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Publisher's Message

If it's okay, we're going to take a little time to pat ourselves on the back a bit...

This issue of *Clarksville Family Magazine* marks our four-year anniversary. We are so proud to have made it this far, and sincerely hope to be writing about our fortieth anniversary eventually!

When we began in the spring of 2007 we thought we could fill a void in Clarksville. We noticed that Nashville and even Jackson, Tennessee had family/parenting magazines, and we could not understand why Clarksville did not.

That first issue was just my husband Cliff and I. We did everything from (trying to) sell advertising, to delivering the issues, to designing the ads and layouts, and writing the content that was not contributed. And it continued that way for well over a year.

Slowly we grew. We added a writer here, a graphic designer there, and eventually a salesperson. But through it all we have tried to make the magazine greater than the sum of its parts.

We could not have even gotten past that first issue if it were not for our advertisers and readers—thank you for all of your support past, present and future. It has been a pleasure to work with and serve you.

We are always so proud when someone comes up to us and tells us how much she loves the magazine. Often it is followed with an example of how it has been such a resource to her as she moved here and has gotten to know our beautiful city. For newcomers, lifelong residents, or anyone just passing through, we are thrilled you keep picking us up.

Sorry for all of that, but birthdays only come once a year!

This issue is packed with many great articles on things to do, ways to become healthier, and great stories about our community and its citizens. I hope you enjoy reading it. Here's to a great fifth year of *Clarksville Family*!

Sincerely,
Carla Lavergne



Clarksville Family

Clarksville Family Magazine has 10,000 issues published and distributed monthly at over 160 locations across Clarksville and the surrounding area.

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A LOCAL MECCA OF ROCKING CLIMBING—KINGS BLUFF

by Pamela Magrans

Overlooking the Cumberland River reaching approximately 70 feet tall stands Kings Bluff. This local cliff is becoming known as one of the newest climbing areas in the Deep South. Located off the 41A Bypass in the Queens Bluff area, Kings Bluff is a rock climbing Mecca, not only for locals, but also for climbers across Tennessee. It is considered the best outdoor climbing closest to Nashville.

The cliff features approximately 170 different routes ranging in difficulty. The cliff boasts a pristine view of the Cumberland River, thick foliage for shade and up to 70 feet of limestone rock to scale. The Kings Bluff cliff has made a name for itself, as people travel from across Tennessee just to visit Clarksville and scale Kings Bluff.

One student climber...

Josh Reese, a 17-year-old Clarksville High School student, started rock climbing about two years ago. Josh



was first introduced to rock climbing by his scouting troop when they visited an indoor rock climbing facility in Nashville. As he gained more experience, he began climbing outside.

“I enjoy how the sport is competitive and friendly at the same time. Climbing is a positive way to spend time and energy,” said Reese.

As opposed to many childhood sporting activities, climbing can be lifelong. The



physical stamina involved in the sport provides excellent exercise and the teamwork involved in the climber/believer relationship lends itself to positive and trusting relationships.

“I see myself continuing this sport because it is something I can go do on weekends and in my free time. This is a great sport for teens because all teens are competitive,” said Reese.



My hike at Kings Bluff

My family enjoys indoor rock climbing, so I was particularly interested when I learned that Clarksville is home to an increasingly popular outdoor rock climbing location. Last month we visited Kings Bluff to find a full parking lot overlooking the ledge. My family wedged our way down the rough rocky footpath that leads to the base of the cliff. There we found a myriad of climbers, some sitting and talking at the base, some scaling the cliff, still others getting their gear ready. Ropes, harnesses, locking beaners, gear and backpacks rested at the base of the cliff. Faint commands of “climb on” echoed from around the edge of the cliff. The tone was serious, the sound quiet, the respect for climbing apparent.

Looking up I noticed the anchors embedded in the rock to allow for the climber to attach a carabineer at certain intervals to secure safe attachment to the rock.



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Routes were labeled with silver nameplates indicating level of difficulty. A climber tells me that the routes are named by the first climber to scale that area.

As we continued our hike along the small trail overlooking the Cumberland River, I was tempted to look at the river instead of where I was stepping. With no fencing, this is a hike where you must keep your eyes on the path. Soon we encountered a family of three: a father, mother and 12-year-old daughter. We talked to them for a while discovering they traveled from Murfreesboro just to scale Kings Bluff.

A bit further down, we encountered a group from Memphis. Eventually, we found some local climbers who were spending a lovely March day on the cliff.

I soon discovered that the climbers at Kings Bluff are a community.

Kings bluff is not for first time climbers. Some skill is required before venturing out on an open bluff. Most of the climbers we met received training at Nashville's indoor rock climbing facility Climb Nashville (hint: there is a coupon in the City Saver Coupon Book). Climbers need to have knowledge of commands, how to use the gear correctly and basic climbing skills. Once some knowledge of rock climbing is achieved, the next step in training is to climb outdoors.



A climbing partner is a must, as it takes two to climb.

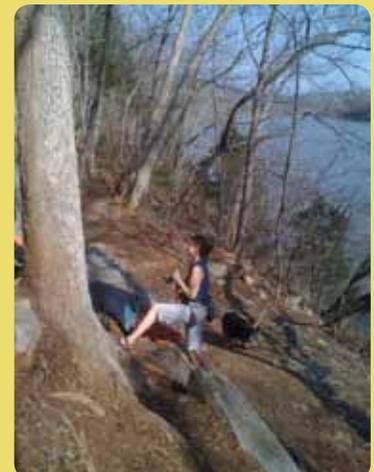
For families who like an outdoor adventure, local rock climbing is a wonderful asset. The sport lends itself to teamwork—a great way to achieve family bonding. This sport offers families a way to learn a new skill together, then enjoy climbing locally.

Since the Kings Bluff area is open to the public, it is free, but climbers must bring

their own climbing gear. A donation bucket offers visitors a way to help offset the cost of operating the location.

Kings Bluff is owned and maintained by the SCC (Southeastern Climbers Coalition). Climbing at Kings Bluff began in the early 1990s, but it has only been since 2002 that the land became part of the SCC. Our city is making a name for itself in the climbing community through the lovely limestone cliff located in Clarksville's backyard.

If you are new to rock climbing and want to get an introduction, Climb Nashville is a good place to start. Visit their website at www.climbnashville.com. The local Kings Bluff Area Representative is Scott Griggs. He can be reached at kingsbluff@hotmail.com. Visit www.seclimbers.org for more directions to Kings Bluff.



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KIDNEY DONOR: GIVING LIFE

by Taylor Lieberstein

What is a greater gift to give than the gift of life? Todd Doron would answer that there is not a better one. Doron has a family history of Polycystic Kidney Disease and it has taken the life of both his grandfather and father, but it did not claim his life because of one man who made the unselfish decision to become an organ donor.

PKD is a kidney disorder passed down through families in which multiple cysts form on the kidneys, causing them to become enlarged. Doron first discovered he had inherited PKD in July 1997 after experiencing some painful symptoms.

He spent a week in the ICU on several IV antibiotics and underwent an ultrasound, but knowing the history of his family, he chose not to know the results of the ultrasound for a couple of days following the tests.

“Although I knew inside that I had the disease, I felt that if a doctor didn’t tell me then it would be okay, and I could go on with life as normal. I succumbed to the fear and I wanted to know so that I could adjust my lifestyle and eating habits to prolong the inevitable onset of the deterioration of function in my kidneys.”

The terrible news was followed by seven years of visits to Vanderbilt working closely with his doctor. Towards the end of this period the doctor was ready to place Doron on dialysis, which Todd refused.

“I had seen the pain, suffering, the taking of one’s muscle structure and the mental anguish it causes everyone in your life. I actually tried to live life to the fullest even though I progressively got weaker and more tired each day. I really didn’t think about it unless I had a doctor appointment. Little did I know the short road I was about to be on my way back to being very healthy.”

According to the United Network for Organ Sharing (UNOS) there are 110,565 people waiting

There are four different ways that an individual can become an organ donor.

- The first way is through a donor registry. The donor registry can be found online at the government’s organ donor website. After choosing the individual state, the application can be filled out online.
- You can become an organ donor when renewing a driver’s license. Typically, a driver’s license must be renewed regularly, usually every four years. You can make the choice and have it documented on your license.
- Also available on the government’s organ donor website is the option to print off a donor card that can be carried with the individual wishing to be an organ donor. For those who do not wish to print off a card, one can be ordered and mailed.
- Although the other three steps can help express your wishes to be a donor, a family member must be the final advocate in donating your organs. This is why it is always important to entrust someone who will carry out your wishes.

for different types of organ transplants. Of those people, 2,113 are Tennessee residents specifically waiting on kidneys. And on average another name is added to the national organ donor waiting list every ten minutes. Doron had found himself on that list.

It was now November 2004 and Todd was being considered for placement on a transplant list. The transplant review board accepted him. Now all he had to do was start waiting and praying. The average wait for a transplant is three to five years.

Three short days later, on Thanksgiving Day, the doctor called. A perfectly matched kidney had been found and was ready for Doron immediately. He made arrangements and headed for Vanderbilt to await his “gift.”

The kidney was in route from Miami and would be there by the following morning.

“My donor was a vibrant young man aged 37 that was flown to Miami General Hospital after being run over by a golf cart while playing golf on Thanksgiving morning. He was declared brain dead and he had donated all of his organs,” said Doron.

His new kidney arrived on time and surgery began. It lasted about an hour and a half and was a successful operation. Todd said he was sore as all get out, but the pain was definitely overcome with the feeling of happiness he had. The next day he

could already walk again and he soon returned home. He was able to return to his position at the Fire Department just five short weeks later; everyone was shocked at how quickly he recovered.

He also stated that currently he works three jobs and has plenty of energy and good health to do so.

"I have an enormous amount of give that I display as often as possible. I stay busy and I love the way I feel. I cannot express enough thanks to my donor family and the staff at Vanderbilt's Transplant clinic," said Doron. "This has been and continues to be the most amazing gift I have been given. And to receive it from someone that I had never even met, due to a tragedy that I am sure was a very sad time for this man's family, turned into the happiest moment in my life since the birth of my son."

This man gave Todd a second chance at healthy life. A man he didn't even know gave him the most priceless gift that he will ever receive. Unfortunately everyone will not find a donor in time, 18 people per day die waiting on organs. That is 6,570 annually. However, one organ donor can save up to eight lives.

Todd now wishes to give others a happy ending like his through raising donor awareness and encouraging people to become organ donors or become living donors.

"Consider this, you or your loved one could be in the same position I was in six years ago. Would you accept a transplant if it would save yours or your family member's life?" asks Doron.

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CAVITY PREVENTION TIPS FOR PRESCHOOLERS

by Dr. Lance Harrison, Jr.

Providing proper care and oral hygiene during preschool years can mean a lifetime of good oral health, according to an article in the January/February 2005 issue of *General Dentistry*, the clinical, peer-reviewed journal of the Academy of General Dentistry (AGD).

Research shows that children who develop cavities in their baby teeth are more likely to develop cavities as an adult. So how can a parent determine if their child is at risk for cavities? It all begins with that first trip to the dentist.

The first dental visit should include an exam to determine if the child is at low, moderate

or high risk for cavities and will help decide which oral hygiene program best suits them. Your dentist will be able to explain to you how often your child should be brushing, as well as provide flossing instructions for the child.

“Brushing should begin when the first tooth erupts,” says lead author of the report, Jane Soxman, DDS. “Parents should be in charge of a child’s brushing until the child is able to tie his or her shoes or write their own name clearly—usually 5 or 6 years of age.”

Children whose parents are prone to cavities and tooth decay need to be extra careful.

“We know there’s a genetic predisposition to tooth decay,” says Dr. Soxman.

Children at high risk for cavities should be discouraged from eating starchy snacks such as crackers and chips. In fact, one good way to determine if a snack is good for a child is to check their teeth 20 minutes after consumption. If the teeth are still filled with food, the snack should be discontinued.

“Regardless of what food is eaten, regular efforts have to be made to clean the teeth before decay can begin,” says AGD past president Tom Howley, DDS, MAGD. “This means things like brushing,

flossing, rinsing after snacks and using non-sugary beverages in bottles or sippy cups.”

“It is always good to schedule routine dental checkups and to limit your child’s intake of sugary foods,” says Dr. Soxman.

“Essentially all children are at risk for cavities to some extent or another,” says Dr. Howley. “So the same basic principles apply—control of exposure of cavity-inducing food and thorough cleaning of the teeth. Even if decay is a low risk for an individual child, they can still develop gingivitis or other problems if home care is inadequate.”



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BULLYING: A SOCIAL EPIDEMIC

by Stephani Cook, Ed. S.

In recent months bullying has become one of the most featured topics in both the education setting and the media. In fact, last month, President Obama and the First Lady held a press conference and published a public service announcement to bring attention to the seriousness of this matter among our children. Also last month, Jennifer Sanford wrote a wonderful article from a parent's perspective for *Clarksville Family* shedding light on her experiences as a child as well as her concerns for her own son, who, with Asperger's Disorder, is a prime candidate for bullying. So, why the sudden surge of heightened interest? First let's look at some facts about bullying.

Dan Olweus, creator of the *Olweus Bullying Prevention Program*, provides us with this commonly accepted definition for bullying in his book, *Bullying at School: What We Know and What We Can Do*:

"A person is bullied when he or she is exposed, repeatedly and over time, to negative actions on the part of one or more other persons, and he or she has difficulty defending him or herself."

This definition includes three important components:

1. Bullying is aggressive behavior that involves unwanted, negative actions.
2. Bullying involves a pattern of behavior repeated over time.

3. Bullying involves an imbalance of power or strength.

As we consider the definition of bullying, it is also important to remember that bullying can take on many forms as well. As part of the Olweus Bullying Questionnaire, students are asked if they have been bullied in any of these nine ways:

1. Verbal bullying including derogatory comments and bad names
2. Bullying through social exclusion or isolation
3. Physical bullying such as hitting, kicking, shoving, and spitting
4. Bullying through lies and false rumors
5. Having money or other things taken or damaged by students who bully
6. Being threatened or being forced to do things by students who bully
7. Racial bullying

8. Sexual bullying
9. Cyber bullying (via cell phone or Internet)

So, considering what bullying is and how it occurs, what we now know is that it is one of the largest contributing factors to the growing rate of teen suicides in our country. Additionally, it is negatively impacting attendance, graduation rates, student achievement, self-esteem and school climate. Some studies report rates as high as 50% of students indicate that they have been victims of bullying in their schools, while most report rates around 25 to 30%. Regardless of the rate, our children can tell you that it is a very real problem and it affects every student at some time in some way. Although always present, the social pressures of the school setting have reached an almost unbearable level for many students. According to Olweus' research, all students in the school setting play a role in what he calls the Bullying Circle.

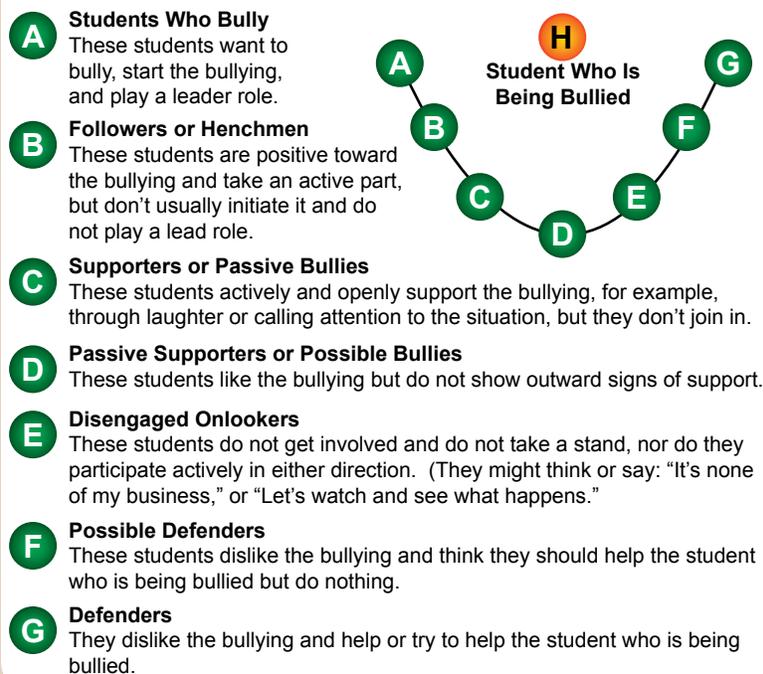
The Bullying Circle

One in five students in an average classroom is experiencing bullying in some way. The rest of the students, called bystanders, are also affected by the bullying.¹

The Bullying Prevention Program describes students involved or witnessing a bullying situation as having roles in the Bullying Circle²:

So, understanding these roles, what can we as parents do to help our children in whatever role they are playing?

