

August 2010



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Photography by Kristina White



A circle of friends are enjoying a cool swim before school starts back.

Pictured clockwise from top right: Ryan Streeter, age 12; Macy Truitt, age 9; Ellie Streeter, age 9; Marklee Cook, age 12; and in the middle, Tessa Streeter, age 3.

Macy's parents are Jeff and Kristi Truitt. Marklee's parents are Mark and Stephani Cook. Ryan, Ellie and Tessa's parents are Rod and Tanya Streeter.

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Dance Force Rocked the Smokey Mountains!

The Dance Force of Clarksville, reigned again as the National Champions at the Stage One National Dance Finals in Gatlinburg, TN Only the top (8) dances on each level get into the Final Shootout and The Dance Force took the 6 1/2 1st place overall trophy for the Teen level (Set Me Free). They were runners-up in the Petite Level (Hip POP!). In addition to these top honors, the studio received the Studio Excel award, as well as, the coveted Studio Competitive Spirit Award which emphasizes their kindness and sportsmanship towards dancers from the other studios and the staff members. Their achievement awards included 17 Platinums, 11 High Golds and 2 Gold Medal placements.

Judges' Choice awards were awarded to junior soloist Jordan Smith for costume, Senior soloist Alexis Fallon Choreography award for her dance (Midnight) and Teen Large Group (Fix You) for choreography, petite small group (Hip POP!) for Entertainment, Junior large group (Savage) for Intensity, Junior Line (Diamonds) the Diva Award, teen trio (Eyes on Me) for Precision, teen small group (Painkiller) for Fancy Feet, teen small group (It's Always You) and large group (Set Me Free) for technical excellence. All together the studio's dancers were awarded \$2,975 in winnings over the weekend. The studio is owned and operated by Lauren Ankersoe, Jackie Major and Mary Lu Browder.

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Publisher's Message

My son is starting first grade this year. I only mention this because of how early it seems school is starting back. I guess it's normal, but it still seems early. If you look at the school calendar and all of the breaks, half days, and full days off they get—I know it balances out. When we were that age, I remember school not starting until around Labor Day.

Did I mention I just had my 20-year high school reunion? And I just used the phrase “when we were that age.” No comment...



Just before school cranks back up there is an election the first Thursday, August 5. Turnout is usually low on these “off year” elections, but it's still important to vote, so please take the time to do so. For information visit www.montgomerycountyttn.org and click on the Election Commission link under the Departments tab.

Then, the first weekend (Friday, August 6 through Sunday, August 8) is the Tennessee Sales Tax Holiday Weekend. No sales tax on clothes, school supplies and computers from Friday through Sunday. If you've got shopping to do, it's a no brainer. Visit www.tntaxholiday.com for all of the specifics.

Check out the calendar starting on page 62 for plenty of other great things to do throughout the month. Even though school is back on there are still free Movies in the Park; The Roxy's last show of its 2009-2010 season, “Into the Woods;” and many other things to keep you and your family entertained.

Reading this month's issue, I am filled with pride in all of the great content from the writers and sweet pictures from the readers. The Fort Campbell Families section (page 55) continues to grow, and we hope to see it get as big as The Fridge has become. And don't forget Candid Clarksville on page 54 for any non-birthday shots you want to see published. Email them all to us by the 15th to be in the next issue.

On the articles front, you've got to check out Jessie Carter's latest, “Defying Gravity, Part 1” on page 44. It really made me laugh, and I can't wait for Part 2. Kim Edmondson's “The Pack Rats” on page 42 is another one that'll crack you up. Of course, the rest of the issue is full of many other great, informative articles—a big “thank you” to all of our writers!

Try to stay cool for what is typically the hottest month of the summer (I sure hope that isn't the case *this year!*). Be safe with all the running around with the kids. As always, thank you for reading.

Sincerely,
Carla Lavergne

Clarksville Family

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

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

For all other information:

Phone
(931) 338-2739

E-mail
info@clarksvillefamily.com

Fax
(931) 919-1234

Mail
PO Box 31867
Clarksville, TN 37040

Web
clarksvillefamily.com

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Owner/Publisher
Carla Lavergne

Editor
Cliff Lavergne

Graphic Designer
Carla Lavergne

Sales
Rachel Phillips

Staff Writers
Brenda Hunley
Pamela Magrans

Contributing Writers
Maqbool Ahmed, MD
Dr. Holly Benedict
Jessie Carter, PT
Stephani Cook, Ed.S.
Kim Edmondson
Mitchell D. Kaye, MD, FACS
Twila Murasaki
Clint Patterson
Candace Pelfrey
Rachel Kennedy Roberts
Kendall Welsh
Dianne York

Special Thanks
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TABLE OF CONTENTS

FEATURE • 6
How the School System is Going Green

LEARNING • 10
Getting a Great Start to a New School Year

PARENTING • 16
Good-bye Mommy, Good-bye Daddy

BEAUTY • 20
Drop the Spots

EDUCATION • 24
Education, a Different Perspective

HOME • 28
Stress-Free and Budget-Friendly Labor Day Entertaining

HEALTH • 30
Aging Parents: Forgetfulness or Alzheimer's?

PARENTING • 32
Through My Daughters' Eyes

GIVING BACK • 34
Teen Motorcycle Safety Course

NATURE • 38
Family Tree—A Fitting Name

BEAUTY • 40
The Eye is the Jewel of the Body

FAITH & FAMILY • 42
The Pack Rats

FITNESS • 44
Defying Gravity, Part 1

HEALTH • 48
10 Foods for a Healthier You

CRAFT FUN • 52
Make Your Own Erasers

CANDID CLARKSVILLE • 54

FORT CAMPBELL FAMILIES • 55

STORYTIME • 56
Boomer's Earache

PARENTING • 59
The Devil Lives in My Daughters' Closets!

THE FRIDGE • 60

CALENDAR • 62

FAMILY RESOURCE NETWORK • 68

COLORING CONTEST • 71

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SMART ENERGY—HOW THE SCHOOL SYSTEM IS GOING GREEN

by Pamela Magrans

What does it take to reduce utility costs? For most of us, turning off the lights, turning off the computer, or setting the thermostat down two degrees might seem simple enough. Most of us realize that cutting corners like this in our own homes can have some long-term savings in utility costs. In the struggling economy, as each family looks for ways to save money, we find ourselves turning off the light, reminding the kids to turn off the television before they run outside to play, and finding other easy ways to reduce our monthly electricity costs.

What about our children's "home away from home" often referred to as "school"? When

At a time when both families and schools are cutting budgets and making money go farther, how does the school reduce their utility costs and in doing so avoid spending too much on utilities?



SMART ENERGY

The Clarksville Montgomery County School System (CMCSS) recently embarked on a plan to address that issue. The project that was born in 2008 just finished its first full year of implementation.

the kids are at school, there are costs for energy too. While we may be saving energy costs at our house by the kids being at school the schools are incurring

that cost, as our children learn in their classrooms. The lights are on in the class, the computers are sucking energy from the outlet, and the rooms are cooled in the heat and toasty in the winter. The teachers are using overhead projectors, the kitchen staff members are cooking food, custodians are polishing floors—all the while the meter is moving.

The cost avoidance (money not spent on utilities as compared to previous usage) result was a whopping \$353,623.19 for the Clarksville Montgomery County School System for the 2009-2010 school year. By making some minor cultural and behavior changes in the schools, some real savings appeared in the utility bills.

Each school nominated a School Energy Champion. This representative from each school was responsible for taking the Smart Energy initiative back to their school and sharing the information with the other employees there. The School Energy champions came together for meetings and training sessions throughout the year and were responsible for taking the initiative and the training back to the schools.

The initiative was implemented by the energy teams at each school. There was a Green Energy Competition where the schools competed against one another for the greatest reduction in energy consumption. A Green

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Resources Web Page was created to communicate the initiative to parents and employees, and a newsletter was created to aid in communication. However, once all the plans were set at the administrative level and the school year began, it was in some small details at each school that big costs were avoided.

TEMPERATURE MATTERS

“The largest cost for utilities in the schools is heating and cooling. It accounts for about 40% of the overall utility cost,” said Damian Maloney, CMCSS Facilities Assistant Manager. Damian and others at the Operations Complex brainstormed and researched on how best to reduce utility costs and decided that the first step would be to address the temperature of the classrooms by a small amount.

For the 2009-2010 school year, the temperatures in the classrooms were set at a specific temperature, rather than allowing varying temperatures. The rooms were set between 68-70 degrees in the heating season and between 74-78 during the cooling season. “If we continue with the habits we have in place now that really adds up to considerable savings long term” said Damian Maloney.

SMART START UP AND SHUT DOWN

Imagine the school before it opens each morning. The lights are off; the kitchen staff members are the first



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to arrive. How they begin the day sets a standard for the rest of the day, as they begin preparing breakfast and lunch for our famished children. Since the kitchen staff members are some of the first to arrive each day, the Smart Energy plan involved them in the process.

A new work instruction guideline was created that included ways for the kitchen staff members to use smart energy and reduce utility costs. Simple instructions were outlined like turning off lights in kitchen areas when they are not needed, or tuning off kitchen equipment when it is not in use. These are practices that many implement at home, but to implement these in schools requires a wide range plan and consciously making it an initiative by everyone involved.

Now imagine the school at night, when all the teachers are at home tending to their families, and all the children are at home tending to their homework. The



school is empty, except for the custodians. The custodians work through the evenings making sure the school is crisp and clean for the next day. Theirs is the job that we as parents rarely see. The Smart Energy plan recognized the important role of the custodians in generating some savings in utility costs.

For this reason, there were also some start up and shut down instructions created for the custodian staff members that were aimed at reducing utility costs. One specific instruction is that hallway and corridor lights should remain off until 10 minutes prior to the official school opening (unless the lights

were needed for safety or if students were occupying the space for some reason). Large areas such as lunchrooms, common areas and gyms were to remain with lights off until the space was to be occupied by faculty or students. Custodians were asked to

turn on lights only in areas where they were working and when working as a team, to work in the same areas of the building to reduce the needs for too many lights on at once. This seems like a common sense approach to energy savings, and the custodians of various schools proved that small tasks like turning off lights could really impact the utility bill.

THE RESULTS

At the end of the 2009-2010 school year, the schools with the greatest reduction in energy consumption were recognized in a ceremony. The energy champions from those schools were recognized for their help in the Smart Energy plan. The following schools were recognized as the highest energy savers from each level: Cumberland Heights Elementary, West Creek Middle School and Clarksville High School.

The Smart Energy plan will continue to grow as the new school year begins. The Operations Complex employees will be working hard to create individualized plans for each school. Since each school is unique, an individualized energy plan would be the best way to help each school reduce energy consumption and costs. As the new school year begins and our children return to their home away from home, the school system is looking for ways to be fiscally responsible and green at the same time.

“In the future we want to get the PTOs and other organizations

involved in the process," said Damian Maloney. "We want to educate the schools and bring in the communities to help implement the Smart Energy plan for our schools."

Next year, if you visit your child at school and go into the bathroom to find the light off,

think of Going Green and be sure to turn off the light when you exit. If you pass the unused gym and notice the light off, remember that is part of the plan too. Let's all play our part and remind our children at home and at school that making minor changes in how we use electricity can make a difference long term.

You can learn more about this initiative by going to www.cmcss.net and clicking on About CMCSS on the top tab, then select Going Green Resources. They are taking submissions for the Energy Mascot. If your child would like to enter the contest, visit the website for more information.

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GETTING A GREAT START TO A NEW SCHOOL YEAR

by Stephani Cook, Ed.S.

Well, it's that time again. The lazy days of summer are almost over and soon we'll be into the full swing of busy school year schedules. All too often, we fail to make good plans for how to best handle the transition from staying up late, sleeping in and hanging by the pool to rushing out the door, getting homework done and sticking to a schedule. Here are some strategies to help ensure a smooth start to the new school year.

1. Ease in to the back to school schedule. Waiting until the night before school starts to try to go to bed at a decent hour and get up at 6:00 a.m. is not the best idea for your child. Our bodies have to readjust to a new time clock and that takes several days.

A week to ten days prior to the first day of school, adjust bedtime by ten to fifteen minutes each night until your child is back on a regular school time schedule—doing the same for wake up time. This will help to decrease the shock of the wake up alarm on the first day of school and less sleeping in class during the first week.

2. Set technology boundaries. Often as parents, we become a little more lenient with TV and technology during summer months. Some of us may remember falling asleep with the phone cord stretched across the bed and waking up the next morning with the annoying lady saying, "If you'd like to make a call, please

hang up and try again." Well, those days are long gone...but our kids can sure text all night long or stay on Facebook. Now is the time to set some boundaries for what is acceptable during the school year. It is not a bad idea to set a curfew for technology use. If you feel that your child may have issues sticking with the curfew, it may be necessary to ask that the phone be placed in an agreed upon location at curfew time so that he or she isn't tempted to use it. Too often, we see tweens and teens at school who are exhausted from lack of sleep because they spent most of the night texting rather than catching up on their zzzz's. It's

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important to be aware of what your teen is doing during the night.

3. **See that your child gets a good night's sleep.** Speaking of during the night, sleep is a vitally important part of a child's school experience. Research clearly shows that elementary school students need 10-11 hours of sleep per night and middle and high school students need 8-9. In order for your child to perform at his or her highest potential each day, helping to keep a good sleep routine will set a solid foundation.
4. **Be proactive rather than reactive.** If your child struggled with an academic subject during the previous year, be proactive by speaking with the teacher of that subject early in the year or getting some additional assistance in that area before he or she gets behind. There are numerous options for tutoring available in the community and in the schools. Due to the highly demanding curriculum in schools these days, there really is little time to waste. Don't wait until your child's grades begin to suffer to get involved.
5. **Encourage fresh starts.** Perhaps your child had a difficult social situation the previous year that made school a less than enjoyable place to be. Prior to the first day of school talk to your child about new classmates, new teachers, new opportunities and fresh starts. This can be true if your child had some behavioral difficulties the previous year

as well. That's the great thing about a new year...the slate is wiped clean. Help your child face the new year with that kind of positive attitude...it can make a big difference in how things go.

6. **Slow and steady wins the race.** The beginning of the year is a great time to retell the story of the tortoise and the hare. All too often students procrastinate and wait until the night before the big test to try to study all of their notes or they wait until a day or two before the big project to get started. Help your child develop good study habits by encouraging him to review notes daily and/or to break projects in to small manageable pieces far in advance, so that those last minute mishaps don't cause major meltdowns. The saying is true, "Failing to plan is planning to fail." Starting on the right foot will set a great precedent for the rest of the school year.
7. **Utilize communication tools provided for you.** One of the greatest benefits of all of the technology afforded us in this day and age is the ability to communicate so rapidly and vastly. The CMCSS provides numerous communication tools for parents to assist them in staying involved in the education experience of their child. By accessing Powerschool, parents can check their child's grades, assignments, and attendance on a daily basis. It even provides the option to have a progress report e-mailed to the parent as frequently

as daily if requested. Meal Pay Plus allows parents to deposit money into a lunch account, check balances, limit what their child can purchase to eat and even monitor what their child is getting for breakfast or lunch each day. Through Connect Ed, school administrators can place phone calls and e-mails to parents to communicate important information regarding upcoming school events and emergency messages. All teachers have e-mail access and most are very open to communicating with parents by e-mail. No longer can parents say that they "didn't know" their children weren't doing well or hadn't completed assignments. That information is simply a click away. All of these media can be accessed through the school system website at www.cmcoss.net.

