Emmaus Love) Ministry program identifies children K-12 in Montgomery County/ Clarksville schools that may have no food to eat over the weekend and discreetly places a bag of food in their backpacks on Friday afternoon at school. These are children selected by the schools based on signs of hunger. This event has allowed Clarksville Association of Realtors to donate thousands to this wonderful local program the past two years. Our goal this year is to raise \$10,000 and we need your help to stamp out hunger for our children.

This Community Family Fun event has gotten better each year! This year will feature a hot grilled

lunch with either a hamburger or hotdog, chips, dessert and drink for \$5 (carryout available). Family fun includes free pony rides, face painting, inflatables, radio station mascots, and a fire truck in the Kid



Heather Murphy enjoys the free pony ride thanks to "Toma" and horse handler, Lance Miller, at the 2009 C.A.R. F.U.E.L. fundraiser event.

Zone area. Adults will find shopping at our local vendors' marketplace street fair. Last year you could buy homegrown tomato plants, sample free cake, and purchase unique handmade jewelry and peruse

local artists' work. There will also be a live performance at noon of Ft. Campbell Operation Rising Star Winner and gospel singer, Thea Agnew.

If you would like to rent a vendor table (\$20 fee that includes table, chair and a free lunch ticket), or purchase a lunch ticket in advance, please call Deb Haines at the Clarksville Association of Realtors at (931) 552-3567 or stop by the CAR office, located at 933 Madison. Lunch tickets will be available that day at the event also.

For more information on F.U.E.L. please contact Denise Skidmore, President and Founder, at (931) 624-3181 or email at [skidmore.denise@yahoo.com](mailto:skidmore.denise@yahoo.com). For more information on how you can participate to this local cause, contact Aaron Moore at (931) 801-7861 or email at [letmesellit4u@yahoo.com](mailto:letmesellit4u@yahoo.com). A good time will be had for a GREAT cause, because no child should go hungry...

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# COMEDY ON THE CUMBERLAND TO BENEFIT PROJECT

## F.U.E.L.

by Bill Larson

On Tuesday April 13, at 7:00 p.m. the Roxy Regional Theatre will host some of Nashville's funniest comedians who will perform as part of "Comedy on the Cumberland," a benefit for Project F.U.E.L. The show is the brainchild of Hank Bonecutter, host of WJZM's The Bone Show, and a local comedian.

Comedy on the Cumberland will bring awareness to and raise money for a program that feeds hungry children in the Clarksville/Montgomery County school system. "Over twelve hundred school children leave school on Friday, and don't have a solid meal again until they return to school on Monday," said Bonecutter. "This is embarrassing and unacceptable."

Project F.U.E.L is the life's mission of one woman, Denise Skidmore, who was led to this effort by her Christian faith. "I was searching for a purpose in my life, wondering what would be my footprint if I were to die today," said Skidmore. "I want to feed every child I can. I won't stop until they are all taken care of."

When asked about how he came up with the idea, Hank Bonecutter said, "I have been working on this idea since last fall, trying to figure out how I could use the connections I have generated with other comedians to host stand up comedy events in our community. Comedy on the Cumberland is the beginning of what we hope will be a series of comedy benefits in Clarksville." Bonecutter continued, "There currently is not any place in Clarksville to enjoy stand up comedy, but that's about to change!"

Bonecutter is the owner of Clarksville's oldest radio station WJZM broadcasting at 1400 AM. "Finding ways to help support our community is just a natural

fit for WJZM, it's what my career has been focused on," said Bonecutter.

Tickets are \$40 each, or \$75 a pair, and are 100% tax deductible. You can pick up tickets at the main branch of F&M bank at

50 Franklin Street, and at the central office of the Clarksville Montgomery county school system on 621 Gracy Avenue. A limited number of tickets are available for this event. For more information visit [www.wjzm.com](http://www.wjzm.com).

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## TOP RATED PRIZER POINT MARINA & RESORT JUST KEEPS GETTING BETTER!

Prizer Point Marina & Resort, Kentucky's #1 rated campground, just keeps on getting better and better. Situated on the banks of Lake Barkley, just 60 miles from Clarksville, the resort is surrounded by water on three sides and over 100 acres of hiking trails, biking trails and beautiful Kentucky woodlands on the fourth. The resort is on the intercoastal waterway, literally providing access to the world, and has hosted guests from as far away as New Zealand.



The area is rich with activities of every type. The Kentucky Opry and theaters are within minutes, as is the top rated restaurant in Kentucky. For history buffs, the Trail of Tears and numerous civil war sites including Ft. Donaldson, Ft. Defiance and the Jefferson Davis Monument are nearby. So are Ft. Campbell, the Quilt Museum and numerous fine antique stores. Athletic sorts can swim, ski, conquer the Iceberg or Magnetic Wall as well as enjoy horseback riding or the local water park.

The resort's owners will be hosting their 10th Anniversary

Celebration the weekend of October 1st and 2nd with special rates and activities. Greg and Lisa Batts, who purchased the resort in 2000, have made ongoing improvements to the property and services to see that their guests enjoy their "Kentucky Lakes and Land Between the Lakes Area's Home for Family Fun."

And what fun it is! There is so much to do right at Prizer Point that many visitors never even leave the resort. From simple fishing on the dock or shore, relaxing or enjoying a meal at "The Landing" lake front restaurant, to captaining paddle boats or becoming airborne jumping off the Iceberg, a 14 foot high, 20 foot long floating environment with climbing walls and a slide, or joining the family for a fun day on one of the top notch rental boats, there is something, or lots of things, for everyone. Including

hayrides! Special themed weekends are a big draw all season long including; Luaus, Pirates Weekend, Barbecue Cook Offs, DJs, Radio Remotes and their Famous Halloween Weekends.

The pride of their rental fleet, Slidezilla, is billed as Prizer Point's "ultimate family fun boat." It has two slides and even a bathroom on board! Lots of water toys, all types of skis, trick skis, training skis and knee boards are also available, including tubes that can pull from one to four people.



For the land lubbers, there are great pedal toys. Three wheeled bikes suitable for two year olds to 92 year olds, bikes that hold four people, miniature golf, and hiking and biking trails. They even have golf carts for rent. The wrist band program is a real value for daily or weekly toy access. And, so new that its installation is not even complete, is Prizer Point's Jumping Pillow. In essence, this great new attraction is a large safe trampoline enabling many people to use it at once.

Docks continue to be added and improved and now accommodate 80' and larger boats. Prizer Point is a full service marina offering mechanics with over 30 years experience on inboards and outboards. These professionals can perform anything from minor repairs to a complete engine overhaul. Boat and camper storage is also available as is fishing guide service.



Lodging, always some of the best in the Kentucky lakes area, continues to be increased to meet demand. Existing lodging is constantly being revamped and improved. Lakeside and lake view lodging ranges from tree houses and primitive campsites to luxury condos. Most lodging units have kitchens with all the utensils, linens, cable TV, a lakefront deck with gas grill and picnic table. Rates vary by time of year and length of stay. All campsites are either lake front or lake view and the resort boasts many camp sites with 50/30/20 amp service.

The warm family atmosphere at Prizer Point is also due to the warm Prizer Point family. Resort staff are very involved in the Kentucky Marina Association, American Recreational Vehicle & Campground Owners Association, local Tourist Commission, and the non-profit Kentucky's Western Waterways (KWW) representing tourism in western Kentucky. They belong to a group comprised of twenty resort owners who get together twice a year to share ideas on better business practices. They also attend yearly conventions for Marina, Amusement Park, and Campground operators.

Greg has held multiple titles including president of the Kentucky Marina Association. In fact he was recognized as the member of the year in 2008. Lisa ran Prizer Point's housekeeping the first five years. "It was very interesting when guests learned that the owner was cleaning the



bathrooms," says Greg. Their son helps, and their daughter has begun working in the store.

Whether you have a boat, RV, tent, or just want to sit in a lakeside restaurant and enjoy the atmosphere, Prizer Point Marina & Resort is the premier Western Kentucky family vacation destination. Among the most

appealing attributes of this world class resort is the Prizer Point family's insistence on excellent guest service and a desire to keep everyone happy and entertained. It is just hard to beat the atmosphere created by people who truly enjoy what they do and have a world-class location in which to do it.

Prizer Point is located at mile marker 55 on Lake Barkley. Or by land, take exit 56 off I-24, then follow the signs. For more information or reservations, visit [prizerpoint.com](http://prizerpoint.com) or, call (270) 522-3762.

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## TUMMY TUCK

by Mitchell D. Kaye, M.D., FACS

**Tummy Tuck. What is it exactly? How is it different from liposuction and when is one better than the other?**

At its most basic definition, a **Tummy Tuck** is a plastic surgical procedure designed to restore the contour of the belly and, to some degree, the hips as well. All variations of the procedure involve removing excess skin, and this is where they differ from liposuction alone. If a person has isolated pockets of excess fat under the skin and does not have an excess of skin, then liposuction will probably be sufficient for their needs and no skin removal (and scar) will be necessary. If a person's skin is elastic enough, it will probably tighten up over the area of fat removal. Therefore,

skin quality is a key point in determining who is and who is not a good liposuction candidate.

Skin that is already hanging, or a "pooch," will generally not contract. By this point, gravity has caused the excess skin to hang down in a fold, for example over a belt or elastic band. The solution here will be removal of that skin. Obviously, placing the incision in an inconspicuous crease that can be covered with a bathing suit or underwear is desirable. The proper amount of excision will depend greatly on the individual and is a key factor in the ultimate success of the procedure. Too much and the scar will be under tension and wound healing may be poor. Too little and the problem is not fixed. Since there is no way

beforehand to determine exactly the amount of the excision with a test or formula, a skilled surgeon with experience and good technique is critical.

**Let's say that liposuction alone is sufficient to handle the problem. How is this done?**

There are many ways to remove fatty pockets with liposuction. Statistically, the safest way is with a technique known as **Tumescent Liposuction**. In this procedure, a much-diluted mixture of numbing medicine, as well as medicine to reduce bleeding and bruising is infiltrated beneath the skin in amounts large enough to make the skin firm or tumescent. This avoids the need for general anesthesia and its possible risks. Once the medicine has

had time to take effect, small openings are made in the skin (usually about 1/8") to allow the placement of a cannula, or tube, into the fatty deposit. These openings can be placed in areas that are naturally camouflaged, such as in the navel or along the belt line. The fat is then gradually removed by suction until a natural and smooth contour is achieved. Since the goals of symmetry and proper proportion are critical, a good surgeon will have a mental image of the end result before the procedure ever starts. In a way, he is like a sculptor who can see the form inside the stone or clay.

At the end of the procedure, the patient is placed in a tight compression garment and the small openings are left open to

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drain out the fluid that was placed under the skin at the beginning of the case. This reduces swelling and bruising to a large degree since the body does not have to eliminate the fluids produced during surgery by absorption. They can just be allowed to come out with gentle pressure. The loose skin will contract over a few weeks to months, although the new shape will be apparent within the first week.

This technique can be applied to not only the belly, hips and



Pre-op Post-op  
Liposuction of abdomen

love handle areas but also the arms, legs, buttocks and upper neck. Almost all patients can go home the same day and most require only minor pain relievers

afterwards. In my opinion, other techniques of liposuction, such as ultrasound or laser-assisted liposuction add nothing to the outcome, increase the cost and complexity of the procedure and in fact may not be as safe. Medicines that are injected to "melt away" fat or pills that "increase metabolism" are unproven at best and dangerous at worst.

A recent development in Tummy Tuck surgery combines the advantages of **Tumescent Liposuction** with **excess skin**



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Mitchell D. Kaye, M.D., FACS

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**removal.** With this technique, a number of areas can be treated with liposuction AND the excess skin can be removed. Some of the time, the belly button will need to be moved upwards as the belly skin is brought downward to tighten up the abdomen. If the tuck is relatively small, this may not be necessary. Once again, sound surgical judgment is critical. The



Pre-op Post-op  
Avelar Tummy Tuck

The rest of the procedure is similar to that just described above in theory, if not in scale.

Patients suitable for this procedure should be:

- in good general health,
- not have tendencies towards bleeding or infections
- must not smoke for eight weeks before and after the case to avoid wound healing problems

After the procedure, patients are encouraged to walk on the day of the procedure and walk a mile or so in small increments

on the first postoperative day. Most people return to work in

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about two weeks if they are in a non-physical type job. Cardio exercises can be resumed on week three and full body workouts in six weeks if they do not stretch the abdominal skin. The results can be dramatic and highly satisfying to the patient and the surgeon. Many times these are the folks who have spent years working out and never could get rid of the "pouch" or "pooch" and they are delighted to see their old shape return. Even happier are those who may never have had "it" to begin with and now for the first time do. It is important to realize that **Tummy Tuck and Liposuction** are not weight loss procedures, they are **body contouring procedures**. Significant obesity will need to be treated in another manner.



Mitchell D. Kaye, MD, FACS  
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## WHO WOULD WANT TO USE A CLOTH DIAPER IN THIS DAY AND AGE?

by Twila Murasaki

We (CD moms) will admit that a disposable is by far more convenient, but cloth diapering is cheaper, healthier for both the baby and the environment, and not nearly as inconvenient and/or gross as you would think.

Cloth diapers were the standard in child care until the 1950s, when the invention of the disposable diaper revolutionized the industry. Disposables quickly rose in popularity, eclipsing their more old-fashioned counterpart. But in the late 1990s, as concerns about the environment began to grow, cloth diapers started to come back.

I'll give you a few facts to back up these statements, but for those of you who know nothing about cloth diapering I'll tell you why it's fun and easier.

Let me get started by explaining how I got into cloth diapers. My husband's family is very holistic and

mine...not so much. So naturally it was my husband who made the suggestion of using cloth diapers. Of course my immediate response was, "No." He let it go, knowing my natural curiosity would take over and he was right. I thought to myself who would use cloth diapers when disposables exist? Why would they? So I hopped online to see what it was all about.

The first thing I learned was that these are not your grandmother's cloth diapers! Wow! The designs and colors, learning about AIO (all in one) diapers, pockets, prefolds, trifolds, covers...to say it left my mind spinning would be an understatement.

The days of folded white cotton and safety pins are long gone. You heard right! No more painful finger pricks with a wiggling baby jarring the sharp little pin every which way. Thank you Snappi, Velcro, and snaps! Cloth diapering has become stylish and much more convenient. Some cloth diapers can even be labeled couture.

### Is the Price Right?

Cloth diapers can be used hundreds of times before they wear out. Many families actually use the same set of diapers through several consecutive children. That kind of durability leads directly to saving a lot of money in the long run. Obviously using them for several children will more than cover the cost of the diapers, but they should pay for themselves relatively quickly even if you only have one child. So they are more than cost effective. Not to mention, they have a wonderful resell value.