THE BULLYING CIRCLE



A The Bully

Students who bully typically do so out of a need for power and control. They tend to gain satisfaction out of causing fear or harm to someone who is less “powerful” than them. As a parent, pay close attention to the conversations your child is having with others. Watch for extra possessions or money that might come home with no explanation. Be familiar with your child’s Facebook page and read through text messages to be sure they are not being unkind to someone. It is important to understand that bullying is not the same as conflict or just not getting along with someone—it is a form of abuse. You must get help for your child if you suspect that he or she is engaging in bullying behavior.

B Followers or Henchmen

These students are usually very engaged in the “drama” that occurs with the bullying incidents—although they do not initiate it. They tend to encourage the bully and fully support the behavior. Again, as the parent, it is important to be aware of the friends your child is associating with and who he or she is communicating with on social media sites. Discuss this type of behavior with your child to encourage him to move from a follower to a defender position.

C Supporters or Passive Bullies

These are the students who give the bully the power he or she needs. They often make the victim feel much worse by adding insult to injury and by making him or her feel lonely and isolated

as if no one cares and everyone is on the side of the bully. If all students could understand the pain that this behavior causes and would take up for the student or, better yet, encourage the student, the incidence of bullying would dramatically decrease.

D Passive Supporters or Possible Bullies

These students, although they do not outwardly show signs of support, are much like those above.

E Disengaged Onlookers

The disengaged onlookers group is the largest group and the group that is currently having the most impact on bullying in our schools and community. Unfortunately, we have become a “don’t get involved” society and therefore we feel justified in that by doing nothing we do nothing wrong. This

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could not be further from the truth. We must encourage these students to take a stand against bullying and voice their dislike with what is occurring.

F Possible defenders

These students want to help—but are either frightened or are unsure what to do. As parents, we must give them the tools to know what to do in these situations and the courage to know that it's going to be okay to stand up for the victim.

G Defenders

These are the brave students who do something about what is happening. As a parent, let your child know how proud you are of his or her courage and moral integrity.

H The Bullied

Students who are bullied often experience depression, anxiety and other psychological symptoms as a result. Many fear attending school and withdraw from social settings. As a parent, watch for changes in your child's personality such as complaining of illness frequently to avoid attending school or no longer wanting to attend extra-curricular activities or social settings with peers. If your child shares that he or she has been bullied, be careful to not place blame on him or her with statements such as "did you do anything to this person first?" or "what made him or her upset with you?" Also be careful to not advise your child to simply "ignore the bully." This suggests to your child that you are minimizing what is occurring which can send a message that you are like the others who stand by and do nothing. This often leads to feelings of further loneliness and isolation. Let your child know that

you will do everything you can to keep them safe and that what has happened is not okay.

Your child needs to know that it is safe to come to you if they have been bullied or have witnessed another student being bullied. Immediately share that information with school personnel so that appropriate procedures can be followed to prevent further incidents from occurring. Do not contact the parents of the child who is bullying or suggest that your child and the child who is engaging in bullying behavior simply "talk it out." A wonderful illustration was recently presented at a conference I attended that suggested that this would be similar to someone inviting a criminal who broke into their home and stole all of their belongings over for a cup of coffee to discuss why they did it and to see if maybe some resolution could be reached. Victims of bullying should never be asked to "talk it out" with those who have bullied unless they feel it would help with healing long after the incidence has occurred.

Bullying does not only occur between peers. It is equally important that we as adults make certain that we set good examples for our children by never displaying bullying behavior towards them or in front of them. Remember, bullying often occurs when one person has some type of "power" (whether real or perceived) over another. As adults, we can become bullies when we speak harshly to the young waitress in a restaurant for getting our order wrong or when we are verbally abusive to the check-out clerk in a grocery store because he or she isn't working as quickly as we'd like. Adults who hold positions of authority such as teachers and coaches often forget that their words and their

actions can leave scars on children that never heal. It is imperative that when we take on those roles that we realize the responsibility we carry. Children often learn much more by what they see than what they hear. Think about the bullying circle the next time you experience a bullying incident involving an adult. What role are you playing?

Bullying behavior can be stopped; however, it is going to take the cooperation of school personnel, parents and students, along with a great deal of awareness and education before we reach the goal of no tolerance of abusive behavior. Educate yourself and your family so that you can do your part in eliminating this wide spread social epidemic. None of us wants someone we love to be the next victim.

For additional information please visit the following websites:

www.olweus.org
www.stopbullying.gov
www.stopbullyingnow.com

C. Salmivalli, K. Lagerspetz, K. Björkqvist, K. Osterman, and A. Kaukiainen, "Bullying as a Group Process: Participant Roles and Their Relations to Social Status within the Group," Aggressive Behavior 22 (1996): 1-15.

Dan Olweus, "Peer Harassment: A Critical Analysis and Some Important Issues," in Peer Harassment in School, ed. J. Juvonen and S. Graham (New York: Guilford Publications, 2001): 3-20.

Stephani Cook is a school psychologist in the Clarksville-Montgomery County School System and co-owner of Beyond the Books Educational Resource Center. She can be reached at (931) 358-5405 or beyondthebooks@bellsouth.net.



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OLDER THAN DIRT

by Jessie Carter, PT

During a conversation with my kids the other day they asked their Dad, “Daddy, how old are you?” His reply was, “I’m older than dirt.” After a pause, the youngest asked, “Aren’t you older than Mommy?”

Great. At the ripe old age of 33, I’m considered dirt in the eyes of my child. I’d be lying if I didn’t say I’ve been feeling “older” lately. Many friends have turned or will be turning 40 this year. I work around several 20-somethings, which does not help. For fun I took a quiz online to see if I truly was older than dirt—big mistake. If you liked wax Coke-shaped bottles filled with sugar water when you were a kid, you’re old. Remember the purple ink on your mimeographed test paper? Yep—that makes you old, too. The kicker—Emmanuel Lewis turned 40 this past month. That’s right—Webster is over the hill. If you don’t know who Webster is, don’t tell me because that will just make me feel old, too.

I’ve noticed that I’m not the only one. As women, I think we all struggle in some way with the way we look. We feel that things aren’t tight enough, toned enough, or smooth enough. While I was treating one of my fittest patients recently, she mentioned to me that she wanted the legs of a client working

out in the gym. Here was a woman with an absolutely perfect body longing for someone else’s limbs. Her legs were equally as toned and muscular but she didn’t see it.

Another patient I’m seeing struggles with feeling attractive to her husband. After shedding many pounds, she has successfully maintained a healthy body weight for over a year. She is gorgeous—inside and out. Her husband thinks so, too. But she just doesn’t see it... when she looks in the mirror, she sees that heavyset girl that struggled with her weight in high school. She isn’t comfortable in her own skin and it is now affecting her marriage.

These two examples were comforting in that I knew I wasn’t alone in scrutinizing the reflection in the mirror. They were disheartening, too—I saw the beauty in these women but they didn’t. One source I found stated that women overestimate the size of their hips by 16% and their waists by 25% yet the same women were able to correctly estimate the width of a box. If my husband finds me attractive—enough to compliment me—why can’t I recognize what he sees?

I think this is one of those mysteries we will never completely understand...but there is hope.

A study published in the *Journal of Health Psychology* found that the simple act of exercise makes you feel better about yourself—regardless of the effect of the exercise. What this means is that moving improves your body image—even if you don’t attain milestones such as losing fat, running a 5K, or gaining strength.

The study’s author reported that negative body image has grown to almost epidemic proportions in the past 20 years, with as many as 60 percent of adults in national studies saying they don’t like the way their bodies look. This dissatisfaction can lead to dangerous behavior such as yo-yo dieting, disordered eating, and drug use.

While you would expect that people who exercise a lot feel even better about themselves than those who worked out less, this wasn’t the case. The study found no difference in body image improvement between people who exercised at least 30 minutes a day five days a week and those who did not. This is encouraging for the new exerciser or someone who has been on the couch for a while! It doesn’t take a lot to feel the difference.

So does being older than dirt make a difference when it comes to



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exercise? The study did show that age made a difference. Older people were *more* likely to report enhanced body images from exercise than their younger counterparts. See, growing old does have its benefits!!! The author explained the gap might be due to the older generation having more concerns about their body image than young people, who tend to exercise more.

With the weather warming up, now is the perfect time to start (or bump up) your exercise routine. Exercise is medicine when it comes to feeling good about you. Older than dirt...or only as old as you feel? You be the judge—the only thing you have to lose is that negative body image.

Sources: *University of Florida (2009, October 9). Exercise Improves Body Image For Fit And Unfit Alike. ScienceDaily. Retrieved March 15, 2011, from www.sciencedaily.com/releases/2009/10/091008123235.htm*



Jessie is a physical therapist at High Pointe in Clarksville. High Pointe is an outpatient physical therapy clinic for children through adults. High Pointe offers physical therapy, personal training, fitness, and massage services. 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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ARE YOU A SITTING DUCK?

by Thea Long

Your home is your castle... or is it? Is your home really safe? Your home is considered a sanctuary where you should feel safe and the only environment where you have control over who can get close to you or your family. Protecting your home and family from criminal intrusion should be high on your list of priorities.

Kidpower Vancouver tells a story that I will quote here today. Here is a real incident that has a few lessons to offer about home intrusion:

called his mom (good), who correctly told him to leave the house immediately (also good).

However, after leaving the house he returned to retrieve the family dog (not so good), which was an 80-pound Labrador retriever, in case the home intruder tried to hurt him. Fortunately, there was no intruder in the house. The incident did raise some important points though.

The boy had talked with his parents about dealing with home intrusion a few weeks before, but had not rehearsed

what to do. Lesson number one: Kids learn best by doing, not talking.

A person wanting to take only your property will likely flee when he discovers that the house is occupied.

A person who wants to take something other than property (the other two options being your body or your life) will not be stopped by a locked bathroom door. A locked door may provide a temporary diversion and delay, but always choose a room with access to a phone, and another exit, even a second story window. Jumping from a second story window is usually

survivable. Jumping from a greater height is likely to result in more serious, potentially life threatening injuries.

Home invasion carries the highest incidence of significant personal injury or death at 35%, compared to a 10% mortality rate for robbery and 4% for sexual assault, which requires that you take some risks in order to escape. The risk is a given, but the timing of the risk is not. Usually, the sooner the risk is taken, the better. It is better to risk being seen by an intruder as you flee to the nearest exit rather than be trapped in the house.

If someone is shooting, tables, doors, and even walls often do not stop bullets. Leave the area, even if it means being seen and potentially being in the line of fire for a moment in the process. The chance of being hit while running is remote compared to the chances of being hit by staying where you are.

Analysis of civilian shootings indicates that people only hit their intended target about 7% of the time. If you are hit, the chance of dying from the wound is only 10%. These percentages increase dramatically at point blank range. The history of shootings in public places indicates that staying where you are places you at far greater risk than trying to leave the area. Many victims have been methodically executed while they hid behind objects. There have, of course, been cases of survivors escaping detection by hiding in closets, etc. This may



A 13 year old boy was home alone for a few hours when he thought he heard someone in the house. He reacted with some good decisions, and some that were less than ideal. He grabbed a phone (good), and locked himself in the bathroom (not so good), which had no windows or other routes of escape (not good at all). He

at times be a viable option, but escape should always be the first priority.

Situations in which a home intruder threatens to harm one family member in order to gain compliance from another are especially difficult. An example would be an intruder who coerces a parent to allow herself to be bound by threatening to harm a child whom he is holding, often with a weapon. To be bound leaves everyone at the mercy of the intruder, and mercy is not likely to be his strong point. Once bound, the parent is incapable of intervening on the part of the child, while giving the intruder complete control of the situation. This is obviously an extremely desperate situation. Other indications that your situation has just gone from bad to worse are commands to turn around and kneel, or attempts on the part of the intruder to cover your face with a bag or hood. These often represent attempts by the intruder to depersonalize you, to make you less human. They often precede an execution.

So, what should you do? The first priority in all cases of home intrusion should be for at least one person to escape, seek help, and notify police. However, most parents will not be able to bring themselves to abandon their child in such circumstances. In cases of home intrusion,



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the perpetrator will often try to control the greatest threat in the house first, usually the male parent, sometimes by threatening the children. This may provide an opportunity for the other parent, or another child, to go for help.

By far, the most common threat to our home is burglary or home intrusion. According to the FBI, a burglary occurs somewhere in the United States every 15.4 seconds. If there was ever a time that has left us feeling vulnerable to any and every threat imaginable, that time is now. In a country where we once felt safe, we have now become sitting ducks, not only to destructive storms, but to theft and burglary.

We would hope that if anyone decided to prey on our home that it would be during the day when we're not there, but what if it's not? What if they take our home by storm when we are sitting in the living room with our wife or husband...and our children? What's valuable to you then? Is it your 50" TV or MacBook? Your prized jewelry or guns that have been in the family for generations...or is it your children...your wife? It is at that moment that you hope you had taken the proper steps to assure the safety of you and your family. It no longer matters what you'll be wearing to work tomorrow or if you get that promotion you've been hoping for. What truly matters is that

your family, your most valuable possession, is safe from any harm that could come their way.

What if there was a way to protect your family from any harm? What if there was something out there that we could escape to, a place of safety if you will, for you and your children? What would be the answer to your fears? What would bring you to a place where you had peace of mind when it came to the safety of your most valuable possession...your family? It is something to ponder and it's a solution to pursue. And sometimes, your answer is a little closer than you think.

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JUDGING:

- Entries will be judged on the basis of creativity.
- Four prizes will be awarded in four age categories: ages 0-2, 3-5, 6-8, 9-12

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- Winners will notified by the City of Clarksville and will receive 15 second head start in Spring Eggstravaganza Easter Egg Hunt and a Chocolate Bunny.

Please see ad on page 51 for details of the Spring Eggstravaganza

NOT JUST ANOTHER EGG HUNT

by Christina Ploeckelman



Looking for a way to make Easter more meaningful for your children? Wish you could find an Easter activity offering families a chance to connect with the Biblical history of Easter? You're in luck! Christ Lutheran Church Clarksville is offering just such an opportunity through their free community festival called Enter Jerusalem on Saturday, April 23rd between 11:00 a.m. and 2:00 p.m.

The Bible tells us that in the days before His resurrection, Jesus rode into Jerusalem on a donkey. Can you imagine what it was like to live and work in Jerusalem then? You might be walking through the marketplace and stop to visit with a shopkeeper who had

heard Jesus teaching. You might meet a merchant who tells you about Jesus bringing a dead man back to life, and maybe even bump into a tax collector! All around you would be chatter about a special someone named Jesus who recently rode into town on a donkey.

Imagine if you could travel back in time and experience a bustling ancient Jerusalem marketplace during Holy Week! At Enter Jerusalem, you can a little. Families are invited to wander through Christ Lutheran's version of an ancient Jerusalem Marketplace experiencing authentic, Bible-times culture through over 10 different hands on activities.

Your family's adventure might begin at the mud pit where children will use their hands to mix sand, straw and mud. Then pressing the mixture into brick forms they will lay them in the

sun to bake into hard bricks, just like the Israelites did in Pharaoh's time. Then you could stop by the Pottery shop and use clay to form an oil lamp just like those used to offer light after the sun went down in Jesus' day. And, after that, head over to The Market for a snack. The Market will offer free samples of foods authentic to first century Jerusalem like the ones Jesus may have eaten. Try hummus and pita, figs, dates, olives, almonds and more.

Children will have the chance to get their feet messy while stomping grapes, experiencing the way people made wine in the day of Jesus. At the outdoor bakery they will stretch a bit of bread



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dough and watch it bake over an open fire like shepherds would. Don't forget to sit a while at the Artist's Shop to make your own cross mosaic. Take some time to learn the art of basket weaving and even stone carving, all the while chatting with the shopkeepers, learning what they've heard about Jesus who recently rode into town on a donkey.

Stop by the Synagogue to see real ancient Bible relics and have your name in Hebrew painted on a pottery shard. Head back to the present day by ending your journey with a visit to the Resurrection Egg area where children will use



special Easter eggs to learn the story of the Passion of the Christ and get their own chocolate Easter egg to take home.