8. **Identify and encourage strengths.** Far too often in the education environment, we focus on a student's weakness—particularly if that weakness is academic in nature. However, the school setting provides opportunities for every single child to find a niche to excel in one way or another if parents and educators work together to identify and encourage those strengths. Pay close attention to what your child gets excited about. Is it animals? Is it skateboarding? Is it acting, singing, drawing, sports? Does he want to be a rapper or a professional break-dancer? Is she a born leader or does she prefer to work behind the scenes? Let

your child's teacher(s) know those types of things so that they will better be able to help teach to your child's learning style. Although we can't change the fact that everyone has to learn reading, writing and arithmetic, there are ways to make those things more meaningful to each student and the best teachers are interested in knowing what might "click" for your child.

9. **Set short and long-term goals.** It's never too early to teach goal setting. As early as kindergarten, children can learn to set short-term goals (my parents and I will read a story every night at bedtime this week) and long-term goals (I will learn to write my first name by my birthday). These goals are even more meaningful when reinforced with some type of visual reinforcement system—like a star or sticker chart. As children get older, the reinforcement can become more tangible and meaningful by using things like earning extra minutes past curfew or other special privileges that demonstrates your recognition of their responsible behavior as they work towards significant academic goals. By setting reasonable goals and working diligently towards them, our children can be sure to

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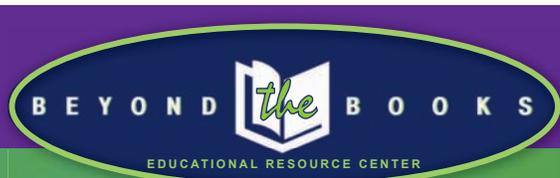
10. Never Underestimate the Power of Kind Words and Encouragement. As parents, it's very difficult to find the balance between being the authority figure and disciplinarian and being an encourager. This becomes increasingly difficult as our kids become teenagers. We really don't need to be their best friends, but we do need to be advocates for them and they do need to know how much we care. Use the new school year to start some habits of encouraging and spending time with your child. Depending on your child's

personality, he or she may enjoy getting a text message saying "good luck on the big test today" or a note in the lunch box saying "I'm really proud of you." It may be a great time to implement daddy/daughter date nights simply to take 30 minutes to run to get ice cream and just talk about the school day, or family picnics to get away from some of the hustle/bustle of busy schedules. Each family is different... use the time before things get too crazy to plan. Don't wait until life is passing you by. Kids may act as if they don't need their parents, but the reality is that they do. Be

your child's biggest fan this year. Encourage, Encourage, Encourage.

As much as I have enjoyed summer, I must say there is something really exciting about a new school year and the anticipation of all the possibilities it holds. It is my hope that at least one of these suggestions will resonate with your family and that you all have a wonderful 2010-2011 school year.

Stephani Cook is a school psychologist in the Clarksville-Montgomery County School System and the Co-Owner of Beyond the Books Educational Resource Center. She can be reached at stephani.cook@cmcss.net or (931) 358-5405.



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GOOD-BYE MOMMY, GOOD-BYE DADDY

by Twila Murasaki

A study, found in the August issue of the *Journal of Developmental & Behavioral Pediatrics*, indicates about one third of children with one or even both parents deployed in the “War on Terror” are at a high risk for several psychosocial problems.

There’s no denying that deployments are hard on the entire family of a departing soldier and, of course, on the soldiers themselves. We say goodbye, never knowing whether we’ll see each other again or whether our children will be able to grow up with both parents hearty and hail. While we stand proudly by our soldiers, marines, airmen and sailors we struggle daily, sometimes hourly, with our anxieties. We prepare ourselves for the coming deployments with a false bravado and absolute determination to make do. Though it may be a challenge for us, imagine what it must be like for our children. Children are notably more vulnerable than adults are as they rarely know how to deal with all of the uncertainties and changes that happen during those dark days of deployment. However, there are several ways a parent, relative, educator, or even as a friend of the family that a person can help a child cope with everything they’re going through.

The first step is to understand what children are feeling.

We, as adults, can easily forget that children aren’t always happy and carefree. Even the youngest children can worry and feel stress to at least some degree. Many of us who’ve coped with a deployment are able to vouch for the fact that our children can sometimes seem moody, whiney, often acting out in some way and occasionally becoming even frustratingly unmanageable. It’s

very important to remember that kids rarely use words to express themselves when they’re angry, anxious, afraid or just plain miserable. We, as parents, must pay attention to their body language and their actions to be able to see when our kids are hurting and need help.

Next, what should be done when deployment looms?

Just as Daddy or Mommy have come back and everyone has settled into a happy familial routine it’s time he or she leaves again. To say it’s difficult to deal with is an understatement. Inevitably, family dynamics change when someone deploys to lands far from home. Routines are upset and the mood of the entire home changes. What can be done to help your little ones manage the tough times is simple:

- Consistency is a must—More than anything, kids need a set routine. With all of the major upheavals going on in their lives, a little structure would go a long way towards helping them feel more secure about their lives.
- Honest Communication—Honest and age-appropriate communication helps answer the numerous questions children come up with on a daily basis. Doing so will ensure that they are less likely to fear the possible unknown or supply their own (often worse) conclusions.
- Attention—With one parent away and the other at home, but usually under a great deal of stress, a child can feel lonely. This is a great time to work together on activities that teach, entertain and/or even help with the temporary loss of the deployed parent.

- Let a kid be a kid—Don’t discuss your anxieties and fears in an in-depth conversation and don’t expect them to take on the roles of the missing spouse. Taking on the pressure and responsibilities of adulthood too early can cost them their childhood.
- Reassurance—Remind them that you’re in this together as a family and that you love them. When children have a parent deploy they often feel a sense of abandonment and truly need the extra reassurance only you can provide.
- Planning for positive behavior—We have all indulged our kids a little too much when our significant other deploys in an attempt to compensate them for their loss, however we have to remember that though we understand why they’re acting out, bad behavior needs consequences. Have a sit down talk with your kids and make sure they understand what’s acceptable and what the punishment would be if they don’t comply. After doing that, you must be firm and follow through. They need the structure and to be able to believe you when you say something for good or bad. You can also set up rewards for positive behavior; be it stickers for chore charts, allowance, or fun activities, these are all great ways to prevent bad behavior.

Some activities to pass the time until your loved one returns:

- **Have a family day!** Each week make a list of fun activities for your little family to do. At the end of the week, each child can pick something off the list she wants to do as a family.

- **Have board game nights!**
At first, I was a little unsure whether my sanity could take it, but now we play a board game almost every night. It's truly one of our favorite activities. When my husband comes home from a deployment, we shop around for more games to add to our growing collection and when he leaves, he keeps his place on the board and we play for him. There's nothing like being able to tell your soldier he/she has been stomped by a five year old, or has come out as the grand champion of the night, even if he is several thousand miles away.
- **Make a family timeline with pictures!** If you do it on a big piece of poster board and let the kids add to it as often as possible with pictures and notes, it makes a great gift to show your loved one what you've been up to and in a way be a part of it.
- **Create newsletters together!** Have each member of the family write an article, either daily or weekly, upload some supporting pictures and then email it or print it off and send it to your soldier. Make sure to keep a copy for yourself! (This will make a great timeline keepsake for the entire family.)
- **Have the deploying soldier be a star!** Have your soldier make a good night video with songs or bedtime stories so that he/she can read or sing your children to sleep.
- **Make care packages together!** Let everyone pick out things she thinks is important for the deployed soldier to have. Add in notes, cut out magazine articles and other things of interest.

- **Let your children make a Journal.** According to the American Psychologists Association's research on journaling, it increases physical and mental health and is a very successful way to turn confused and angry feelings in to clear thoughts. In doing so, journaling can obviously be one of the best ways to help

kids deal with deployment. A great website for children to check out for journaling tips, online journaling, global maps and other resources geared specifically towards youth is www.DeploymentKids.com.

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Other great resources to help your children cope with the deployment of a parent are:

www.usuhs.mil This website uses a FAQ format to provide simple, comprehensive and informative answers on how to help children cope with deployment.

www.sesameworkshop.org/tlc Walmart and Sesame Workshop joined together to create resources to help military families deal with the issues experienced during different phases of deployment.

www.ed.gov/about/offices/list/os/homefront/homefront.pdf This website has sensible guidelines for identifying age-related reactions and focusing on intervention tactics.

[\(888\) 755-9355](tel:8887559355) Troop and Family Counseling Services for National Guard and Reserves. This group gives access to free counselors to help your family through issues that arise due to a deployment, to include six free face to face meetings.

store.channing-bete.com/onlinestore/search.html This website has guides, booklets, deployment posters, informative pamphlets, deployment kits and other resources that are available for parents and teachers.

www.zerotothree.org/coping Little Listeners in an Uncertain World: Coping Strategies for You and Your Child During Deployment or When a Crisis Occurs. This website discusses behaviors you may see in children and offers some

concrete tips to help them deal with the problems they face. It also gives parents tips on how behavior can affect their child and how to take care of themselves while their loved one is away.

www.nmfa.org This site contains information like what to expect regarding communicating with your deployed loved one, who you should go to for information or help when your military man or woman has left, and what support services are available for you and your family.

www.aap.org/sections/uniformedservices/deployment/index.html This site offers free videos for children on coping with deployment, another on the returning soldier, plus a lot of helpful information.

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DROP THE SPOTS

by Candace Pelfrey, Licensed Aesthetician

When you look in the mirror, do you see smooth, healthy, blemish-free skin or does your reflection reveal a rough, blotchy, and blemished complexion? What impression does your face give to people meeting you—well-rested, healthy, happy, and youthful? Environmental elements, nutritional status, heredity, and inappropriate skin care products can contribute to a less than desirable complexion. I consult patients routinely on skincare and the top three conditions that I hear the most complaints about are acne, rosacea, and dark spots (hyperpigmentation). I am pleased to be able to offer them a variety of treatment options that fit their condition.

ACNE

Acne occurs when pores in the skin become clogged with oil. Bacteria and debris can then become trapped.

This triggers an inflammatory response as the body is trying to rid itself of the foreign matter. Redness, swelling, warmth, and discomfort are all characteristics of skin inflammation. Acne blemishes appear in many forms such as whiteheads, blackheads, cysts,

acne. These products, while in varying strengths, work to reduce breakouts, inflammation, and excessive oil production while protecting skin from future damage. Salicylic acid and benzoyl peroxide are two common ingredients found in blemish-reducing skincare.

Tretinoin and antibiotics may also be prescribed by your physician.

Blemish Control Gel by Skinceuticals is a lightweight acne medication containing 1% salicylic acid that effectively treats existing acne while preventing future breakouts. This

purifying gel exfoliates the skin, unclogs pores, removes dirt and oil, and targets blemishes without causing irritation experienced with numerous other acne medications.

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and pus-filled lesions. While acne is most commonly seen in adolescents, it can be present in people of all ages.

There are many products, both over the counter and prescription, which are recommended to treat

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prescription-strength acne treatment with a patented form of 5% benzoyl peroxide that penetrates deep into the root where acne begins to clear the skin quickly. These products are available for both normal to oily skin and normal to dry skin.

ROSACEA

Rosacea is a chronic skin condition that often appears as redness and swelling found primarily on the nose, cheeks, and forehead. Broken capillaries (red facial vessels) are sometimes present. Signs and symptoms vary from person to person. Rosacea may first appear as blushing, however, severe rosacea can even be accompanied with red pustular lesions. The cause for rosacea is still unknown although broken capillaries are linked to sun damage, alcohol consumption, or even blowing your nose too hard.

Specific products, such as Skinceutical's Phyto Corrective Gel, is a great treatment option. This gel contains anti-inflammatory and antiseptic properties such as cucumber and thyme to help soothe and calm irritated skin. This



Photos courtesy of Palomar® Medical

product is suitable for everyone including sensitive and problematic skin types.

Intense Pulsed Light (IPL) treats vascular lesions, broken capillaries (facial veins), and redness due to rosacea by targeting hemoglobin in visible vessels on the skin's surface with pulses of light. These

vessels usually fade after treatment or can initially appear darker then fade within a few weeks. Skin tone usually improves within a week after treating redness. Other treatments include oral and topical antibiotics.

Avoidance of alcohol and spicy foods is often recommended if they prove to be a trigger. There is no cure for rosacea; however, treatment options may provide relief.

HYPERPIGMENTATION

Hyperpigmentation (brown spots) is defined as an

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excessive amount of pigment in one area of the skin resulting in dark spots due to sun damage, aging, or trauma. Sun spots usually appear on areas of the body exposed to sun while melasma appears as a larger area of darkened skin often linked to hormonal changes. Surgical scars and acne can also result in hyperpigmentation.



Photos courtesy of Palomar® Medical

directed regimen that treats hyperpigmentation, fine lines, rough skin texture, and sallow complexion. Nu-Derm exfoliates dead skin cells, treats all layers of skin, and reveals younger and healthier looking skin.

The IPL photofacial treatment also corrects hyperpigmentation by using pulses of visible light to target melanin and therefore improving aged and sun damaged skin on the face, neck, chest,

arms, back, legs, and other areas. This treatment also stimulates collagen production, improves skin texture, and decreases large pore size for overall skin rejuvenation. When correcting hyperpigmentation, a series of treatments is often recommended in order to achieve optimum results with regular follow up procedures. IPL therapies deliver

results alone or may be combined with a chemical peel or microdermabrasion for enhanced results.

The décolletage (chest area) often goes untreated, even if you are actively maintaining the appearance

of your face. This can leave you with a distinct contrast between your treated facial skin and the damaged skin on your chest. The skin on your décolletage tends to be thinner, less moisturized, and particularly vulnerable to sun damage. The ELASTIderm Decolletage System from Obagi Medical is a physician-directed skincare line formulated to treat this delicate area. Clinical studies show the products in this system reduce sun spots, freckles, fine lines, and wrinkles in as little as four weeks. This system helps correct, restore, and maintain a more radiant, youthful appearance with continued use. Therefore, keep the sensitive skin on your décolletage in mind the next time you are applying sunscreen or



Photos courtesy of Obagi® Medical

Pigment Regulator from Skinceuticals, is a brightening treatment containing 2% Emblica and 2% kojic acid. It works to improve discoloration, uneven skin tone, and prevent future damage by inhibiting excessive melanin production.

Hydroquinone is a skin lightening agent often found in skincare products that treat hyperpigmentation. Hydroquinone is only available by prescription or from a physician's office. The Nu Derm System created by Obagi Medical is a physician-



Photos courtesy of Palomar® Medical

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purchasing skincare products.

If you have any of these conditions or concerns listed in this article, please consult with an educated skincare professional for the proper therapy to meet your needs. Drop the spots and reveal the glowing, healthy appearance you've been longing for!



Candace is a Licensed Aesthetician and Certified Laser Technician at Cumberland Aesthetic Laser Center, 2285 Rudolphtown Road, Suite 200, Clarksville, TN, 37043.

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EDUCATION, A DIFFERENT PERSPECTIVE

by Dianne York

Education is often viewed as what takes place within the many walls of the school building. That is only a small part of the education each child needs, starting at birth and continuing forever. The recent events in my life have made this profoundly evident. Evaluating the importance of a well rounded education is more apparent with the recent birth of my first grandchild. Looking into that innocent face and wanting to offer her the best life possible makes priorities essential; love her, keep her safe and healthy, and give her every opportunity possible to be all that she can be. Sounds like a small list of essentials, but they are ultimately the recipe for a well-rounded person.

