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Publisher's Message

I am guessing we're going to have quite the flower crop in May after all the rain we have had in April! Hopefully May will give us some clear days to enjoy everything going on in and around Clarksville.

From campouts to concerts & festivals, May is packed with fun things for the family to do. And best of all, most of these events are free! See the calendar (pg. 70) for all the details.

This month's cover family is also the subject of our feature article (pg. 6) by Pamela Magrans. Clare Coyle Taylor was an artist and a young mother of two boys whose husband died unexpectedly. Read how Clare and her sons were able to use art to grieve and cope with their loss.

For all that I am thankful for in my life, my greatest gift is my son. His birthday is this month, but I will gladly celebrate it in another way a few days before...on Mother's Day! I want to wish my mother, and all of the mothers out there, a very special and sweet Mother's Day.

Many have said it, but I still must echo that too many of us take for granted the sacrifices of our soldiers. Let us never forget what they do to keep our nation free, and especially those who have given their life in that cause. Memorial Day is May 30; don't forget to honor those who have fallen in our defense.

The last few weeks of school are here. Summer is just around the corner. Be safe, and enjoy the time with your family.

Thank you for picking us up. I hope you enjoy this issue; it is packed!

Sincerely,
Carla Lavergne



Clarksville Family

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TABLE OF CONTENTS

FEATURE • 6

Cacophony and Clare Coyle
Taylor

COMMUNITY • 10

365 Things

FAMILY • 12

About Military Marriage

HEALTH • 14

Oral Disease Risks for Children
with Special Needs

FINANCIAL FOCUS • 16

Can You Save for Retirement and
Education?

FITNESS • 18

Are Flips a Flop?

HEALTH • 20

Helping Children Grieve

EDUCATION • 24

Summer...Continue the Learning
Experience

HEALTH • 28

Living with Diabetes

GIVING BACK • 32

Pura Vida

HEALTH • 36

Ten Minutes That Could Save
Your Life

GIVING BACK • 38

Playing Pink for a Cure

SAFETY • 40

Rear Facing Until Age Two

BEAUTY • 42

It's Bathing Suit Time

FAITH & FAMILY • 44

Reading the Bible

PARENTING • 46

Oh What to Do, What to Do?

FEATURE • 50

Fashion for the Kentucky Derby

GIVING BACK • 52

Operation: Snaggletooth

TEACHER TIME • 56

Backpacks and Butterflies

ALL ABOUT MOM • 60

Making the Best of Mother's Day

CANDID CLARKSVILLE & FORT CAMPBELL FAMILIES • 63

STORYTIME • 64

We Have a Mystery to Solve...

THE FRIDGE • 68

CALENDAR • 70

FAMILY RESOURCE NETWORK • 74

COLORING CONTEST • 79

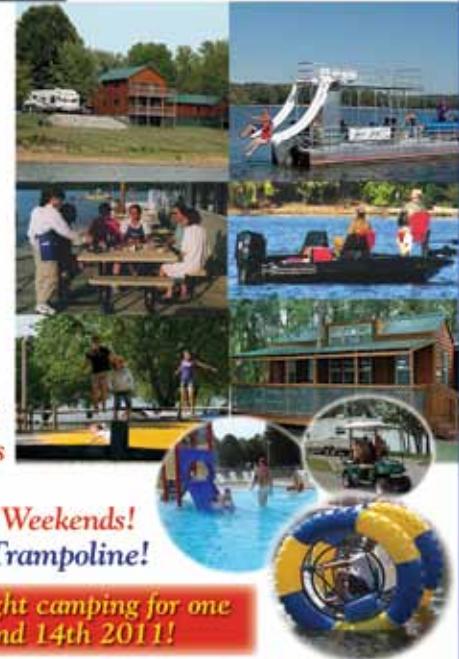
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CACOPHONY AND CLARE COYLE TAYLOR

One Mother's Struggle and How Art Guided Her Family Through Grief

by Pamela Magrabs

At the age of 34, Clare Coyle Taylor was a mother of two boys, a wife, a budding local artist, and happy with her life. But life often has a way of turning upside down when we least expect it. In the blink of an eye, her life changed suddenly one day in October 2004. Since then she has forged a new life for her family, facing many challenges along the way, but her love for her sons and her passion for painting proved to be just what was needed to keep them all strong.