The church family at Christ Lutheran Church hopes you will join them for Enter Jerusalem 2011 on April 23rd between 11:00 a.m. and 2:00 p.m. to discover what it was

like to live when Jesus did. You can check out more pictures from Enter Jerusalem 2009 and 2010 at our website, www.christlutheranchurch.org. Just click on Enter Jerusalem under the Church Life heading. Enter Jerusalem is a **free family event** open to everyone in our community. Christ Lutheran Church is located three miles east of Exit 8 on the corner of Kirkwood and Rossvie Road. A map with detailed directions and more information about this event are available on our website.

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SPIRITUALITY AND END-OF-LIFE CARE

by Lonnie Penrod

Families encounter many issues when faced with providing care to loved ones who have been diagnosed with a terminal illness. Providing care is challenging and includes addressing physical and emotional needs. An important need that is often overlooked is the spiritual needs of those nearing the end of life. Spiritual care is a critical aspect of end-of-life care as individuals face illness, loss, grief and dying. Dame Cicely Saunders,

founder of the modern hospice movement, taught that dying is more than a physical event—it is an experience that reaches us on all levels—psychological, social, and spiritual.

Spirituality is often difficult to define. Although it encompasses religion, it is a much broader concept. John Hardwig (2000) at the University of Tennessee refers to spirituality as the concerns one has about the meaning and values in life. “It is our deepest sense of who we are and what life is all about” (Hastings Center Report 30(2) 28-30). According to Lobb (2010), “Religion is characterized in many ways by its boundaries and spirituality by a difficulty in defining its boundaries.” In other words, “religion is about churches and structures, and spirituality is about individual relationships with themselves and their world” (Health, 072610).

in life; sense of relatedness to a transcendent dimension; multidimensional in nature.” She believes all patients have spiritual needs regardless of their religious beliefs. She also believes that spirituality becomes more important to those nearing the end of life, and that these needs are often unmet. According to Rougeron (2007) research suggests that the most important aspect of spiritual care for the terminally ill patient is their relationship with significant others, such as family members. He suggests that the most important way to provide spiritual care is to focus on presence, being together on the journey, listening, connecting, and nurturing (Journal of International Bioethics, 18(3):63-83).

Kenneth Doka, senior consultant with the Hospice Foundation of America (2011) identifies three spiritual needs of a dying individual. The first of these is affirmation that the dying individual’s life has had meaning. People want to know that their life counted, that in some way they made a difference, and that they had lived a worthwhile life. There may be a sense of despair as death approaches if an individual believes his or her life were wasted.

Family members play an important role in assisting a loved one to achieve affirmation as they near the end of life. A great way to do this is through reminiscing. Sharing family stories and reviewing family photos is a great way for family and friends to do this. Everyone has a life story, and everyone wants to have a “good story.” According to the National Institute on Aging sharing memories is comforting not just for the person dying but for everyone. It is important to understand that it is possible that even if a loved one is unconscious, he or she might still



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be able to hear, and it is therefore never too late to share thoughts and feelings. Doka believes the greatest gift that can be shared with the terminally ill loved ones is simply letting them know the ways he or she influenced their lives.

The second spiritual need identified by Doka is allowing a loved one to die an appropriate death in which the individual's beliefs, values, and wishes, are respected. Allowing a loved one to make advance directives and to share his or her wishes about funeral and other rituals is a way to accomplish this. This discussion is often difficult for families, especially when they are not accepting the reality of what is happening. It is important for the dying loved one to know that his or her wishes are understood and respected. Families can help by listening to their dying loved one

and not impose their own personal fears, beliefs, or biases about the situation. Doka points out that there is not a correct way to die, suggesting that each individual will find his or her own way to die, which is consistent with the way he or she lived.

The third spiritual need identified by Doka is to find hope beyond the grave. A dying person may take comfort in faith, prayer, meditative readings, or talking with a member of his or her religious community. They may also find peace in the belief in heaven, an afterlife, or reincarnation. Religion may actually become more important to them as they near the end of life.

Families are encouraged to seek spiritual resources in the community, which can assist them and their terminally ill loved ones. An important resource available

to terminally ill patients and their families is hospice. Utilizing a multidisciplinary approach, hospice provides support to terminally ill patients and their caregivers with a focus on pain management, comfort, and quality of life, and addresses the physical, emotional, psychosocial, and spiritual aspects of end-of-life.

Gateway Hospice will host The Hospice Foundation of America's *Living with Grief* program entitled Spirituality and End-of-Life Care at Gateway Medical Center on Friday, April 22nd from 8:30 a.m. until 12:00 p.m., and again on Thursday, April 28th from 12:30 p.m. to 4:00 p.m. at the Dover office of Gateway Home Health and Hospice located at 1020 Robert H. Lee Drive. For more information or to register please call (931) 552-9551.



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POETRY OUT LOUD
WHAT OUR CHILDREN CAN LEARN FROM POETRY
 by Pamela Magrans

*Mary had a little lamb,
 whose fleece was white as
 snow.
 And everywhere that Mary
 went,
 the lamb was sure to go*

We all know the famous lyrics. How or why we know them is up for debate. Those verses are simple and seem insignificant enough. However, what they tell us is that poetry is intrinsic in human nature. Humanity possesses an inherent need to create rhyme and rhythm, cadence and meter. This is evidenced by the childhood rhymes we chant to children and in the song lyrics that are repeated through generations of parents and children. Like



the rhyme about Mary—we hear it as a child, repeat it and,

whether we are conscious of it or not, eventually it becomes a part of our long term memory.

April is national Poetry Month (yes, there is a month for everything). The onset of spring is a good time to think about new ways to encourage our children’s creativity.

Every culture across the globe creates some type of poetry—the art of wordship is universal. Cultures find different ways to celebrate the conciseness of meaning and sound that creates a poem, but despite the different opinions about what constitutes poetry—one fact remains—that it has much to teach us about our world and ourselves.

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Poetry Out Loud

Bukola Badipe-hart, a 17 year-old student at Kenwood High School, understands the value of poetry and what it can do to help her achieve her future goals. Last month, high school students from across the state converged on Austin Peay State University's campus to compete in Poetry Out Loud. The National Endowment of the Arts, the Poetry Foundation, and the Tennessee Arts Commission presented the competition.

Students were given a list of classic poems to choose from for their recitation.

Poetry Out Loud encourages high school students to learn about poetry by memorizing

great poems and reciting the poems in front of a live audience. It focuses on poetry—not as a dead written art form, but as a kinetic, vibrant and modern oral art.

For Bukola, whose favorite subject in school is A.P. Literature, the idea of competing in the Poetry Out Loud competition at APSU gave her an opportunity to bring the writing she loves to life. "Literature translates differently when it is said out loud. Every word conveys an emotion whereas when you read something many words can come off as insignificant," said Bukola.

Bukola and other local high school students spent a weekend in March reciting favorite poems and listening to other students do the same. Not only was it a lesson in literature, but also an experience in public speaking.

Bukola took the stage in front of fellow high school students and read three poems that she selected for two reasons. "I liked the strong emotions behind the poem lyrics and thought they would fit my voice type," she said. Bukola recited "A Dream within a Dream" by Edgar Allen Poe, "I Am" by John Clare and "We Wear the Mask" by Paul Dunbar.

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Bukola's performance at Poetry Out Loud placed her in the top ten, sending her to the Semi-finals. Not only did she represent her high school and community well in the state competition, but also she exemplified what poetry is about. "Everyone needs a medium to express themselves," said Bukola.

In its sixth year of national competition, The Poetry Out Loud program gives students a medium to express themselves orally. However, it also builds public speaking skills, helps them learn about their own literary heritage, and builds self-confidence and self-

expression. To learn more about Poetry Out Loud, visit www.poetryoutloud.org.

Finding the inner poet in our children...

Poetry Out Loud focuses on oral communication. It gives high school students a chance to recite and gain a greater appreciation not only for poetry, but also for dramatization, the power of voice, and the mental stamina of memorization.

For high schools students all of those skills can benefit them as they enter college and a future career. However, can poetry benefit our younger children? The answer to that question rests with Mary and her little lamb. Poetry follows

us wherever we go. The rhymes we learn as a child, like Bible verses we commit to memory, stay in our minds forever.

For children, rhymed poetry creates a predictable cadence that is familiar and comfortable. Children like predictability and poetry offers that in form and/or sound.

Babies like repetition—any parent who has rocked a baby to sleep and then suddenly stopped rocking to hear the sudden cry triggered by the cease of rocking, knows the power of predictability. The reoccurring sounds of poetry can also be soothing to babies.

One way to introduce children to poetry is to find books of

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child appropriate poems and read them to young children. As the child grows older, find easy readers that are poems in disguise. The rhyming words make the reading easier, as the child can predict upcoming sounds. As the child advances in reading and writing capabilities teach them to practice writing rhymed words. This will help with literacy, spelling and introduce them to the concept of poetry.

Book publisher Scholastic hosts a website geared specifically towards helping young children learn the basics of poetry and lets children generate their own poems. Children can select a closed form poem type or free verse. They pick from a variety of preset words and then like magic their own poem appears printable on the screen. On a rainy day, go online to teacher.scholastic.com/writewit/poetry/poetry_engine.htm#. The online poetry idea engine is interactive and appropriate for elementary school age children. It's a fun way for you and your child to find your inner poet!

I used to play a rhyming game with my children when they were young. I would say a word and we would take turns saying a word that rhymed with the original word. This was a good game to play in the car or while waiting at the doctor's office. One by one we would think of rhyming words—until we were all out of words and we started inventing words so that we would not lose the game. The invention of words usually became the creative part! The game might sound elementary, but that's the point—just having fun, being creative, and challenging our minds to think about sound.

Whether it is through a national program like Poetry Out Loud or simply a poem you read at bedtime, look for ways that you can integrate poetry into your child's life. It is an excellent tool for self-expression, a way to increase literacy, and perhaps a life long passion.

The goal is not to cultivate Poet Laureates or the next Inaugural poet; instead, the focus should be helping our children be creative with words. In a society full of voices via mass media, poetry provides an outlet for our children to find and explore their own voice.



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401(k) REVIEW AND ROLLOVER CAN BE REWARDING

by James R. Clay

Your 401(k) offers tax-deductible contributions, tax-deferred growth of earnings potential and a variety of investment options—so it's a great tool for building retirement savings. Yet like all tools, your 401(k) must be used properly to get the best results. That's why you should review your 401(k) at least annually and make whatever adjustments are needed.

Depending on where you work, you may get some 401(k) review help from your plan provider. But if that assistance isn't available, you might want to consult with a financial professional to make sure you're getting the maximum benefit from your plan.

As you begin to review your 401(k), your first question should probably be this: "*How much should I contribute?*" At the very least, try to put in enough to receive your employer's matching contribution, if one is offered. If you don't earn this match, you are essentially walking away from "free money." Beyond this, though, the amount you put into your 401(k) might depend on what other retirement savings

vehicles you have available. For instance, if you're eligible, you may also want to contribute to a Roth IRA, which offers tax-free growth potential, provided you've had your account for five years and don't start taking withdrawals until you're 59-1/2.

Of course, it's not only how much you put into your 401(k) that determines its success—it's also how you choose to *allocate* your investment dollars. (Keep in mind that asset allocation does not guarantee a profit or protect against loss.) Your 401(k) may have a dozen or more investment choices, such as stock funds, bond funds and money market funds. To choose the right investment mix, you'll need to consider a variety of factors, including these:

- **Your age**—Generally speaking, the younger you are, the more aggressive you can afford to be with your 401(k) investments, because you'll have decades in which to potentially overcome the inevitable down periods of the market. As you get older, you may wish to invest somewhat more conservatively, but

you'll still need some growth potential in your 401(k) portfolio.

- **Your goals**—Everyone has different goals for retirement. You might want to retire early and travel the world, while your co-worker desires to work as long as possible and then, upon retirement, stay close to home and pursue hobbies. Because you each have different goals, with different income needs, you also may need to follow different investment strategies within your 401(k).
- **Your other retirement income sources**—If you have a variety of retirement income sources—a pension from another job, an IRA, a spouse with generous retirement benefits—you may need to invest differently, perhaps less aggressively, than if you had fewer options for retirement income.

Apart from putting away as much as you can into your 401(k) and choosing the right investment mix, what else can you do to get the most out of your plan? Here's a suggestion: If you have worked at various jobs and acquired



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multiple 401(k)s, consider rolling them over into one account. You might save money on fees and reduce paperwork, but more importantly, you'll be able to concentrate your resources and pursue a unified investment approach, with your investment dollars working together toward your ultimate retirement goals.

As you can see, a 401(k) review and rollover can reward you in many ways—so do whatever it takes to maximize your 401(k)'s performance.



James R. Clay is a financial advisor with Edward Jones at 1803 Madison Street in Clarksville. For the fifth year out of the past six, financial services firm Edward Jones ranks highest in investor satisfaction with full-service brokerage firms, according to J.D. Power and Associates 2010 Full Service Investor Satisfaction Study. For more information visit www.edwardjones.com or call (931) 647-0567.

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ADVANCES IN WOUND CARE

by Dr. Christopher Standley

You can probably remember as a child marveling at how the body heals itself. A scraped knee might have caused your wound from a successful slide into home plate or from a cut gotten while helping mom prepare a delicious Easter dinner; but each of us most likely has had an opportunity to observe our bodies heal a wound. Unfortunately the aging process and onset of various diseases affects the speed and certainty with which our bodies heal. The field of wound care is rapidly progressing and providing improved quality of life and decreased morbidity. Wound care physicians are at the forefront of these advancements and diligently work alongside their colleagues in various medical subspecialties to insure that patients have the best possible outcome.

There are approximately 5,000,000 Americans suffering from chronic, non-healing wounds or other surgical and difficult to treat wounds; over 30 percent of these are secondary to diabetes. According to the Centers for Disease Control and Prevention, diabetes affects over 23,000,000 Americans and 30 percent of these patients suffer from lower extremity wounds or its precursor, peripheral artery disease. No matter the cause, the fact remains that appropriate and skilled wound care decreases the potential need for more aggressive surgical considerations including amputations. Wound care physicians examine the patient's medical history and conduct thorough medical exams in an attempt to diagnose possible causes for non-healing wounds. They then continue to work

alongside the patient's primary care doctor or specialists to ensure the timely healing of the wound.

At Gateway Medical Center's Wound Care Center, patients are evaluated on a weekly basis by one of our three on-site physicians (Drs. Christopher Standley, Stephen White and David Smith) following a thorough intake process. We develop a treatment plan after an initial history and physical is obtained and the wound thoroughly examined. This plan may include frequent debridement of the wound, which will foster the appropriate environment for the wound to heal in a timely fashion. Debridement is the removal of a patient's dead, damaged, or infected tissue to improve the healing likelihood of the remaining viable tissue. Sometimes the wound does not need debridement but rather specialized dressings

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or even skin substitutes that are proven to expedite the healing process. Our certified nurses work closely with the various home health agencies, medical supply companies, and nursing homes in the community to ensure that our patients receive quality care.

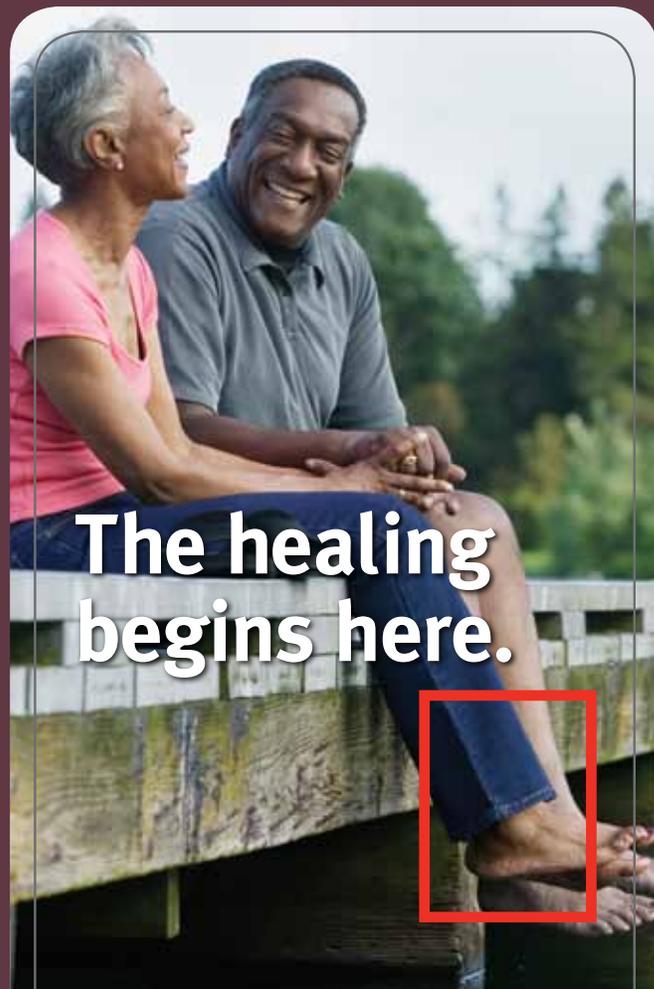
No discussion of wound care would be complete without mentioning hyperbaric oxygen therapy (HBOT). During treatments, the patient breathes 100 percent oxygen while lying inside a pressurized chamber. This quickly increases the concentration of oxygen in the bloodstream, where it is delivered to a patient's wound site for faster healing. Essentially, HBOT helps heal the wound from the inside out. Gateway's chambers are comfortable and even allow for the patient to watch television during treatment. These chambers are constantly monitored by a qualified technician or nurse and supervised at all times by a medical doctor.