A loving environment is the first and foremost need for any child. Their confidence and security begins at birth. Young mothers are often concerned that if they hold

their newborn too much they may spoil them. That warm, secure feeling cannot be replaced with anything but the loving arms of family and friends offering the support group that will provide their first look at what education is really all about. We teach them very early that they have the support and love that will equip them to grow and learn in the manner that best suits them and their needs. Books, music, and creative activities allow them to explore and be exposed to the world in the secure surroundings with the support and involvement that reinforces the importance of learning. As they grow and develop their interests and learning styles, it is important to continue to expose them to a variety of interests and activities to enrich their educational development. A child is never being spoiled by cuddling up to read or listen to a story, or

by snuggling up with music before a nap or bedtime. I'm not advocating a child in your bed, being overly possessive, nor am I saying that a child should not have their own time and space. I am promoting the warmth and love a parent, and grandparent, can provide during the quality time spent together. A firm foundation is essential to the future years of building and growing physically, emotionally, and mentally. The self-confident, well rounded child is the future inquisitive, enthusiastic learner.

The healthy, safe environment you provide for your child during the growing years will foster the development of confidence and self-esteem. When children feel secure with their abilities and choices, they are opened to a multitude of opportunities. The love and attention during the early years now gives way to the

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support and understanding of the developing years. A child with a strong sense of self confidence will openly embrace the challenges of learning and exploring new activities and concepts. I observe children every day that have been given these gifts from their families and support groups. When a child gets excited about learning new things and being challenged to strive for more, it reminds me of my passion for learning and teaching that brought me into this field. Being able to embrace the opportunities to provide this environment is priceless. What better gift can we give?

It is our job as parents and grandparents to make available every means of education possible to allow the children to grow and develop. This is not limited to physical growth, but must include spiritual, emotional and mental growth, as well. We teach through example and provide the first lessons in love, patience, persistence, acceptance, and positive attitudes. Children are excellent observers and will quickly distinguish between empty words and genuine actions. Involvement with your child in the learning process emphasizes its importance and helps to instill knowledge

and wonder in the life-long learner. Beginning with the very young child, observe the interests they exhibit and the styles of learning that begin to develop. Each child will seem to demonstrate their own strong characteristics and will make evident their strengths as a visual, auditory, or hands-on learner. Often, a child will have a mixture or styles and become well rounded in their approach. Knowing the means that suit your child best will allow you to seek out the programs and environments that are designed to meet and enhance their learning experiences. The realization that a child's education begins

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years before the introduction to Kindergarten reaffirms the importance of your role in their lives. Waiting for the Kindergarten teacher to introduce the first lessons will put any child at a disadvantage. A world of learning takes place within the family and can include many facets of education. A child begins to learn about the world outside their surroundings through books, movies, and travel. Exposure to the arts develops their creativity and stimulates their senses. Creativity and natural talents may be encouraged through dance, drama, and literature. Schools introduce and expose students

to a variety of opportunities, but cannot and should not be expected to do it all. A child that depends totally on the school system or educational facility only gets a portion of the education that is available to them. The successful High School student did not just happen to have good teachers in school; they also had good teachers in life. The statement "it takes a village" is so true.

One of my favorite books, *Attention Deficit Disorder: A Different Perception* by Thom Hartmann, gives a refreshing look at the learning styles of children and an insight into their gifts and talents. It is not limited to children with

ADHD, but is a great look at the individuality of learning styles in general. Many adults have gotten a better look at themselves and a deeper understanding of the strengths and abilities of people in their lives. Knowing the strengths and weaknesses of your child will often provide the plan for their learning experience. Not every child is cut out for the traditional classroom, just as not every child is destined to be a great athlete. It is in knowing the needs of your child that allows you to make the choices that will best guide them through life and learning.

There is nothing like looking into the sweet face

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of a newborn to get the priorities and expectations back into perspective. It is at this point in their lives that they are ready to be molded, challenged, and introduced to the world of learning and all that they can become. My goal as a new grandparent is to be like my grandmother, who taught me incredible lessons in life and learning, yet many never involved a book or a classroom. Life is full of learning experience and opportunities. My desire is to provide the same guidance for my grandchild and for the many children I am privileged to have come my way.

Dear, sweet Millie, this is for you:

*Oh, the Places You'll Go
You'll get mixed up, of course,
as you already know.*

*You'll get mixed up
with many strange birds as you go.*

*So be sure when you step,
Step with care and great tact*

*and remember that Life's
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(This is an excerpt from the Dr. Seuss book, *Oh, the Places You'll Go!*)

Dianne York has over 30 years experience in education and is the director of Advantage Learning Center, a center for academics and performing arts. Your questions and comments are welcomed at educationatalc@gmail.com.

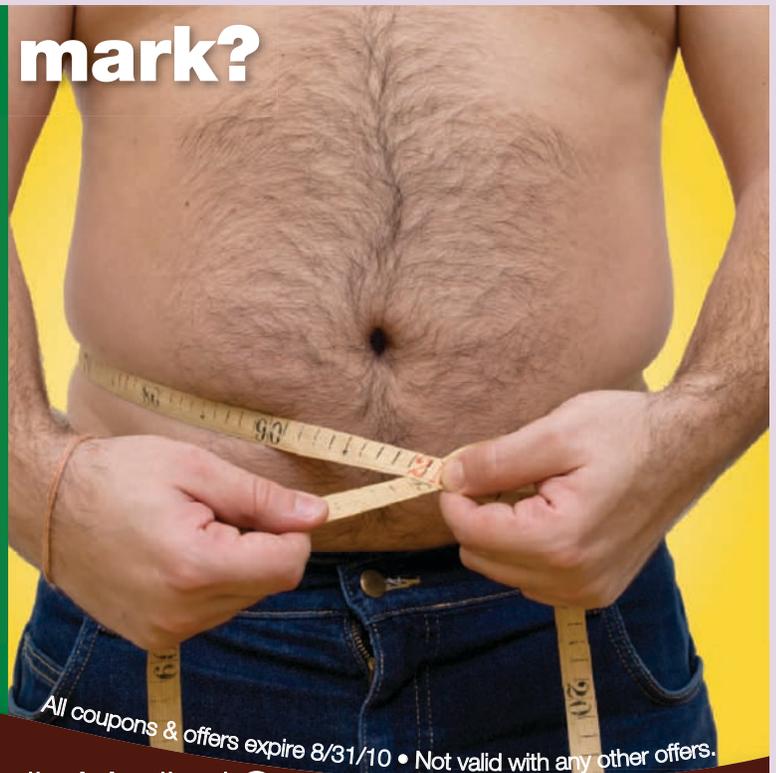
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STRESS-FREE AND BUDGET-FRIENDLY LABOR DAY ENTERTAINING

by Dr. Holly Benedict

Have you ever had your friends over for a party and realized after your guests left that you barely had a chance to tell everyone hello, much less catch up on the new events in their lives? You, the host, should be able to relax and enjoy yourself at your own party! Here are some tips you can toast to that will enable you to have a stress free and budget friendly gathering for Labor Day!

- Purchase trendy, disposable dishes, cutlery, napkins and serving platters. This will eliminate the prep of ensuring you have the quantity of clean dishes and

linens needed for your get together and clean up after your party will be a snap! No dishes or linens to wash, dry and put away.

- Serve food that guests can serve themselves. This will prevent you from being a slave to the kitchen or held captive at the grill for the entire event. You will be able to mingle, chat, and enjoy visiting with your guests.
- Hire a neighborhood teenager or family friend to be in charge of ensuring everyone has a full beverage for the evening. You could even be fancy

and have the friend walk around with a serving tray of appetizers for your guests. For a few hours helping you serve food/drinks at the party the teen is sure to appreciate the extra cash earned. This will also enable you as the host to enjoy yourself and not feel responsible for serving.

- If you don't know

anyone who you could hire, or if your budget doesn't allow it, then consider setting tubs of ice filled with drinks in areas that are accessible to your guests so that they can grab their own beverages. Also, set up trays with appetizers before your guests arrive so that they can serve themselves as they desire to snack.

- Assign dishes for your guests to bring. This method will ease the strain on your wallet and allow guests to feel included in the party. Below are menu ideas that won't make your bank account dwindle.

◇ Have a pizza party where each guest brings his/her favorite pizza toppings. You provide the pizza crust (you can buy individual pizza crust already made) and your friends decorate and assemble their own pizzas. Your friends take turns popping their pizzas either on the grill or in the oven and voilà—Labor Day dinner is served!

◇ Throw a beef or pork roast into the crock pot for Pulled Pork or BBQ Beef sandwiches that are sure to please a crowd! You can find a 4-5 lb roast for around \$15. Have your friends bring sides such as cole slaw, pickles, summer salads,



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desserts and drinks. Mouths will water as your friends pile their plates high for a super Labor Day meal.

- ◇ Grill hot dogs and burgers before your guests arrive. Furnish the fixings for the meats and ask guests to bring side dishes for your cook out. Preparing the food beforehand will enable you to join in on the Labor Day games and festivities with your family and friends.

Labor Day marks the end of summer and new beginnings to embark upon. Kiss your

friends, children, family and loved ones, and be thankful for freedom, peace, and liberty. Happy Labor Day Friends!

Check out the following websites for more fun Labor Day and budget friendly party menus:

www.foodnetwork.com/topics/budget-friendly

www.delish.com/entertaining-ideas/parties/dinner-parties/

www.countryliving.com/cooking/recipes/



Dr. Holly Benedict is a military wife. She has two sons, ages one and three years old. Dr. Benedict is a college professor and is currently writing a book for military wives. Feel free to email questions, comments, or story suggestions to holly.benedict@yahoo.com.



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AGING PARENTS: FORGETFULNESS OR ALZHEIMER'S?

by Maqbool Ahmed, M.D., Neurologist

As a parent or loved one grows older, mild memory lapses are natural and common. People often become more forgetful as they age—and these episodes are sometimes endearing, but more often worrisome for family members.

It's important to distinguish between occasional forgetfulness and memory problems that may signal a serious health condition, such as Alzheimer's disease. Typical symptoms of mild forgetfulness include difficulty remembering familiar words or names, misplacing items, or taking longer to learn a new fact or skill, according to the National Institute on Aging.

Memory lapses can be caused by depression, lack of sleep, dehydration, a poor diet, an adverse reaction to certain medications, thyroid problems or minor head injuries. These forms of memory problems are treatable and generally temporary.

Many times when a loved one exhibits memory problems, family members naturally fear the possibility of Alzheimer's

disease. In fact, memory loss is one of the early symptoms of Alzheimer's, an incurable progressive brain disease and the most common cause of dementia among seniors. The Alzheimer's Association has published a list of 10 warning signs that indicate the possibility of Alzheimer's disease (www.alz.org/10signs). These red flags include lapses that disrupt daily life such as becoming lost in familiar places; exhibiting unusual behavior and personality changes; becoming confused about details related to time periods, people and places; and forgetting to perform routine self-care activities such as eating or bathing.

According to the Alzheimer's Association, as many as 5.3 million Americans have Alzheimer's disease. The causes of the disease are still unknown, but researchers have found that changes in the brain begin as early as 10 to 20 years before people exhibit symptoms. Most people begin to show signs of the disease after age 60. This is known as "late-onset" Alzheimer's disease. A more rare form of Alzheimer's disease is caused by

three genes that are inherited from family members, causing individuals to develop Alzheimer's disease as early as their 30s and 40s (known as "early-onset" Alzheimer's disease).

The stage between normal age-related memory

decline and the development of Alzheimer's disease is known as mild cognitive impairment (MCI). MCI sometimes advances to Alzheimer's disease and sometimes remains the same—or can even improve. According to the American College of Physicians, about 20 percent of people over age 70 have mild cognitive impairment.

Research is continually uncovering new clues about the causes of Alzheimer's—as well as potential treatments and prevention. While there is no cure for the disease, there are certain drugs and treatments that can help with patients' symptoms and quality of life. Recent industry research has focused on identification of certain proteins linked to memory loss, body chemistry changes that could predict the development of Alzheimer's disease, and risk factors that appear to be shared between Alzheimer's and other chronic conditions, from heart disease to obesity.

A recent Columbia University Medical Center study on diet, exercise and Alzheimer's risk level—in 1,880 seniors with an average age of 77—was the first to examine diet and exercise together as a tool for delaying or preventing Alzheimer's disease. Seniors who engaged in regular, vigorous activity and ate primarily from the Mediterranean-style food groups (fish, fruits and vegetables, whole grains) had a 60 percent reduction in Alzheimer's risk. The study was published in the August 12, 2009 issue of the *Journal of the American Medical Association*.

If you or a loved one is concerned about memory



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problems, see your doctor. There are cognitive tests that can be administered to check memory and skills such as problem solving, counting and language. A doctor will also ask questions about general health, any medical problems, ability to carry out daily activities, question changes in behavior and personality, assess reflexes, eye movements, balance and sense of touch, to name a few. While there is not a specific test for Alzheimer's disease, screening tests can be performed to either assess the patient's potential risk or rule out that possibility. Other medical tests can include blood, urine or spinal fluid tests, and brain scans, such as a CT scan or an MRI. These tests may be repeated over time so that your doctor can track changes in memory.

To learn more, talk with your doctor or visit the Health Resources section of www.todaysgateway.com and click on the Medical Library link.

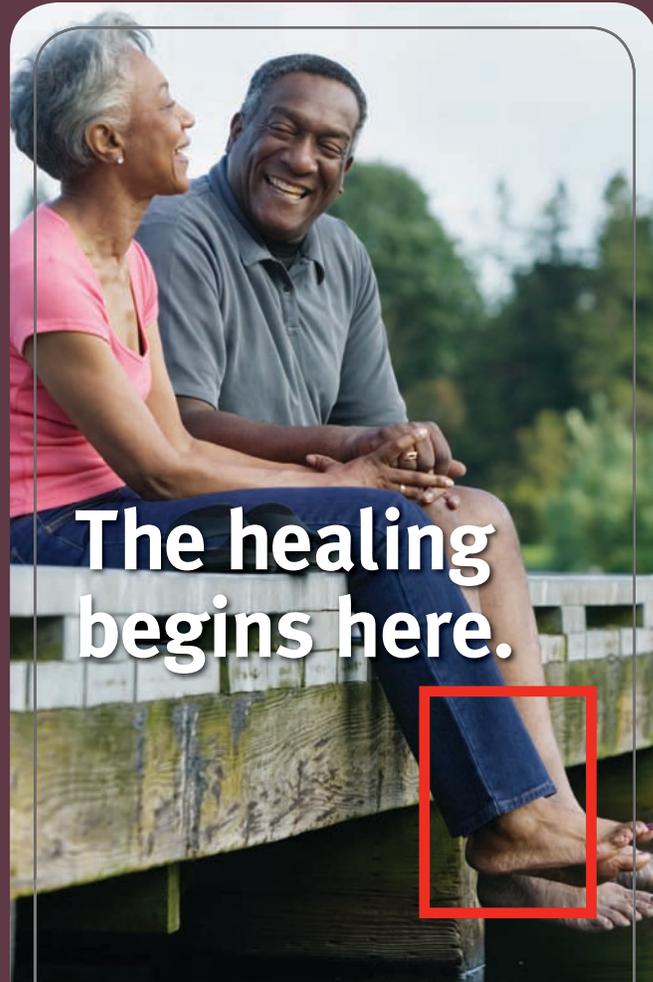
Remember that this information is not intended to replace the advice of your doctor, but rather to increase awareness and help equip patients with information and facilitate conversations with your physician that will benefit your health.