Prices for cloth diapers vary anywhere from a dollar to more than \$20 each. But the quality and styles vary as well. It really depends on what you want from your diaper. I have a definite preference for the all in one style, which is exactly as it sounds—cute outer layer, waterproof inner layer, and absorbent layers inside. It's probably about as close as you can get to the convenience of a disposable but with the benefits of a cloth diaper. They do run on the high end for pricing though. There are also some that are one size and will grow

with your baby. Some people will prefer pocket diapers that allow you to insert as many absorbent layers as your child may need, and some like the value of prefold diapers with cute covers. And these are just a few of the more popular choices out there!

The beauty of cloth diapers is that while the upfront cost is much higher, the ongoing cost is much lower. Once you purchase them you are only paying for laundry detergent and the energy to wash/dry them.

Now compare that to disposable diapers, which must be purchased for each use (raise your hand if you've ever used three diapers to complete one change because your baby decided changing time meant going time). Babies will use anywhere from six to ten diapers per day. Figure an average of two years or more of diapers and you are looking at \$800 – \$1,800 literally thrown away.

Once again, yes, the upfront cost of a cloth diaper can be scary. But then you don't have any more midnight runs to the store because you've just realized you're out of diapers. You also don't have to keep forking out hundreds to thousands of dollars per child each year. I'd say that is worth the upfront pricing considering you only need 12-24 diapers in your stash to be more than functional. And there are definite ways to save money big time, even with cloth diapers. Do your own research; it'll make a big difference!

### On to the Gross Factor

Okay, I know what you're thinking... "Cloth? Gross! There's no way I'm going near that." Sure it's gross but no more than any other diapers. The key is to deal with them quickly and not to let them pile up. You can just rinse them out immediately after use, hang them to dry over the side of the tub, and then wash them in a batch of other diapers. Use a double rinse cycle if it makes you feel better, then dry them in your clothes dryer or hang them to dry. I've actually had less leaks from the ever infamous explosive diaper than when I used disposables.

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There are also several options out there that make cloth diaper clean up even easier. There are several diaper bins designed specifically for cloth diapers, sprayers so that you can just hose it in the toilet and flush, or even liners that are disposable so that you get the joys of cloth mixed with the convenience of disposables. There are also laundry services out there that will do the diaper duty (at least as far as laundering goes) for you.

**Does It Really Make That Much of a Difference on the Environment?**

These are the facts: the average baby goes through 5,000 diapers before being potty-trained. Diapers made up 3.4 million tons of waste, or 2.1 percent of U.S. garbage, in landfills in 1998, the last year this information was collected, according to the Environmental Protection Agency. While disposable diapers contain traces of several harmful chemicals, cloth diapers can be all-natural made with cotton, bamboo, or even hemp. No one knows how long it takes a disposable diaper to decompose, but it is estimated to be about 250-500 years, long after your children, grandchildren and great, great, great grandchildren will be gone.

**The Cons of Cloth**

There are some drawbacks to using cloth. Many daycares will not accept them; you do a lot more laundry, and it takes a little more effort depending on your cloth diapering preferences; and babies do need to be changed more often (but they don't get diaper rash nearly as much). As for me, a stay at home mother, I wouldn't have it any other way now that I know the facts of cloth diapering.

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LITTLE THINGS

## DO THESE JEANS MAKE MY BUTT LOOK HEALTHY?

by Jessie Carter, PT

“Do these jeans make my butt look big?” Ah, the infamous question that no husband or boyfriend should ever answer. But why do women continue to ask it? My main concern is how questions like this are affecting our children. Are we passing along our own insecurities and unrealistic views of what is “beautiful” to our daughters and sons?

There has been a lot of talk in the medical community over the past several years of The Female Athlete Triad. This is a syndrome of three different conditions—disordered eating/energy deficit, menstrual disturbances or absence of a menstrual period, and osteoporosis or bone loss. Female athletes, moms and daughters alike, can have one, two, or all three components of the triad.

While this disorder oftentimes goes undiscovered, the consequences can be devastating for

the young woman. Early recognition is key to preventing premature bone loss that can never be regained. When coaches, trainers, parents, athletes, therapists, and physicians work together to recognize and treat the disorder, life-threatening illness can be prevented.

The nutrition component of the triad may very well be the cause or start of the other parts of it. Many athletes demonstrate altered nutrition (as do non-athletes). This means that the individual is making poor food choices and is not taking in a sufficient amount of calories. Very little energy is then available for activity and body function. Once you subtract out the energy required for exercise, there is little to no energy left over to perform non-exercise body functions such as normal menstruation and healthy bone formation.

This part of the triad was originally described as “eating disorders” but it later evolved into more of a spectrum of eating behaviors and choices. It should be noted that not every athlete with low energy availability has an eating disorder. Unfortunately, the conscious restriction of food intake, distorted body image, and an extreme drive to be thin can lead to more serious eating problems like anorexia or bulimia.

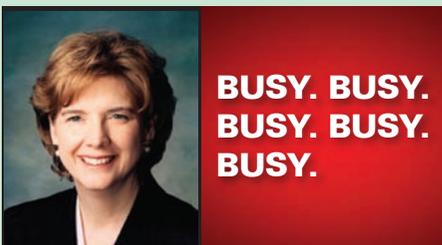
Let’s consider for a moment how many of the traits of disordered eating are similar to the traits of a “good” athlete: aggressive exercise, perfectionism, compliance, high-achievement, compulsion. Ask any coach if these are valued traits in an athlete and you will get an overwhelming, “Yes!” Not only are these athletes good at their sports, they are good at everything they do—including disordered eating.

Previous estimates of eating disorders and disordered eating range from 15-62% in athletes. The wide range is due to varied testing measures, different criteria for classifying disordered

eating, training and competition-level differences, and different sport populations being studied. Focusing on high school athletes, studies suggest nearly 20% exhibit disordered eating. In collegiate athletes, one study found that 38% had disordered eating. Beyond this, another study showed that 50% of 425 collegiate athletes studied indicated that they were “terrified” of being overweight and therefore restricted their energy intake or limited food choices.

So what are the risk factors for disordered eating and low energy availability? Researchers cannot agree as to what predisposes athletes but the following is a list of considerations:

- **Personal pressures** – Some young females “lose weight to look better” and adolescence is a risky time when the body is changing and kids want to “fit in” with their peers.
- **Performance pressures** – Some athletes incorrectly believe that performance is tied to weight, while others compete in sports where weight is tied to the ability to compete or be held from competition.
- **Societal “norms” and pressures** – There is a drive for thinness in our society that is evident if you try on a pair of skinny jeans or watch an episode of *America’s Next Top Model*. According to a white paper put out by the National Eating Disorders Association in 2005, one out of every 3.8 commercials send some sort of an “attractiveness message,” telling the viewer what is or is not attractive and the average adolescent sees over 5,260 “attractiveness messages” per year.
- **Coach pressure/monitoring** – One study suggested that even the slightest suggestion by a coach (direct or indirect) may be sufficient motivation for an athlete to engage in unhealthy weight



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control behaviors. Another study showed that 62% of collegiate gymnasts who reported unhealthy eating behaviors were told that they were too heavy by a coach.

While this article has focused on athletes, what about our daughters who are going into the fitting rooms with us, or watching us get ready for a night out? [KidsHealth.org](http://KidsHealth.org) reports that 42% of first- to third-grade girls want to be thinner, and 81% of 10-year-olds are afraid of being fat. The website goes on to say that most kids with eating disorders began their disordered eating between the ages of 11 and 13.

I truly believe that we are all given a story to tell so that we may help others. I was one of those young girls. At the age of 12, I lost more than 25% of my body weight during the summer between my 6th and 7th grade years. Triggered by teasing by my peers and in the name of becoming a better athlete, I started exercising more and restricting my food intake. Despite extremely attentive parents and supportive coaches, I struggled with anorexia into my high school and college years. It was those same concerned parents and my eventual willingness to get help that finally allowed me to overcome anorexia.

As a physical therapist, I have the opportunity to work with female athletes. I assess each patient as a whole individual and not just an athlete with a knee injury! This is the perfect chance to ask about nutritional status, bone health, and menstrual function. If issues are present, I get to serve as part of a multi-disciplinary team or refer to the appropriate health professional for further evaluation. The bottom line is that help is available for female athletes who find themselves trapped in the triad!

So let's get back to the original question, "Do these jeans make my butt look big?" I feel that this question makes us part of the problem and not part of the solution. As parents, we should be our kiddos' biggest supporters. Disordered eating is a problem in teens and young people (both athletes and non-athletes). I doubt that asking if your butt looks "healthy" is the solution—but avoiding discussions of weight and sticking to health and performance messages is a step in the right direction.

*Unless otherwise noted, information for this article was obtained at Building the Female Athlete: Issues for Health, Performance and Wellness; American Physical Therapy Association, Combined Sections Meeting, Nashville, TN, February 6, 2008.*



Jessie is a physical therapist at High Pointe in Clarksville. High Pointe offers physical therapy, personal training, fitness, and massage services. For more information, visit [www.highpointetn.com](http://www.highpointetn.com) or become a fan of High Pointe Rehab, LLC, on Facebook.

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## CREATIVE MINDS NEED SUMMER ENRICHMENT

by Dianne York

All parents know the importance of keeping creative minds busy and productive during the summer. With planning ahead, you will avoid the phrase sure to make you cringe, "Mom, I'm bored." The last thing a creative mind needs is too much down time. This applies to children of all ages. Often the new, young moms have thought ahead and planned to join a play group or some form of creative social play with their preschool children. Then the time comes when they are enrolled in school and parents are just about as relieved as their children when the routine is broken and summer hours begin. Do not let this time catch you off guard. A well planned set of activities to break the

unstructured time off will make for a beneficial and rewarding time for parents and children.

Clarksville and the surrounding areas offer many assorted possibilities for children to challenge their creative minds and enhance the education they have worked so hard on during the school year. A creative child will "find" things to occupy their time, but parents must be involved in choosing activities that guide them in positive directions in order for their experiences and outcomes to be positive and provide the enrichment needed.

Homeschool parents are very accustomed to enrolling their children in enrichment activities throughout the school

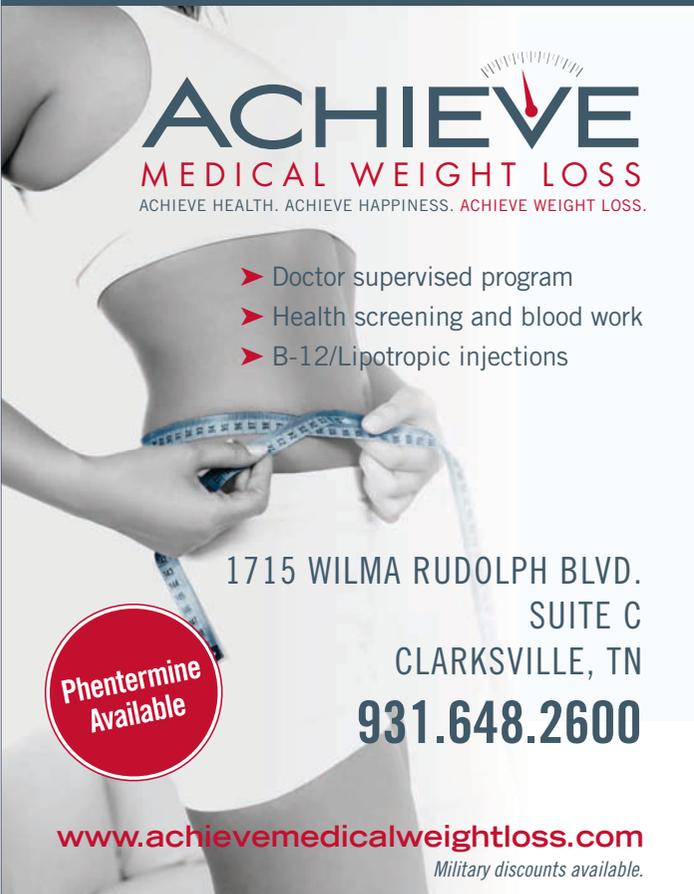
year. For many homeschool families, education is a year round adventure enforcing the idea that education is a life long experience, not merely a list of activities to coincide with the school's calendar year.

By breaking the ideas and options into categories, parents may quickly search for ideas that may meet their needs.

### Travel & Exploration

The Cemetery Classroom. Many historical sites can be explored by families at little or no charge. Spending a day meandering through city and county cemeteries may open up a search for family trees, local heritage, and an insight to the lives of families and the community. It is also an

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excellent way to merge math and history, not to speak of the great opportunity to teach art and creative writing. A child reluctant to write may be inspired by history or mystery. Two cemeteries close by would be the Riverview Cemetery on Spring Street and the Greenwood Cemetery, both located near downtown Clarksville.

**The Historic Classroom.**

Clarksville is home to the L & N Train Station, inspiration for the 60's song "Take the Last Train to Clarksville." The station houses an authentic train engine, along with a newly restored caboose. This is a great place to enjoy the Farmer's Market when in season. Children can take great pictures and learn about the area's

history. A short trip to Dover can take the family back to the Civil War times by touring Fort Donelson. A guided tour can inspire even the most reluctant boys to want to read more about the battles fought there. A trip to Historic Collinsville in Southside takes both parents and children back to the 1800s on their 40 acres of authentic period buildings, complete with guides dressed in period attire and working on activities typical to family life in that time period.

**The Outside Classroom.**

Dunbar Cave provides a great area for hiking and exploring the cave. What better science lesson than a trip through the cave to include observations of native flowers and trees on the walk there and back? The

Cumberland Riverwalk and the new Clarksville Greenways allow for physical exercise while exploring and researching the importance of the Cumberland River to the history and growth of Clarksville. The downtown area will allow for a lesson on architecture and commerce, not to exclude the importance of a lunch together downtown.

**Arts and Creative Activities**

The Customs House Museum and Cultural Center is a great place to take in the fine art galleries and release some energy in the Explorer's Floor, where children and adults can experience hands-on activities.

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activities for various ages and ability levels. The Clarksville community has many public and private facilities that offer opportunities to involve the children in meaningful, creative activities. Some useful websites are [www.clarkvillecvb.com](http://www.clarkvillecvb.com), [www.cityofclarksville.com](http://www.cityofclarksville.com), and [www.clarkvilleinonet.com](http://www.clarkvilleinonet.com).

Local centers offer both visual and performing arts for students in small groups or one-on-one settings. Encouraging the artistic and creative abilities in children often improves their self-confidence while allowing them to focus on their interest areas. An artistic, creative child is not necessarily an A or B student in the classroom. Taking this talent to new levels outside

of the classroom allows them to succeed and feel good about themselves.

### Academic Enrichment

Never underestimate the importance of enriching the education of your children. Enrolling in centers offering classes in art, music, dance, drama, photography, and other enriching activities allow the children to interact with other children in activities that are intended to expand thinking and foster talents. Students excel when given a creative environment in which to learn without the pressure of grades, tests, and too much structure. Applying their knowledge and expanding their minds allow

children to discover talents they may not have been aware of having.

The students interested in enriching studies in science and math may need to find classes that offer exploration in these areas. Often the regular classroom is limited to the curriculum being used. Being able to participate in science labs and exploration, as well as applying mathematics to everyday experiences, gives students a chance to question and discover new areas of interests.