If you have a wound that seems not to be healing in a timely fashion, please ask your primary care physician for a referral to our facility or just give us a call at (931) 502-3660.

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. Christopher Standley is the Medical Director at Gateway Wound Care Center and a Hospitalist at Gateway Medical Center. He is a graduate of David Lipscomb University in Nashville where he obtained his B.S. in chemistry. He completed his medical training at Pikeville College School of Osteopathic Medicine (PCSOM) in Pikeville, Kentucky. He completed his residency in Internal Medicine at William Beaumont Army Medical Center in El Paso, Texas. He is a Diplomate of the American Board of Internal Medicine (ABIM) and a member of the American College of Physicians, Society of Hospital Medicine, and Undersea and Hyperbaric Medical Society. Gateway Wound Care Center is located at 1606 Haynes Street in Clarksville.



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Autism Spectrum Disorder

Autism spectrum disorder (ASD, autism) is a complex neurological disorder that typically appears during the first three years of life. It affects the normal functioning of the brain, impacting development in the areas of social interaction, language and communication skills, behavior, and sensory integration. Although autism is a spectrum disorder that affects each individual differently and to varying degrees of severity, it typically impairs thinking, feeling, language, and the ability to relate to others. These impairments challenge not only the individual but also the family unit as a whole.

Quick Facts About Autism

- Autism is four times more prevalent in boys than girls.
- The Autism Spectrum consists of five disorders: Autistic Disorder, Asperger's Disorder, Childhood Disintegrative Disorder (CDD), Rett's Disorder, PDD-Not Otherwise Specified (PDD-NOS).
- There is no known single cause for autism.
- Autism is not a mental illness.
- Children with autism are not unruly or spoiled kids who just have a behavior problem.
- The vast majority of persons with autism are not savants, like the character portrayed by Dustin Hoffman in the movie *Rain Man*.
- Children with autism are not without feelings and emotions (they do give and/or receive physical affection).
- Autism knows no racial, ethnic, or social boundaries and can affect any family and any child.
- There are no medical tests for autism; the diagnosis is based on behavioral symptoms.

Statistics

- Autism affects about 1 out of 110 children.
- Autism is the fastest-growing developmental disability
- 10 - 17 % annual growth in the autism population
- As many as 1.5 million Americans have an Autism Spectrum Disorder
- The cost of autism over the lifespan is 3.2 million dollars per person.¹¹
- Cost of lifelong care can be reduced by 2/3 with early diagnosis and intervention.⁸

Cause

There is no known single cause for autism, but it is generally accepted that it is caused by abnormalities in brain structure or function. Brain scans show differences in the shape and structure of the brain in children with autism versus neuro-typical children. It also appears that some children are born with a susceptibility to autism, but researchers have not yet identified a single "trigger" that causes autism to develop. Research indicates that other factors besides the genetic component are contributing to the rise in increasing occurrences of ASD, such as environmental toxins, which are more prevalent in our current environment than in the past.

A popular misconception that childhood vaccines were linked to autism arose from a 1998 study of only 12 patients in Britain. In 2010 that study was completely retracted and exposed as a fraud. No link exists between childhood vaccines and autism.

Know the Signs: Early Identification Can Change Lives

Autism is treatable. Children do not "outgrow" autism,

but studies show that early diagnosis and intervention lead to significantly improved outcomes. The following red flags may indicate a child is at risk for an autism spectrum disorder and is in need of an evaluation. (Call ASMT for information on where to get an evaluation.)

Does not respond to their name by 12 months of age

Does not point at objects to show interest (e.g., point at an airplane flying over) by 14 months

- Does not play "pretend" games (pretend to "feed" a doll) by 18 months
- Lack of or delay in spoken language
- Repeat words or phrases over and over (echolalia)
- Get upset by minor changes
- Flap their hands, rock their body, or spin in circles
- Have unusual reactions to the way things sound, smell, taste, look, or feel
- Does not share interests with others or only interacts with others to achieve a desired goal
- Reverses pronouns (e.g., says "me" instead of "I")
- Uses few or no gestures (e.g., does not wave goodbye)
- Lines up toys or other objects or only likes parts of objects (e.g., wheels)
- Lack of fear or more fear than expected
- Little or no eye contact
- Lack of interest in peer relationships
- Persistent fixation on parts of objects

Local Support

The Autism Society of Middle Tennessee (ASMT) is the leading advocate and resource for the Middle TN autism community. ASMT is a

501(c)3 non-profit organization dedicated to promoting autism awareness and ensuring that individuals in Middle Tennessee with autism, and their families, receive appropriate, effective services. Currently, there are over 4,000 families, individuals, and organizations in 40 counties of Middle Tennessee who directly benefit from ASMT's services. ASMT's mission is to enrich the lives and experiences of individuals on the autism spectrum, their families, and their surrounding community through support, advocacy, and education. Since our establishment in 1996, ASMT's network of dedicated parents and professionals has provided those facing the challenges of the autism spectrum with a voice and a helping hand.

ASD can be frightening and mystifying to parents. Upon first receiving a diagnosis of ASD, parents struggle to cope with conflicting emotions and priorities. Through ASMT's Information and Resource Support Program, we offer the "compassionate shoulder" and peer counseling needed

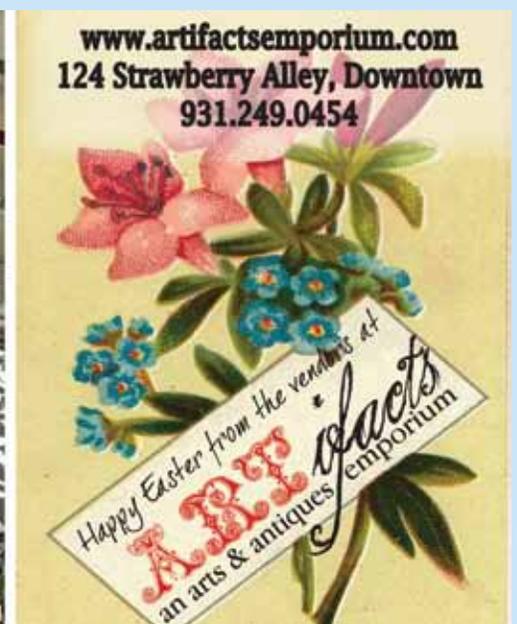
at this critical time. This program includes a quarterly newsletter, support groups, lending library, and Family Fun Events. But the most important piece of the program is the Parent Representatives. Parent Representatives provide one-to-one peer counseling, guidance on finding needed resources in the community and other support to parents, individuals on the spectrum, and community members that contact ASMT. In 2010 alone, we responded to almost 5,000 requests for information and support. In addition to the Parent Representatives providing support from our Nashville office, we have a network of dedicated, volunteer County Contacts providing support and resource referrals in each of the counties we serve. ASMT is the *only* organization in Middle Tennessee providing this type of service.

In addition to our Information and Resource Support Program, for over a decade, ASMT has offered an Education Series that includes monthly Educational Workshops, bimonthly Autism

Orientations, and an Annual Conference. The goal of the Series is to help individuals on the spectrum, parents, teachers, and other professionals understand autism issues and find local assistance and support. Our speakers are experienced parents and knowledgeable professionals who present information on a wide range of issues vital to families and individuals affected by autism. Our Education Series events are often the first connection that families with a newly diagnosed child make in the community; they can have a lifetime impact on paving a more successful path for that child.

The contact information for the Autism Society of Middle Tennessee (ASMT) is asmt@tnautism.org. Please visit www.tnautism.org for a calendar of events.

The Montgomery County contact is Shelley Taroli at (931) 980-2597 or shelleytaroli@gmail.com.



A STONE'S ROLL AWAY

by Chris and Kim Edmondson

I am always thankful for the arrival of spring. I think I have mentioned before that I am not a big fan of winter and the cold weather it brings. I'll take sunshine, flowers and flip flops, any day over clouds, snow and a bulky winter coat! Spring is the welcoming of all things new. The earth awakens from a long winter's nap and with it all creation shows signs of new life. Pear trees and dogwoods, buttercups and lilacs, each blooms with its fragrant blossoms, and reminds us all of the power and beauty of new life.

Of course one of the other reasons to look forward to spring is the celebration of Easter. A time to remember and reflect on the fact that Christ died for us to save us from all of the wrong things we will ever do. He willingly laid down his life to pay the price for our wrong, our sin, so that we, who could never be good enough to save ourselves, might come to know Him.

I would like to share with you a portion of the Easter story from the Bible. In the Book of Matthew, chapters 27 and 28 tell the story of how Jesus went through a series of unfair trials and hearings, was convicted and sentenced to be crucified on a cross, where he died. Thankfully, that is not where the story of the life of Jesus ends. After His body was taken off of the cross He was placed in a grave called a tomb, which is like a cave.

"Sir," they said, "we remember that while he was still alive that deceiver said, 'After three days I will rise again.' So give the order for the tomb to be made secure until the third day. Otherwise, his disciples may come and steal the body and tell the people that he has been raised from the dead. This last deception will be worse than the first." "Take

a guard," Pilate answered. "Go, make the tomb as secure as you know how." So they went and made the tomb secure by putting a seal on the stone and posting the guard.

Matthew 27:63-66

Here's an interesting question: Why would a dead man need to be guarded? You don't have to make a grave secure for somebody that is dead. The answer: They did not make the grave secure to keep Jesus from coming out, they made the grave secure to keep those who were alive from going in. Their great worry was that the disciples, the followers of Jesus would go to the grave, roll away the stone and take the body of Jesus, steal it, and then go around saying, "He's God, He's risen." They guarded the grave, not to keep Jesus in, but to keep His followers out.

Let's keep reading in Matthew 28:

"Now after the Sabbath as it began to dawn toward the first day of the week, Mary Magdalene and the other Mary came to look at the grave."

Matthew 28:1

It was customary in Bible times for family and friends to come and rub spices on the body of someone who had died. So it was no surprise that Mary and Martha came to the tomb of Jesus. When they got there however, they encountered a problem. The stone. Not just any stone. A stone that was large enough to block the entrance to the grave that was also being watched by a guard.

This is the part of the Easter story I want us to apply today. We may be traveling along our path in life, doing the things we need to do, perhaps even trying to serve and follow Jesus, and all of a sudden... wham. A stone. A blockade. No way around it. Too big to



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move it. It could be a circumstance beyond our control, or perhaps even the result of a choice we have made. Whatever the case...it is big and it is heavy. And to top it all off, there is someone watching it. A friend, a spouse, a child...watching and waiting. How will we ever get past this thing?

The stone represents the problem. The two Mary's came and said, "How are we going to roll the stone away?" The stone separated them from Jesus.

Now things get really good:

"There was a violent earthquake, for an angel of the Lord came down from heaven and, going to the tomb, rolled back the stone and sat on it."

Matthew 28:2

The stone was the problem and yet when the angel came, he rolled the stone away and sat on

it. I love this picture. Everything that troubles mankind, the angel is sitting on. The angel says, "Don't worry, don't be afraid." The biggest problems you have in life, the biggest trials you have in life, the biggest questions you have in life, the biggest barriers you have in life, everything that keeps you from Jesus, the angel says, "I want you to know, the Lord has risen and I'm sitting on your problems."

"The angel said to the women, 'Do not be afraid, for I know that you are looking for Jesus, who was crucified. He is not here; he has risen, just as he said...'"

Matthew 28: 5-6

The ultimately wonderful news of the Easter story is that the death of Jesus was not the end of His life. He rose from the grave and He is alive today! He has forgiven us for all of the wrong we have done,

and will ever do. Jesus longs for you to know that He loves you and He wants a relationship with you. So if you are facing a stone in your life remember there is nothing in this life that is big enough to keep you from Jesus or to keep Him from you.

Chris and Kim Edmondson have been happily married for 17 years. They are committed to one another and to sharing about the importance of a Christ centered marriage. Chris is the Lead Pastor of oneChurch. He and Kim have three boys who always make their lives an adventure.

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I have learned a thing or 20 about this phenomenon called ADHD. I have two kids with ADHD and, at ages 20 and 16, they are still very much in need of their medications. One of them has his picture next to the definition in the dictionary—the other also has ADD/ADHD, however, we later discovered he also has high-functioning autism.

Our 20-year-old son was diagnosed with ADD/ADHD in first grade. He was frustrated with change and if things were of no interest to him, he chose to do something else. He couldn't deal with being told that he was doing something wrong when he knew he had a better way. When he learned something one way, he would never accept a different way. For example, he learned how to write in simple block letters at a Montessori school in Maryland. We moved to a public school in Washington where they used D'Nealian handwriting. When he was using the D'Nealian handwriting, he fought me with every single letter that he wrote because he insisted that the school was doing it wrong. My poor husband worked long, long days and was already exhausted when he came home to me on the verge of a nervous breakdown and my son in tears because he refused to change his handwriting.

At the advice of his teacher, we decided to repeat first grade because of his immature behavior and delay in social skills. Thank God, the new school used block handwriting. Repeating first grade and block lettering turned out to be the best decision we could have made for him.

Our 16-year-old child was not diagnosed until late during first grade because his symptoms were so very different than his brother. He was failing every test he took and every assignment he turned in. Homework was challenging

because he couldn't remember anything that we had worked on the night before, not to mention that day in school. He wasn't fighting me to do things differently; he was crying because he just didn't understand any of it.

Because these boys were so different, I was oblivious to the real ADD/ADHD symptoms. Unfortunately, both of my sons' first grade teachers did not believe that ADD/ADHD really exists. So, how did we find out? Cute little story—not! When my youngest son was failing everything, my heart just broke for the little guy. Of course, he thought he was stupid, therefore had very low self-confidence. When the old teacher was replaced, one day I subbed for the new teacher and had the opportunity to observe my son in class with the other students. He was on a different planet compared to the other students and got frustrated when he saw how things were so easy for his classmates—and yet, he didn't understand it at all. That day, I knew what needed to be done.

The next day he was at the doctor's office to be tested for ADD/ADHD. He was such a clear-cut case, the doctor wrote a prescription and sent us on our way. There was no need to review the checklist—he already knew the results. His grades went from 40's and 50's to 90's and 100's which brought tears to his teacher's eyes because she was ready to suggest repeating first grade. My darling child was a poster child for ADHD! (At 16, he still is—I can tell within 30 seconds if he has forgotten to take his meds.)

Not only did this diagnosis significantly help my youngest son, but it also sent me to a doctor to be tested. I passed! What I saw that day in my son's classroom reminded me of my school days. By the time I read two sentences,

I forgot what the first one said. Nothing ever made sense and I thought I was stupid, so why should I try? It has taken me years to build my self-confidence. I cannot tell you how happy I was to learn that I'm not stupid, but even more so, to know that my child doesn't have to go through what I experienced.

The symptoms that I seemed to have ignored for so long are so obvious to me now. I have seen too many kids who have ADD/ADHD without a doubt, but whose parents quickly dismiss the possibility of such a diagnosis. By the time these children reach their teen years, they joke about it. Trust me, it is no joking matter.

These kids are getting bad grades, constantly in trouble, their rooms are carpeted with clothes, they don't follow through tasks, cannot take three or four requests at a time because they'll forget at least two or three—sometimes the whole thing. As I'm sitting here typing this article, my 16-year-old son is watching a movie with about 20 minutes left, and I see the PlayStation start up. I asked why, and he said that he's bored and wants to play the game. He won't finish that either.

I cannot ask this child to complete three tasks and expect him to complete two! Asking him to do something very broad is a guarantee that it won't be done. If I ask him to go clean his room—he will make it to his room (sometimes!), maybe pick up a couple of things, and then he gets distracted and moves onto something else. When I come back to check on him, I can ask why he was in his room and he will not have a clue. The typical active child will know why they were there—they may just choose to do something that is more fun! Medicating *that* child is something we see all too often.