Dr. Maqbool Ahmed, board-certified Neurologist, received his medical degree from Dow Medical College in Karachi, Pakistan. He completed his neurology residency at the University of Oklahoma Health Sciences Center, Oklahoma City, Oklahoma and a fellowship in Clinical Neurophysiology (epilepsy and neuromuscular disorders) at Vanderbilt University Medical Center in Nashville. Dr. Ahmed is a member of the American Epilepsy Society and the American Clinical Neurophysiology Society. Dr. Ahmed can be reached at (931) 245-0620.

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Sources: The Alzheimer's Association, www.alz.org; National Institute on Aging, www.nia.nih.gov; Mayo Clinic, www.mayoclinic.com.



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THROUGH MY DAUGHTERS' EYES

by Rachel Kennedy Roberts

"I don't like your attitude, Madelyn."

This sentence came out of my 3-year-old's mouth today. My two girls were playing, and my oldest child, Madelyn, did something to make Ella Jaymes mad. So Ella Jaymes verbally reprimanded her.

Of course, I had to laugh. But then I thought, "Where did she get that? Oh...yeah...those exact words came out of my mouth the other day when Madelyn got smart with me..."

Children are sharp. And they pick up on things when we think they aren't listening. This can be a good thing; like if you try to teach your child something and you don't think they're paying attention until they can recite it back to you. But sometimes they're listening when you really wish they weren't. Like when you get road rage and

yell at the other drivers on the road, only to have your daughter screaming, "Come on slowpoke, it's green!" the next time the two of you are sitting at a traffic light and the car in front of you doesn't budge.

One of the funniest things I've ever seen my girls do is when they pretended to be me and my husband, Brian. It was one night after we had both gotten off work and our shoes were by the front door. Madelyn put on Brian's shoes and Ella Jaymes slipped on mine. Once they were "in our shoes," they became "us."

"Oh, I'm tired. I'm going to lay in the recliner and watch TV," Madelyn said, in as deep a voice as she could make.

"I'm going to get on the computer. Girls, will you please pick your stuff up!" Ella Jaymes said, also changing her voice.

My husband and I laughed, of course, because it was hilarious. Seriously, is this how our children see us? Their father always kicked back in the recliner after a long day at work, and their mother always barking orders. When you see your child do something or hear them say something that sounds vaguely familiar, and then you realize that the reason it is familiar is that you just did or said the exact same thing the day before, it really puts things into perspective. The moral of the story: Watch your words. Watch your actions. Because your kids are always watching you!

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TEENS LEARN LIFE SAVING TECHNIQUES AND LIFE LESSONS FROM MOTORCYCLE SAFETY COURSE

by Pamela Magrans

In the State of Tennessee, a 16 year old who wants to ride a motorcycle only has to know the basics of how to ride a motorcycle. The teen can go to the local Motor Vehicle Office and get a license by filling out some paperwork and passing a basic written and skill test. However, no official training for motorcycle safety is required for a license. The laws of our state dictate that a teen must wear a seat belt in a car, but that same teen can sit down belt-free on a motorcycle and soar alone down the open road. This contradiction in safety regulations came as a shock to Tia Suiter.



Tia teaches a Motorcycle Safety Foundation course (MSF) at Appleton Harley Davidson Motorcycle dealership. As a mother and a motorcyclist

herself, she was wary about the many teens that ride the streets of Clarksville on motorcycles without the proper training on how to control the bike. She hopes that the State of Tennessee will follow other states such as Florida who recently passed a law that all teen riders must take an extensive safety class before obtaining their motorcycle license. Doing so would help equip teens with the necessary skills to balance their natural fearless tendencies with the proper knowledge of how to ride safely.

“We can’t change the law, but at least we can do something within our control,” says Tia.

“I didn’t realize the laws until I got involved in the motorcycle business. Teenagers do not know the fundamental skills to ride safely.”

For this reason, Tia volunteered her time last month and devoted three days to offering a free class for teens only. The class occurred at the driving range behind the Appleton Harley Davidson Motorcycle dealership. This same motorcycle safety class is normally offered for any rider ages 15 and up at various locations in the Clarksville area and the cost is usually \$250 for the three-days.

However, Tia felt passionate about setting an example for teens and wanted to be progressive

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in educating teens how to ride safely. For this reason, the \$250 fee was waived for this specific



class and all 10 teen participants received the training and certification for free. With the growing number of teens who are riding motorcycles, the need to train these teens is becoming all the more important.

Teen riders get an edge...

In the sweltering heat of a mid July Saturday, a group of teens gathered at the Appleton Harley Davidson Motorcycle dealership for a motorcycle safety class. The class was not a requirement for getting their motorcycle-driving license. They were all able to get their TN motorcycle-driving license by passing a simple test. They were attending this class because it might just save their life someday and because this class was being offered free to teens only.

As the teen riders gathered on Friday evening, they advanced to the Rider's Edge classroom and range that is located behind the dealership. It was there in the classroom that the instruction



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began. Then on Saturday morning, the teens began the riding component of the course by practicing on motorcycles supplied by the location. The day consisted of instruction and hands on practice. Students learned a variety of skills such as how to make a quick stop between two cones. Knowing how to stop a motorcycle is not the same as knowing how to make a quick stop safely.

The instruction in the safety class aims not just to teach a student how to ride the motorcycle but how to handle the machine in the safest way



possible and to educate the teen about the mechanics of the motorcycle. The teens simulated curve stops when in a lean position as well as other real life driving conditions that these new riders are bound to encounter eventually.

One teen's experience

Nate Herr is a 16 year-old who attended the free safety course. He will be attending Middle College at Austin Peay State University this fall and has family and friends who ride motorcycles. As a child, he was around motorcycles and was eager to have his chance to ride when he was old enough to get a license. When he showed up on that very hot weekend for the safety class, he had only had his license for one day.

“The class allowed me to be in a safe environment to learn,” said Nate. “I think the most important moment that weekend was when I learned how to ease out of the friction zone. If you can’t do that effectively then you can’t go but a few feet without stalling,” said Nate.

For Nate and many other teen riders who grew up near motorcycles, wanting to ride a motorcycle was a natural tendency. However, for Nate’s mother, who recommended the safety class to him, knowing her son has been trained on how to ride safely brings peace of mind.

“I believe that anyone that rides should be required to take a course to get a license. Being able to learn from a qualified teacher in a controlled environment is the best way,” said Kimberly Herr, Nate’s mother. “I am confident



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that with him passing the course, he is fully capable to successfully ride a motorcycle," she added.

Instructor, Tia Suiter and Appleton Harley Davidson Motorcycle dealership plans on offering the free MSF course to teens once a year. Before being selected for the free teens-only class, Tia asked each participant to answer a brief question on their application. The question was "If you did not know me and I did something for you would you do something for someone you didn't know in return?" The question has nothing to do with motorcycle safety, but instead addresses the idea of helping others and the "pay it forward" concept. The free safety class offered to these teens teaches two life lessons. The first lesson was how to operate a motorcycle safely. The second lesson was how to make a difference when you see a need. Hopefully, both lessons are equally learned.

For more information about the motorcycle safety course

(MSF) visit www.msf-usa.org or for specific information about the class offered by Appleton Harley Davidson Motorcycle visit appletonharley.com and click on the tab on the right side that says "HD Rider's Edge."

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FAMILY TREE—A FITTING NAME

by Clint Patterson

August has always been my least favorite month. I don't like hot weather, and August is usually the hottest month. Also, I never particularly liked school, and I had to go back to school in August. My birthday is in August as well, on the 17th, but I always wished it wasn't during such dreadfully hot weather and right before school started.

Now, with school starting so early, children will not get to spend much of August on summer vacation. At least they'll be in air conditioned schools... back in my day they didn't have air conditioning at school.

Here it is, August again, and as usual, it's hot. Plus, I'm turning 40 this time.

Recently, I attended a family reunion in tiny Brownstown,

Illinois. I guess I'm old enough now to reminisce. It seems like it was just yesterday that I was a little kid hanging around the "old folks" at the reunion; most of which are now gone.

Each time I go back to that area, my "old stomping grounds," I like to drive around and see what changes have taken place since the year before. Unlike around Clarksville, where rapid growth is the norm, back there, the usual thing to notice is businesses and buildings are missing since last time.

One of the things I make a point to notice is to see how the trees that I planted years ago are coming along and whether my favorite large, old trees are still standing. To me, it is very comforting to see old trees still living that were part of the lives of family members who are now gone.

I think it is very fitting that when we speak of our ancestry, or lineage, we call it our "family tree." What better analogy than that of a tree could relate this concept?

The older I get, the more I realize just how mortal we humans are. We have the ability to cut down trees and clear the land, but the trees that remain can very easily outlive

us. There they stand, as silent observers to our comparatively short lives.

Familiar, living trees can serve as "family trees" of sorts. They can provide a tangible reminder to family members who lived here before us, and will live here after us.

When I drive past the old Torbeck home, for instance, I see trees that my great grandparents sat in the shade of. I see trees that were planted fifty years ago when my mother and her siblings were children and recall that these trees were the ones my cousins and I climbed in when we were children. And, I see trees planted by my generation which are now the "climbing trees" for children today.

When I take my children to the same place I used to walk in the creek, some things are different than I remember them, but there are familiar trees to welcome me. The trees are larger than before, and perhaps in poorer condition, but they are still there; standing as they were when I was the age my children are now.

People today are much more transient than they were in generations past. Only a handful of the folks who come to our family reunion still live near their hometown anymore. Few people today remain on the same homestead for generations and experience the connection to a certain piece of land, and its trees that was formerly possible. Many of us will move many times in our lifetime and some may never even establish a "home town" at all.

This does not mean, however, that we cannot establish connections with the land and its

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trees. We can get involved with community tree planting even if we don't own our own yard, and we can find favorite trees at public parks and other places.

One of my favorite trees, for example, is a huge old sycamore tree at Cave in Rock in Southern Illinois.

Many years ago, I remember going to Cave in Rock and being impressed with this massive tree with its exposed roots and gnarled limbs. It was great to see the old tree again when my family and I visited Cave in Rock, and to take pictures of its unusual, swirled roots. Somewhere, I've got an old photo of myself standing next to it, thirty years ago when we both looked a lot different.

Yes, August is a hot month, and now I'm "over the hill." However, having reached this milestone, I can say that the view from the other side of the hill is much better than I had expected. The old familiar trees help keep things in perspective.



Clint Patterson is Clarksville's City Forester. He is responsible for administering the City's urban forestry program, which includes tree planting and maintenance, technical assistance, and community outreach activities.

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“THE EYE IS THE JEWEL OF THE BODY”

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

It's true; there is nothing more captivating to look at on the face than beautiful eyes. The shape, the expressiveness and the allure are undeniable. What can be done to enhance or rejuvenate eyes? Quite a lot, it turns out.

The shape of the eyelid is crucial. The eye of youth has no deep creases, shadows or excess skin. It transitions smoothly from the lid into a full and pleasing cheek, free of hollowness or droop. These qualities can be produced by a

blepharoplasty or eyelid tuck procedure. Placing fillers such as Juvederm®, Radiesse® or fat can soften the deep creases

blepharoplasty is an outpatient procedure and is usually completed in one to two hours.

Beautiful eyes should be in harmony with the rest of the face, particularly the forehead, brow and cheek. The deep lines around the eye known as “crow's feet” are caused by muscle movement beneath the skin producing deep wrinkles. If these



known as the “tear trough” and is a tremendous enhancement either alone or in conjunction with a blepharoplasty. Fillers are an office procedure and take only a few minutes. A

go away when the muscles are at rest, Botox® will be effective at softening them. If used long term, Botox® can prevent them from deepening and becoming permanent. The vertical lines between the brows, known as “scowl lines,” can give a person a cross or irritated appearance quite unrelated to their true emotional state. Botox® will relax these lines for a number of months. Once deep lines are present at rest, filler may be useful in addition to Botox®. The quality skin of the eyelid and surrounding areas can be improved with the use of peels or lasers.

The brow and the forehead are also important in creating a beautiful eye. If the brow has dropped down and is too low, the appearance is that of a tired and heavy upper eyelid. It

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also aggravates any skin excess that might already be present in the upper eyelid. A browlift will correct this problem and can be performed in a number of different ways. The best solution will be tailored to the individual. Excessively deep forehead wrinkles can be relaxed with Botox®. Excessively heavy forehead creases, especially if seen in association with downward descent of the forehead may require a forehead lift.

With a little skillful help the eye can indeed be “the jewel of the body!”



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Dr. Mitchell D. Kaye performs an array of cosmetic surgery services. He is a fellow of the American College of Surgeons, American Board of Facial Plastic & Reconstructive Surgery, and a member of

both the American Academy of Cosmetic Surgery and the American Society of Cosmetic Breast Surgery.



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THE PACK RATS

by Kim Edmondson

One of the benefits of summer is the opportunity to enjoy days when you never leave the house. You know those “lazy summer days” when you stay in your comfy clothes all day, bypass the make up and let your hair just “be”? Recently, I got to enjoy one of those days. That day there was no schedule to follow and nowhere to be. I was excited. I love days like that. When I did not work outside the home, I pretty much lived in the world of “home creativity.” I had endless projects and ideas in motion all of the time. Now—three boys and an almost full time job later—not so much.

My oldest son, Walt, actually got the day off to a great start when he suggested that we change his room around. Even though his room is always a major job to clean and move, he’s always so excited when it’s done...it’s about one of the only ways he favors me, other than that he is all his daddy! Even before starting on Walt’s room I knew Jed (my middle son) and Bing’s (my youngest son) rooms were next in line... days like this are rare, so I knew I had to make the most of it.

As the work began in Walt’s room I was quickly reminded why I do not enjoy the “clean and rearrange” as much as I used to...BOYS

KEEP EVERYTHING!! Little unrecognizable bits and pieces of this and that, shreds of paper, broken toys, pencils with no lead, dead batteries, a piece of plastic tubing, half of an action figure, rocks, seashells, buttons, paperclips, a single side of a piece of Velcro, there was even a ceramic astronaut! And it wasn’t just Walt’s room; I think Jed’s was worse. But what makes the whole process crazier is that Jed was in Walt’s room while we were cleaning and every time we got ready to throw something away Jed would look over and say “Oh that is cool! Can I have it?” Can I have it?? Why a six-year-old boy would be thrilled to have a broken unrecognizable piece of something that we found behind his big brother’s desk is beyond me...but he was!

My sweet husband on the other hand still has a feather that he found on a boy scout outing when he was in the 2nd grade that he cannot bear the thought of parting with! He still has all of his Star Wars toys that he had as a child (now all in Walt’s room). He has books and games, pictures he drew, posters, action figures, comic books...I think I see a pattern here!!

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could barely stand the thought of getting rid of it. He just sat on it rubbing the cushions and saying, "This was our first couch." Amazing.

As I was taking things out of the boys' rooms to discard, I started to think about the "stuff" that I hold onto. I think we all do. We tend to hold onto things that seem so important to us, but in the big picture of what God has for our lives we often get trapped by the old, broken, worn out things we have and are comfortable with, when He has so much more in store for us. He is calling us to something greater in Him and for Him, and we hold up our dead batteries or a headless action figure and say "But look, I've got this...can't I keep it?"