### Remediation of Skills

Both homeschool students and traditional students often need a chance to catch up and fill in the gaps in their

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curriculum. The school year is fast paced and does not always allow the opportunity to focus on skills that need remediation. The summer time is an excellent opportunity to provide extra practice on these weaker skills. It is also a great time for students to prepare for standardized tests such as ACT and SAT. For high school students, this test prep may mean scholarships and acceptance into college programs.

Find a program or individual that can provide this extra training for your child. A tutor can often relate to your child and help provide an understanding of subject matter that has not been mastered in the past. It often is a simple solution to what

can be a very difficult situation if not addressed before the new school year. Small group instruction may be beneficial to observe your child's learning style while surrounded by other students in a classroom setting.

### Private Lessons

Parents, looking back on your childhood, I imagine you remember a private lesson of some sort. Piano, guitar, violin, voice, and modeling are areas where a child can find a hidden talent or expand on a gift. Many qualified instructors offer private lessons in the arts. Search the area for individuals or centers that provide these instructions. It is quite apparent that students who participate in some form of the arts tend to

improve their scholastic abilities and develop a strong self concept.

We are fortunate to have so many opportunities for summer learning in and around Clarksville. There is something for every child's needs or interests. Now is a great time to teach our students that learning does not have to end just because a school semester does, it should continue for a lifetime.

Dianne York is Owner/  
Director of Advantage  
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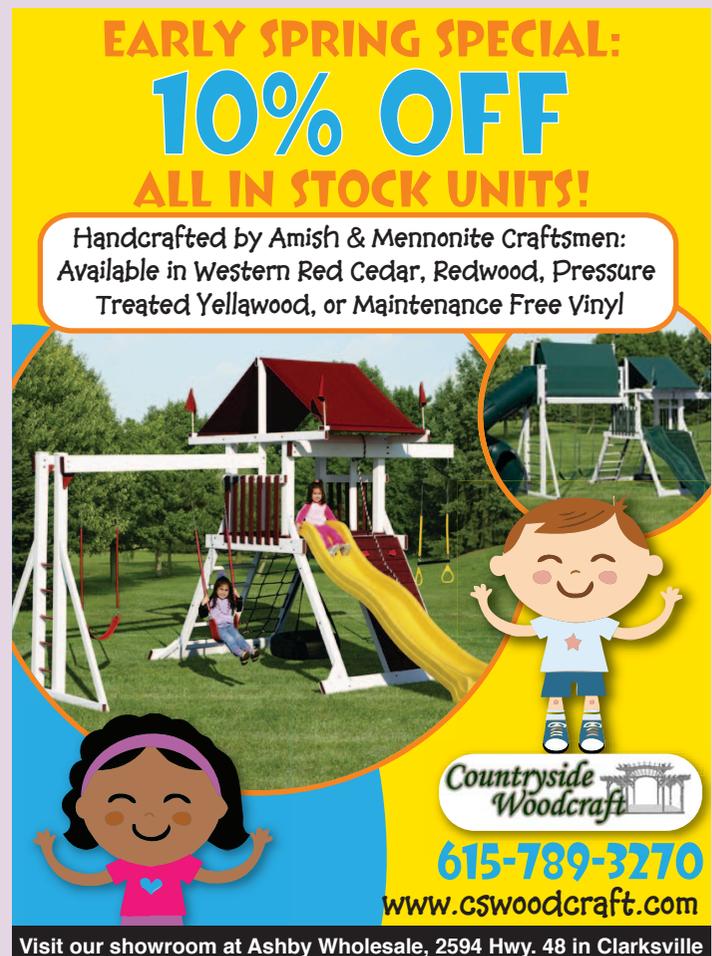
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# COPPER GARDEN SIGN

by Kendall Welsh

I am so excited about this new segment we are starting in *Clarksville Family*! Each month we will share a craft for families to create. Most of our projects will require family teamwork to make it more enjoyable for everyone.

Our first project is these classy copper signs for your garden in honor of the 40th Anniversary of Earth Day, celebrated on April 22. This project definitely requires

parent involvement. The steps that parents should be a part of are flagged with the parent icon .

**Supplies Needed:**

- Piece of wood, approx. 5" x 12"
- Cardboard lettering (cut out your own from cardboard, or purchase pre-cut letters at your local crafting supply store)
- 18" of copper flashing
- Craft glue or glue dots
- Popsicle sticks



**Step 1**

Decide what you want to have your garden sign say—for example, “garden” or “fairies.” Either cut the lettering out of cardboard or use chipboard letters purchased at a craft supply store. Lay them out on the board.



**Step 2**

Glue down the letters with craft glue or glue dots. I used glue dots because they didn't require any drying time. Glue dots are also easier for children. Have them apply the dots to each letter/shape and then guide them to place it on the board.



**Step 3**

Make sure your letters are completely adhered to your board, and they won't move. Take time to really push them down. For symmetry use a ruler to draw lines on the board as guides. But placing the letters at slight angles has its charm as well.



**Step 4**

Cut a piece of the copper flashing approximately 4" longer than your board. Be careful – the copper flashing is very sharp and can easily cut you. Standard household scissors should work fine to cut the copper flashing.



**Step 5**

Peel off the backing of the copper flashing, trying to not bend or crimp the copper. The best way is to lay the sheet on a flat surface once you get the corner peeled up, and then slowly remove the backing while keeping the copper as flat as possible.



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ARTifacts will sell kits to make these projects for \$8. Please call to reserve yours at (931) 249-0454 (limited kits will be available). The kits will include the following items:

- 16" of copper flashing
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- Popsicle sticks
- 30 glue dots

Kendall Welsh is the Manager of ARTifacts, an art & antique emporium located in downtown Clarksville. ARTifacts features over 30 antique dealers, artists and artisans all from the local area. Check out their blog at [artifactemporium.blogspot.com](http://artifactemporium.blogspot.com) for more photos of this project and more about the shop.



**Step 6**

Place the copper, sticky side down, onto the board covering the lettering. Apply it as evenly as possible, knowing that the raised surfaces of the letters will make it uneven. We will handle that in the next step.



**Step 7**

Flip over the copper and board, and fold over the excess copper. Fold the edges like you are wrapping a present. Trim off any extra where needed. About one inch all the way around will be enough.



**Step 8**

Using a Popsicle stick, start rubbing around the lettering and outlining the letters with the edge of the stick. This will take some time and may require a parent to do some outlining before the child gets frustrated depending on her age.



**It is that simple!**

You may decide to embellish your sign with other chipboard shapes as we did on the signs my kids made. Or you may decide to use a fancier piece of wood that has edges – this will require more work, but the rewards are definitely there for your work.

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## LET'S FACE IT

by Candace Pelfrey, Licensed Aesthetician

It is a fact of life. We all endure it. I'm referring to the aging process, of course. Fortunately, there are many services available to help correct the telltale signs of aging and restore that youthful appearance we long for. Let's face it, we are growing older, but we don't have to look it!

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The number and length of treatments depends on the skin condition being treated. Microdermabrasion offers superior exfoliation and skin rejuvenation with no downtime from work

or social activities after your treatment! This can be done as a single procedure or combined with other procedures such as a chemical peel or IPL treatment.

**CHEMICAL PEEL**

A chemical peel is an aesthetic procedure that improves skin tone, lightens age spots, improves acne scars, and decreases fine lines and wrinkles. The chemical solution removes the outer layers of damaged skin, prompting the body to generate a new layer of healthier skin cells. Chemical peels may not be appropriate for darker skin types.

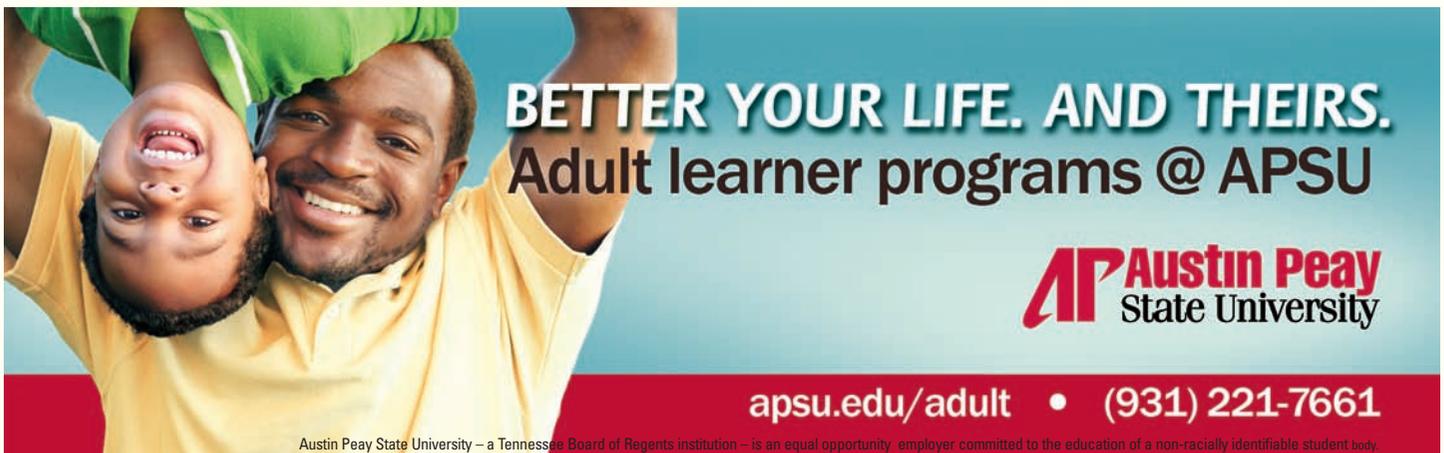
Peels are offered in both aesthetic grade and physician grade solutions ranging from light to deep. Your skincare professional will determine which solution is best for you based on your skin type, condition, and desired result.

Aesthetic grade peels combine safe, scientifically proven ingredients allowing accelerated cell turnover, collagen stimulation, and improved elastin fibers in the dermis. Aesthetic grade peels are usually recommended in a series of six, with weekly or monthly applications depending on the skin type and condition being treated. One benefit of light chemical peels is that you have no downtime. You may experience noticeable peeling one to three days post-procedure.

The glycolic/lactic peel exfoliates the skin while reducing irritation and dryness. The glycolic acid's molecular structure allows it to penetrate deeper than other alpha hydroxyl acids (AHA's) to perform at all levels of the skin. The lactic acid is gentle but effective and increases the moisture levels in the skin making it ideal for dry skin types.

The salicylic/mandelic peel exfoliates the skin while decongesting pores. Salicylic acid penetrates pores to dissolve sebum (skin oils) and cellular debris. Mandelic acid is one of the strongest AHA's and helps to prevent inflammation and irritation that can sometimes occur. This combination of acids is ideal for oily skin types.

Physician grade peels involve a procedure where a solution is carefully applied and allowed to remain on the skin for a short time in order to treat the layers of damaged skin. After the allotted time, your skin will have a frost-like appearance. The solution is then neutralized and an ointment is applied to help the skin heal and minimize swelling. These peels are deeper than aesthetic grade peels but you will experience some downtime. The post care instructions for physician grade peels calls for plenty of rest and limited movement in order to speed up your recovery time. The skin



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will be pink in color and a thin crust may form over the treated area. Minor pain associated with this procedure can be alleviated with oral medication. Recovery time varies depending upon the strength of your chemical peel.

### **FACIALS**

A facial may seem like a luxury, as most of us "wash" our face at home. A professional facial offers more to your skin than cleansing. Facials are customized to meet your specific skincare needs. Deep pore cleansing, skin firming, and rosacea calming can be achieved using various products that are not available for use at home. Some of the most requested facials are listed below.

#### **Deep Pore Cleansing/Acne Facial**

The Acne Facial is perfect for anyone with problematic skin, including teenagers. The combination of products used during this facial work to reduce oil while giving your skin the hydration it needs. This protocol includes a detoxifying masque and soothing products devised to help heal acne blemishes and draw out impurities from the skin.

#### **Rosacea/Calming Facial**

The Rosacea Calming Facial is constructed to help calm irritated skin and soothe rosacea redness without leaving the skin oily. It is an excellent treatment for hypersensitive skin types and those who are easily irritated by environmental stressors.

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Candace is a Licensed Aesthetician and Certified Laser Technician at Cumberland Aesthetic Laser Center, 2285 Rudolphtown Road, Suite 200, Clarksville. Dr. George Lee serves as the medical director. We are easily accessible through many outlets including:

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## FINDING SOME BUDDY TO LOVE

by Sandy Britt

Clarksville resident Carmen Hunter was 25 miles from home on a bike ride one sunny Saturday afternoon when she noticed something out of the corner of her eye: a black blur popping up from under a guardrail that edged the lonely country road.

As she sped by, she thought, "Was that a dog? Out here in the middle of nowhere?"

As a staunch animal welfare advocate, Carmen has long had an eye out for animals. But all night the image remained with Carmen as her inner voice nagged, "What if it WAS a dog... a dog dropped out there and waiting for his owner to return."

Eighteen hours later, Carmen and her husband Toby were driving to the area of the guardrail.

"If that was a dog, he's long gone now," Toby mused.

They spotted nothing on their first pass down the winding road, but on their second, there he was.

"A little black dog poked his head up as we drove up and just looked at us," Carmen said.

Carmen jumped out of the car, leash and treats in hand, supplies she always carries for just such an occasion.

"He stood up from his bed of leaves and walked over to me with his tail wagging. There was a circle in the leaves and dirt where he'd made a bed,"

Carmen said. "Who knows how long he'd been there, but it was a sure sign of a dog faithfully waiting for the person who dropped him to come back."

Carmen said the handsome black lab mix with a patch of white on his chest was skittish and hungry, but uninjured.

"Between the two of us, a lot of patience, and the offering of treats, I was finally able to grab him and hoist him into the back of our SUV," Carmen said.

Toby drove as Carmen huddled in the back with the dog they dubbed Miller. But what to do with him? With three dogs, a cat and a small child, the Hunter home wouldn't do. So they asked

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a family member if Miller could stay in their unused backyard dog pen.

“It wasn’t ideal accommodations, as I believe all dogs belong inside with the family,” Carmen said. “But it was better than waiting for someone who was never coming back to that lonely place under the guard rail.”

Over the next few days, Carmen quickly learned many wonderful things about Miller: he knew how to shake, sit and lie down on command; he rarely barked, walked great on a leash and loved affection.

In hopes of finding Miller a home, Carmen shared his



photo and story on Facebook, read by Carmen’s friends, friends of friends and friends of their friends.

That’s where Christina Clark, a married Clarksville mother with two young daughters, first spotted him.

“Jon and I had discussed getting a dog, but thought it best to wait until our 15-year-old cat passed away,” Christina said. “We couldn’t imagine any dog that could get along with an old cat. But Miller had this look in his eyes that said ‘Take me, I’m yours’...you could see a gentle demeanor in those eyes. Even though he was a stray, he seemed so perfect for our family.”