Parents who unnecessarily medicate their child are making a mockery out of the children who do suffer from this very real disorder. I have to wonder if a parent begs for this diagnosis just because **they** are unable to handle their “active” child. Who are they helping? It certainly is not their child. My personal opinion is that if a child “can” change their behavior, or the medication does nothing more than calm them down, I highly doubt that they have ADD/ADHD.

My middle son is too smart for his own good. He challenged teachers (even corrected a few) to the point that they just wanted him out of their class. One teacher practically begged me to move him up a grade, but I refused to put him in his brother’s class. Sometimes he had lower grades—depending on the class/teacher, easily became frustrated, disrupted class, corrected teachers—he was bored and needed a challenge. I have learned that a student who challenges a teacher is not a favorite and is frequently punished for their behavior. This son wasn’t a problem child, he was active, and oh, **so** exhausting, but he was able to focus. So, ADD/ADHD should never be assumed just because they are active, get low grades or even cause a little trouble. *Attention Deficit Disorder* is exactly that. They cannot, no matter how hard they try, focus. So, don’t jump the gun. Do your homework on the issues, or you will be medicating your child unnecessarily, thus holding your child back from their potential.



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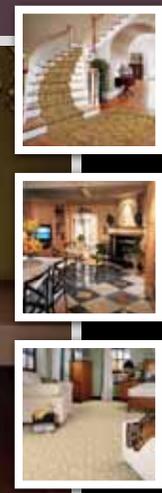
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If your child started taking medications at a young age, beware of possible situations as they get older. Some teens decide that they don't need to take the meds anymore because they have outgrown them or don't like the side effects. Unfortunately, I have also experienced the results of a teen refusing to take their much needed medication.

My nephew took seven years to complete his college degree—not sure what it is, and I'm not sure he knows, but he has a diploma—no job. Why? Who wants to hire a 28-year-old who has never held a job and switched degrees and schools more often than not?

My niece has more artistic talent than she knows what to do with. Unfortunately, because she chose to opt out of her treatment, she has zero self-confidence, and doesn't

believe she's so talented. She decided to become a massage therapist after high school and never took the test to get licensed because she didn't want to spend \$100 for a test that she knew she would fail. Of course, another reason was that she forgot to take another medication and became a mom at the age of 19.

You cannot force your teen to take their medications; however, you can try to help them understand how the medication affects their grades and their future. Unfortunately, too many college acceptances are based upon the ACT and SAT test scores, and as their parent, it is our responsibility to help them in any way that we can to achieve a successful score. They may or may not listen, but we still need to try to explain the importance of taking their medications.

A few final notes

If your teen refuses to take their meds, please be observant for any behavioral changes. If they do indeed need that medication, falling behind **will** lead to low self-confidence—something every teen is already battling constantly.

Simply because it is a serious issue today, many of the ADD/ADHD symptoms can indicate other problems such as a lack of sleep or even being a victim of bullying.

Finally, if a teacher voices concerns, it's worth checking out despite what you think. Sometimes we just don't see what others do! There is no need to be afraid or embarrassed of this diagnosis. I would be more afraid of ignoring the opportunity to help a child who needs it.



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ASK THE COSMETIC EXPERT...

by Dr. Mitchell D. Kaye

Q: I have lots of brown sun spots from years at the beach and tanning bed. I know that this is bad for my skin. What can I do now?

A: First, get checked to make sure that none of these areas is actually a skin cancer. Then consider spray on tanners. The good news is that moderate skin damage can be repaired with the proper use of skin medications prescribed by your physician such as Tretinoin, Hydroquinone and the later application of a chemical peel. Finally, use good sun protection from now on, it's just good sense.

Q: I'm interested in a breast lift without implants. Is this a possibility?

A: Yes. It is actually easier to reshape the breast and lift it without adding an implant. If a

woman is looking for a better shape for her breasts and not a larger breast this is a definite possibility. However if there is a big loss of volume, particularly in the upper pole of the breast, the appearance is that of a "ski slope" or "hollowed out" breast. In this case, an implant, either at the time of lifting or at a later date, is a definite advantage.

Q: I recently had breast augmentation and can now feel the implant under my right breast. Is this a problem?

A: Feeling an implant beneath the surface of the breast, at least in some areas of the newly augmented breast is okay as long as it is not too noticeable. Factors such as the amount and thickness of the original breast tissue and

skin are very important in hiding the implant. The thicker the skin, obviously the better it is!

It is better to place the implant beneath the chest muscle (pectoralis) in very thin people. Silicone implants may also be an advantage in this situation. Good surgical planning and a full discussion with your surgeon are essential.

Q: How do I know if I am a candidate for a "short scar" facelift?

A: Facelift operations come in many variations these days and are not just one single procedure. In the past 10 years or so there has been an effort to minimize the length and visibility of the incision that is used in surgical facelifts. A short scar type facelift (this procedure has many names, some of which are proprietary)

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generally places the incision in the hairline and in front of the ear, not behind the ear, as is the case with the more traditional facelift procedure. This limits the length of the incision and scar and reduces the recovery time. It may be appropriate for younger patients in the 3rd, 4th and 5th decades, who have less in the way of excess skin to tighten, particularly in the lower neck. The treatment of the sagging tissues beneath the skin is just as important and needs to be discussed with your surgeon as well. Not all men or women are candidates for the short scar technique. Although there are many procedures that reduce wrinkles and improve skin tone, there is still no substitute for a facelift in a patient with excessive facial and neck skin, deep lines and folds, or sagging tissues.

Q: How can I avoid having a facelift that is too tight?

A: The best facelift, in my opinion, looks natural, relaxed and “not operated on.” I feel that it is a mistake to pull and stretch tissues in a futile attempt to get rid of every last wrinkle or fold. Modern facelift techniques rely on suspending the deep tissues beneath the skin to produce a natural and long-lasting contour change. When combined with judicious skin tailoring, the most natural and appealing results are obtained. As always, several options are available for this type of surgery and should be discussed in detail with your surgeon.

If you have a question or concern about cosmetic surgery we encourage you to submit your question to: info@mdkaye.com. Type “Clarksville Family” in the subject area.

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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A FAMILY FARM TRADITION

by Taylor Lieberstein



When the Clarksville Area Better Beef Show started in 1950 it had worthy goals. The purpose was to give young people in 4-H and FFA a place to show their animals. They develop leadership and citizenship, and it helps pay their way to college. This is still the case for some youth.

16-year-old Tyler Davis has been showing steer for five years. This year Tyler will show in the 61st Annual Clarksville Area Junior Better Beef Show in May. The lesson learned through participating in this show is responsibility. Tyler is no less than responsible. He works alongside his grandfather each afternoon, and some days by himself, on the family farm.

Tyler is a sophomore at Clarksville High School. He is a member of the FFA where he holds the office of Parliamentarian, 4-H, Seminal Association,

American Angus Association, Cheatham County Cattleman Association, Tennessee Cattleman Association, is a Certified Master Beef Producer and has been BQA Certified.

He got his start on the farm purely out of a family



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tradition. All of his work with his cows is done on his family's own, Davis Farm.

"Being on the farm is a good time and it keeps me out of trouble. It also gets the Davis Farm name out there. And most importantly it will all pay off when it is time to go to college," said Tyler.

He said he keeps the small prize money in his wallet, but saves what he makes off the actual steer for college. He wins smaller amounts from things like showmanship awards and skill-a-thons.

He is taking two steers to the Clarksville Area Better Beef Show this year. He usually raises his own steers but this year they had to buy them due to their lack of having cows that were the right age. The two he will take are Angus Simmental Cross steers.

Preparing the steers for the shows is no easy task. Each day he has to clean them, give them each over 100 pounds of feed and keep them "finished" along with other tasks.

He will go up against roughly 10 to 15 other participants in his class at the show. He has placed first in his class several times, he has also won

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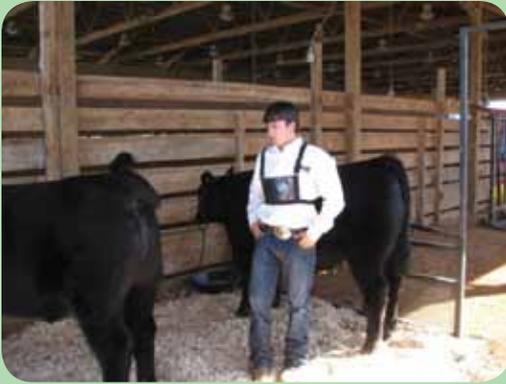
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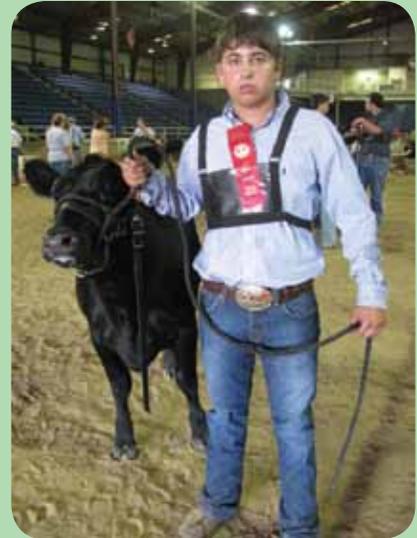
what the individual has taught the steer. One requirement is that each steer must weigh in at a minimum of 1,000 pounds on the day of the show. (Both of his steers already meet weight requirements).

awards such as “bred and fed on the farm,” “showmanship” and “skill-a-thon.”

Tyler explained that at each show the judges are different and look for different things. The judges evaluate each showman based on how his steer cooperates, as this process demonstrates

“I have to clean the steers, fit them and make them look their best. I like to shave their heads. I take care of them at the show the same as I do on the farm. That is how I practice. If you do not practice at home it will show in the ring,” said Davis.

That show is just one of the many times a year he



shows. Just last month Tyler participated in the Block & Bridle Beef Camp at MTSU and brought home three awards.

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In fact he is so good at what he does he is hosting a clinic prior to this year's May show. The Road to Success Showmanship & Grooming Clinic is open to newcomers or anyone who wants to brush up their skills. He will be showing them techniques to use at the show in May as well as tips on how to make the steers look their best. Tyler will be doing all of this at Davis Farm.

A very appreciative Tyler has full support from his mother, father and grandparents. He also receives support from his sponsors.

In 2009, a notable year for the Davis Farm, Tyler and his grandparents attended the World Angus Forum in Canada. Although he did not show any of his own cattle there he did assist a family in showing their cow-calf pair, all the way to fourth place.

Davis is looking forward to this year's show and is ready to start over again with fresh calves.



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GREAT CLOTH DIAPER CHANGE 2011

by Joy Frost

International Guinness World Record attempt for the most cloth diapers changed simultaneously

If you have ever sat around and pondered an idea, you have an idea about how Judy Aagard felt sitting around deciding how to celebrate Earth Day 2011 for her Tiny Tots community. A very small idea came from that pondering...show how cloth diapers help the environment. That has quickly turned into a very large attempt at a world record.

At first, Aagard, a Campbell, California native, was planning just a North American attempt at the world record for most cloth diapers changed simultaneously. Little did she know that people all over the world were crazy enough to get involved, including getting up in the middle of the night to cloth diaper their little ones. At the time of this writing, 320 locations have registered to host the diaper change, as far

afield as Romania and Malaysia, Indonesia and Russia, Sweden and Chile. There are currently over 9,000 babies planned for changing April 23rd at the local time equivalent to 11:00 a.m. CDT (that's 1:00 a.m. in Vladivostock, Russia!), and everyday the number of babies grows.

What's so special about cloth diapers that merit this kind of response? Many new moms are hit with a barrage of facts and figures about babies in general, and one of the first truths about babies that is standard new mom ammunition: Not all babies are the same. Well, not all diapers are the same.

Diaper pins are considered a thing of the past. Snaps, Velcro and Snappis have just about completely replaced the diaper pin. Cloth diapers now come in a world of fabrics and styles, in colors representing the whole spectrum, and of course, leopard print! These

are not Carol Brady's cloth diapers, although, if you prefer those, they are still available.

The reasons to use cloth diapers cover a multitude of reasons, including economics, fashion, health, and convenience. Cloth diapers are far cheaper than the average 25-cent disposable diaper. They are considered much cuter, in sizes and shapes and colors to match anything from outfits to decor. They have far less chemicals in them than single use diapers, and require fewer chemicals to make, so babies aren't sitting on and breathing all manner of chemicals. They are around the house once they are purchased, so there are no emergency trips in thunderstorms and blizzards because the baby is out of diapers.

Most importantly to Aagard for this particular lesson, cloth diapers are far more environmentally friendly. It is unknown how long a disposable

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diaper will take to biodegrade in a landfill, as they haven't started to yet. The estimate is 250-500 YEARS!¹ It takes 300 pounds of wood to make throwaway diapers for one baby for one year. It also takes 50 pounds of petroleum feedstock and 20 pounds of chlorine to make that same baby's single use diapers for just one year³.

If you are using disposables, it is no surprise to you that 50% of your household waste is those throwaway diapers¹. Yet, most people don't realize disposables say on the packaging that fecal matter should be deposited in the toilet. Less than one half of one percent of users do just that². 92% of disposable diapers end up in landfills². Single use diapers use twenty times more raw materials, like petroleum and wood, and generate sixty times more solid waste.

Aagard likely had the environmental impact in mind as she formulated her Earth Day plans. She also likely had in mind her community of Tiny Tots. Mothers tend to like being around other moms. 9,000 mothers grouped together in locations around the globe are certain to generate a sense of camaraderie. They are working together for a cause, for a healthier earth for their little ones. Just think, 9,000 moms cloth diapering for just one year is 2,700,000 pounds of trees saved. It's 2.7 million pounds of wood that won't biodegrade until that baby's great, great, great grandchild is walking the earth. There is an impact to this shared camaraderie.

Finally, who doesn't want to be a world record holder? To see your name in the book of greatest achievements ever achieved? Ever since Bobby and Cindy Brady made their attempt for the teeter totter-ing world record, I've wanted a world record of my own. Guinness book, here I come!

¹Link, Ann. *Disposable Nappies: A Case Study in Waste Prevention*.

April 2003. Women's Environmental Network.

²Lehrburger, Carl. 1988. *Diapers in the Waste Stream: A Review of Waste Management and Public Policy Issues*. 1988. Sheffield, MA: self-published.

³Lehrburger, C., J. Mullen and C.V. Jones. 1991. *Diapers: Environmental Impacts and Lifecycle Analysis*. Philadelphia, PA: Report to The

National Association of Diaper Services (NADS).

⁴Armstrong, Liz and Adrienne Scott. *Whitewash: Exposing the Health and Environmental Dangers of Women's Sanitary Products and Disposable Diapers, What You Can Do About It*. 1993. HarperCollins

Spring Eggstravaganza!
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SPRING...A SEASON ON CHANGE!

by Dianne York

Waking to the birds chirping and the cool breeze from the newly unsealed window... welcome SPRING! What an awesome reminder that we are creatures that thrive with change. We sweep away the cobwebs, throw open the windows, take in the color, and welcome the season!

As I watch a group of homeschooled students at the center I am reminded that they welcome the change as much as I do. Children are flexible and appear to be revitalized by the rebirth going on around them. They smile more, think faster, and their bodies are energized after the winter months. As adults, we should learn from observing the children. They

are the most innocent views to our souls. The wonder, excitement, and vitality is impossible to ignore and can be rather contagious.

While observing an art class, which is held outdoors by the way, I cannot help but notice that they are oblivious to time and distractions. They are totally involved with the task at hand, "Create art from things found in nature." A quite simple direction with no boundaries except, "You cannot hurt anyone or damage nature in the process." Wow! This really means that they were totally free to create. Besides the fact that their instructor is creative and in touch with her students, she provides for

them a time where they can open their minds, and let their imaginations go in any and all directions. Their creations range from the tiniest bird's nest to a life size hut build from sticks and stones.

More amazing than their creations was watching their ingenuity. Groups consist of a mixture of Middle School and High School students grouping themselves in a manner that is totally without the expected hierarchy of a classroom. They combine efforts, working together at times, and other times they go off on tangents to create something that just popped into their heads. They are always eager to share their thoughts



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and creations. Learning takes place in this lesson that can never be matched with any computer program, textbook, or classroom lesson.

Oh, did I mention that no one ever takes out his/her phone, asks to use a computer or calculator, or was ready to stop learning and creating when class time was over? They were so involved that many wanted to complete their task on their own time with no mention as to what grade they might receive, or who got the most credit. How refreshing to see the students truly excited about learning!