Through the years, no doubt each of us has gathered a collection of "broken things." Hurt feelings, losses, broken dreams, broken hearts, and disappointments, the list could go on. Whatever they may be, we've held onto them. They're not useful or fun to play with... but we're keeping them. Our loving Father looks at us and longs to help us put those things in the past and "get rid" of them, but we're not ready to let go.

In the New Testament, Paul writes about letting go:

"Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."

Philippians 3:13 & 14

This verse serves as a reminder to me that I need to long for and go after God's best for me. I do not need to settle for what I am comfortable with. God cares deeply about the "broken" things in my life and He longs to help me heal in those areas. His plans for me are better than I can imagine, but I have to be willing to let go of my

"old" stuff. It takes trust to believe that God has better things for me, but scripture is clear that His "prize" is waiting for us as we seek out the good things He has for our lives.

Therefore, the challenge begins. I move from cleaning things out of my physical home and focus on letting go of the things that are cluttering my heart, which is His home. As much as I want my boys to have nice rooms, how much more I long to offer the Lord the best of what I've got as His lives in me. Guess I should be thankful for my gaggle of pack rat boys. Their stuff has turned into my lesson. Now there is something I can hang on to.



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DEFYING GRAVITY – PART I: LOSING THE FRESHMAN 15 (15 YEARS LATER)

by Jessie Carter, PT

Gravity has not been my friend the past few years. All of those areas that were once high and tight—not so high and tight anymore. When lying on my side, I started noticing that my baby pocket was lying on the bed next to me instead of staying in place. And my favorite question, “Mommy, why is your belly so squishy?” It was time to act.

In April, I set out to make gravity my friend—GRAVITY Training that is. GRAVITY Training is a new workout program that we are implementing in the clinic in

September and I wanted to make sure it was a program that was effective and fun. If it helped me accomplish a goal that I had been unable to attain for 15 years, then I figured it was worth the investment. I’m a busy mom trying to juggle life so I figured I would be a good test subject.

For 60 days, I committed to working out 6 days per week and blogging about it. The following are blog excerpts to track the progress...

Day #2 – one pound gained (this is the point where I usually would have quit)

On the food front, one of our patients brought in three gourmet pizzas yesterday for the staff for lunch. I vaguely remember learning something in elementary school that a large portion of our taste comes from our smell. Even though I tried sitting towards the door of my office to get a whiff, the insane smell of those pizzas didn’t make my turkey sandwich and apple taste one bit better.

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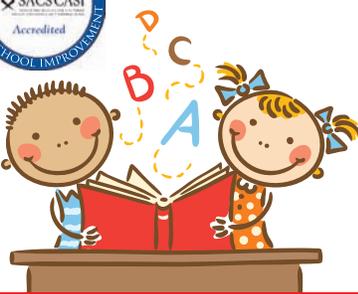
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Day #6 – one pound lost

I have had several people tell me that I shouldn't be focusing on the weight loss as much as I should be "how my clothes fit." This idea might be great if you wear tailored, non-giving clothes every day but what about those of us who wear scrubs most of the week? If you don't know what scrubs are just think Grey's Anatomy. Basically you get to wear your pajamas to work. When you wear these things all week and then go to put on your jeans on Saturday, you have to answer to what you ate and how little you worked out all week. They truly are from the devil. I can gain five pounds in a week and not have a clue. Moral of this story—don't wear your pajamas to work if you are trying to lose weight.

Day #7 – one pound lost

I found out a few months back that our dog was obese by dog standards. I think I was the last one to know because everyone around me casually said, "Oh, I could have told you that." Here I was taking an active role in her training and rewarding her with Milk-

Bone dog treats. The vet informed me that giving her one of these teeny treats was the equivalent of a human eating a bowl of ice cream. Yikes. I was giving her a Baskin-Robbins banana split every day!

But don't we do that all the time? We use food as a reward for ourselves (and our kids). Then we are surprised all of a sudden when the number on the scale has jumped. Ironic how the sweet reward can turn into a bitter punishment.

Day #13 – two pounds lost

When it was time for a bedtime story the other night, I climbed into my 5-year-old's single bed and scooted way up against the wall to make room for him and his older sister. My son got to the bed first and proclaimed loudly, "Wow, Momma—you've lost weight! Look how much room I have!" Evidently, I have been a bed hog up to this point or that two pounds came right off my hip width.

A few months back, when we were at the local inflatable play place, the same kiddo wanted to keep

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riding on my lap down the steep slides. Silly me thought he just wanted to spend more time with me—that was until I whispered in his ear how much I loved riding the slides with him. He tugged at my ear and whispered back, “I love riding with you too, Mommy—you’re heavy and make me go faster!”

If you want to feel great about yourself, ask a 5-year-old. If you want to feel bad about yourself, ask the same kid five minutes later.

Day #18 – four pounds lost

I was working out the other night on the treadmill and a patient’s mom looked at me and said, “You look good for having three kids.” I took it as a compliment but of course I analyzed it. “For having three kids” is the kicker. Does that mean you look good—sort of??? Or you look good—except for that crepe-like skin at your mid-section and saggy chest from the 27 months you spent carrying 30 extra pounds of baby, breasts, and water weight???

I can’t wait until I get the “you look good” without the disclaimer (and it can’t come from my husband).

Day #23 – four pounds lost

Those of you who have kids know that they sometimes get their words a little mixed up. During a recent argument between my 5-year-old and 8-year-old, the little one emphatically declared that his older sister was being “so shellfish!!!”

She was being shellfish. Isn’t it our job as parents to get them to understand that the world doesn’t revolve around them? But

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what about us as adults? Even more (in my humble opinion)—moms. When did the switch flip that made us feel so insanely guilty taking time to invest in ourselves? I have really struggled with feeling shellfish about taking the time to get my workouts in because it's time that I'm not focused on the kids, my job, my home, my husband, and on and on. But I'm beginning to understand the importance of it.

I'm a little over three weeks into this experiment and my husband has commented on how my mood has evened out (don't know what he was

implying). I don't feel like a hypocrite telling my patients to exercise knowing that I'm putting in the time also. And last but not least, my confidence is slowly coming back. I'm feeling like a more effective wife, mom, friend and worker.

I've concluded that seafood is good for you. Everyone needs a little shellfish in their diet.

To be continued next month...

Jessie is a physical therapist at High Pointe in Clarksville. High Pointe offers physical therapy,



personal training, fitness, and massage services. Check out Jessie's GRAVITY Experiment on her blog at jessiecarter.wordpress.com. For more information, call (931) 920-4333, visit www.highpointetn.com or become a fan of High Pointe Rehab, LLC, on Facebook.

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10 FOODS FOR A HEALTHIER YOU

by Twila Murasaki

Once upon a time, I was a skinny little girl...and then I grew up and had children. Most women who've entered the realm of motherhood understand the issues that I now face. Getting back to that pre-baby body is a difficult task that often seems like an impossible goal. Taking care of the family, the house and work can cause you to lose track of life and forget to take care of yourself. You'd think with all of the running around you'd

manage to dump the weight but somehow it just doesn't work out that way.

So life goes on. You make New Year's resolutions and then procrastinate until it's time to make another round of resolutions. You try to eat right but run around so often it's faster and easier to grab a cheeseburger from McDonald's. You make plans to join the YMCA or gym and just never get around to doing it. If you're truly determined you may finally get to start on the path of healthy living but what happens when it still

doesn't go well? You feel better, but you just don't seem to be losing weight. What's next?

Weight loss can be tough. The average formula is fairly simple to follow: Eat a healthy well-balanced diet, exercise, and don't take in too many calories. But what happens if you've been doing these things and yet are not getting the results you had been expecting? Herbs can make the difference!

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they can help your body boost your metabolism, burn excess fat and keep your liver healthy. The herbs I've listed below are not diet aids. They simply help strengthen the body's natural ability to lose weight. There's no need for chemicals that can harm as much as help you in your weight-loss goals.

Too often, people try to find the quickest fix to their problems. They spend years eating food that's unhealthy for them and abusing their bodies in increasingly damaging

ways. Even if they only neglect their bodies and continue to not exercise, each day that passes is a day that they've lost. Instead of doing their research and trying to find healthy ways to help get their bodies back to a healthy state, they want to erase years of abuse by taking a supplement that supposedly will crash the weight off in a couple of weeks. What these people don't understand is that this is just a new way to abuse the body.

I'm not suggesting any get skinny quick schemes or expensive and often unnecessary surgical procedures, instead I'm offering an alternative; with herbs that will gently get your body back into balance and will help aid you in a healthy weight loss schedule. Losing weight with long-term results is not an overnight process.

First, you must think about your lifestyle habits. If you haven't yet, make the changes that you need with exercise and good dieting practices and

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then choose one or two, or as many as you want, of the herbs listed below that will gently help your body get back to being as healthy as possible. Health translates to weight loss. The healthier you are the better your body will work. The better your body works the more energy you'll have and the less sick days to suffer. The more energy you have and the better you feel the more you move. The more you move the more weight you'll lose.

Herbal Tea Instructions

Things You'll Need:

- One cup hot water
- One tsp. of your herb of choice
- Something to strain the herb if not using a tea bag
- A mug

Choose one of the herbs listed below to make a simple tea. Add one teaspoon of the herb to hot water (or one tea bag). Let it steep for ten minutes (more or less, depending on the potency desired), and then strain the herb or

remove the tea bag. You should drink at least two to three cups a day of your herbal tea for the best results. *TIP: Using fresh or dried herbs purchased from a natural health store is a good way to ensure the most potency with the least additives.*

- A healthy liver helps your body process the extra fat and eliminate it, not to mention it helps defend against chronic fatigue, allows a reduction in PMS symptoms, and can cause an improved libido. To stimulate your liver try

milk thistle, dandelion root, artichoke leaves, boldo leaf, astragalus, burdock root (you'll want to use this fresh as it makes a big difference in taste), yellow dock root and/or chamomile, which is a not so surprisingly very gentle digestive system herb and has a mild effect on the liver.

- Some herbs can really help jump start your metabolism, which helps you burn more calories with less effort. These herbs include cayenne pepper, cinnamon, ginger and kelp. Most of which you

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already add to your food, you'd be surprised how well they work in a tea form.

- Forget ice cream, excess stress is a well-documented belly bulger. You can help soothe the stress in your life by using herbs like lavender, valerian, kava kava, catnip, lemon balm, chamomile, St. John's Wort and oatstraw.
- Traditional, unsweetened tea is also a good option for a weight loss aid. White tea and green tea

are the best choices to drink, but black tea and oolong tea can work as well. The only difference between the two is that they are dried differently. However, if you're like me and just can't do a tea that's not sweet, add a dollop of honey to flavor it more to your liking.

- One last thing I'd suggest...keep a journal. You may not notice the changes in yourself and how you feel over time, but when you look back

over your journal, you may be surprised at what you find.

There are many non-invasive all natural weight loss options out there that have been used for hundreds, if not thousands of years to help people feel and look better. It may or may not work for you, just as any other thing out in the market today. Considering those alternatives and their dubious outcomes, combined with their oft-times frightening side effects, I'd say it's worth a shot.

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MAKE YOUR OWN ERASERS FOR A ONE OF A KIND BACK TO SCHOOL

by Kendall Welsh

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We have found a new way to craft, while still getting ready for school.

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to make erasers. Anything you can dream up, you can make into an eraser, in just a few short steps.

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Kendall Welsh is the manager of ARTifacts, an Art & Antique Emporium in downtown Clarksville.

ARTifacts features over 30 local artists, artisans &



antique dealers. Learn more about ARTifacts and see more photos of this project at www.artifactsemporium.blogspot.com.



Step 3

Pre heat the oven to 250 degrees. Gently place each shape into a glass dish. You can bake the shapes on their pencils, but if you wish, you can gently remove the clay from the pencil and bake just the clay. Bake at 250 °F for 10 minutes, making sure to not over or under cook the clay, or the eraser will not be very effective.



Step 4

Cool completely for two hours. Now have fun with your erasers!




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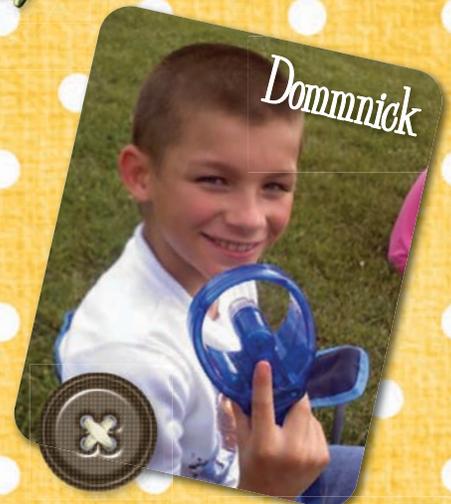
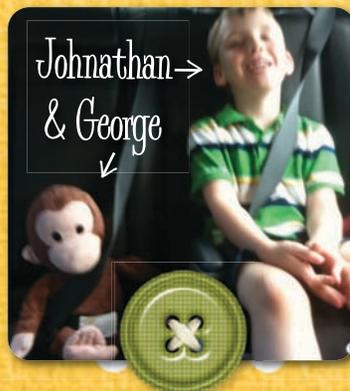
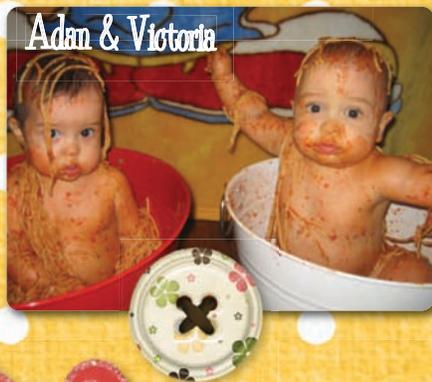
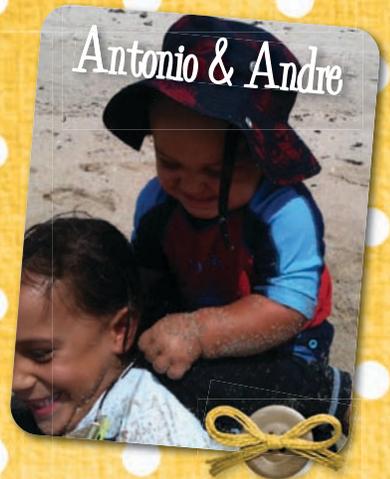
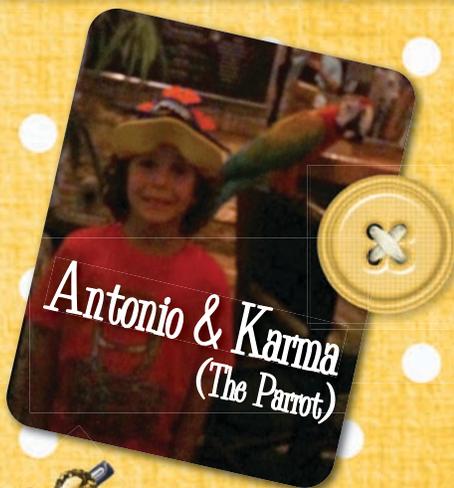
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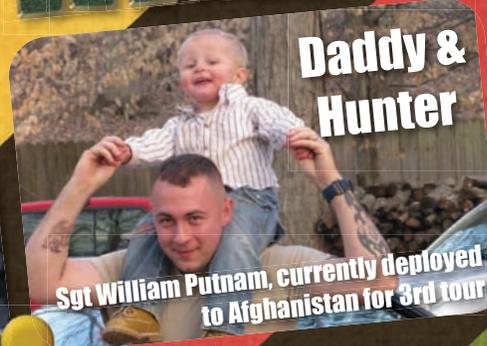
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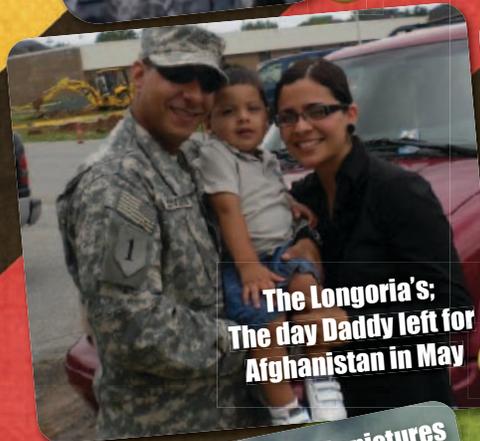


Kaitlin & Baker with Mommy before her deployment on May 31st.