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Christina contacted Carmen and asked if Miller would be a good fit for her family, hesitant because one of her daughters was afraid of dogs.

"I asked her if she wanted to meet him and maybe foster him for the Humane Society instead of adopting right away," Carmen said. "I've learned from years of rescue work that sometimes fostering is a great way to see if you're ready for a pet."

Carmen picked up Christina and Jon and took them to meet Miller. The Clarks took to him immediately and agreed to foster after his vet check and vaccines.

Miller passed the physical with flying colors, got a much-needed bath and moved into his new digs. But after only 24 hours, the

Clarks decided they didn't want to foster him—Miller was staying for good.

"He's such a perfect fit in our family, even with the old cat. They've become the best of friends. The girls are just as excited today as the first day that we brought him home," Christina said. And for the first time in her life, her younger daughter isn't afraid of a dog.

Christina said she was immediately drawn to Miller's story on Facebook and had the same gut feeling Carmen did: she had to do something. Christina also said that if they'd given Carmen a wish list for the kind of dog they wanted, a better match couldn't have been made.

Jon, too, was happy with Miller, as the dog stirred up childhood memories.

"I had one dog I'll never forget. Her name was Tipper and she was a collie. She'd always be there at our bus stop when I got out of school. She followed me everywhere. It's amazing how smart she was; you could see it in her eyes."

Jon said Miller resembled Tipper, especially the look of intelligence.

"He seemed to behave like he'd been to obedience school... it felt like a natural fit from the start. He's a loveable, needy, loyal and fun dog."

Carmen, too, is satisfied, as she always is when a lost soul finds the kind of life all dogs

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deserve. She said Miller's story is important because it shows that everyone can do something for an animal in need. "Passing them by isn't the right thing to do."

Carmen said all it takes is a little effort to find the help a stray needs, whether that be taking care of it until a shelter or rescue can step in, or by spreading the word that a dog or cat needs help.

She also said people need to realize that strays can make wonderful pets—they're either just lost or have been abandoned by an irresponsible, uncaring owner.

"There's a home out there for every dog," Carmen said. "They just need us to help them find it."

The Clarks are grateful Miller is now a part of their family and give credit to Carmen.

"I have so much respect for Carmen, whose calling in life is helping animals when no one else will," Christina said.

Part of Miller's calling is a new name to go along with his new life: Buddy.

"We knew that at one time he belonged to "somebuddy," but now he's our Buddy, and we couldn't be happier."

Adopt your next best friend from a shelter or breed rescue by visiting [www.petfinder.com](http://www.petfinder.com)

Sandy Britt lives in Clarksville with her husband, three dogs and two cats. She is a veteran's service officer for Montgomery

County and volunteers with several area animal-welfare organizations.

**Adopt your pet from a rescue and save a life.**

**Visit these sites to learn more about local pet shelters:**

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**Montgomery County Animal Control**

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# JAMES CORLEW CHEVROLET CADILLAC CELEBRATES 40 YEARS IN BUSINESS

by Cliff Lavergne

On March 20, 2010, the first day of spring, James Corlew Chevrolet Cadillac celebrated its 40th anniversary.

Originally called Hawkins-Corlew Chevrolet in 1970, many things have changed over those decades. Franchises like AMC, Jeep, Eagle, Geo, Oldsmobile and Mitsubishi have come and gone. Mr. Hawkins left the franchise dealership market in the 1980s. But the one constant

has been James Corlew himself, and his dedication to Clarksville.

Seeing the dealership's growth from the original pictures to how sprawling it is now are impressive. Once just occupying part of a city block,



community leaders who have improved the quality of life for women.

Every year James Corlew Chevrolet Cadillac raises more than \$15,000 for the United Way in a single fundraising drive. Mr. Corlew has also personally endowed three different scholarships at Austin Peay State University for biology, business and physics. The dealership supports Fort Campbell with ongoing sponsorships.

Yet through it all Mr. Corlew has been a car dealer. And specifically in that role he has made a unique impact on our community as well. In 2001, the franchise automotive dealers of Clarksville, led by James Corlew, created an "Automotive Code of Ethics." This code outlined exactly how customers and dealerships would conduct themselves, particularly regarding armed forces personnel from Fort Campbell.

The need for this code came from a history of miscommunication and growing resentment from the two groups. Soldiers fearing they were being taken advantage of by car dealers, and dealerships suffering from unfair portrayals that affected their reputation. The resulting Code of Ethics was heralded by Major General Richard A. Cody, then Commanding General of the 101st Airborne Division Air Assault at Fort Campbell. It also led to Mr.

the Corlew campus now stretches from University Avenue to 8th Street, and from College Street to Main Street. All located directly across from APSU.

Being a Clarksville businessperson has meant more than just selling and servicing cars. Mr. Corlew has been an active citizen who has given back immeasurably to the community. This year marks the 10th anniversary of his participation and sponsorship of the local Athena Award Program. Presented by Athena International, an organization that supports and recognizes women in leadership roles, the award has highlighted

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Artwork by Lauren Poynter

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Corlew earning the Torch Award for Marketplace Ethics from the Better Business Bureau.

Surviving the recent automotive turmoil that saw his manufacturer, General Motors, declare bankruptcy and then quickly come out of it, is a further testament to his business ethics and acumen. Relating to that chain of events was the recent demise of Saturn as a franchise. This resulted in Clarksville's Saturn store closing down. Again, James Corlew Chevrolet Cadillac was able to step in and assist the Clarksville community with ongoing service of their Saturn vehicles at their existing 722 College Street service facility.

Brock Daly, General Manager at the dealership, notes "Mr. Corlew doesn't like a lot of attention. He would prefer to be in the background, than on the center stage." That humility is what has led Mr. Corlew's actions to be seen and felt, more than his words.



With more than 120 employees and no signs of slowing down, James Corlew Chevrolet Cadillac hopes to be serving our community for another 40 years. Clarksville will continue to be a better place for it.

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## WORRYWARTS

by Kim Edmondson

Whew! Thank goodness spring has finally sprung. I don't know about you, but I am all too glad to see Old Man Winter pack up his blankets of snow and head out! I've heard this winter broke all sorts of records for the lowest temperature, longest cold spells, and downright yucky weather. I believe it. Thankfully, the sun is now shining, the sky is blue and we can look forward to April showers bringing May flowers!

As the last, long cold bit of winter dragged on and finally out, I began organizing my thoughts

about what to write for this article. Usually, I bounce around a few ideas in my head and one always seems to rise to the top. This time around, no such luck. I've searched scripture with no solid lead. I've even watched and listened to those around me hoping for some helpful word or phrase that might spark an idea...and still nothing. As each day has passed, I found myself worried and upset over what I was going to write. So, this morning as I lay in my bed thinking, "I have got to get his article done!" I did what I should

of his dearest friends. Mary, Martha, and their brother Lazarus lived in the town of Bethany, and whenever Jesus needed a place to rest and be refreshed this was the place he longed to go. This family always loved to have Jesus with them and did all they could to make his time with them special. During one of His visits to their home, several teachers and leaders were coming over to listen to Jesus teach. Like any good southern woman, Martha wanted to be sure that the guests were welcomed and well taken care of.

have done several weeks ago and asked the Lord to help me get my thoughts together. In His goodness, the Lord immediately brought a couple of verses to my mind.

The first verses come from a passage in the New Testament where Jesus is visiting the home of some

She cooked and cleaned and made all kinds of fuss over the guests, most certainly Jesus. During a brief moment of looking in on her company she noticed that her sister Mary was sitting in the room with Jesus and the guests listening in to the conversation. Well, this certainly would not do, not for a woman to be sitting in the presence of men, but even more so the fact that she was not helping Martha with all that needed to be done.

Here's how it all unfolds:

*But Martha was worrying over the big dinner she was preparing. She came to Jesus and said, "Lord,*

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doesn't it seem unfair to you that my sister just sits here while I do all the work? Tell her to come and help me."

But the Lord said to her, "My dear Martha, you are so upset over all these details!

"There is really only one thing worth being concerned about. Mary has discovered it—and I won't take it away from her."

Luke 10:40-42

So, even though Martha was concerned with taking care of the details for this event, she was even more concerned that Mary was not helping her. The Lord quickly gets to the heart of the issue and recognizes that Martha is worried and upset. Hmmmm....sounds familiar. Worried and upset, exactly where I find myself more often than I'd like to admit.

I am worried about finances, my job, my children, the future. Then there are the little worries of everyday things: what am I going to wear, how does my hair look, am I getting wrinkles? There's also the worry of getting things done. How am I going to get all of this laundry done, what am I going to fix for dinner, when am I going to have time to do THAT? The questions and list of worries at times seem endless. I have even found that when I don't have a little something to worry about....I get worried!! As ridiculous as it may sound, it is true.

Thankfully, in the book of Matthew we find these words:

Therefore I tell you, **do not worry** about your life, what you will eat or drink; or about your body, what you will wear. **Is not life more important than food, and the body more important than clothes? Who of you by worrying can add a single hour to his life?**

Matthew 6:25 & 27



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The words of Jesus are very clear. Do not worry. You don't gain anything from it, you don't accomplish through it, you don't live longer because of it, so don't worry.

I'm sure we've all heard of the term "worrywart." The definition of a worrywart is someone who worries about things that are unimportant. The trouble with a worrywart is that you can seldom convince *them* that their worries are over things that don't really matter. They are persistent in worrying over things that seem valid to them.

A few years ago, my husband developed two warts on his hand. They started small like most warts do, but in time, they grew larger, were painful and ugly, and began to interfere with things he tried to do.

We tried all of the at-home remedies to get them to go away, but nothing seemed to work. Finally, my husband, Chris, went to the dermatologist to see about having the warts removed. He learned that warts are a form of a virus. There is no specific cure, and even if you have them removed there is no guarantee that they won't

return. After many visits to the doctor and several tries of having the warts frozen, Chris had to be referred to another dermatologist who used a laser to burn away the warts. The entire process of removing the warts took over a year and proved to be quite painful. Thankfully, they have not returned.

Just like a worrywart, Chris' warts proved to be quite troublesome to deal with. Even though they started out small, over time they grew and caused all sorts of trouble. Worry can work that way in our lives. What starts out as a little seed of



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concern or fear can turn into a worry that grows out of control. It can cause us to be distracted and keep us focused on things that really don't matter.

Even though we tried to remove the warts with at-home treatments, in the end it was a doctor with a laser that had to remove the problem. Chris had to go to a specialist.

We can find ourselves in the same place with worry. We can try to ignore it, deny it or even take on new worries to distract us from the old ones, but in the end,

we need a specialist to help remove our worry. We need the Lord. We need to trust in the Lord and believe that He is in control. He will provide for us and take care of us.

Just as the doctor told Chris that there are no guarantees, and that the wart may return, our worry is the same way. Just because we are able to overcome one area of worry in our life does not mean another will not pop up. What we need to do in our times of worry is continually remind ourselves of the God who loves us and longs for us to trust in Him. When we focus on our God and how

much He cares for us we are able to see that our worry, in the hands of a mighty God, is not as big as we might have thought. He helps put things into perspective.

So, the next time you find yourself in a place of worry, remember that worry will not help find a solution to the things you are concerned about. It is God who can hold all of the things that you are worried about and provide the solution for all of your "worrywarts."



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Rivers & Spires is an award-winning FREE festival with live music, interactive entertainment, activities for the kids, and great food held in historic downtown Clarksville. In short Rivers & Spires is a downtown outdoor festival that you can bring the kids to during the day, shop throughout the afternoon and come back at night to rock the night away with some awesome headliners!

See below for the schedule of events, and visit [www.riversandspires.com](http://www.riversandspires.com) for up to the minute information about the festival.

## Friday, April 16

# Schedule of Events

## Thursday, April 15

4:00 p.m. - South Paw  
 5:00 p.m. - High School Musical 2  
 5:15 p.m. - Memories of Patsy Cline  
 6:00 p.m. - Joel Brown  
 6:30 p.m. - Cumberland Winds Jazz Project  
 7:00 p.m. - John Flanagan  
 8:30 p.m. - Randy Nations

Hiter Street Stage  
 Public Square Stage  
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 Public Square Stage  
 Hiter Street Stage  
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 Public Square Stage

5:00 p.m. - Aspire to Stardom  
 5:00 p.m. - Last Band Standing  
 5:00 p.m. - Branon Jagers  
 5:30 p.m. - Will Marion  
 5:30 p.m. - Lydia Walker  
 5:30 p.m. - Dixieland/Barbershop Quartet  
 6:00 p.m. - Josh LaCount  
 6:30 p.m. - Making Malorie  
 7:00 p.m. - Watson & Nash  
 7:00 p.m. - Clarksville's Got Talent  
 7:00 p.m. - Operation Rising Star  
 8:00 p.m. - Chris and Conrad  
 8:00 p.m. - Chip Willmore  
 8:30 p.m. - Big Daddy Weave  
 8:30 p.m. - Zach Johnson  
 9:00 p.m. - The Texas Tenors

Fun Zone Stage  
 Strawberry Alley Stage  
 Courthouse Stage  
 Public Square Stage  
 Christian Stage  
 Third & Main Stage  
 Courthouse Stage  
 Christian Stage  
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 Public Square Stage