Now with the "season of change" upon us, it is the time to look at how your child learns and how to put the excitement

back into the process. I am a huge advocate of educating the whole child: mind, body, and spirit. When the entire child is involved in a healthy environment for learning, it is then that the growth of the child can truly be obtained. Through the Internet, they can be linked to various programs that can provide growth for their intellect. They can experience virtual travel and talk with experts via programs like Skype. Listening in on lectures puts a child in a virtual classroom for subject matters that may not be readily available to them through other sources. Technology is expanding the classroom walls and enabling students to research materials in ways

never imagined only a few years ago.

With the newfound dependence on technology, it is easy to forget about the physical and spiritual needs of the child. The seemingly passionate obsession with gaming, texting, and the need to be connected appears to take the place of physical interaction for some. Recently, I heard a report saying that children spend an average of nine hours with some sort of technology each day. With the traditional school day lasting between seven and eight hours, that leaves little time for eating and sleeping, much less social and physical activities. In no way am I saying that technology is

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not a valuable tool. I cannot imagine running my business or researching information without it. In fact, the newest technology devices always get my attention and spark a bit of curiosity. What I am saying is that when it is used in moderation to expand the mind, it is appropriate. A limited time to provide enjoyment and the mind building strategies of gaming can be beneficial. It concerns me that less time is being devoted to the body and spirit portions of the trilogy. This can indicate a need for change.

When evaluating the details of our summer ARTS program, it is essential to provide for the entire educational

processes. After seeing the results of just one class at Advantage Learning Center, it is more important than ever to carry out the mission to develop the whole child. With physical activities combined with educational workshops a child can develop the positive self-concept and positive interaction with other students; completing the third leg of the entire child-spirit. The **spirit** of learning!

Exposing children to the conditions and environment that foster the inner creative child can bring out the excitement and importance of the learning process. Children must be enriched in their talents and interests,

while receiving the needed reinforcement of skills to balance their academic needs. It is the norm to think that our children must be enrolled in a Math Camp because they do not make necessary gains in math during the school year. Often, it is quite the contrary. When speaking to parents I remind them that this is actually requiring the child to be in a social setting in the very area that they experience the least amount of success. Instead, I prefer to advise them to enroll their student in classes to enrich and strengthen his/her talents and abilities and address his/her weaknesses in a one-on-one setting where he/she is not continuously experiencing the lack of

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achievement among a group of his/her peers.

Students seem to flourish in the individual setting since the need to compete is not an issue. In a one-on-one setting, that student is *the smartest one in the class*. What an awesome way to build his/her confidence. I once heard a speaker, who was also the father of an ADHD child, say that his son came to him and asked if he would have to take the summer math class again that year. When the father tried to instill in him the importance of getting these skills down so that he could be successful the following school year, he merely responded with, "Why is it that I have to spend all

of my time doing what I least like to do and am the worst at doing?" Honest words from a sincere child. He may be right! Why not build on his/her strengths and give them the confidence to attack his/her weaknesses. Sounds like a simple solution, but it cannot happen if a change is not made to our traditional thinking.

Whether the change requires involving your child in Summer Programs, one-on-one tutoring, or a Homeschool Tutorial program; now may be the time to take a serious look at your options. Homeschooled students have the flexibility to tend to these matters before they become issues. If you are in a predicament that results

in your child losing his/her interest in learning, it is time to evaluate the need for a change. Research programs in your area that provide a positive learning environment and can meet the needs of your child. Spend time observing what excites your child and decide how you can maximize his/her learning opportunities. Children love to have fun! Why not instill the **love of learning** and develop the whole child: mind, body, and spirit?

Dianne York has over 30 years experience in education and has been the Owner/Director of Advantage Learning Center for over 10 years. She welcomes questions and comments at educationatalc@gmail.com.

Fundraiser Nights at Chick-fil-A on Madison St.!

Mark your Calendars!

Tues. 4/05: Sango Elementary. 4-8 pm
Wed. 4/06: Imagination Library 4-8 pm
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Tues. 4/12: Moore Magnet 4-8pm
Fri. 4/15: CHS JROTC Boosters 4-8 pm
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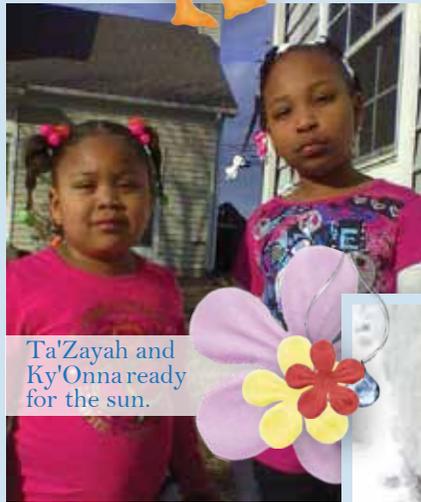
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Bella, Rosie & Peyton *Shaking It* at their first competition of the season.



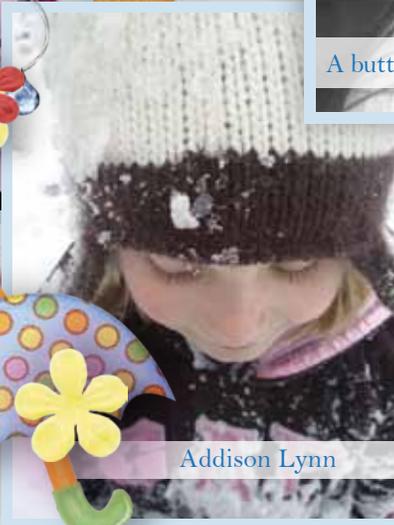
McKenzie Price at the park



Ta'Zayah and Ky'Onna ready for the sun.



A butterfly on Haylei's helmet



Addison Lynn



Rainy morning waiting 4 the bus



Amani, Amari & Amahd Sitting still for once!

Email your photo to candid@clarksville.com by April 15th.

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Patterson Family
right before
deployment



Leaving for deployment
1SG Steven Thorman



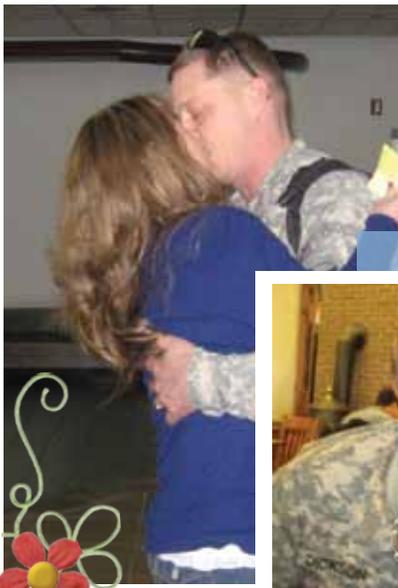
Wilson, Conner, and Sawyer
watched Daddy jump!



Husband, Father, Hero!



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fcf@clarksvillefamily.com by April 15th.

WE HAVE A MYSTERY TO SOLVE...

by Brenda Hunley Illustrated by Willie Bailey

"I'm going on a treasure hunt! Wanna come?" Chester the Chipmunk asked, as he put his arms through his backpack.

Boomer, his brother jumped up. "Sure! But...I thought you were supposed to help Ranger Bill pick up trash."

Chester winked at Boomer. "Yes—it's amazing what ELSE one finds when picking up trash! Why do you think I have my backpack?"

Nodding, Boomer dumped the contents of his backpack on the floor and started pushing it all under the couch.

"What are you doing?" asked Chester.

"I need a backpack too! What if I find something? I can't put a treasure in here with all these school books!" said Boomer, pushing in the last book.

"Mom isn't going to be happy if she finds that, little brother."

"Mom isn't going to, she cleaned in here yesterday," Boomer said, rolling his eyes. "Now, let's go!"

It was a warm and sunny day, with only small, wispy clouds in the sky.

The brothers stood outside the Chipmunk home and stretched in the sunlight, whiskers twitching, with a sparkle in their eyes. It was a sparkle their little sisters, Hazel and Coco noticed.

"Hey big brother; where are you going?" they asked.

"We told Ranger Bill we would pick up stinky, dirty trash today. We will be gone for several hours," answered Chester.

"Can we come?"

"No!" squeaked Boomer.

"Why can't we?" asked Coco.

Chester looked amused, but covered for his brother. "It won't be any fun for you. We have to do a lot of work. When you get bigger you can work too, but for now, stay here and play. We will be home for supper, okay?"

"Girls! Your brothers have work to do, why don't we make some cookies!" called Mom Chipmunk.

"Oh Boy!" shouted the girls, quickly scampering into the house.

"You boys be careful," Mom said, closing the door.

Chester and Boomer ran the whole way to the Ranger station, and hopped up into the partially open window of Ranger Bill's office.

"Hi there, boys! Are you two ready to get some work done?"



"We are!" shouted Boomer.

"Well, with the wind that we have had, trash has been blown all over. Where do you two want to start?"

Chester scratched his head, "How about up by the picnic tables? Then we will just work our way down the trail."

"Sounds good to me. Any help you two can give us is welcome! I will meet you up there in say, an hour?"

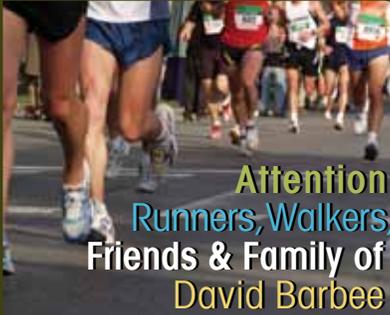
"Okay!" they said, giving Ranger Bill a thumbs up.

"Race ya' to the first table!" squeaked Boomer, hopping out of the window.

"Last one is a rotten walnut!" Chester yelled after his brother.

Dodging people, and almost getting caught by a dog, Boomer beat his brother to the table. Looking around he spotted the first piece of trash. Grabbing it, he picked it up and started his first trip to the trashcan. Running up the side of the can, he could see Chester under a nearby bush pulling on some sort of strap.

"What's that?" asked Boomer.



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Anyone running or walking the race, OR NOT, can be part of the team by simply making a donation to "Team Barbee" (a team account has been set up at Planters Bank).

Those participating in the race and/or those donating \$100 or more will receive a team tee-shirt with their name or business name printed on the back. All donations will go to the Barbee family.

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Over the years, David has captured countless precious moments in our lives through his amazing photography. David is now battling T-Cell Lymphoma.

We invite you to show your love and support to David by joining "Team Barbee" in the **2011 Nashville Country Music Marathon and 1/2 Marathon on Saturday, April 30th!**

For more information, please call Johnnie Rasch: 931-320-1121, or Amanda Rasch: 931-249-1790.

"Its heavy, whatever it is," Chester mumbled, moving deeper into the bushes. Following his brother, Boomer noticed this strap was attached to something bigger. The chipmunks walked around it, poking and pushing to see if they could get it to move.

"There is a zipper. Boomer, help me pull," Chester said, wrapping his paws around the pull. Boomer and Chester pulled, and pulled. The zipper didn't move.

"I will go get Ranger Bill," Chester said.

"You don't have to. I hear him calling us," Boomer said, cupping his paw to his ear.

"Chester! Boomer! Where are you?" called Ranger Bill, looking around.

"We are here!" called Boomer, from high up on the rocks of the cave.

"Oh! There you are!"

"Hold on, we have something to show you!" shouted Chester.

The chipmunks lead Ranger Bill to the bush and showed him the piece of leather strap. Ranger Bill stooped down, reached into the bush, and pulled out a bag.

"Hmmm..." said Ranger Bill, pulling on the zipper. "This is a nice bag, I wonder who lost it?"

"What's inside?" asked Boomer.

"The zipper seems to be stuck. Well guys, I believe we have a mystery on our hands. I will take this back to the office and turn it in. Whoever lost it can look for it there."

Chester nodded, "Okay, we will stay here and keep picking up trash."

"But I wanna see what's in it—NOW!" whined Boomer.

Ranger Bill stopped and turned around. "How about you guys get this area cleaned up, and then come by and see me later this afternoon, or perhaps tomorrow. We will open it together, okay?"

"Yay!" clapped Boomer.

As the chipmunks continued to pick up trash, their minds were so busy imagining what was in the mystery bag that they didn't notice that they were being watched...

(to be continued)

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Wanna be on the Fridge?: Email photo to: fridge@clarksvillefamily.com by April 15th.

Please include the name of who is in the photo, their age & a preferred short caption (optional).

HAPPY BIRTHDAY!



Welcome to the world Laurin
Love Grandma



Happy 1st Birthday Alexia Lee Albaugh
Happy One, Hunny Bun!!!
3 MaMa & DaDa



Happy 6th Birthday Anastasia
Mommy and Bella loves you!!



Happy 1st Brithday Angel
Love mom, sis, bro!



Happy 1st Birthday Benjamin!
Love, Mom & Dad



Happy 1st Birthday Cole
Love, Daddy, Moma, Holly & Sarah



Happy 1st Birthday Joshua!
We love you very much
Mommy, Daddy, Dominick, and Gracie



Happy 1st Birthday, Kate!
Love you, Mama & Daddy
(CE is sorry this is late!)



Happy First Birthday Logan!



Happy 1st Birthday Mason!
Love, Mommy & Daddy



Happy 1st Birthday Samari!
Love Mommy and ShaRon



Happy 2nd Birthday Brooklyn!
Love, Mommy, Daddy, Gummy and Aubie



Happy 2nd Birthday Dayjah!
Love Mommy, Daddy and Skylyn



Happy 2nd Birthday Elisha
Love Mom and Dad



Happy 2nd Birthday Khloe
Daddy and Mommy LOVE You



Polly is 2!



Happy 3rd Birthday Ariana!!!
Love, Mommy, Daddy, & Bella



Happy 3rd Birthday Chasity
Love Everybody



Happy 3rd Birthday, Ethan!
We love you-
Mommy, Daddy, Mison, Joey cat



Happy 3rd Bday Hunter.
Love, Momma & Daddy

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

HAPPY BIRTHDAY!



Happy 3rd Birthday Lexi!
We love you! Mom, Dad & J
(CF is sorry this is late!)



Happy 3rd Birthday
Lillyana May!



Happy 4th Birthday Caleb!!!
Love, Daddy, Mommy,
Reid, Reagan, & Olivia



Happy 4th Birthday Chaniya
Love Everybody



Happy 4th Birthday Christian
Love, Mom, Dad & Family



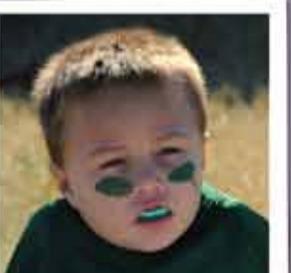
Happy 4th Birthday Madison!
Alles Gute zum Geburtstag!
Bussi, we love you!
Papa, Mama & Chévarre



Happy 4th Birthday Morgan!
Love- Mommy & Daddy



Happy 5th Birthday Camden!!
We love you!
Daddy, Mommy, Keider and Kentley



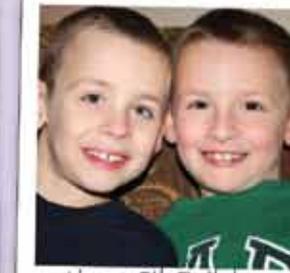
Happy 5th Birthday
Love Mom, Dad, and Natalie



Happy Birthday Jennifer
Love Mom & Dad



Happy 6th Birthday Mia!
We love you! Mom, Dad & Gaven



Happy 8th Birthday,
Andrew & Matthew! We love you!
Mommy, Daddy, Caleb, & Ethan



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

(look for  on the winner's picture to see who won this month)
Winners are chosen via random drawing.
The winning birthday boy & girl's parent or guardian will be notified each month by phone or email.



Happy 8th Birthday Hayleil!



Happy 9th Birthday Treygan
Love from your Family



Happy 10th Birthday Dom!
Love, Dad, Mom, Grandma, and Grandpa



Happy 11th Birthday Kristian!
Love, Kaleb, Christian, Kiki & Mom



Happy 15th Birthday Ashton
Love, Mom, Tori, and Megan

Ongoing

CANINE FLYBALL CLUB

The Queen City Road Runners meet most Sunday afternoons at their indoor training facility (call in advance for times). Private lessons also available.

Flyball is a fun family sport where a relay team of four dogs races 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.

FAMILY LIFE CENTER ACTIVITIES

Monday through Friday, 5:30 a.m. to 9:00 p.m. (except Wednesday, 5:30 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, sculpting, Zumba, circuit, senior fit aerobics and beginner step (all classes are \$3). Visit hilldale.org for more information.