SGT Shaun Chumley & Makenna, age 2

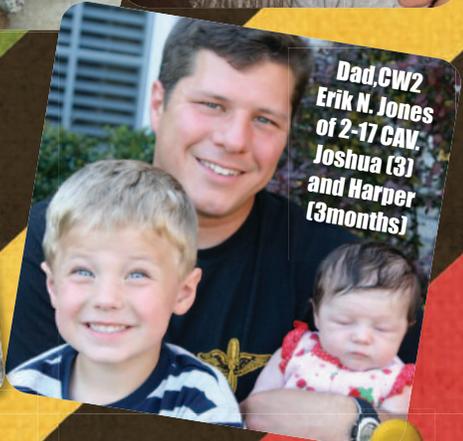
Currently deployed in Afghanistan. We love and miss you very much!!



The Longoria's; The day Daddy left for Afghanistan in May



The Nelson Family

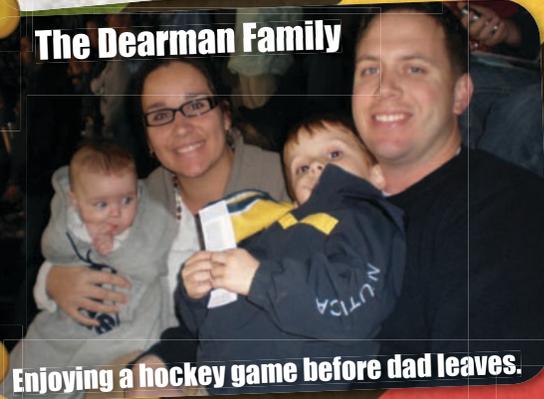


Dad, CW2 Erik N. Jones of 2-17 CAV, Joshua (3) and Harper (3months)



Family pictures before Daddy deploys to Afganistan

The Pope Family

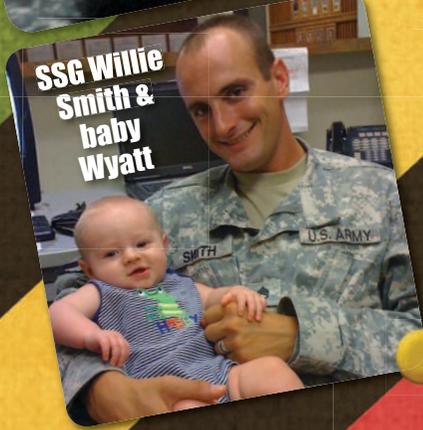


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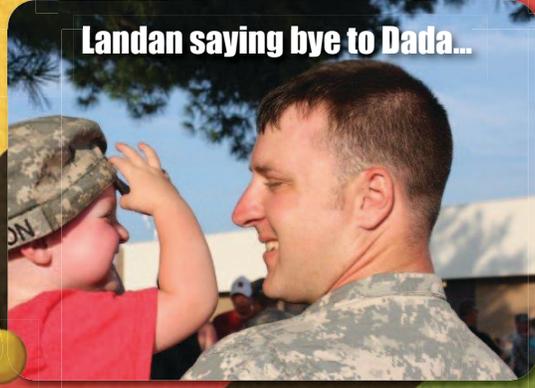
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Rachel & Aubrey welcoming Brandon (Daddy) home from Iraq in April



Ssg Willie Smith & baby Wyatt



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BOOMER'S EARACHE

by Brenda Hunley Illustrated by Willie Bailey

“OOOowwww!” Boomer the chipmunk cried. His ear hurt. He was trying to sleep, but a sharp pain in his ear was keeping him awake.

Chester is Boomer's brother. Boomer moved into Chester's home earlier this year before their twin sisters were born.

Chester rolled over and opened his eyes. “Sigh, what is that sound?” Looking at the clock, he saw it was early in the morning.

“Oooowww!” Boomer moaned again. “Chester!”

Chester hurried to his brother. “What's wrong?” he asked, turning the lamp on.

“My ear hurts! It's like someone is poking it with a stick!” cried Boomer.

Chester had an idea! He went to his treasure room. He had all sorts of fun and interesting things in there. Maybe if Boomer had something new to play with he would forget about the pain in his ear.

“Hey, Boomer, look at this!” he said, holding out a shiny button. “When you look inside it makes your face look funny!”

Boomer took the button and looked at his reflection. He handed the button back after a few minutes. “My ear hurts when I smile,” said Boomer.



Chester turned and ran back to the treasure room. “What about this?” he said, handing Boomer a new picture book. Boomer liked the idea of a new

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story, so Chester sat on the edge of the bed and read it to him.

When the story was over, Boomer still had his paw to his left ear. "Chester, it still hurts!"

Chester had another idea. "I will go get you an aspirin. That will help with the pain until I can get Doc Owl to come see you."

Swallowing the medicine with a big drink of apple juice, Boomer was still crying.

Chester was trying to help, but Boomer just rolled back over and held his ear. "It hurts Chester!"

Chester had another idea. "Would you like to play a game?"

Boomer just moaned and rolled back over.

"Come on then, I will put in a movie and you can lie on the couch and maybe that will help take your mind off of it," Chester said, pulling Boomer to his feet.

Once Boomer was comfortable with a movie, snack, and drink Chester had a moment to think.

It was still several hours before the sun would come out. It was dangerous for a chipmunk to be outside in the dark. Chester knew that Boomer would need Doc

Owl. Since he didn't have a telephone, he whistled for Dart. Dart is a blue bird. He is also Chester's best friend.

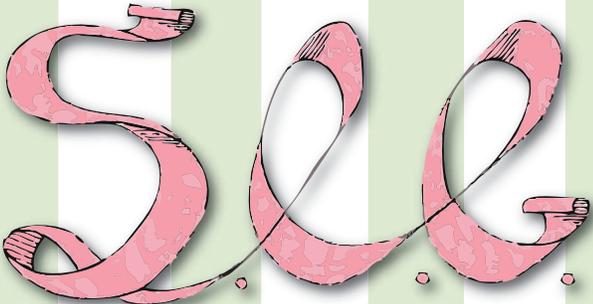
"Chester! What are you doing up so early?" Dart asked, landing at Chester's front door.

"Will you go get Doc Owl for me?"

"Sure, everything okay?"

"No. Boomer has an earache. He is hurting pretty badly. He has cried all night long," answered Chester.

While Dart flew off to find Doc Owl, Chester went back inside to wait. He did everything he could to make poor Boomer comfortable.



See PINK
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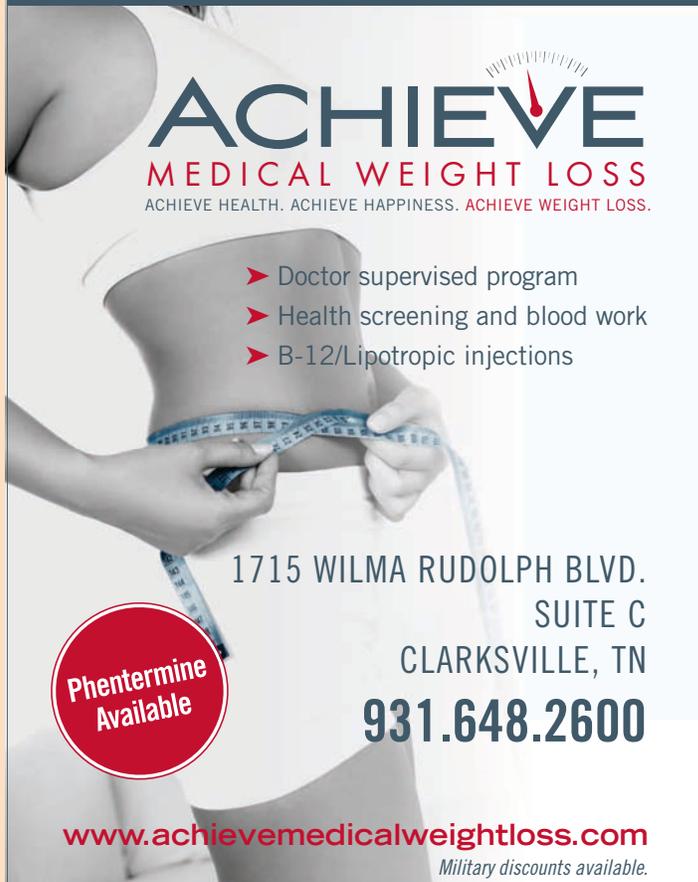
See PINK is Clarksville's newest breast cancer care group for survivors and ladies currently going through treatment.

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Thur., Aug., 26 Girls Night Out

For more information call:
Kelly Blevins: 931-302-8360 or
Lynne Woodson: @ 931-241-1277

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seepink2@gmail.com

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“Chester! Is Doc coming?”

“Yes, he will be here as soon as he can. Watch the movie, Boomer,” answered Chester.

Several minutes later, Chester noticed that Boomer wasn't crying. The medicine and movie must be helping.

“KNOCK! KNOCK!”

The front door opened. It was Dart and Doc Owl.

“Hello there boys, what seems to be the problem?” Doc Owl said, looking down at Boomer.

“My ear hurts!” said Boomer, sitting up so Doc could look in his ears.

“Let's take a look in there,” said Doc, opening his medical

bag. He pulled out a small black tool and showed it to Boomer.

“See when I push this button, a light comes on. It lets me see inside your ear,” he explained.

Boomer was ready to feel better, so he held very still while Doc Owl looked in his ear.

“Mmmm...hmmm,” he said.

“Hmmm?” asked Boomer.

Doc put down his light and looked at Chester and Dart. “Boomer has an ear infection.”

“What can we do?” asked Chester.

“I'm going to give Boomer some medicine to heal the

infection, so his ear will stop hurting. Boomer, take two teaspoons for the next five days, okay? On the fifth day, come visit me at the office so I can look at that ear again.”

Boomer managed a small smile. “Thanks.”

“Yes, thank you, very much!” added Chester.

After handing out lollipops to the chipmunk brothers and Dart, Doc Owl was off to help another sick patient.

Open house & Fall Registration
August 22nd
1:00 - 5:00 PM
Fall Dance Begins
September 7th

NATALIE'S
Dance Network

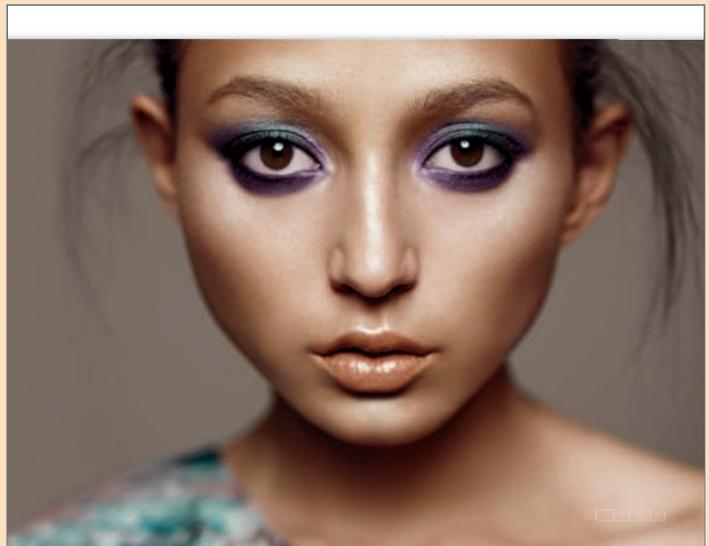
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AVEDA

THE DEVIL LIVES IN MY DAUGHTERS' CLOSETS!

Parenting

by Rachel Kennedy Roberts

Lionel Richie had a song called "Easy Like Sunday Morning." Great song, but the title itself is a contradiction. Sundays are anything but easy. Apparently, Mr. Richie never tried getting two young divas ready for church.

I've become convinced that the Devil will do anything and everything to prevent a person from going to church on Sundays. In the past, he has forced me to sleep late, caused fights, and (when my youngest daughter, Ella Jaymes was younger) made dirty diapers occur just seconds before walking out the door.

This morning, the Devil somehow made his way into my girls' closets. He stole a shoe and shrunk some dresses. First, my daughter, Madelyn, had a sandal mysteriously disappear. And I mean, we searched *everywhere*: in the back of her closet, under her bed, in the

shoe holder on the back of her door, in the Honda, in the Nissan, in Ella Jaymes' closet, under Ella Jaymes' bed, in the toy basket downstairs, in my closet, in suitcases. So, I merely suggested she wear a different pair of shoes, and the world suddenly came crashing down.

"No, I'll just wear another outfit."

"No, you'll just wear different shoes."

"But I want the piiiiiiiiink ones!!!!"

The Devil rears his ugly head.

Next, I went into Ella Jaymes' room. And it's the strangest thing: all of her dresses had mysteriously shrunk. Not a single one fit. I swear the child had more clothes than that. The first hit right at the top of her thigh. The next could've been worn as a shirt. The white one had a stain, the turquoise one had a rip, last year's Easter dress still fit but the

shoes did not. And when I pulled out the denim one, Ella Jaymes wrinkled her nose.

"I don't want that one."

We finally settled on a pale pink dress that needed ironing. It didn't get ironed.

How is it that the Devil seems to strike when we're at our weakest? When we're vulnerable? When he knows he can get to us? That moment hits me almost every Sunday morning. I'm rushed, I'm frantic, but I'm trying my best to do the Lord's will...and the Devil absolutely hates it.

So, with a wrinkled dress, the "wrong" shoes, and my hair looking as crazy as I felt...we made it to church. On time, even. Sorry, Devil...you lose.

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Aug. 7th, 2pm
JC Penny Court
Back to School Fashion Show
Join us for the Back to School Fashion Show and view what is hot for the upcoming school year.

Aug. 21st
Registration begins at 2pm
Center Court
Ages 4-9 years old.
\$10 Registration Fee & a non-returnable photo.
One boy and one girl from each category will be chosen & win great prizes.

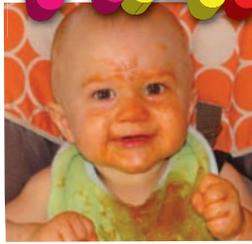
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Wanna be on the Fridge?: Email photo to: fridge@clarksvillefamily.com by August 15th. *Please include the name of who is in the photo, their age & a preferred short caption* (optional).

HAPPY BIRTHDAY!