## Saturday, April 17

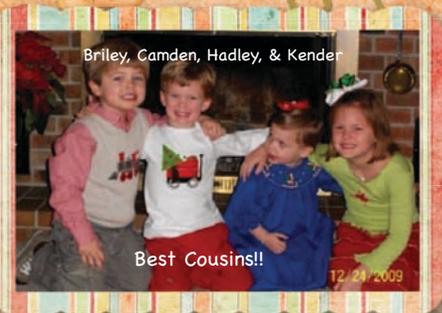
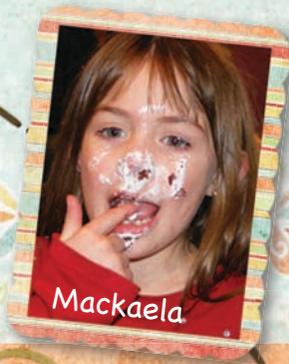
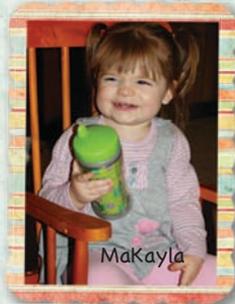
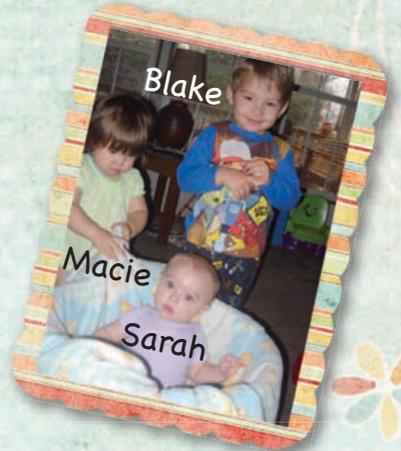
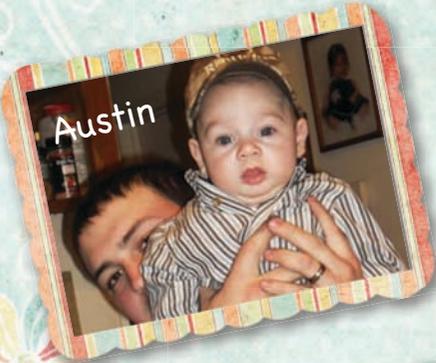
10:00 a.m. - Robert Jordan  
 10:00 a.m. - Divine Nobodies  
 10:30 a.m. - Natalie's Dance Network  
 10:30 a.m. - CHES Honor Choir & Dance Team  
 10:30 a.m. - EyeTooth  
 10:30 a.m. - Valerie De Los Santos @ Amber Guzman  
 11:00 a.m. - Sango Honor Choir  
 11:00 a.m. - Little Mexica & Latin Folklore  
 11:00 a.m. - Undivided  
 11:30 a.m. - Showtime Dance Studio  
 11:30 a.m. - New Panther Singers  
 11:30 a.m. - FireBreak Parade  
 11:30 a.m. - Filipino-American International Assn. Inc.  
 12:00 p.m. - Exit One Show Choir  
 12:00 p.m. - Riverside Church  
 12:00 p.m. - Clarksville Judo, Jujitsu, Aikido Club  
 12:00 p.m. - Mission Clarksville  
 12:30 p.m. - Woodlawn Elementary School Chorus  
 12:30 p.m. - O.A.T.H.  
 12:30 p.m. - Ballet Folklorico Viva Panama  
 12:45 p.m. - Clarksville Community Chorus  
 1:00 p.m. - Community School of the Arts  
 1:00 p.m. - Lauren Weakley band  
 1:00 p.m. - Corey Farlow  
 1:00 p.m. - Baize Martial Arts  
 1:00 p.m. - APSU Brass Quintet  
 1:15 p.m. - Queen City Quartet  
 1:30 p.m. - Jezebellies Belly Dance Troupe  
 2:00 p.m. - Mike Willis  
 2:00 p.m. - Garcia and Scott  
 2:00 p.m. - Last Band Standing  
 2:00 p.m. - Ebenezer  
 2:00 p.m. - Kidoodle Revue  
 2:00 p.m. - APSU We Quintet  
 2:30 p.m. - Mascot Relay Race  
 2:30 p.m. - Gemini Twinz  
 3:00 p.m. - Pete Stringfellow

Third & Main Stage  
 Christian Stage  
 Courthouse Stage  
 Fun Zone Stage  
 Strawberry Alley Stage  
 Third & Main Stage  
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 Christian Stage  
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 Fun Zone Stage  
 Jazz N Wine Stage  
 Fun Zone Stage  
 Third & Main Stage  
 Public Square Stage

3:00 p.m. - Erika Chambers  
 3:00 p.m. - ExitRight  
 3:00 p.m. - Shaolin Temple Lion Dance Team  
 3:00 p.m. - Brinn Black - Songwriter  
 3:00 p.m. - Tom Templeman - Songwriter  
 3:00 p.m. - David Walker - Songwriter  
 3:30 p.m. - Hui Hawaii O Tenesi  
 3:30 p.m. - Kidoodle Revue  
 4:00 p.m. - Davey T Hamilton  
 4:00 p.m. - Mascot Character Lip Sync  
 4:00 p.m. - Bridges Out Of Eden  
 4:00 p.m. - Songwriters Contest  
 4:00 p.m. - Billy Reasons - Songwriter  
 4:00 p.m. - Lorna Flowers - Songwriter  
 4:00 p.m. - Stephen Cochran - Songwriter  
 4:30 p.m. - Number Seven  
 4:30 p.m. - MCMS Dance Team  
 5:00 p.m. - Chris Robertson and the Country Music Band  
 5:00 p.m. - Jamie Worley  
 5:00 p.m. - Brinn Black - Songwriters Showcase  
 5:30 p.m. - Jaystorm Unplugged  
 5:30 p.m. - Billy Reason - Songwriters Showcase  
 6:00 p.m. - Logan Mize  
 6:00 p.m. - Soulshine  
 6:00 p.m. - Kristie Sibley  
 6:00 p.m. - Rebecca Lynn Howard - Songwriters Showcase  
 6:00 p.m. - Riche McDonald - Songwriters Showcase  
 6:00 p.m. - Billy Montana - Songwriters Showcase  
 6:30 p.m. - Syd Hedrick and the Blues News  
 7:00 p.m. - Uncharted Water  
 7:30 p.m. - Hoi 'Ianta  
 7:30 p.m. - The Tina Brown Band  
 8:00 p.m. - Pure Star Movement  
 8:00 p.m. - EagleOke  
 8:30 p.m. - Jimmy Hall & The Prisoners of Love  
 9:00 p.m. - Charlie Daniels  
 9:00 p.m. - Nine Lashes

Courthouse Stage  
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 Public Square Stage  
 Christian Stage

# SPRING



# Candid Clarksville

email your photos to [candid@clarksvillefamily.com](mailto:candid@clarksvillefamily.com)

## MOVING DAY

by Brenda Hunley Illustrated by Willie Bailey

A fresh spring breeze lifted Chester's spirits as he trudged toward his home with a box of Boomer's things in his arms. Today is moving day. Chester Chipmunk's little brother Boomer was moving in with him so there would be room for the new babies.

"Whew! Last box!" he said, leaning hard against the door.

Boomer peeked out of his new room, "Thanks bro'!"

Chester grinned, "Sure, no problem. By the way, where do you want this?"

Walking into the room, Chester was surprised at the changes Boomer had already made. Posters were up, a new rug was on the floor, and his storybooks were lined up neatly on a shelf. Other than piles of comics, and scattered school supplies, things were coming together quite nicely.

Boomer pointed to the opposite wall, "Over there, by my desk."

Knock! Knock!

"Who is it?" Chester called.

"It's me, buddy," Dart called. Dart is a bluebird, and also Chester's best friend. "Hey guys, whatcha doing?" he asked poking his head just inside the door.

"Come on in. You are just in time to help me finish getting Boomer moved in."

"Come see my new room!" added Boomer.

"Okay. You guys interested in a game of baseball?"

"Maybe in a little bit, we are getting Boomer moved in today," answered Chester.

"My mom sent some feathers with me to make your bed soft," Dart said, laying a big sack down in the corner.



"Thanks, man!" said Boomer, giving Dart a high five. Chester was amused. His little brother was getting so big.

"Come on, buddy; let's get this bed put together, then we can play ball," urged Dart, motioning to the

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feathers. Just as the friends were finishing up, Chester saw a shadow in the hallway. "Who's there?"

With a hearty laugh, Dad Chipmunk answered, "Pizza delivery!"

"Dad, you rock!"

"Pizza, my favorite!" added Boomer. "How did you know we would be hungry?"

"Because you are *always* hungry, Boomer!" answered Dad, setting the box on the table.

Everyone laughed and sat down and took a slice.

"Hey, Mr. C!" said Dart sliding into a chair.

"Good to see ya, Dart! Would you like some pizza too?"

Dart nodded and slid a big slice onto a plate.

"Mmmm. Thanks, Pop," mumbled Chester, his mouth already full.

"What's that?" Boomer asked pointing to a basket still sitting by the door.

"That? Oh...just some snacks your mom put together for you guys," Dad Chipmunk said, wiping pizza sauce off his whiskers.

"How is Mrs. C?" asked Dart.

"Good, but she is ready to have the babies," he answered, taking another slice of pizza.

Suddenly the door flew open! It was Robin, Doc Owl's nurse.

"Mr. Chipmunk! It's time! It's time! Come quickly!" she said, and quickly fluttered back out the door.

Dad Chipmunk dropped his pizza and hurried out the door. Calling over his shoulder to the boys he said, "I'll call you soon."

While the boys finished their pizza they talked about what they would like to do with the new babies.

"I wonder what they will look like. Do you think they will cry a lot? My little sister cries all the time," Dart said.

"Just 'cause your sister cries a lot doesn't mean our brothers will. Besides, she smells funny, maybe that's why she cries," teased Boomer.

Dart reached over and punched Boomer in the arm. "Funny! I seem to remember you could put out a smell that would clear the room, and come to think of it, it wasn't that long ago!"

Chester laughed while he watched Dart and Boomer wrestle. He let his mind wander and daydream a bit about taking his new brothers camping, showing them how to fish, and hunt for treasure. Smiling, Chester knew their lives would be changed forever.

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

# HAPPY BIRTHDAY!



Happy 1st Birthday Elisha!  
Love, Mom & Dad



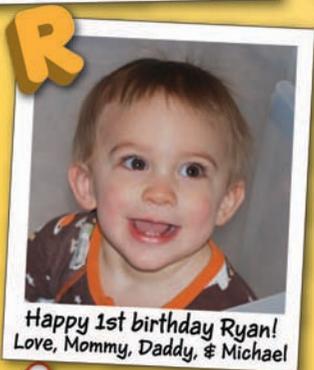
Happy 1st Birthday Eva!  
Love, Mommy, Daddy & Bella



Happy 1st Birthday Gabriel!  
Love Mommy & Daddy



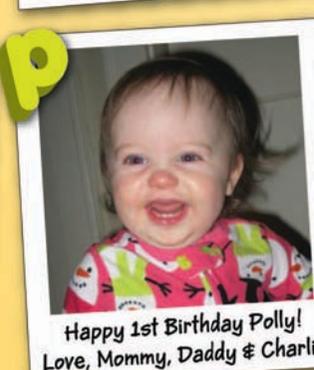
Happy 1st Birthday Gaven!  
Love, Mommy & Daddy



Happy 1st birthday Ryan!  
Love, Mommy, Daddy, & Michael



Happy 1st Birthday Dayjan  
Love Mommy, Daddy & Skylyn



Happy 1st Birthday Polly!  
Love, Mommy, Daddy & Charlie



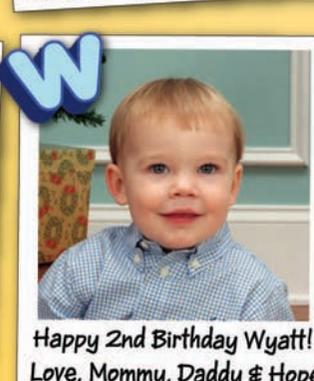
Happy 2nd Birthday Abigail!  
Love Mommy & Daddy



Happy 2nd Birthday Hunter!  
Love you, Momma & Daddy



Happy 2nd Birthday Chasity!  
Love Mommy, Daddy & Chaniya



Happy 2nd Birthday Wyatt!  
Love, Mommy, Daddy & Hope



Happy 3rd Birthday, Eli!



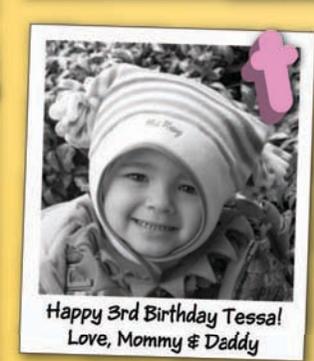
Happy 3rd Birthday Bella!  
Love, Mom, Dad, & Kaylee



Happy 3rd Birthday Blake!



Happy 3rd Birthday, Madison!  
Love, Daddy, Mama und Cheyanne



Happy 3rd Birthday Tessa!  
Love, Mommy & Daddy



Happy 3rd Birthday Christian  
Love Mommy, Daddy & family

**\*\*You may also mail your photos to: PO Box 31867 • Clarksville, TN 37040 • Mailed photos cannot be returned. Submitted photos & 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 4th Birthday Camden!  
Love Daddy, Mommy, Kender & Kentley



Happy 4th Birthday JeVareus!  
Love Mommy, Daddy & Shauna



Happy 5th Birthday, Mia!  
Love, Mommy, Daddy & Gaven



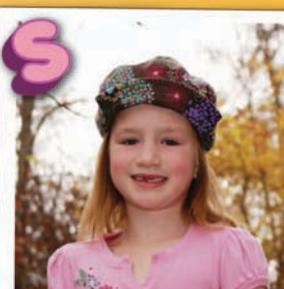
Happy 5th Birthday Alissa!  
Love Daddy Momma & Raegan



Happy 5th Birthday Vincent  
Love Mom, Dad, Crystal, Dalf & Levi



Happy 6th Birthday, Alaina!  
Love, Mommy, Daddy, & Matthew



Happy 6th Birthday, Skylar!  
Love, Mommy, Daddy, & Elijah.



Happy 6th Birthday Angela  
Love, Mommy, Daddy & Alex



Happy Birthday Claudia!  
Love Mom, Dad, & Braydon



Happy 7th Birthday Alencia!  
We love you Princess!



Happy 7th Birthday Haylei!  
We love you! Mom & Dad



Happy 7th birthday Trinity!  
Love, your family



Happy 8th Birthday Noah!  
Love, Mom, Dad, Brody & Holden



Happy 8th birthday Alessandra!  
Love, Daddy, Jessica & Maia



Happy 9th Birthday Kayla!  
Love, Mom, Dad, Katie & Caroline



Happy 10th Birthday, Scottie  
Love Mom, Dad, Richie & Sammy



Now, just by sending your birthday picture in for the fridge you have a chance to win a \$40 gift card to Chuck E. Cheese courtesy of James Corlew Chevrolet!

(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.



Happy 11th Birthday Matthew!  
Love, Moataz, Mom, Layla & Lexie

Ongoing

**ADVANTAGE LEARNING CENTER SUMMER AND FALL PROGRAMS**

We will be offering a music program for pre-school students beginning April 5. Parents and students will explore music and basic skills through rhythm, movement, and sign language. S.T.E.M. (Singing Together, Educating Minds) is directed by Heather Moroschak and is a unique program for students to experience music through creative activities.

Our C.A.S.T. (Clarksville's Artistic Show Troupe), directed by Christy Corley Sanders will begin auditions for the Summer musical, *Wizard of Oz*, under the direction of Barbara Corlew on:

Thursday, April 8, from 1:00 p.m. to 3:00 p.m., for last names beginning A-M

Friday, April 9, from 1:00 p.m. to 3:00 p.m. for last names beginning N-Z

Saturday, April 10, from 10:00 a.m. to 12:00 p.m. for last names beginning A-M; 1:00 p.m. to 3:00 p.m. for last names beginning N-Z

All children in the community are invited to participate in the auditions. The performance will be held at the beginning of August. Performing and Visual Arts Camps will also be offered.

As usual, we will be offering our academic summer program to

include both enrichment and remediation classes. We will have camps for Math, Science, Reading, and Social Studies, as well as Creative Writing. Camps will involve students of all ages and will be grouped by age and grade levels. One-on-one tutoring is available in all subjects for all ages.

We are taking reservations for our ACT camps to be followed by individual sessions to prepare students for the ACT tests to be taken their junior and senior years in high school. We will offer a camp in June and one in July. Numbers will be limited, so register early.

A list of classes and camps will be available in the office beginning April 1. All classes are limited in size and will be filled as applications are received. Please call (931) 648-2665, or come by our office at 480 Warfield Boulevard, to receive your information for any programs at ALC including C.A.S.T. and S.T.E.M.