HEAD START ACCEPTING APPLICATIONS

Wednesdays: April 6 from 10:00 a.m. to 3:00 p.m. at Sakura Japanese Steakhouse, 1345 Fort Campbell Boulevard. April 13 from 10:00 a.m. to 3:00 p.m. at Clarksville-Montgomery County Public Library, 350 Pageant Lane. April 27 from 10:00 a.m. to 3:00 p.m. at Country Diner, 752 Hwy 13, Cunningham.

If your child will be 3 or 4 years old on or before September 30, 2011 and your income meets Federal guidelines, then he/she may qualify for Head Start. Please bring the following information to one of the Registration dates listed above (bold information is required) to apply:

- **ALL proof of family income (most recent tax return or pay stub for 12 consecutive months prior to application date)**
- **Your child's birth certificate**
- **Proof of receipt of Families First, SSI and/or Food stamps, if received in the last 12 months**
- Your child's current physical and dental exam record (meaning exam occurred no earlier than September 2010). **Extra points will be given for current physical, dental and immunization cards at the time of registration **ONLY**.
- Your child's Social Security card
- Your child's health insurance card
- Your child's white Tennessee Immunization certificate
- Proof of your child's learning disability (i.e. IEP, IFSP or psychological evaluation). **If applicable.**

The selection process for the 2011-2012 school year will begin in July, 2011. The school year will begin in August.

If you have any questions regarding the registration process, please contact the Head Start administration offices at (931) 648-5774, extension 113.

HOPE RIDERS BIKER CHURCH

Church every Sunday morning at 9:30 a.m. in the Rider Edge Classroom behind Appleton's Harley Davidson, 41A Bypass. Bible Study every Friday at 6:30 p.m. at 1140 Gratton Road. Ride each Sunday at 11:00 a.m.

Chick-fil-A Madison Street

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SPIRIT/FUNDRAISER NIGHTS

- 5 TUESDAY 4:00 P.M. TO 8:00 P.M. SANGO ELEMENTARY**
- 6 WEDNESDAY 4:00 P.M. TO 8:00 P.M. IMAGINATION LIBRARY FUNDRAISER**
- 7 THURSDAY 5:00 P.M. TO 8:00 P.M. NORMAN SMITH ELEMENTARY**
- 12 TUESDAY 4:00 P.M. TO 8:00 P.M. MOORE MAGNET ELEMENTARY**
- 15 FRIDAY 4:00 P.M. TO 8:00 P.M. JROTC BOOSTERS**
- 19 TUESDAY 4:00 P.M. TO 8:00 P.M. EAST MONTGOMERY ELEMENTARY**
- 21 THURSDAY 4:00 P.M. TO 8:00 P.M. BARKSDALE ELEMENTARY**

EVENTS

- 28 THURSDAY 7:00 P.M. TO 9:00 P.M. LYDIA WALKER CONCERT**
- 30 SATURDAY 8:00 A.M. TO 10:00 A.M. KIDS CORNER**
Join us for breakfast and activities especially for kids.

Hope Riders is a full-fledged Biker Ministry and all bikers are welcome Contact Pastor Ron at (931) 801-0379 for more information.

RIVERVIEW MOUNDS SPRING FESTIVAL

Every weekend through April 24 from 10:00 a.m. to 6:00 p.m. See ad on page 33 for details.

April

2 SATURDAY
APRIL FOOL'S DAY

2 SATURDAY
JUNIOR AUXILIARY ANNUAL TAG SALE

8:00 a.m. to 1:00 p.m. at Madison Street United Methodist Church gym, 319 Madison Street.

SPRING FESTIVAL

1:00 p.m. to 4:00 p.m. mall wide at Governor's Square Mall. Festival for kids offering a bouncy house, face painting, games and more; also a meet and greet with "The Little Nut Brown Hare."

3 SUNDAY
CANCER AWARENESS "PINK" BASEBALL GAME

2:00 p.m. to 5:00 p.m. at Clarksville High baseball field. The Richview Cowboys will play the Clarksville Academy Cougars in a charity baseball game to

Eden Day Spa Presents:

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for ages 3-13



Book your party for the year by March 31st and receive 10% off!



www.edendayspas.com

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150 Hillcrest Dr. Clarksville, TN
931-552-2313



raise funds to fight cancer. Both of these middle school baseball teams will wear pink uniforms to raise awareness of the need to defeat cancer. Everyone is welcome to attend this free event, but donations for cancer research will be accepted at the front gate.

CLARKSVILLE SCRABBLE CROSSWORD GAME CLUB

5:30 p.m. to 9:00 p.m. at Borders Books, 2801 Wilma Rudolph Boulevard.

5 TUESDAY

CRIME PREVENTION: "A WOMAN'S SAFETY COURSE"

10:00 a.m. to 12:00 p.m. at Family Resource Center, 1501 William C Lee Road, Fort Campbell. Child care is available at no cost but space is limited. For more information or to register for childcare, contact (270) 798-6383.

FREE BREASTFEEDING CLASSES

1:00 p.m. at Montgomery County Nutrition Education Center (WIC) in the Breastfeeding Room, 1850 Business Park Drive, Suite 103. Open to community. Covers techniques for initiation and tips to maintain successful, comfortable breastfeeding. Includes discussion on pumps, how to overcome challenges, and common concerns. All family members welcome to attend. For more information call (931) 551-8777 and ask to speak with a nutritionist.

CLARKSVILLE SCRABBLE CROSSWORD GAME CLUB

5:30 p.m. to 9:00 p.m. at Borders Books, 2801 Wilma Rudolph Boulevard.

9 SATURDAY

EASTER EGG HUNT & EASTER BUNNY ARRIVAL

1:00 p.m. at grassy area in front of Governor's Square Mall. For children ages 2-10. Then you can come inside and have your photos taken with the Easter Bunny. (If weather is bad there will be participating stores in the mall that will hand out Easter eggs).

EASTER BUNNY PHOTOS

Center Court at Governor's Square Mall. Each child that visits the Easter Bunny will receive a free gift from Governor's Square Mall. See customer service center for hours.

11 MONDAY

ALZHEIMER'S CAREGIVERS SUPPORT GROUP MEETING

6:30 p.m. at Clarksville-Montgomery County Public Library, 350 Pageant Lane. Call Patsy Shell at (931) 648-1884 for information.

12 TUESDAY

WOMEN'S SELF-DEFENSE COURSE

through Wednesday, April 13, from 5:30 p.m. to 8:30 p.m. Registration is required (location will be disclosed at time of registration). For more information or to register, contact (270) 412-5497.

14 THURSDAY

FREE BREASTFEEDING CLASSES

1:00 p.m. at Montgomery County Nutrition Education Center (WIC) in the Breastfeeding Room, 1850 Business Park Drive, Suite 103. Open to community. Covers techniques for initiation and tips to maintain successful, comfortable breastfeeding. Includes discussion on pumps, how to overcome challenges, and common concerns. All family members welcome to attend. For more information call (931) 551-8777 and ask to speak with a nutritionist.

14 THURSDAY

NARFE CHAPTER 870 MEETING

Lunch at 11:00 a.m., meeting at 12:00 p.m. at Golden Corral Buffet & Grill, 2811 Wilma Rudolph Boulevard. Call (931) 358-4855 for more information.

17 SUNDAY

PALM SUNDAY

19 TUESDAY

STROLLER TIME

8:00 a.m. to 9:00 a.m. at the Clarksville Greenway, Moms and kids can grab a breath of fresh air.

22 FRIDAY

GOOD FRIDAY

LIVING WITH GRIEF

8:30 a.m. to 12:00 p.m. at Gateway Medical Center, 651 Dunlop Lane. Gateway Hospice will host The Hospice Foundation of America's Spirituality and End-of-Life Care. Call (931) 552-9551 for information or to register.

23 SATURDAY

PRESCHOOL EASTER CELEBRATION AND EGG HUNT

10:00 a.m. to 12:00 p.m. at First Baptist Church Preschool Building, corner of Commerce Street and Childers Street. All preschoolers 2 years old through kindergarten welcome. No admission fee. Preschoolers will learn the meaning of Easter through an egg hunt, puppet show, crafts and games. Please bring your basket and one artificial flower. Call (931) 572-1508 for more information.



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Sat. 10AM - 9PM
Sun. 1PM - 6PM

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- * Office Parties
- * Holiday Gatherings
- * Birthday Parties
- * Scouting Troops
- * Preschool Field Trips
- * Military Groups (FRG)
- * University Activities
- * Sports Team Outings
- * Paint on the Run

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Written by Leon Martell

The epic adventure of the Lewis and Clark Expedition is relived in flashbacks as Meriwether Lewis struggles to come to grips with his experience and the meaning of America. As Lewis sets out to edit his final report, he is haunted by visions of Thomas Jefferson, Sacagawea, the hospitable but doomed Mandan people, raging rapids, suspicious Lakota warriors, frozen mountain passes, and York, the slave seeking his own definition of freedom.
April 1, 2, 8, 9*

THE CIVIL WAR

Book by Frank Wildhorn, Gregory Boyd and Jack Murphy; Music by Frank Wildhorn; Lyrics by Frank Wildhorn, Gregory Boyd and Jack Murphy
Drawing on letters, diaries, firsthand accounts, and the words of Abraham Lincoln, Frederick Douglass and Walt

Whitman, this thrilling, gut-wrenching and awe-inspiring musical covers the enormous emotional landscape of the most difficult test our nation has ever endured. Reminiscent of Ken Burns' acclaimed documentary, THE CIVIL WAR puts a human face on the greatest tragedy of American history and passionately asks us to consider our beliefs about freedom, honor and faith.
April 22-23, 27-30
May 4-7, 11-14*, 18-21

Curtain Times

7:00 p.m. Wednesday and Thursday
8:00 p.m. Friday and Saturday
* Denotes Saturday matinee at 2:00 p.m.
6:00 p.m. School of the Arts Productions

Musicals \$20 (adult)/\$15 (13 and under)
Plays \$15 (adult)/\$10 (13 and under)
Junior Musicals \$10
OtherSpace \$10

School Matinees are \$7.00 per student. Please call for exact dates and bookings.

Program and times are subject to change. Please call or visit our website for more information.

Clarksville-Montgomery County Public Library

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

Saturday, April 2
10:00 a.m. to 4:00 p.m. All Day **Anime Fest** for grades 7 through 12.

Monday, April 4
9:30 a.m. **Busy Bee's** for children 18 months through 3 years old.

Tuesday, April 5
9:30 a.m. **Family Time** for all ages.
10:30 a.m. **Just for Me Story Time** for ages 4 and 5.

Wednesday, April 6
9:00 a.m. CMCSS High School **Battle of the Books**.

Thursday, April 7
9:30 a.m. **Baby and Me Lapsit** for infants up to 18 months old.

4:30 p.m. **TAB (Teen Advisory Board)** meeting for grades 7-12.

7:00 p.m. **Pajama Story Time**. For the whole family. Come dressed ready for bed and enjoy stories and songs!

Saturday, April 9
11:00 a.m. to "Library Card Campaign Kickoff Event." Love your library and come to celebrate with us. Get a library card if you don't have one. There will be prizes, games and fun!

2:00 p.m. **Legos Program** for the whole family.

Thursday, April 21
5:00 p.m. to 7:00 p.m. **Teen Program** for grades 7 through 12. Teen Choice Awards and Improv.

CUSTOMS HOUSE MUSEUM & CULTURAL CENTER

200 South Second Street • (931) 648-5780

www.customshousemuseum.org

EXHIBITS:

Stitched

Wall tapestries by Clarksville artist Ludie Amos and sewing items from the museum collection. Through April 24.

Ladies First

A two-part exhibit featuring vintage clothing from the collection and artwork from Tennessee Women artists. Through May 1.

Taking Position: A Civil War Retrospective

Featuring the Secession Debates, the role of women, and Clarksville before the War. This first part of a multi-year exhibit runs through May.

Familiar Floral Surroundings

Paintings by Sandra Vanderpool. In the Planters Bank Peg Harvill Gallery. Through April 30.

Caught in Time: The Watercolors of Mary Spelling
Through June 26th in the Crouch Gallery.

The "Snowflake Special" and other model trains run every Sunday. Regular admission charged.

ACTIVITIES:

April 10
Sunday Family Fun Day— Making Fabric Pictures!
From 1:00 p.m. to 5:00 p.m. You don't need to know how to sew to make pictures out of fabric. Bring your imagination. We supply the fabric, glue, and paper. See how many dogs and children

you can find in Ludie Amos's fabric pictures in the exhibit, "Stitched." This activity is free with your paid admission or museum membership. For more information, contact Sue Lewis at (931) 648-5780.

April 10
The Cumberland Winds Woodwinds Quintet
Performing in the Orgain Gallery, time TBA.

April 13 & 14
"Let's Find Signs"
From 10:30 a.m. to 11:30 a.m. Children 3 to 5 years old and their grown-ups are invited to join Ms. Sue as we explore the museum from a child's perspective. This activity includes a story and a craft. Younger siblings are

welcome. Cost is \$7 for adults, \$2 for children and includes admission to the museum. There is no charge for museum members.

Check our website for details.

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 (65+) and college ID \$5, ages 6-18 \$3, ages 5 and under free.

Free admission the second Saturday of each month.



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FAMILY FUN NIGHT

12 TUESDAY 5:00 P.M. TO 7:00 P.M.

Classic family games provided for family fun while dining and a free fun promotional item for each child.

BINGO FOR SENIORS

20 WEDNESDAY 9:00 A.M. TO 10:30 A.M.

Free medium coffee for seniors and prizes for bingo winners.

ENTER JERUSALEM

11:00 a.m. to 2:00 p.m. at Christ Lutheran Church ELCA, 2425 Kirkwood Road. Enter Jerusalem is a free event sponsored by Christ Lutheran Church as a service to our community. This free, hands-on family experience offers a chance to step back in time and experience Jerusalem during the time of Jesus. Stomp grapes getting them ready to "make wine," make a pottery oil lamp, make mud bricks to help build a wall of our "temple." Visit the outdoor bakery to grind wheat and bake bread. Stop by the Jerusalem marketplace for free samples of authentic Jerusalem foods like the ones Jesus may have eaten.

SPRING EGGSTRAVAGANZA

2:00 p.m. to 5:00 p.m. at Heritage Park Baseball Field. Kids can hunt over 20,000 eggs, play games, contests and so much more! See ad on page 51 or call (931) 645-7476 for more information.

EASTER EGG HUNT

At Prizer Point Marina and Resort, 1777 Prizer Point Road, Cadiz, KY. Call (270) 522-3762 for more information or visit www.prizerpoint.com.

24 SUNDAY EASTER

27 WEDNESDAY LUNCH & LEARN: "PROFILE OF A SEXUAL PREDATOR"

11:30 a.m. to 1:00 p.m. at Family Resource Center, 1501 William C Lee Road, Fort Campbell, KY. Bring a sack lunch. Drinks and desserts will be provided. For more information, contact (270) 798-3742.

28 THURSDAY

LIVING WITH GRIEF

12:30 p.m. to 4:00 p.m. at Dover office of Gateway Home Health and Hospice, 1020 Robert H Lee Drive, Dover. Gateway Hospice will host The Hospice Foundation of America's Spirituality and End-of-Life Care. Call (931) 552-9551 for information or to register.

29 FRIDAY

SPRING AUTO SHOW

Through Sunday, May 1. Mall hours, mall wide at Governor's Square Mall. Check out the latest models of cars, trucks, and SUVs.

30 SATURDAY

"TEAM BARBEE"

Attention runners, walkers, friends and family of David Barbee! Over the years, David has captured countless precious moments in our lives through his amazing photography. David is now battling T-Cell Lymphoma. We invite you to show your love and support to David by joining "Team Barbee" in the 2011 Nashville Country Music Marathon and 1/2 Marathon on Saturday, April 30th. Anyone running or walking the race, OR NOT, can be part of the team by simply making a donation to "Team Barbee" (a team account has been set up at Planters Bank). Those participating in the race and/or those donating \$100 or more will receive a team tee-shirt with their name or business name printed on the back. All donations will go to the Barbee family. For Team Barbee registration/donation forms, please call Johnnie Rasch (931) 320-1121 or Amanda Rasch at (931) 249-1790.

JUVENILE DIABETES RESEARCH FOUNDATION SUPPORT GROUP MEETING

Contact cvohland-free@jdrf.org for more details.

May

1 SUNDAY

QUEEN CITY ROAD RACE

APSU Govs Stadium. See ad on page 49 or call (931) 645-7476 for more information.

Submit your event to events@clarksvillefamily.com by the 15th of the month to be included in the next issue.