Happy 1st Birthday Eli!
Love, Mama & Dada



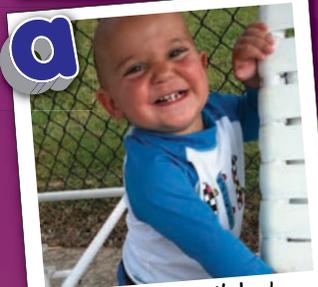
Happy 1st Birthday Samuel!
Love Mom,Dad, & sisters.



Happy Birthday Amelia!
Love, Dadda, Momma & Eddy



Happy 1st Birthday Scoachell!
Mommy & Daddy love you!



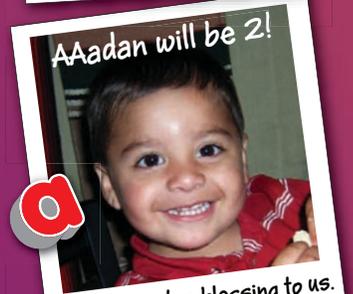
Happy 1st Birthday!
Andre, my little surfer boy!



Happy 1st Birthday Mia!



Happy 1st Birthday!
You are loved!



AAadan will be 2!
You are such a blessing to us.
Happy Birthday! Love Daddy & Mommy



Happy 2nd Birthday Hayden!
Love Always, Momma, Daddy & Troy!



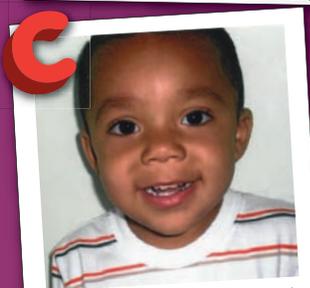
Happy 2nd birthday Landen!
Dada loves & misses you!
Love Momma & Dada.



Happy 2nd Birthday Mason!
Love, Mommy & Daddy



Happy 2nd Birthday, Jenna!
Love, Mama, Daddy & Mia.



Happy 2nd Birthday Conner!
Love, Monny, Daddy & Family



Happy 2nd Birthday Johnny!



Happy Birthday Ethan!
Love, Mommy, Daddy & Nathan!



Happy 3rd Birthday Angelique!
Love: Mommy & Daddy!



Happy 3rd birthday Dante!
You are my world! Love, Mommy.



Happy 3rd Birthday, Aiden!
Love, Daddy, Mommy, & Ali



Happy 3rd Birthday Christopher!
Mommy's little honey boy!



Happy 3rd Birthday Patience!
We all love you!

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

HAPPY BIRTHDAY!



Happy 4th Birthday, Carrie!
Love, Daddy, Mommy, Hannah, & Patrick



Happy Birthday, Michela!
From your Tennessee Family



Happy 5th Birthday Cheyenne!
Alles Gute zum Burzeltag, Maus.
Mami, Daddy, & Madison



Happy Birthday Nailah &
Shante. We love you!



Happy 6th Birthday Gunnar!
Love Mommy, Daddy, & RJ



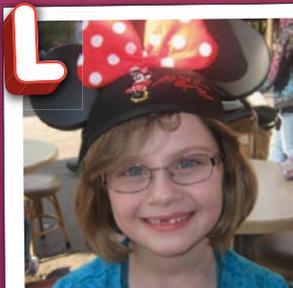
Happy 6th Birthday Parker!
Love, Mom, Dad, Cole, & Chloe



Happy 6th Birthday Preston!
Love Mommy & Nana!



Happy 7th Birthday Chris!



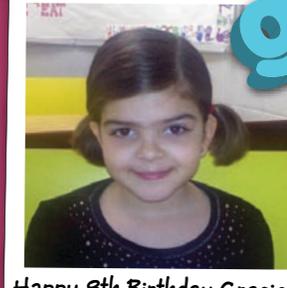
Happy 7th Birthday Layla!
Love, Mom, Dad & Rebecca



Happy 7th Birthday Nevaeh!
I love you so much, mommy!



Happy 8th Birthday Gabe!
Love Mommy, Daddy, & Gavin



Happy 8th Birthday Gracie!
Love, Mommy & Jaybird



Happy 8th Birthday Lillie!
WE LOVE YOU! MUAH...Your LUVIN' Family!



Happy 10th Missy Kait!
Hugs 'N Kisses M&D



Happy 12th Birthday, Hannah!
Love-Mom, Dad, Carrie, & Patrick



Happy 13th Birthday Desmond!
From Aunt Angela



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.

Ongoing

ADVANTAGE LEARNING CENTER EVENTS

Call (931) 648-2665 for information.

Parent Meeting for Homeschool Parents

Thursday, August 5 from 10:00 a.m. to 5:00 p.m.

First Day of Homeschool Tutorials

Tuesday, August 10.

Wizard of Oz Musical

Friday, August 13 at 7:30 p.m.; and Saturday, August 14 at 2:00 p.m. and 7:30 p.m.

CANINE FLYBALL CLUB

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

or visit www.flyballdogs.com/qcrr for more information about this exciting canine sport.

CELEBRATE RECOVERY

Friday nights with refreshments at 6:15 p.m. and the meeting at 7:00 p.m. at Grace Church of the Nazarene, 3135 Trenton Road. A Christ centered 12-step ministry. For more information call the church office at (931) 647-7768 or (931) 216-6644.

CLARKSVILLE DOWNTOWN MARKET

8:00 a.m. to 1:00 p.m. every Saturday through October 23 on the Public Square in downtown Clarksville. The Market will feature fresh, locally grown produce, nursery stock, handmade craft items and other commodities available on a seasonal basis. You can also find baked goods, home decor, seasonal flowers and much more.

Vendors wishing to sell products for future market dates are welcome to review the market guidelines and return the vendor application that can be found on www.cityofclarksville.com. Vendors from outside Clarksville are also invited to participate.

Want to stay informed on what's "fresh" each Saturday at the Clarksville Downtown Market?

Soccer sign-ups!

Sunday, August 15th
Saturday, August 21st
Sunday, August 22nd

1:00 to 5:00
Governor's Square Mall

Registration forms and information at:
www.mcsaonline.net

Follow us on Facebook by searching Clarksville Downtown Market and stay "in the know." You can also visit our website at www.clarksvilledowntownmarket.com. For more details please contact the Clarksville Parks and Recreation at (931) 645-7476 or visit www.cityofclarksville.com.

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 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

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are \$2). Visit hbcfamilylife.blogspot.com for more information.

August

5 THURSDAY ELECTION DAY

State primary and Montgomery County General elections. For information visit www.montgomerycountyttn.org and click on the Election Commission link under the Departments tab.

6 FRIDAY TENNESSEE SALES TAX HOLIDAY WEEKEND

Through Sunday, August 8. Save on clothing, school supplies and computers. Visit www.tntaxholiday.com for details.

BACK TO SCHOOL BASH

5:30 p.m. to 8:00 p.m. at Daymar Institute, 1860 Wilma Rudolph Boulevard. Daymar Institute, a partner in education with the Clarksville-Montgomery County School System, is helping students start the year off prepared and ready to learn through donated supplies. Collected school supplies will be distributed to the children during the bash. If you would like to donate supplies or help to hand out during the drive contact

Yasmine Carrion at (931) 552-7600 x219 or ycarrion@daymarinstitute.edu.

7 SATURDAY BENEVOLENT LODGE ANNUAL PICNIC AND BARBEQUE

9:00 a.m. to 8:00 p.m. at Lodge Grounds, 3014 Old Clarksville-Springfield Road, Adams. Contact Vester Carney at (931) 801-0455.

BACK TO SCHOOL FASHION SHOW

2:00 p.m. at JC Penney Court in Governor's Square Mall. Join us for the Back to School Fashion Show and view what is hot for the upcoming school year.

MOVIES IN THE PARK: FORREST GUMP

At dark in Heritage Park, 1241 Peachers Mill Road. Fun pre-movie activities begin an hour prior to movie. Free to the public. Presented by the City of Clarksville Parks and Recreation Department.

9 MONDAY ALZHEIMER'S CAREGIVERS SUPPORT GROUP MEETING

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

Little Lambs & Ivy Children's Clothing

14th Annual Fall/Winter Consignment Sale

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

RECEIVING DATES: Thur., Sept. 9 through Sept. 11 (by appointment only). Call or go on-line to schedule your drop-off time!

SALE DATES:

PRE-SALES: (Sorry, NO CHILDREN ALLOWED at pre-sales)

Tue., Sept. 14th, 5:00 - 7:00 PM
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7:00 - 9:00 PM CONSIGNORS AND
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Thur., Sept., 16th 6:00-8:00 PM
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Wed., Sept. 15th 7:00 AM - 6:00 PM
(REGULAR PRICE)

Thur., Sept. 16, 7:00 AM - 6:00 PM
(25% discount, unless marked "No Discount")

Fri., Sept. 17, 7:00 AM - 6:00 PM
(50% discount, unless marked "No Discount")

Sat., Sept 18, 7:00 AM - NOON
(50% discount, unless marked "No Discount")

Sale Location:
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10 TUESDAY
2010 WOMEN'S DAY CONFERENCE

10:00 a.m. to 4:00 p.m. at the Montgomery County Civic Hall, 350 Pageant Lane. Sponsored by H.O.P.E. (Hispanic Organization for Progress and Education), come celebrate with us women's health, mind and spirit. Free health screening, workshops and door prizes. For more information call (931) 802-6060, (931) 249-5330 or visit www.latinohope.com.

12 THURSDAY
SEE PINK MEETING

6:30 p.m. at Exit Realty off Exit 1. Led by breast cancer survivors, Kelly Blevins and Lynne Woodson. Meetings help women who have gone through, or are currently going through treatment. Email www.seepink2@gmail.com for more information or visit seepink2.blogspot.com.

THE LANTERN MEETING

7:00 p.m. 280 Dunbar Cave Road. The Lantern is a community of military wives who support and encourage one another through worship, Biblical truths, and fellowship. Free on-site child care during meetings. Visit www.thelanternclarksville.com for more information.

14 SATURDAY
CLARKSVILLE'S LARGEST COMMUNITY YARD SALE

8:00 a.m. to 12:00 p.m. at Daymar Institute, 1860 Wilma Rudolph Boulevard. Clean out the closets and get ready to park the car in the garage again! Sponsored by CampbellYardSales.com and Daymar Institute. St. Jude's Children's Hospital will benefit by receiving all the proceeds collected from "selling" tables. Visit CampbellYardSales.com for the registration information. Tables will be limited and sold on a first come, first serve basis only.

GOLD WING ROAD RIDERS ASSOCIATION

Mall hours, mall wide at Governor's Square Mall. The Clarksville Chapter "Q" of the GWRRA will be here to show off their bikes and will feature Kids i.d. kits by the Clarksville Police Department from 10:00 a.m. to 2:00 p.m.

Also, the GWRRA will be taking items for the F.U.E.L. Program, which helps to feed our elementary children during non-school hours. It is hard to believe some of our Montgomery County children only get to eat during, and at school.

Guidelines for Donations:

- All items must be individually wrapped
- No glass or cans allowed
- No pop-tops (the children could get cut when opening these)
- All items must be ready to eat
- All items will be sacked together for each backpack

Suggestions of Needed Items:

- Pop Tarts
- Small Box Cereal
- Breakfast Tarts and Granola

MOVIES IN THE PARK: HAIRSPRAY

At dark in Heritage Park, 1241 Peachers Mill Road. Fun pre-movie activities begin an hour prior to movie. Free to the public. Presented by the City of Clarksville Parks and Recreation Department.

17 TUESDAY
CLARKSVILLE SCRABBLE GAME CLUB

5:00 p.m. to 9:00 p.m. at Borders Books, 2801 Wilma Rudolph Boulevard. Call Clay Sanders at (931) 647-3625.

18 WEDNESDAY
OFFICERS' SPOUSES' CLUB AND ENLISTED SPOUSES' CLUB SUPER SIGN UP MEMBERSHIP DRIVE

10:00 a.m. to 1:00 p.m. at Cole Park Commons. Many vendors and organizations

will be represented. Door prizes and light refreshments will be served. Come and join the clubs, a great place to make friends and make a difference in your community. For additional information visit www.fortcampbellosc.com and www.101stesc.net.

19 THURSDAY
FREE BREASTFEEDING CLASSES

1:00 p.m. at Montgomery County Nutritional Education Center (WIC) in the Breastfeeding Room, 1850 Business Park Drive, Suite 103. Family members of prenatal women are welcome and encouraged to come. We discuss how to begin the breastfeeding experience successfully, troubleshooting challenges, how and when to pump, and how to continue breastfeeding for the length of time desired. Lots of Q&A, as well as some free breastfeeding supplies! Contact number is (931) 551-8777, ask to speak with a nutritionist.

20 FRIDAY
MOST BEAUTIFUL KID CONTEST

Registration begins at 2:00 p.m., show begins at 3:00 p.m. at Center Court in Governor's Square Mall. Ages 4-9 years old. \$10 Registration Fee and a non-returnable photo required. One boy and one

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girl from each category will be chosen and win great prizes.

JAMMIN' IN THE ALLEY—THE SELLOUTS

7:00 p.m. at Strawberry Alley downtown. Free concert, open to the public.

21 SATURDAY CALLING ALL SCOUTS!!!

10:00 a.m. to 12:00 p.m. at Billy Dunlop Park off Needmore Road. Come join the North Clarksville area Scouts for our fall sign-up event to get your scout ready for this year's adventure! We service Girl, Boy, and Cub Scouts from Barkers Mill, Northeast, Rossvie, and all schools in between. Bring the whole family for a look at scouting fun!

23 MONDAY OPEN HOUSE

6:00 p.m. at Hilldale Christian Child Care Center, 501 Highway 76. Open enrollment for part-time pre-school and full-time pre-K. Call (931) 920-3931 for more information.

26 THURSDAY SEE PINK GIRLS NIGHT OUT

6:30 p.m. at Exit Realty off Exit 1. Led by breast cancer survivors, Kelly Blevins and Lynne Woodson. Meetings help women who have gone

through, or are currently going through treatment. Email www.seepink2@gmail.com for more information or visit seepink2.blogspot.com.

27 FRIDAY FALL BOAT SHOW

Mall hours, mall wide at Governor's Square Mall. Come out and see what's on sale!

28 SATURDAY TOUCH THE TRUCK

3:00 p.m. to 6:00 p.m. at Chick-fil-A, 1626 Madison Street. Come see fire trucks, police cars and more! Learn safety tips from the fire and police departments. Games and prizes will be awarded. Call (931) 648-4468 for more information.

MOVIES IN THE PARK: THE DARK KNIGHT

At dark in Heritage Park, 1241 Peachers Mill Road. Fun pre-movie activities begin an hour prior to movie. Free to the public. Presented by the City of Clarksville Parks and Recreation Department.

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



Summer Clearance Sale
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OPEN HOUSE
 Mon., Aug., 23 at 6pm for open enrollment for part-time pre-school and full time pre-k

WELCOME

501 Hwy. 76 Clarksville, TN • 931.920.3931
 Please contact Director, Carolyn Gilliard for more information
hcchildcare@hilldalecc.org

Teach Compassion



Towards All God's Creatures

Humane Society
 Clarksville-Montgomery County

931-648-8042
www.clarksvillehumanesociety.org



Are you dealing with the pains of infertility and barrenness?
 Are you currently undergoing infertility treatments, or thinking about pursuing it?
 Are you in the process of adopting?
 Are you looking for a way to make a difference in the life of a child?
 Do you just need to be around other ladies who understand what you are going through?

Whatever your need, **Sing O Barren Woman Support Group** is there for you.