**BUDDY BALL BASKETBALL, CHEERLEADING AND PROM REGISTRATION**

Basketball and cheerleading registration lasts through April 9, and the season will be from May 7 through June 25. Prom registration lasts through April 16, and the Prom will be May 8. Call Margaret Davis at (931) 647-6333 or email [mdavis@progressivedirections.com](mailto:mdavis@progressivedirections.com). Visit [buddyball.net](http://buddyball.net) for more information.

**CANINE FLYBALL CLUB**

The Queen City Road Runners meet most Sunday afternoons at 2:00 p.m. New class monthly.

Indoor training facility (call in advance). Flyball is a fun family sport where a relay team of four dogs race another team, jumping a series of four hurdles, trigger a spring loaded box to release a tennis ball, and race back to the handler. The Road Runners Club teaches the sport using a positive approach, emphasizing the human/canine bond. Family members of all ages welcome. The sport is open to any breed. Call (931) 220-4907, email [icflyball@earthlink.net](mailto:icflyball@earthlink.net), or visit [www.flyballdogs.com/qcrr](http://www.flyballdogs.com/qcrr) for more information about this exciting canine sport.

**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 FIRST CHURCH OF THE NAZARENE HOPE RIDERS**

1:15 p.m. every Sunday afternoon at 150 Richview Road, weather permitting (temperature above 50 and no rain). Hope Riders is the name of our full-fledged Biker Ministry. All riders welcome. 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.

April

**4 SUNDAY EASTER**

**8 THURSDAY NARFE CHAPTER 870, (NATIONAL ACTIVE & RETIRED FEDERAL EMPLOYEES) MONTHLY MEETING**

Lunch at 11:00 a.m., meeting at 12:00 p.m. at the Golden Corral Restaurant, 2811 Wilma Rudolph Boulevard (see Family Resource Network for group details).

**Hot Potato Kids**

New & Consignment: Infant, Kid, Junior, Maternity, Ladies, Gifts & Toys.

Proud Supplier of **Melissa & Doug**

Redeem this coupon, to save **20% off** your next Melissa & Doug purchase. Expires 4/30/10. Cannot combine with other coupon.

New selection of Pop Topz Bottlecap Necklaces have arrived!

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

**Crisis 211 DIAL**

There is light, even in the darkest night. 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

**9 FRIDAY**  
**"BAGGAGE CLAIM"**  
**DESSERT DRAMA**

Also Saturday, April 10, and Sunday, April 11, 7:00 p.m. each day at Grace Church of the Nazarene, 3135 Trenton Road. Cost is \$5 at the door and no more than \$20 for a family. All proceeds to benefit upcoming mission trip to Peru. Dessert is provided free at intermission. Bring the whole family! For more information visit [www.clarksvillegrace.org](http://www.clarksvillegrace.org) or call (931) 647-7768.

**10 SATURDAY**  
**PANCAKE AND SOS**  
**BREAKFAST FUNDRAISER**

8:00 a.m. to 11:00 a.m. at VFW Post 4895, 1701 Haynes Street. Women Veterans of America is a Veterans Service Organization open to all women that have honorably served in any branch of our armed forces. WVA Chapter 20 is hosting a Pancake and SOS Breakfast fundraiser. The menu consists of pancakes, sausages, SOS (sausage gravy on toast), orange juice, milk, and coffee. All you care to eat for \$5. Tickets are available at the door. For more information call (931) 553-5173 or email [wvchapter20@gmail.com](mailto:wvchapter20@gmail.com).

**SPRING FESTIVAL**

1:00 p.m. to 4:00 p.m. mall wide, mall hours at Governor's Square Mall. Festival for kids offering a bouncy house, face painting and a craft table. Also featuring story time at Borders at 2:00 p.m. and 4:00 p.m. with a special appearance from The Cat in the Hat.

**12 MONDAY**  
**ALZHEIMER'S CAREGIVERS**  
**SUPPORT GROUP**  
**MEETING**

6:30 p.m. at Clarksville-Montgomery County Public Library, 350 Pageant Lane.

**13 TUESDAY**  
**COMEDY ON THE**  
**CUMBERLAND**

7:00 p.m. at the Roxy Regional Theatre, 100 Franklin Street. A comedy benefit for Project F.U.E.L., because a hungry child is no laughing matter. Come see the area's funniest comedians, hosted by WJZM's Hank Bonecutter. Tickets are \$40/each or \$75/couple, and are tax deductible. Advance tickets are available at F&M Bank, 50 Franklin Street, or the central office of the Clarksville Montgomery county school system at 621 Gracy Avenue. For more information visit [www.wjzm.com](http://www.wjzm.com). See article on page 21.

**15 THURSDAY**  
**RIVERS & SPIRES**

Through Saturday, April 17 throughout downtown Clarksville. See full schedule on page 50 Visit [www.riversandspires.com](http://www.riversandspires.com) for more information.

**17 SATURDAY**  
**6TH ANNUAL RIVERS**  
**AND SPIRES FESTIVAL**  
**CHILDREN'S PARADE**

1:00 p.m. annual event for children ages 12 and under with adult escort. Free to register for individual, group or business with small floats, wagons, child-sized vehicles or walking. No full-sized cars/trucks allowed.

Entries displaying the theme "Kids Go Green In Clarksville" may compete for awards. For registration and information go to [www.riversandspires.com](http://www.riversandspires.com) and click on Parade. Registration deadline is April 9. Direct further questions to Shirley Taylor at [secretarytaylor@yahoo.com](mailto:secretarytaylor@yahoo.com) or call (931) 553-8160.

**18 SUNDAY**  
**MARCH TO THE PAST**

1:00 p.m. to 5:00 p.m. at Old Clarksville Springfield Road, adjacent to Port Royal State Park. A Civil War living history event that will include firing reproduction Civil War cannons, demonstrations of camp life, and everyday skills needed to survive in the 1800s. There will also be exhibits of medical instruments used during this time period and explanations of how they were used. Admission is free. For more information contact Phyllis Smith at (931) 551-4560 or [pms007@bellsouth.net](mailto:pms007@bellsouth.net).

**22 THURSDAY**  
**EARTH DAY**

**23 FRIDAY**  
**FRIENDS OF THE LIBRARY**  
**SPRING BOOK SALE**

Through Saturday, April 24, from 9:00 a.m. to 5:00 p.m. both days. Members of Friends of the Library may shop on Thursday, April 22 from 4:00 p.m. to 7:00 p.m. For information or to donate books call Coral at (931) 503-0526.

**SPRING AUTO SHOW**

Through Sunday, April 25, mall wide, mall hours at Governor's Square Mall. Check out the latest models of cars, trucks, and SUVs.

**Chick-fil-A**  
**Governor's Square**  
 2801 Wilma Rudolph  
 Boulevard  
 (931) 645-5144

**April Business Days**

Employees/students with I.D. get a free Chick-fil-a chicken sandwich with purchase of medium drink and medium fries.

Every Monday is Military Monday to all military and family with proper ID.

**1 THURSDAY**  
**APSU STUDENDS AND STAFF**

**2 FRIDAY**  
**WORLD COLOR**

**7 WEDNESDAY**  
**TRANE**

**14 WEDNESDAY**  
**FLORIM**

**16 FRIDAY**  
**SPEAR**

**21 WEDNESDAY**  
**METALPHA**

**28 WEDNESDAY**  
**GATEWAY HOSPITAL**

**30 FRIDAY**  
**AKABONO BRAKES**

**April Spirit Nights**  
 5:00 p.m. to 8:00 p.m.

**8 THURSDAY**  
**ST BETHLEHEM ELEMENTARY**

**15 THURSDAY**  
**HAZELWOOD ELEMENTARY**

**19 MONDAY**  
**ROSSVIEW ELEMENTARY**

**20 TUESDAY**  
**NORTHEAST ELEMENTARY**

**26 MONDAY**  
**SIGMA ALPHA (SAI)**



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 at Elements  
 1658 Golf Club Lane  
 (behind Lowes on Madison St.)

**Chick-fil-A Madison Street**

**April Spirit Nights**  
1626 Madison Street  
(931) 648-4468

**5 MONDAY**  
**CLARKSVILLE MOMMIES**

**6 TUESDAY**  
**SANGO ELEMENTARY**

**13 TUESDAY**  
**MOORE MAGNET**

**15 THURSDAY**  
**UNITY CHRISTIAN ACADEMY**

**20 TUESDAY**  
**EAST MONTGOMERY ELEMENTARY**

**21 WEDNESDAY**  
**CHRISTY'S DANCE CONNECTION**

**22 THURSDAY**  
**BARKSDALE ELEMENTARY**

**26 MONDAY**  
**FREE YOGURT PARFAIT DAY!**

**27 TUESDAY**  
**NORMAN SMITH ELEMENTARY**  
**FREE COFFEE EVERY FRIDAY!**

**To have your event included for free on the Calendar e-mail events@clarksvillefamily.com. Please have it to us by the 15th of the month to be included in next month's issue.**

**25 SUNDAY**  
**TOUR OF HOMES**

1:00 p.m. to 5:00 p.m. Six homes in the Glenwood area will be open for public viewing. A brochure will be provided upon arrival. From Madison Street turn onto Glenwood, and then park around the Glenwood Park for the start of the tour. Ticket prices are \$12 advance sale and \$15 the day of. All proceeds for the event go to Junior Auxiliary service projects. Contact Fran Jenkins at (931) 245-9253.

May

**2 SUNDAY**  
**QUEEN CITY ROAD RACE**

Lace up your running shoes and start training for the 32nd

Annual Queen City Road Race in Downtown Clarksville! The 5K race route takes runners of all ages through the streets of Historic Downtown Clarksville beginning and ending at Austin Peay State University's Governors Stadium, while the One Mile Movement takes you on an exciting tour of a portion of the campus of Austin Peay.

Groups, businesses and organizations have an opportunity for team building by participating in the Wilma Rudolph 5K Relay Race. Relay teams consist of four runners completing the 5K course in four sections. Registration for the 5K can be done online or in person. There is no extra fee to register online for the 5K race.

Participants in the Wilma Rudolph 5K Relay and One Mile Movement can register by mail or in person at the Clarksville Parks and Recreation office at 102 Public Square. For complete details including a race schedule and course maps, please visit us online at [www.cityofclarksville.com/parks&rec/qcrr.php](http://www.cityofclarksville.com/parks&rec/qcrr.php) or call (931) 645-7476.

**8 SATURDAY**  
**C.A.R. F.U.E.I FUNDRAISER**

10:00 a.m. to 3:00 p.m. at Hilldale Baptist Church's parking lot and gym, 2001 Madison Street. The Third Annual Clarksville Area Realtors fundraiser to feed area schoolchildren. See article on page 20.

**Class Reunions**

**CLARKSVILLE HIGH SCHOOL CLASS OF 1990**

July 23 at Front Page Deli, July 24 at Clarksville Country Club. Contact Leslie Stumphf Elliot at (931) 320-2998, (931) 906-1163 or [gnawberry@yahoo.com](mailto:gnawberry@yahoo.com).

**NORTHEAST HIGH SCHOOL CLASS OF 1984**

July 9, 10 & 11. July 10 at Clarksville Country Club, other dates TBD. Contact Kitty Cochran Barran at (954) 817-3434 or [kittsue@yahoo.com](mailto:kittsue@yahoo.com).

**NORTHEAST HIGH SCHOOL CLASS OF 1990**

June 26, 6:30 p.m. at Waterstreet Events Center. Contact Carla Phillips Lavergne at (931) 338-2739, [carlalavergne@gmail.com](mailto:carlalavergne@gmail.com) or visit [eagles1990.blogspot.com](http://eagles1990.blogspot.com).

**The Girly Girlz Pampered Palace & The Princess Palace Events**

Clarksville, Hopkinsville, Bowling Green

(888) 348-2475 • [www.princessteaparty.biz](http://www.princessteaparty.biz) • [www.thepamperedpalace.biz](http://www.thepamperedpalace.biz)

Saturday, April 3 **Easter Tea Party @ 12:00 p.m.**

at Smith Trahern Mansion, 101 McClure Street.

Saturday, May 8 **Mommy and Me Tea Party @ 12:00 p.m.**

Sunday, April 11 **Perfect Princess Tea featuring Princess Tiana @ 4:00 p.m.**

Saturday, April 17 **Lunch and a Movie @ 12:00 p.m.**

Saturday, May 22 **Mother Daughter Spa Day @ 12:00 p.m.**

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

**Got everything you need for the recital?**



**\$10** off any purchase of \$50 or more  
**\$5** off any purchase of \$25 or more  
Please use by April 30th, 2010 must have coupon

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## CUSTOMS HOUSE MUSEUM & CULTURAL CENTER

200 South Second Street • (931) 648-5780 • [www.customshousemuseum.org](http://www.customshousemuseum.org)

### "LET'S FIND: SHADOWS & REFLECTIONS"

APRIL 7 & 8

10:30 a.m. to 11:30 a.m.

Children two to five years old and their grown-ups are invited to join Ms. Sue to explore the museum from a child's perspective. We will look for shadows and reflections in the museum's exhibits, read a story, and make a craft.

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 moms clubs, as well as homeschool, pre-school and day care groups. For more information call Sue Lewis at (931) 648-5780.

### MODERN GIRLS

An exhibit featuring contemporary women artists of Tennessee. Through April 18 in the Crouch Gallery.

### COLLECTED SKETCHES: THE DRAWINGS OF F. LUIS MORA

Pencil and pen and ink renderings by the famous artist on view in the Orgain Gallery through April 11.

### ARTISAN DOLLS BY LUDIE AMOS

From quilters to potters, these handmade dolls cover all walks of life. Crafted with care, each of these detailed dolls has a spirit all their own. Through April 30 in Heritage Hall.

### THE MECHANICS OF MOTION

An interactive exhibit of household science in the Kimbrough Gallery. Through June 26.

Museum Hours: Tuesday through Saturday 10:00 a.m. to 5:00 p.m., Sundays 1:00 p.m. to 5:00 p.m.  
\*\*The museum will be closed Easter Sunday

Admission: adults \$5, senior citizens \$4, college ID \$2, ages 6 - 18 \$1, ages 5 and under free, Sundays free.

## The Roxy Regional Theatre

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

### OF MICE AND MEN

By John Steinbeck. Drifters in search of work, George and the simple-minded Lennie, have nothing in the world except each other and a dream that one day they will have some land of their own. But their hopes are doomed as Lennie, struggling against extreme cruelty, misunderstanding and jealousy, becomes a victim of his own strength. April 2 & 3\*.

### DISNEY'S HIGH SCHOOL MUSICAL 2

Book by David Simpatico. Songs by Matthew Gerrard, Robbie Nevil, David N. Lawrence, Faye Greenberg, Randy Petersen, Kevin Quinn, Jamie Houston, Andy Dodd and Adam Watts. Based on the Disney Channel Original Movie written by Peter Barsocchini.