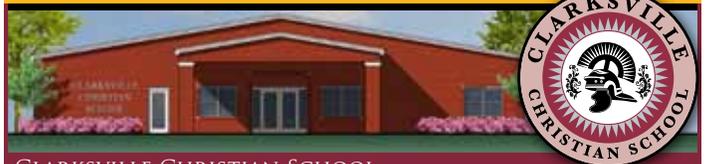
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All students who are enrolled for the 2011-2012 school year by April 15 will be entered to win a free iPad!



WELCOME WEDNESDAYS FROM 11:00-2:00



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Formal Easter/Spring Pictures - Sat., April 16, 10 am
Pictures with the Easter Bunny - Sat., April 23, 10 am
Call us for more info or visit us on Facebook!

Schedule a Pre-K or Sports Physical For Your Child TODAY

931-645-4685
881 Professional Park Dr. Off Dunlop Lane by Gateway Medical Ctr.

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

171 Hatcher Lane, offers treatment foster care and services. (931) 645-7711, (931) 645-7742 or www.phoenixtn.com.

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.

ARTS, CRAFTS & HOBBIES 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.

MONTGOMERY COUNTY WATERGARDEN SOCIETY

A not for profit water garden and koi pond club that hosts an annual Water Garden Tour. Visit www.mcwgs.org, if you would like more information regarding who we are and what we do, or contact Pam Ross at (931) 368-1583 or Sharon Baggett at (931) 249-2355.

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

SWIMMING EAGLES

We are a Fort Campbell based competitive swim team open to non-military families. For more information please visit www.swimmingeagles.com

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 is for boys and girls ages 7 through 14 years old (Elementary - Middle school). 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, baby moon vacation and spa packages, and birth plan consultations. Micky Jones, BS, CLE, CLD, CHBE, CAPPA Lactation Educator Trainer at (931) 451-3223 or ninemonthsandbeyond.com.

YOUR BIRTHING BODY

Extensive Childbirth Education utilizing The Bradley Method® and offering training in what to expect during pregnancy, labor, and birth, as well as consumerism of childbirth, nutrition, exercise, communications, breastfeeding, knowledge of procedures, interventions and complications, knowledge of newborn procedures, postpartum preparation and care, and assistance in creating a birth plan. Offers training not only for the expectant mother, but also trains a labor coach of her choice to serve as her own personal doula/labor support. I also offer my own personal doula services to my students at no additional charge based on my availability. For more information contact Jade Chapman at (931) 802-9869 or visit www.yourbirthingbody.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. clarkvillepin.net.



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2631 Ft. Campbell Blvd

PROGRESSIVE DIRECTIONS, INC.

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

TENNESSEE NUTRITION & CONSUMER EDUCATION PROGRAM (TNCEP)

Provides nutrition education programs that help limited-resource individuals and their families improve their diets. When you participate in TNCEP programs, you will learn: how to stretch your food dollars, how to prepare good and nutritious food, how to plan a balanced diet, how to get kids to eat nutritious food, the importance of a good diet and physical activity, and how to use a variety of foods. TNCEP delivers programs in many ways, including: school programs, food demonstrations, group classes, hands-on learning experiences, educational displays, handouts, and newsletters. For more information contact Tamera Adjei at (931) 648-5725 or tadjei@utk.edu.

CHILD PROTECTION & DOMESTIC CRISIS SERVICES

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

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) 552-8900.

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 MIDDLE TENNESSEE

331 A-1 Union Street, (931) 648-1060 or www.gsmidtn.org. Girl Scouts build girls of courage, confidence and character who make the world a better place. Email bkelly@gsmidtn.org for more information.

COMMUNITY OUTREACH

ALL NATIONS BIBLICAL STUDY CENTER

Offers tuition-free Bible courses to the community in the major fields of biblical research. Spring Courses include The Synoptic Gospels, Paul and His Letters: The Early Years, Reading the Bible in Biblical Hebrew and The Seven Churches of Revelation. Classes meet for 1 1/2 hours weekly. Three 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.

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 call (931) 431-7580.

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.

L.E.A.P. ORGANIZATION

303 Fairview Lane. We are a non profit organization whose mission is to develop and strengthen communities of productive citizenship with values of Leadership, Enlightenment, Academic Achievement, and Perseverance through faith, hope and love by mentoring, tutoring, providing affordable housing, and various assistance programs. For a complete listing of our housing, day care, and mentoring programs please visit www.leaporg.net and click programs. (931) 378-0500, info@leaporg.net.

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 two free monthly classes (see calendar for dates and times). (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

The Clarksville Children's Theatre

NOW PLAYING

ANIMAL TALES
ON SAT. APRIL 30TH AT THE
MOUTH OF DUNBAR CAVE AT 11AM & 2PM
401 Dunbar Cave Road, Clarksville, TN

The production includes a 30 minute arts and craft activity and a 30 minute audience participation performance of children's plays written by local writers.

FREE! HOPE TO SEE YOU THERE!

Keep up with us on Facebook! www.clarksvillechildrenstheatre.org

Youth Week Means...

IT'S ALL ABOUT YOU!
Monday, April 18th - Friday April 22nd.

Come celebrate youth week with Gateway Credit Union.
• Prizes for deposits of \$20 or more.
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100 Otis Smith Dr. (off Ted Crozier Blvd)
www.gatewaycreditunion.com

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 call (931) 431-7580.

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 call (931) 431-7580.

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

Through The Path Life Coaching (www.ThePathLifeCoaching.com), you can explore your options to move you forward to a more fulfilling and satisfying life! The Path Life Coaching is designed to promote and support you as you discover harmony and happiness along your life journey. You will be guided along "your Life's Path" becoming empowered to realize your own truths and solutions as you move forward and achieve your own goals and dreams. The Path Life Coaching is based on a wellness approach to life coaching that embraces the "whole" self to include self-truth, spirituality, and emotional and physical wellness. This success of The Path Life Coaching rests on the assurance that the coaching experience is a "safe place for reflection and growth." Each session is a "rest stop" along your journey where you will embrace exploration, design, action, evaluation and achievement giving you insight and awareness as you move along the "Path" of your choosing. Please contact Dr. Julee Poole for more information at JuleeSPoolePHD@aol.com or (931) 906-5449.

REGIONAL INTERVENTION PROGRAM (RIP)

404 Pageant Lane, (931) 920-2347. Provides a program for families with preschoolers who are having difficulties in behavior

and/or development, run through local mental health agency Centerstone. RIP offers classes for parents to learn more effective parenting skills. Classes are held on Tuesdays and Thursdays, both morning and night. We currently have immediate openings. Contact Katie McWilliams, Clarksville RIP Program Coordinator at (931) 920-2347 or Katie.McWilliams@centerstone.org.

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

Now's the time! Sharing daily life with a teenager from another country and culture is a rich and rewarding experience, and it's a wonderful way to bring more understanding into the world. If you've ever thought about welcoming an exchange student into your home and family, now's the time to learn more. AFS, the leading international high school student exchange program, needs families in our community to host high school students for an academic year or six months. Students arrive in August. Applications are already arriving in our regional offices for the fall of 2011.

All kinds of families can host—two-parent households with young children or teenagers, single-parent families, families with adopted children, foster parents, as well as couples and single people who do not have children or who have grown children. One of the most important characteristics of a host family is being eager and excited to share your life and activities while providing the same kind of care, support, and comfort as you would to your own child or family members.

AFS students come from more than 60 countries and represent many different cultural and socioeconomic backgrounds. Local AFS Volunteers enroll students in high school and support students and their families to help both gain the most from their experience. In addition to host families, AFS needs people who are interested in becoming volunteer liaisons to work locally with families and their hosted students.

Anyone interested in learning more about, sending, hosting or volunteering with AFS should visit www.afs.org/usa or call (800) 876-2377. One may make a preliminary hosting application on line as well as begin registering to be a volunteer.

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 families who have chosen to educate their children at home. Monthly meetings for parents and children are held at Hilldale Baptist Church, 2001 Madison Street. Additional activities

TAX PROBLEM RESOLUTION

• Federal Tax • Sales and Use Tax
• Property Tax

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are held throughout the year. For more information visit www.orgsites.com/tn/chara or e-mail clarksvillechara@gmail.com.

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 Calendar

Friday, April 1 **General Meeting** at the public library. We will have a Q&A regarding the executive board's decision to sister a chapter. We will be sistering the MOMS Club of East Clarksville as of July 1 2011.

Tuesday, April 5 We will be doing a service project "Sit and Sew" where we will be making tag blankets for sick children.

Saturday, April 9 **Family day** at the Strawberry Patch at H&S Farms.

Wednesday, April 13 **Breakfast Bunch** at Silke's.

Friday, April 22 **Easter Egg Hunt**

Thursday, April 28 **Park Day** at Gate 5 park on post.

Friday, May 6, 10:00 a.m. Our annual **Vender Blender** at Madison United Methodist Church. Moms who work out of the house will showcase their products available for purchase. This event is open to all prospective members and anyone who wishes to have their merchandise shown. Door prizes are given out! Come join the fun!

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 the Clarksville-Montgomery County Public Library, 350 Pageant Lane. 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 block for this month's events calendar.

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 Jaime Wommack at jaimenicole711@yahoo.com and (931) 302-8922; or Amanda Hough at amandahough@gmail.com and (517) 204-1136.

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-Coordiators, email Diane at dmc74.blondie@gmail.com or visit www.orgsites.com/tn/hilldalemops/.

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/tmSHARE/

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.



SIGN, SAY & PLAY classes

ages 6 months - 2 yrs

This 6-week play class for parents and their babies:

- Highlights signs that are most important in the lives of babies
- Teaches signing through fun games with BeeBo™ the Baby Signs® Bear
- Provides signing practice through delightful Baby Signs® songs
- Introduces play activities that reinforce important language, cognitive and social-emotional skills

Starting in April on Saturdays at Stars Dance Studio on Riverside Dr.

The Parent Workshop is a one-time introductory workshop that teaches everything you need to know to get started with the Baby Signs® Program and can be held in the studio or in your home.

We offer other classes for birth - 5 yr. olds

931-444-0465 • nancy.walker@babysignsprogram.com
www.babysignsprogram.com/withnancylynn

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Local, Private Breeder

ages 6-wks to 1-yr

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442 Ringgold Rd. Clarksville, TN
littlevisionary@bellsouth.net

Ph: (931) 647-3950

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 8:30 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.

ASMT (AUTISM SOCIETY OF MIDDLE TENNESSEE)

Meets the 3rd Tuesday of every month at the Clarksville-Montgomery County Public Library at 350 Pageant Lane, Clarksville from 7:00 p.m. to 8:00 p.m. For more information contact Shelley Taroli at (931) 980-2597 or shelleytaroli@gmail.com.

AUTISM SUPPORT GROUP

Donna Richardson at (931) 503-2315.

CLARKSVILLE ASSOCIATION FOR DOWN SYNDROME (CADSTN)

Where individuals, families and the community come together to enrich, educate and support one another. Meets the second Tuesday of every month at Clarksville-Montgomery County Public Library from 6:00 p.m. to 7:00 p.m. (or close of library). Contact Patricia Hanna at (931) 645-1261 or cadstn@hotmail.com.

CLARKSVILLE MONTGOMERY COUNTY MULTIPLE SCLEROSIS SUPPORT GROUP

A local support group for Multiple Sclerosis patients, family members and caregivers in the day to day management of M.S. Activities include guest speakers, up to date medical news, advances in finding a cure for M.S., and open forum discussions. Meets the third Tuesday of each month (September through May) at 7:00 p.m. at First Christian Church, 516 Madison Street.

For more information call Melba Dowdy at (931) 552-1486 or Mary Nell Wooten at (931) 647-8904.

CLARKSVILLE OSTOMY SUPPORT

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

CLARKSVILLE PARENT SUPPORT GROUP

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

GRIEF & LOSS

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

NAMI (NATIONAL ALLIANCE OF THE MENTALLY ILL)

Some one you love has a mental illness. This local support group meets the 2nd Tuesday of the month at New Providence United Methodist Church, 1317 Fort Campbell Boulevard, from 6:30 p.m. to 8:30 p.m. Child care provided. For more information call Betty at (931) 358-0900 or Bertha at (931) 216-3590.

PARENTS HELPING PARENTS

A bereavement support group for any person who has ever loved and lost a baby or child. You can expect compassion,

support and useful information to help you through this time of grief. Held the first Monday of each month from 7:00 p.m. to 9:00 p.m. in classroom 2 off the "A" lobby at Blanchfield Army Community Hospital, Ft. Campbell. The group is open to the community. For directions or information e-mail Sharee at InfantLossProject@yahoo.com or call the chaplain's office at (270) 798-8777.

TENDERPAWS PET THERAPY

Tenderpaws Pet Therapy Group meets at 10:00 a.m. the first Saturday of the month in the Liberty Room of Gateway Medical Center. To have your pet screened call Kathy at (931) 553-8959.

WARRIORS OF HOPE

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

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

Now booking, easter special sessions WITH LIVE BUNNIES
 What could be sweeter?
 APRIL 5-15

STANLEY FAMILY photography
 WWW.STANLEYFAMILYPHOTOGRAPHY.COM
 1855 MEMORIAL DR. CLARKSVILLE, TN

CALL TO BOOK YOURS NOW! 931.233.9569

April Events

Spring Festival
 April 2, Mallwide, Mall Hours
 Featuring a bounce house, games, face painting and more from Total Package Events, LLC. Meet & Greet with The Little Nut Brown Hare at 2pm & 4pm. Sponsored by Convergys.

Easter Bunny Arrival and Egg Hunt
 April 9, Center Court, Noon
 Bring the kids to meet the Easter Bunny and go on an egg hunt! The egg hunt will begin at 11am in front of Golden Corral. For ages 6 months to 10 years only.

Spring Auto Show
 April 29-May 1, Mallwide, Mall Hours
 If you are in the market for a new car, come on out to Governor's Square Mall to see what the local car dealers have to showcase in the Auto Industry for 2011.

GOVERNOR'S SQUARE MALL

10am to 9pm, Mon.-Sat. • Noon to 6pm, Sun.
 2801 Wilma Rudolph Blvd. • Clarksville, TN • 931.552.0289
www.governorssquare.net • www.mallgiftcards.net

Coloring Contest Winners!



Jackson Niccolich
age 3, Pleasant View, TN

**Ages
0-3**



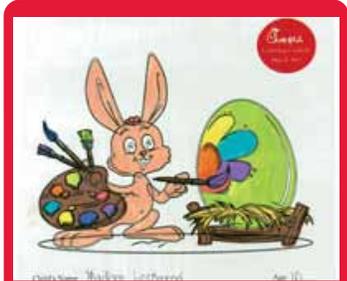
Emily Howell
age 6, Clarksville, TN

**Ages
4-6**



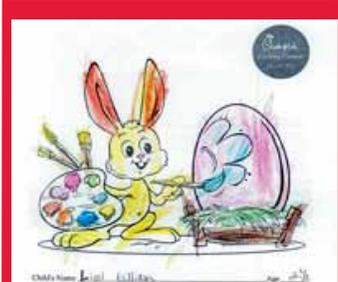
Jordan Noelle Ray
age 9, Clarksville, TN

**Ages
7-9**



Madison Lockwood
age 10, Clarksville, TN

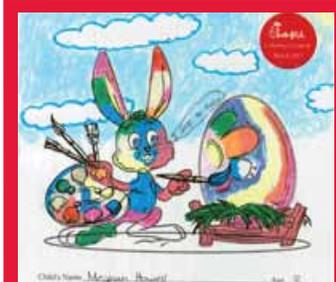
**Ages
10-12**



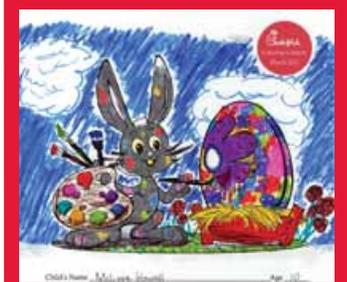
Liesl Gilliam
age 2, Clarksville, TN



Warin Ding
age 6, Clarksville, TN



Meghan Howell
age 8, Clarksville, TN



Melissa Howell
age 10, Clarksville, TN

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



Free Small
Banana
Pudding
Milkshake
with
purchase of
any entree.



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 5/31/2011.

Free 4 pack Kids Meal with
purchase of any lunch or
dinner 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 5/31/2011.

stained



We're all stained. All have been soiled by poor choices or tarnished by choices of others. Our stains affect how we view ourselves and how we interact with a loving God. Join us in April as we discover how God can make us spotless.

Join us for a Good Friday night of worship
April 22nd at 6:00pm



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