Sing O Barren Woman is a new support group in Clarksville. The purpose of this group is to help form a place of safety, bonding and open discussion for women who are dealing with or have dealt with the issues of infertility. This group will meet once per month.

For more information, please contact **Lemmonstine Poindexter** at 931-302-0184 or lemon.poindexter@yahoo.com

The Roxy Regional Theatre

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

INTO THE WOODS

In James Lapine and Stephen Sondheim's fractured fairy tale, when a Baker and his Wife learn they've been cursed with childlessness by the Witch next door, they embark on a quest for the special objects required to break the spell, swindling, lying to and stealing from Cinderella, Little Red, Rapunzel

and Jack (the one who climbed the beanstalk). What begins as a lively irreverent fantasy in the style of "The Princess Bride" becomes a moving lesson about community responsibility and the stories we tell our children. August 3, 4, 5, 6, 7, 10, 11, 12, 13, 14, 17, 18, 19, 20, 21, 24, 25, 26, 27 & 28.

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)

CUSTOMS HOUSE MUSEUM & CULTURAL CENTER

200 South Second Street • (931) 648-5780 • www.customhousemuseum.org

GONE FISHING

Housed in the two-story Crouch Gallery, this regionally themed show features an assortment of "eye candy" for the fishing enthusiast. Working with local collectors and experts, Terri Jordan, Exhibits Curator, has amassed a variety of antique lures, rods, traps, and tackle boxes that will please viewers of all ages. Through August 8.

IN PLEIN SIGHT

Plein air landscapes by Nashville's prestigious Chestnut Group. On exhibit through August 8.

CALL TO ARMS

Call to Arms celebrates the service and dedication of this country's veterans. See uniforms,

photographs, and artifacts from the Civil War, Spanish-American War, World War I, World War II, Korean War, and Vietnam War. Read the stories of some of Clarksville's soldiers who have fought for freedom here, and around the world. Through August 27.

THE AWARD WINNERS

Selection of works from the Tennessee Watercolor Society's Biennial Exhibition. On exhibit through August 27.

MONSTER MAZE

Taking over the Kimbrough gallery, come test your skills against the Labyrinth as you learn about the giant creatures that inhabit our world and our legends. The maze

is being shown in conjunction with Wendy Latimer's watercolor exhibit Wendy's Zoo. Through September 26.

WENDY'S ZOO

Wendy Latimer is a Nashville painter who has captured the images of our furry and feathery friends from the Nashville zoo in watercolor. You can come and view her adorable and fun paintings of these animal kingdom inhabitants in our Kimbrough Gallery. These works of art feature Paddy the Panda, Elliot the Elephant, Milly the Meerkat, and Gina the Giraffe just to name a few! This exhibit is being shown in conjunction with our

Monster Maze. Through September 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.

Admission

Adults \$7, senior citizens \$5, college ID \$5, ages 6-18 \$3, ages 5 and under free. Sundays free. Museum members are admitted free of charge. Our **Second Saturday** program opens our galleries free of charge to the general public on the second Saturday of each month.



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Saturday Nights at DARK in Heritage Park



**movies
in the park**

FREE!

August 7: Forrest Gump
August 14: Hairspray
August 28: The Dark Knight

FUN pre-movie
activities begin an
hour prior to movie!

COME ENJOY A MOVIE UNDER THE STARS!

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Michelle Lange at (931) 217-2392 or e-mail warriorscheersquad@yahoo.com.

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.

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.

OMNI VISIONS INCORPORATED

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

PHOENIX HOMES

1781 Wilma Rudolph Boulevard, offers treatment foster care and services. (931) 645-7711, (931) 645-7742 or www.phoenixhomes.org.

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.

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.

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 or 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 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, tournamentcoordinator@myironknights.com, or visit us at 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

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 call (352) 262-0627 or e-mail swimeagleky@yahoo.com. All participants must pass a swim test.

YOUTH WRESTLING PROGRAM

The Hawks wrestling club will be taking registrations for boys and girls ages 7 through 14 years old (Elementary - Middle school) starting in November 2009. Space will be limited. Our season will run from November 2009 through March 2010. We are also looking for experienced volunteer wrestling coaches and coordinators. For more information, please contact wrestling coach Rafael Gonzalez at (931) 320-5042 or e-mail at taniagon@charter.net.

CHILDBIRTH & PARENTING EDUCATION

FAMILY BIRTH CENTER

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

GATEWAY MEDICAL CENTER

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

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

HEALTHY START

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

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

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

NINE MONTHS & BEYOND

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

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.

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.

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/

www.tennessee.gov/humanserv/childcare/63/37042/

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.

PROGRESSIVE DIRECTIONS, INC.

At 1249 Paradise Hill Road, provides services to developmentally delayed children and adults. (931) 647-6333 or 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.middleletnalanon.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.

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.

MONTGOMERY COUNTY CHILD SUPPORT SERVICE

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

SAFEHOUSE

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

CHILDREN'S GROUPS

4-H YOUTH DEVELOPMENT

At 1030 Cumberland Heights Road, is open to all youth ages 9-19. Involves participation in

4-H through school clubs, community clubs, special interest groups, and a variety of camps. Martin R. Koon Jr. at (931) 648-5725 or mkoon@utk.edu.

BOY SCOUTS OF AMERICA

(931) 647-8811, (800) 899-7268 or www.mtcbsa.org.

GIRL SCOUTS OF THE USA

1300 Madison Street, (931) 648-1060 or www.girlscouts.org.

COMMUNITY OUTREACH

ALL NATIONS BIBLICAL STUDY CENTER

Offers tuition-free Bible courses to the community. Fall 2010 Semester courses begin in September. Course titles include The Synoptic Gospels, The Torah Through the Ages, New Testament (Koine) Greek, and Learning to Read Biblical Hebrew. Classes meet for 1-1/2 hours weekly. Six online courses are also available. Visit www.studythescriptures.net or call (931) 648-8844 for more information, class schedules, and to register.

APSU EXTENDED EDUCATION

Develop a new skill, explore a new idea, learn a new language or seek a new career with one of the classes from Austin Peay State University's Center for Extended and Distance Education. Register early and receive a 10 percent discount on selected courses. Preregistration is required for each course. New online classes start every month. Melony Jones at (931) 221-7868, jonesma@apsu.edu or 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 or 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, or visit our website at 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) 552-9551.

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

First Hispanic Family Center for education, resources, support and help. Our FREE Services are:
• AA support group meeting Mondays, Wednesdays and Fridays 8:00 p.m. to 9:30 p.m.

- English classes Monday through Friday, 10:00 a.m. to 12:00 p.m.; Tuesday through Thursday, 6:00 p.m. to 8:00 p.m.
- Glasses voucher program for low income families
- Enfocando autism support group
- Notary services
- Parenting classes
- Third Thursday food pantry
- Clothes closet
- Translations
- Women empowerment classes
- Youth mentorship
- Gang prevention training

For more information please contact our office at (931) 802-6060, 120-A Strawberry Alley, Monday to Friday from 10:00 a.m. to 4:00 p.m. Or visit www.latinohope.com.

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.

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 or 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.

LOAVES AND FISHES

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

MEALS ON WHEELS

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

MONTGOMERY COUNTY WIC CLINIC

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

PREVENT BLINDNESS TENNESSEE

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

RADICAL MISSION

Meets Tuesdays and Thursdays from 10:00 a.m. to 3:00 p.m. at Clarksville First Church of the Nazarene, 150 Richview Road. A Compassionate Ministry Center, founded by Clarksville First Church of the Nazarene,

seeks to creatively address issues of suffering and brokenness particularly pertaining to poverty and basic human needs. We provide food, furniture, clothing, financial counseling, assistance with utilities and friendship. For more information contact Pastor Brett Smith or Emmen Chapman at (931) 648-0110.

TENNESSEE REHABILITATION CENTER AT CLARKSVILLE

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) 648-5560.

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. You can also visit our website at 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.

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.

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.

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.

OAK HILL RESIDENTIAL

118 Union Street, (931) 647-8257.

PASTORAL COUNSELING CENTER

The Pastoral Counseling Center at 516 Madison Street, is a ministry of professional care dedicated to healing and growth in human life and relationships. In partnership with local congregations the centers are committed to providing clinical and education services to all who need these services. When you or someone you love is troubled by depression, marital or relationship problems, substance abuse, or a vague sense that your life is adrift,

we can help. Professional support is available with fees based on your ability to pay. (931) 648-9009 or www.pastoralcounselingctr.org.

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.

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 TENN KY AREA AFS VOLUNTEER LEADERSHIP TEAM

The Miss Tenny 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 and click on going abroad, hosting or volunteering. Locally, you may contact Becky Heywood at AFSbecky@comcast.net for volunteering and sending. To find out more about hosting

Crisis 211

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

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

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

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

locally contact Jackie Smiley at AFSjackie@gmail.com. The local web site is www.misstennky.org. You may also contact locally Dr. Barbara Y. Wills for general information and how you may be involved here in the Clarksville area at 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 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/tu/chara or e-mail 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/

HOPKINSVILLE SAHM MEETUP GROUP

For information about the Hopkinsville Stay at Home Moms Meetup Group visit 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. See following block for this month's events.

MOMS Club of Clarksville Calendar

Friday, August 6—**General Meeting** at 10:00 a.m. At this month's meeting, we are shaking things up a bit with a lesson on Zumba (a fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system). One of our members is an instructor and will lead us. We are also asking members to bring a school supply item to donate for children heading back to school.

Tuesday, August 10th—**Custom's House Museum**

Thursday, August 12—**Lunch Bunch** at the Looking Glass

Monday, August 16—**Park Day** at Gate 5 Splash Park on Post

Thursday, August 19—**L & N Farmer's Market**

Saturday, August 21—**Family Day** at Jazz on the Lawn

Tuesday, August 24—**Mom's Night Out**

Wednesday, August 25—**Park Day** Airport Park

Friday, August 27—**Lunch Bunch** at Chuck E Cheese

Tuesday, August 31—**Breakfast Bunch** at Chick-Fil-A on Madison Street

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 throughout the school year at First Baptist Church downtown, 435 Madison Street. Each meeting begins at 9:15 a.m. and childcare is provided. For more information, please contact our 2010-2011 Coordinator, Carrie Abraham at cchilcott@hotmail.com or (931) 431-2533, or visit us on Facebook under MOPS at First Baptist Clarksville.

FT. CAMPBELL MOPS

Free child watch is available 9:15 a.m. to 12:00 p.m. MOPS meets the 1st and 3rd Wednesday of the month at Memorial Chapel Church on Fort Campbell. Contact Kathryn Wohfeil at (931) 378-7359 or ftcampbellmops@yahoo.com.

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 Heather Lopp or Diane Carroccia, Co-Coordinator, email Diane at dianec74@gmail.com or visit www.orgsites.com/hilldalemops/tn.

SPRING CREEK BAPTIST CHURCH MOPS

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

PARENTS OF MULTIPLES

An email support group for parents of twins, triplets and more that live in Clarksville or the surrounding area. Call Kelley Corley at (931) 358-0127 or e-mail KCorley77@aol.com for more information.

PARENTS REACHING OUT

Provides peer counseling and support services. Aims at long-term preventive health care solutions to families facing the challenges of a high-risk pregnancy or having an infant or child in critical care. Call (615) 365-7004.

SHARE (SECULAR HOMESCHOOLERS: ANY RELIGION, ECLECTIC)

SHARE is a non-religious home school group for Clarksville and the surrounding areas. All homeschoolers are welcome to join this group, regardless of religious beliefs, race, homeschooling methods, or family lifestyles. An online support and information network is available as well as bi-monthly meetings. This group is a community in which we all play an important role in deciding and implementing the activities we want for our children. For membership information please visit: groups.yahoo.com/group/tNSHARE/

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 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 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 or 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)

Someone 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 Sheree at 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. E-mail www.seepink2@gmail.com for more information or visit 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 warriorsofhope@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.

Coloring Contest Winners!



Helen Clemons
age 3, Clarksville, TN

**Ages
0-3**



Connor Senn
age 3, Clarksville, TN

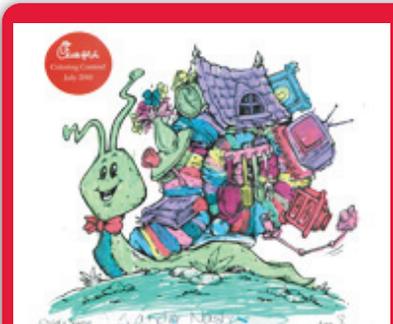


Hagen Albright
age 5, Woodlawn, TN

**Ages
4-6**

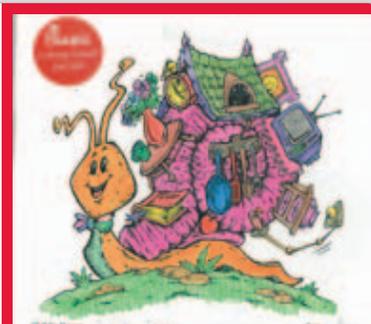


Mollie Nicholson
age 6, Clarksville, TN



Alexander Nash
age 8, Southside, TN

**Ages
7-9**



Sarah Tracy
age 9, Woodlawn, TN

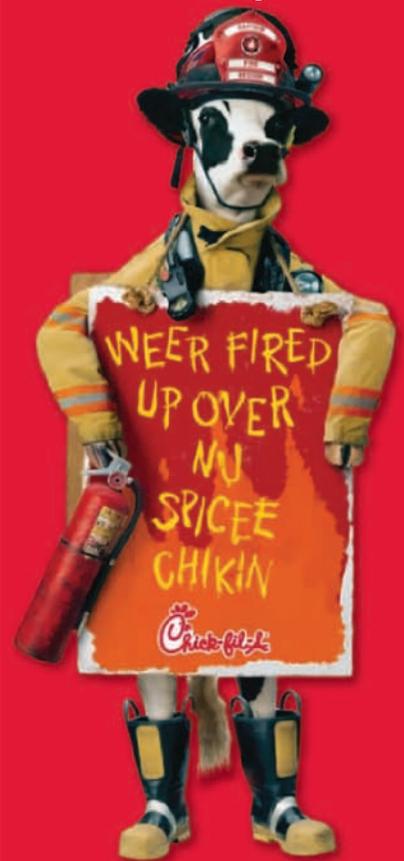


Joshua Bartman
age 10, Clarksville, TN

**Ages
10-12**



Kathy Ochoa-Vidales
age 11, Clarksville, TN



Quench the FIRE...

(with something cool & sweet!)
Get a Free Small Handspun
Milkshake when
you buy a
Spicy Chicken
Sandwich



Coupon not valid with any other offer. One coupon per person per visit. Redeemable at Madison St. & Governor's Square Mall locations in Clarksville. Closed Sundays. Please use by September 30th, 2010.

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



Coupon not valid with any other offer. One coupon per person per visit. Redeemable at Governor's Square Mall & Madison St. locations in Clarksville. Closed Sundays. Please use by September 30th, 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.

christian atheist

A Christian Atheist is someone who believes in God,

...but lives as if he doesn't exist.



Do you live your life as if God is in the room, or do you assume He's not paying attention? Have you prayed a prayer and got religion, yet continue to live a double life? During the month of August at oneChurch, we'll unpack what it means to be a Christian and how having a relationship with Jesus will change every area of your life--especially the way you drive!



onechurch.tv

Meets every Sunday at 9:00am and 11:00am at Northeast High School
across from the Great Escape Movie Theatre

www.onechurch.tv

931-802-8663