It's the last day of school! Join Troy, Gabriella, Sharpay, Ryan and all

the gang again for some "fun in the sun." April 9, 10, 14, 15, 16, 17\*, 21, 22, 23, 24, 28, 29 & 30; May 1, 5, 6, 7, 8, 12, 13, 14 & 15.

### 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)

## Clarksville-Montgomery County Public Library

350 Pageant Lane • (931) 648-8826 • [www.clarksville.org](http://www.clarksville.org)

### BABY AND ME LAPSIT

For infants up to 18 months old. Thursdays, April 1 and 8 @ 9:30 a.m.

### PJ STORY TIME

Come dressed ready for bed. Thursday, April 1 @ 7:00 p.m.

### BUSY BEES

For children 18 months through three years old. Monday, April 5 @ 9:30 a.m.

### FAMILY TIME

For all ages. Monday, April 5 @ 10:30 a.m.; Tuesday, April 6 @ 9:30 a.m.

### JUST FOR ME STORY TIME

For children ages 4 and 5. Tuesday, April 6 @ 10:30 a.m.

### TWEEN PROGRAM

Gaming Program (Wii, Xbox 360, DDR, Rock Bank and board games), for ages 10, 11 and 12 years old. Tuesday, April 6 @ 4:00 p.m.

### TEEN ADVISORY BOARD

Meeting for 13-18 year olds. Thursday, April 8 @ 4:30 p.m.

### ANIME PROGRAM

For teens ages 13-18 years old. Saturday, April 3 from 10:00 a.m. to 4:00 p.m. Bring your lunch.

### FOUR PAWS FOR READING

With Tender Paws specially trained therapy dogs. Come read to our four-footed friends. Saturday, April 10 @ 1:00 p.m.

### SENIOR GAMING PROGRAM

Wednesday, April 28 @ 2:00 p.m.

## NOW ENROLLING

- Challenging Curriculum with a Christian Emphasis
- Experienced Faculty & Staff
- Daily Bible Instruction
- Weekly Chapel
- Art, Music, Spanish & PE
- Before/After School Care

We will be serving K-9 for the 2010-2011 school year!



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501 HWY. 76 • CLARKSVILLE, TN

(931) 647-8180

[www.clarkvillechristianschool.org](http://www.clarkvillechristianschool.org)

## PANDORA™ Gift Event...



### Pandora Gift with Purchase

Receive a free sterling silver Mix & Match earring hook set (a \$20.00 value) with a purchase of \$75.00 in Pandora Mix & Match charms.

For the month of April. Good while supplies last, one per customer.

1960-I/b Madison St., Clarksville, TN

931-552-5545

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

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

## ADOPTION & FOSTER CARE CARING CHOICES OF CATHOLIC CHARITIES

1905 Madison Street, is a Tennessee state licensed child-placing agency providing supportive professional counseling services to those experiencing an unplanned pregnancy. Open Monday, Thursday and Friday from 10:00 a.m. to 2:00 p.m. or by appointment. Deasree Williams: (931) 645-9969 or [dwilliams@cctenn.org](mailto:dwilliams@cctenn.org).

## OAK PLAINS ACADEMY

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

## OMNI VISIONS INCORPORATED

341 Union Street Suite 5, is a multi-state child placement agency. (931) 906-3779 or [www.omnivisions.com](http://www.omnivisions.com).

## PHOENIX HOMES

1751 Wilma Rudolph Boulevard, offers treatment foster care and services. (931) 645-7711, (931) 645-7742 or [www.phoenixhomes.org](http://www.phoenixhomes.org).

## YOUTH VILLAGES

585 South Riverside Drive, is a private nonprofit organization dedicated to helping emotionally and behaviorally troubled children and their families live successfully through innovative, research-based programs. (931) 503-0777 or [www.youthvillages.org](http://www.youthvillages.org).

## ATHLETICS

### BUDDY BALL SPECIAL NEEDS ATHLETIC LEAGUE

Buddy Ball provides individuals with a mental or physical disability the opportunity to play sports, regardless of their limitations. Buddy Ball helps individuals learn teamwork and promotes self-esteem, one of the tools needed to help overcome the stigma often associated with a disability. The Buddy Ball league is aware of the extra expenses on the families of disabled children. Because of this, Buddy Ball does not charge any fees to participate. We rely entirely on private donations to operate. (931) 624-7253 or [www.buddyball.net](http://www.buddyball.net).

### CLARKSVILLE IMPACT SOCCER CLUB

Involves participation of children ages 5-18 in youth sports, specifically soccer. Impact is a non-profit organization trying to provide opportunities to our youth. (931) 358-4926, [info@clarksvilleimpact.us](mailto:info@clarksvilleimpact.us) or [www.clarksvilleimpact.us](http://www.clarksvilleimpact.us).

### EMMANUEL FAMILY LIFE CENTER

303 Fairview Lane. Open 8:00 a.m. to 8:00 p.m. Monday, Tuesday, Thursday and Friday; 8:00 a.m. to 4:00 p.m. Wednesday; and 8:00 a.m. to 2:00 p.m. Saturday. Open to the public with gym, walk track, weight room, aerobics, boot camp, zumba, r&b line dancing, cafe, dining room, meeting rooms, and more. Visit [clarksvillefamilycenter.org](http://clarksvillefamilycenter.org) or call (931) 647-4341.

### 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 [intheknow@myironknights.com](mailto:intheknow@myironknights.com), [tournamentcoordinator@myironknights.com](mailto:tournamentcoordinator@myironknights.com), or visit us at [www.myironknights.com](http://www.myironknights.com). Mailing address is PO Box 31972, Clarksville, TN 37040.

### WARRIORS SPECIAL NEEDS CHEERLEADING

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

### SWIMMING EAGLES

We are a Fort Campbell based competitive swim team open to non-military families. Our competitive season runs through March. For more information please visit [www.swimmingeagles.com](http://www.swimmingeagles.com) call (352) 262-0627 or e-mail [swimeaglejky@yahoo.com](mailto:swimeaglejky@yahoo.com). All participants must pass a swim test.

### YOUTH WRESTLING PROGRAM

The Hawks wrestling club will be taking registrations for boys and girls ages 7 through 14 years old (Elementary - Middle school) starting in November 2009. Space will be limited. Our season will run from November 2009 through

March 2010. We are also looking for experienced volunteer wrestling coaches and coordinators. For more information, please contact wrestling coach Rafael Gonzalez at (931) 320-5042 or e-mail at [taniagon@charter.net](mailto:taniagon@charter.net).

## CHILDBIRTH & PARENTING EDUCATION FAMILY BIRTH CENTER

Lactation Services offers a breastfeeding class for new moms. The class is held the first Tuesday of each month from 7:00 p.m. to 9:00 p.m. in the 3rd floor classroom of Gateway Medical Center. Cost for the class is \$15 (\$25 if you wish to receive The Nursing Mother's Companion book). (931) 502-1180.

## GATEWAY MEDICAL CENTER

Prenatal Classes teach parents-to-be what to expect during childbirth and how to ease the discomforts of pregnancy. Classes start the first Wednesday and Thursday of each month in the Liberty Rooms at 7:00 p.m. (931) 502-1180.

Sibling Classes offer brothers- and sisters-to-be an introduction to sibling interaction and a tour of the nursery. Classes the last Saturday of the month in the 3rd floor classroom at 10:00 a.m. (931) 502-1180.

## HEALTHY START

Healthy Start is a community outreach program fostering healthy childhood growth and development by providing free support services to first time parents and their babies. (931) 645-3976.

## LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

Meets the third Wednesday of every month at 10:00 a.m. at the Clarksville-Montgomery Public Library. All breastfeeding mothers and mothers-to-be interested in breastfeeding are welcome. Babies are always welcome at meetings. Local LLL leaders are available to provide information, support and answer questions. Gini at (931) 906-8946 or Sara at (270) 439-2723.

## NINE MONTHS & BEYOND

A comprehensive source for pregnancy, birth, breastfeeding and early parenting education and resources. Offers birth tub rentals, breastpump rentals, baby moon vacation and spa packages, and birth plan consultations. Micky Jones, BS, CLE, CLD, CHBE, CAPP, 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](mailto:clarksvillepin.net).

## PROGRESSIVE DIRECTIONS, INC.

At 1249 Paradise Hill Road, provides services to developmentally delayed children and adults. (931) 647-6333 or [www.progressivedirections.com](http://www.progressivedirections.com).

## CHILD PROTECTION & DOMESTIC CRISIS SERVICES AL-ANON & ALATEEN

Support for families of alcoholics. Call for more information and meeting times. Grace Lutheran Church, 2041 Madison Street, Joyce at (931) 358-9515; or Ajax Senior Citizens Building, 953 Clark Street, Kim at (931) 647-0566; or Community Church, Jack Miller Boulevard & Airport Road, Kim at (931) 647-0566. [www.middletnalanon.org](http://www.middletnalanon.org).

## CLARKSVILLE RAPE AND SEXUAL ABUSE CENTER

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

## CHAP PROGRAM OF CATHOLIC CHARITIES

Creating Hope by Assisting Parents is a free and voluntary program that provides parenting education, crisis intervention and case management for families that desire assistance. Please call a CHAP counselor at (931)645-9793 or visit [www.cctenn.org](http://www.cctenn.org).

## 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) 952-6900.

## CHILDREN'S GROUPS

### 4-H YOUTH DEVELOPMENT

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

### BOY SCOUTS OF AMERICA

(931) 647-8811, (800) 899-7268 or [www.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. Spring Semester 2010 courses begin in January. Course titles include The Synoptic Gospels, The Book of Revelation and Apocalyptic Literature, Illustrated Parables, Biblical Hebrew, and New Testament (Koine) Greek. Classes meet for 1 1/2 hours weekly. Six online courses are also available. Visit [www.studythescrptures.net](http://www.studythescrptures.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) 221-7868, [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, [relocation@fortcampbellmwr.com](mailto:relocation@fortcampbellmwr.com) or [www.fortcampbellmwr.com/ACS/familyReadiness.htm](http://www.fortcampbellmwr.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.csa.apsu.edu](http://www.csa.apsu.edu).

## CRISIS CALL LINE

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

## GATEWAY HOME HEALTH & HOSPICE

700 North Riverside Drive, Suite C-9. Serving the Clarksville area for 25 years. Offering nursing care, wound care, ostomy care, infusion therapy, home health aides, physical therapy, occupational therapy, speech therapy, hospice care, chaplain, social work, bereavement services and volunteer services. Servicing Montgomery, Cheatham, Robertson, Stewart, Dickson, Houston and Davidson counties. Call (931) 552-9581.

## HISPANIC ORGANIZATION FOR PROGRESS AND EDUCATION (H.O.P.E.)

First Hispanic Family Center for education, resources, support and help. Our FREE Services are:

- Hispanic AA-Support Group M-W-F 8-9:30P
- Hispanic Certify Counseling Services
- Computer Classes
- Education Orientations and Community Forums
- Education Resources
- English Classes M-F 10a-12 noon
- Free Vision Screening & Glasses for low income
- H.O.P.E. "Enfocando" Autism & ADHD Support Group
- Job Corb (High School Education & Career Services)Ages 16-24 years old
- Notary Services
- Parenting Classes
- Resumes Preparation
- 3rd Thursday of each month FREE food & clothes pantry
- Translator Spanish & English Services
- Woman Empowerment Classes
- Mentorship Program
- and more

For more information please contact our office at (931) 802-6060, online at [latinohope.com](http://latinohope.com), or at our office at 120-A Strawberry Alley. Open Monday to Friday from 10:00 a.m. to 4:00 p.m.

## 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 women's holistic wellness group, and Women's Share community. The Hope Center also offers a multitude of workshops for community organizations. For further information regarding our programs, please contact Julee S. Poole, Ph.D., Program Director at (931) 431-7580 or [juleespoolephd@aol.com](mailto:juleespoolephd@aol.com).

## HUMANE SOCIETY OF CLARKSVILLE- MONTGOMERY COUNTY

Provides reduced-cost spaying-neutering and pet care assistance to eligible owners; pets for adoption through foster homes; dog bite prevention and pet care programs; and a 24-hour help line. (931) 648-8042, [humanesociety@clarksville.com](mailto:humanesociety@clarksville.com) or [clarksvillehumanesociety.org](http://clarksvillehumanesociety.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 FISHERS

At 215 Foster Street, provides a hot meal Monday-Saturday 10:30 a.m. to 12:00 p.m. Also provides a distribution center for food donated to agencies that feed hungry people on Tuesday and Friday from 1:00 p.m. to 2:00 p.m. (931) 645-9020.

#### MEALS ON WHEELS

Mid-Cumberland Human Resource Agency provides group or home-delivered meals to individuals 60 or older. Volunteers deliver noon meal Monday-Friday. It only takes an hour of your time. Beth at (931) 645-5629.

#### MONTGOMERY COUNTY WIC CLINIC

1850 Business Park Drive Suite 103. Provides nutrition education and food vouchers for women, infants, and children (up to age five). We offer breastfeeding education, including a free monthly class. (931) 551-8777.

#### PREVENT BLINDNESS TENNESSEE

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

#### RADICAL MISSION

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

#### TENNESSEE REHABILITATION CENTER AT CLARKSVILLE

1575 Corporate Parkway Boulevard (past John Deere and Clayton Homes), a county/state agency, the TRC provides counseling, vocational evaluation, work adjustment, and job placement services for graduating high school students and adults with disabilities. (931) 648-8560.

#### TWO RIVERS ASSOCIATION FOR THE EDUCATION OF YOUNG CHILDREN (TRAEYC)

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

800 Tiny Town Road, serves children and adolescents with Asperger and Autism Disorders. Services include: individual counseling, group counseling, family education and counseling,

and psychiatric services. For further information regarding our programs, please contact Julee S. Poole, Ph.D., Program Director at (931) 431-7580 or [juleespoolephd@aol.com](mailto:juleespoolephd@aol.com).

#### BRADFORD HEALTH SERVICES

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

#### CELEBRATE RECOVERY

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

#### CENTERSTONE

810 Greenwood Avenue, (931) 920-7330.

1820 Memorial Circle, (931) 920-7300.

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

511 Eighth Street, (931) 920-7200.

#### FAMILY CENTERED SERVICES

901 Martin Street, (931) 503-4600.

#### THE FAMILY GUIDANCE TRAINING INSTITUTE

800 Tiny Town Road, committed to positively impacting the lives of our community's children, youth and their families. Family Guidance Training Institute, Inc. is a 501c3 licensed community mental health center and alcohol and treatment facility. Offering 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 contact Julee S. Poole, Ph.D., Program Director at (931) 431-7580 or [juleespoolephd@aol.com](mailto:juleespoolephd@aol.com).

#### HOPE (HOMELESS OUTREACH PARTNERSHIP AND EMPOWERMENT)

For ages 18+ Centerstone's HOPE program serves adults with substance use and/or mental health disorders who are homeless or at-risk of becoming homeless and who live in Clarksville. (931) 920-7300.

#### LIFESOLUTIONS - ASPIRE & JOBLINK

611 Eighth Street, (931) 920-7210.

#### MENTAL HEALTH COOPERATIVE

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

#### OAK HILL RESIDENTIAL

118 Union Street, (931) 647-8257.

#### PASTORAL COUNSELING CENTER

The Pastoral Counseling Center at 516 Madison Street, is a ministry of professional care dedicated to healing and growth in human life and relationships. In partnership with local congregations the centers are committed to providing clinical and education services to all who need these services. When you or someone you love is troubled by depression, marital or relationship problems, substance abuse, or a vague sense that your life is adrift, we can help. Professional support is available with fees based on your ability to pay. (931) 648-9009 or [www.pastoralcounselingctrs.org](http://www.pastoralcounselingctrs.org).

#### THE PATH LIFE COACHING

The Path Life Coaching is a branch of the Family Guidance Training Institute located at 800 Tiny Town Road. Life Coaching is a new and rapidly growing profession that is profoundly different from consulting, mentoring, advice, therapy, or counseling. Think of a Life Coach as YOUR

PERSONAL coach that will help you to improve, change, and develop as the person you desire to be. Your Life Coach through Life Coaching guides you towards focusing on how to move you forward toward your specific personal goals, aspirations and dreams. We will examine the steps you have made and the obstacles that are keeping you from moving forward. We will create and put into action strategies, brainstorm options, and you will make decisions that will lead to an action plan. In Life Coaching, an action plan is developed with specific goals and objectives to guide you as you walk forward on your chosen PATH. A Life Coach continues to provide you direction and motivation to stay to the PATH in order to achieve your goals and dreams. For additional information please contact Julee S. Poole, Ph.D. at (931) 431-7580 or email at [juleespoolephd@aol.com](mailto:juleespoolephd@aol.com).

#### 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.

#### INTERNATIONAL ORGANIZATIONS

##### MISS TENNKY AREA AFS VOLUNTEER LEADERSHIP TEAM

The Miss Tenky Area AFS Volunteer Leadership Team manages the AFS high school students going abroad on international foreign exchanges to one of their 50 partner countries and those AFSers who are hosted in the team area. This includes TN, MS, AL and southern KY. AFS has been the leading, most valued, reputable and experienced international high school student exchange for more than 60 years. Nearly 13,000 students, young adults and teachers choose AFS for their study abroad experience each year.

Currently, in the USA there are over 5,500 registered volunteers. To find out more about AFS go nationally to [www.afs.org/usa](http://www.afs.org/usa) and click on going abroad, hosting or volunteering. Locally, you may contact Becky Heywood at [AFSbecky@comcast.net](mailto:AFSbecky@comcast.net) for volunteering and sending. To find out more about hosting locally contact Jackie Smiley at [AFSjackie@gmail.com](mailto:AFSjackie@gmail.com). The local web site is [www.misstennky.org](http://www.misstennky.org). You may also contact locally Dr. Barbara Y. Willis for general information and how you may be involved here in the Clarksville area at [AFSPR@misstennky.org](mailto:AFSPR@misstennky.org) or (931) 378-7258.

#### 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 its 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!

##### CHARA (CHRIST-CENTERED HOMESCHOOLERS APPLYING RIGHTEOUSNESS ACADEMICALLY

CHARA is a support group for those who have chosen to educate their children at home. Monthly meetings for parents and children are held the last Monday of each month at Hilldale Baptist Church Family Life Center, 250 Old Farmers Road. Additional activities are held throughout the year. For further information visit [www.orgsites.com/tn/chara](http://www.orgsites.com/tn/chara) or e-mail [charatn@charter.net](mailto:charatn@charter.net).

##### HOPE@HOME (HELPING OTHER PARENTS EDUCATE AT HOME)

An online Christian support group for home schooling families in the Clarksville/Montgomery County area. Members have access to info on area activities, co-ops, classes, small groups and much more. For basic information and to join visit [groups.yahoo.com/group/ClarksvilleAreaHomeSchoolNews/](http://groups.yahoo.com/group/ClarksvilleAreaHomeSchoolNews/)

##### HOPKINSVILLE SAHM MEETUP GROUP

For information about the Hopkinsville Stay at Home Moms Meetup Group visit [sahm.meetup.com/1943/](http://sahm.meetup.com/1943/)

#### LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

Provides information, encouragement and support to mothers who wish to breast feed their babies. Meetings are third Wednesdays at Montgomery County public library, large meeting room, 10:00 a.m. Local LLL leaders are available to provide information, support and answer questions: Gini at (931) 906-8946 or Sara at (270) 439-2723

#### MOMS CLUB OF CLARKSVILLE

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

#### MOMS Club of Clarksville Calendar

Friday, April 2 **General Meeting** at Madison Street United Methodist Church. Join us for crafts, fun and some food!

Saturday, April 3 **Easter Egg Hunt**

Tuesday, April 6 **Park Day** (Gate 5 on post

Thursday, April 8 **Lunch Bunch** Fazzoli's

Monday, April 12 **Grocery Store Tour**

Thursday, April 15 **Mom's Night Out** (Game Night)

Friday, April 16 **Rivers Inspires**

Tuesday, April 20 **Dinner Delight Night** (cooking club)

Thursday, April 22 **Earth Day** celebration at Rotary Park (we will be helping pick up trash)

Monday, April 26 **Swimming** at the YMCA

Wednesday, April 28 **Breakfast Bunch** at Silke's

Saturday, May 1 **Cheekwood Park** in Nashville

#### 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 [chulicotti@hotmail.com](mailto:chulicotti@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 Wohlfel at (931) 378-7359 or [ftcampbellmops@yahoo.com](mailto:ftcampbellmops@yahoo.com).

#### HILLDALE BAPTIST CHURCH MOPS

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

#### 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/tinSHARE/](http://groups.yahoo.com/group/tinSHARE/)

#### 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.

#### WIC NUTRITION EDUCATION CENTER

All prenatal moms are welcome to a free preparation breastfeeding class (includes free breastfeeding information packet). 1:00 p.m. to 2:00 p.m. the third Thursday of each month at the WIC Clinic, 1850 Business Park Drive. Call (931) 551-8777 for more information. No reservations needed.

#### RETIREMENT GROUPS

**NARFE CHAPTER 870. (NATIONAL ACTIVE & RETIRED FEDERAL EMPLOYEES)**

Meets on the 2nd Thursday of each month at the Golden Corral Restaurant, 2811 Wilma Rudolph Boulevard. We gather to eat at 11:00

a.m. with the business meeting starting at 12:00 p.m. We have a private area reserved, always have a speaker, and guests are always welcome. NARFE's mission is to preserve and protect the earned benefits of all Federal Employees and Retirees. We are the ONLY organization that works to protect the earned benefits of ALL Federal Employees, Retirees and their families. If you are now receiving, or expect to receive, a federal retirement annuity, then you should join us as a member and help us actively preserve our federal benefits. We need your support to increase our overall membership numbers. NARFE works on the national and state levels in Congress to propose and oppose legislation in the interest of the federal employee and retiree. With over 300,000 members nationwide and over 4,400 in Tennessee, we are a strong voice in Washington, DC. Please contact JC Whitney at (931) 358-4855 or e-mail at [jcwhitney@cdelightband.net](mailto:jcwhitney@cdelightband.net) for more info.

#### SUPPORT GROUPS

##### ALZHEIMER'S CAREGIVERS' SUPPORT GROUP

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

##### ARMY COMMUNITY SERVICE

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

##### AUTISM SUPPORT GROUP

Donna Richardson at (931) 503-2315.

#### CLARKSVILLE MONTGOMERY COUNTY MULTIPLE SCLEROSIS SUPPORT GROUP

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

#### CLARKSVILLE OSTOMY SUPPORT

A local support group for people who have undergone ileostomy, colostomy, urostomy or who suffer from Crohn's disease or other diseases of the bowel. Support for Ostomy Patients meets in the Cumberland Room the third Sunday of the month at 2:00 p.m. (931) 502-3800.

#### CLARKSVILLE PARENT SUPPORT GROUP

At Emmanuel Life Center, 301 Fairview Lane, sponsored by Tennessee Voices for Children, a place for parents/caretakers and family members of children ages 0-23 who experience emotional, behavioral, and mental health issues to receive help. Meets monthly (3rd Thursday of the month). Childcare is provided but call to verify. Monica Causey at (931) 801-0895 or (800) 670-9882.

#### GRIEF & LOSS

The parish nurses of Grace Lutheran and Sango United Methodist churches offer a twelve week class for adults who are grieving the loss of a loved one. Grace Lutheran at (931) 647-6750 or Sango United Methodist Church at (931) 358-2552.

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

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, 150 Richview Road, from 6:30 p.m. to 8:30 p.m. For more information call Melanie at (615) 477-8369, Betty at (931) 647-8775, 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 [InfantLossProject@yahoo.com](mailto:InfantLossProject@yahoo.com) or call the chaplain's office at (270) 798-8777.

#### SEE PINK

Lead by breast cancer survivors, Kelly Blevins and Lynne Woodson. Meets twice a month for the purposes of helping women who have gone through, or are currently going through treatment. The first meeting will be October 8 from 2:00 p.m. to 5:00 p.m. at Exit Realty off Exit 1. E-mail [www.seepink2@gmail.com](mailto:www.seepink2@gmail.com) for more information or visit [seepink2.blogspot.com](http://seepink2.blogspot.com).

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

Some of this information was obtained through community and Internet sources. We apologize for any errors. For corrections or to include your group's information call (931) 338-2739 or e-mail [info@clarksvillefamily.com](mailto:info@clarksvillefamily.com).

**U.S. ARMY MWR 2010**  
**DOMINO TOURNAMENT**  
Domino 2 person teams  
FORMING NOW!  
**EVERY THURSDAY**  
**SPORTSMAN'S LODGE 7pm**  
Pre-Tournament Practice Play / Feb 4 & 11  
Official Tournament Play  
**Feb 18 - Apr 22**  
FREE TO ENTER  
Prizes Awarded Nightly!

**YOU COULD WIN**  
AN ALL EXPENSE PAID TRIP TO COMPETE IN  
**THE WORLD DOMINO TOURNAMENT**  
IN LAS VEGAS, NV

Register no later than Feb 11  
Form is on line at [www.FortCampbellmwr.com](http://www.FortCampbellmwr.com)  
email it: [dominoes@fortcampbellmwr.com](mailto:dominoes@fortcampbellmwr.com),  
fax it to: 270.956.1761,  
bring it with you, or sign up during our practice  
play nights!

[WWW.ARMYMWR.COM/RECLISURE/PROMOTIONS](http://WWW.ARMYMWR.COM/RECLISURE/PROMOTIONS)  
FOR OFFICIAL RULES & WEEKLY UPDATES

FOR MORE INFORMATION CALL  
**270.798.7535**  
[www.FortCampbellMWR.com](http://www.FortCampbellMWR.com)

ARMY FAMILY COVENANT:  
Keeping the Promise

**TEXAS HOLD'EM**  
EVERY THURSDAY 6:30pm & 9pm  
**SPORTSMAN'S LODGE**  
(just outside Gate 10 - no gates to enter)  
For more information  
**270.798.7535**

- Must be 21 to play.
- All games are free to play.
- Players earn points at weekly games to qualify for quarter finals.
- Quarterly finals with prizes for top 8 players.
- Only the top 100 point earners will qualify for quarterly finals.

Quarter 1: October 1 - December 17, 2009 / Finals: December 19, 2009  
Quarter 2: January 7 - March 18, 2010 / Finals: March 27, 2010  
Quarter 3: March 25 - June 17, 2010 / Finals: June 26, 2010  
Quarter 4: June 24 - September 16, 2010 / Finals: September 25, 2010

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

# Coloring Contest Winners!



Kaydence Eldridge  
age 2, Clarksville, TN

**Ages  
0-3**

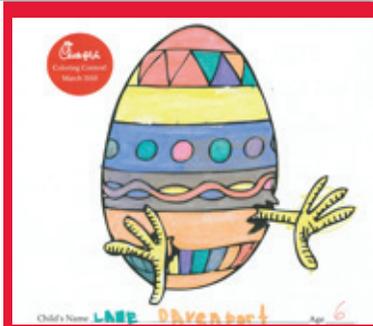


Kristine Luckey  
age 3, Clarksville, TN

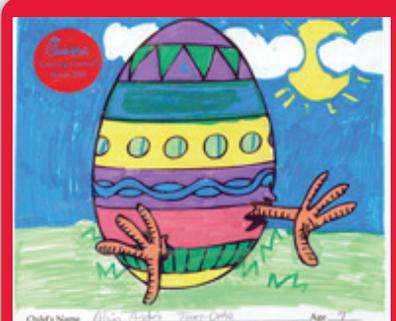


Grace Kent  
age 4, Clarksville, TN

**Ages  
4-6**

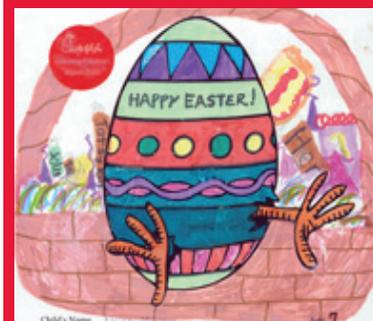


Lane Davenport  
age 6, Clarksville, TN



Alvin Torres-Ortiz  
age 7, Clarksville, TN

**Ages  
7-9**



Claire Monroe  
age 7, Clarksville, TN



Berta Teodora  
age 10, Clarksville, TN

**Ages  
10-12**



Rhiannon Pinckney  
age 12, Clarksville, TN



**FREE Small Peach  
Milkshake with  
purchase of meal.**

\*meal includes  
entree, fries &  
drink.  
Milkshake  
cannot be  
ordered  
in place of  
drink.



Coupon not valid with any other offer. One coupon per person per visit. Redeemable at Governor's Square Mall & Madison St. locations in Clarksville. Closed Sundays. Please use by May 31st, 2010.

**FREE Yogurt Parfait  
with purchase of  
Chargrilled  
Chicken  
Sandwich &  
Dasani  
Water**



Coupon not valid with any other offer. One coupon per person per visit. Redeemable at Governor's Square Mall & Madison St. locations in Clarksville. Closed Sundays. Please use by May 31st, 2010.

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

# HOARDERS

Some people have a hard time getting rid of things in their life—even if it's trash. Rubbish strangles the life out of them and their inability to let go of things smothers every relationship.

Are you a Hoarder? What emotions are you hanging onto that's killing you? Bitterness chokes our relationships, our explosive anger leaves everyone in shambles, and our life is littered by fear and worry. These toxic feelings smother us and can keep us from really living. We start to define ourselves from the trash we keep around, when the healthy thing would be to throw it away. Join us in April as we let go of the clutter that kills and learn principles of how God can take out the trash in our lives.



**onechurch**  
[www.onechurch.tv](http://www.onechurch.tv)

Meets every Sunday at 9:00 am & 11:00 am  
at Northeast High School across from the Great Escape Movie Theatre  
**(931) 802-8ONE**