The art of loss...

Clare grew up in Rochester, Michigan and moved to Clarksville after APSU recruited her on a basketball scholarship. She worked at a local grocery store decorating cakes while she finished her degree. She received her Bachelor of Fine Arts and taught art classes at the APSU Center for Creative Arts. Early on, her passion was studio arts such as ceramic sculpture and pottery. Her talent in art was apparent and her passion grew. Soon she was painting and selling her art at local stores. She met a man named Michael and they married in 1996. He was an artist too—a musician in a local band. He encouraged her to focus on her art and she continued painting. In 1999 their first son, Nathaniel, was born. In 2002, a baby brother, Bobby Conroy, joined the family.

Life was good for the Taylor family. In October of 2004 Clare was scheduled to open a show at the local Artist Co-op exhibiting her artwork. Michael had just returned

home from helping her unload paintings when he suffered a fatal heart attack in their driveway.

If there is an art to loss, Clare and her boys have found a way to capture it. However, the days, months and years that followed Michael's death were not easy. There was so much to miss about Michael. Nathaniel longed for his Daddy to give him guitar lessons. Two-year old Bobby Conroy did

for why their Daddy died. "It was my job to give them the facts and to help them remember their Daddy," she said. For Clare a turning point was realizing that she could never be both a mother and a father to the boys. They had suffered a tragic loss in life and there was no way to heal that loss. Instead they would have to adapt to the loss—she calls it "adaptive confidence." They would go outside at night and talk to Michael. Clare would tell the boys stories about their Daddy—anything to keep him a part of their life.

"Especially for children it is important to talk about the loss. Don't push the pain away. The hurt is the love. A lot of people try to distract from the pain—but I choose to embrace it instead," she said.

Five months after Michael died, Clare was diagnosed with thyroid cancer. After a successful surgery to remove her thyroid and undergoing necessary treatments, Clare regained her health. But facing cancer and the loss of her husband in the same year was both mentally and physically exhausting. "In the beginning I was in survival mode," she said. Soon Clare was dealing with depression and she was considering talking to her doctor about mediations.

Her doctor encouraged her to try painting again. He knew that she was an artist and felt that she would benefit from getting back to her passion. But returning to painting meant facing her grief, embracing something that brought back memories of Michael and that day.

Art as therapy...

One day 5-year-old Nathaniel said he wanted to paint. Clare took him



"Hold On"

not understand why Daddy wasn't coming home from work. Clare wanted to answer their questions—to make her boys and her home happy again. But there are some questions even a Mommy can't answer.

"Early on I wanted to fix everything for the boys, but I couldn't make their pain go away," said Clare. There were no answers



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to the art studio adjacent to their home and set up the canvas and paint. She gave him a step-by-step watercolor lesson. Then Nathaniel asked his mother, "Do you ever want to paint just the way you feel?" Clare understood. "I need some dark colors," said Nathaniel.

She got out a canvas and all the dark color acrylic paints she could find. That day Nathaniel covered the canvas with black paint. "Afterwards, he was lighter," said Clare. "It was a poignant moment. He could not say that darkness, but he could paint it."

A year later, when Nathaniel was in first grade he drew a picture of his family depicting his father wrapping his arms around the three of them. His father was not a person in the picture; rather, he was a presence in the picture.

It was those lessons from her then 5-year-old son that motivated Clare to begin painting again. As a mother, it was hard to find time to paint. She struggled to find the energy to devote to larger



"Cacophony"

drawing them on Bristol board with colored pencils and called them "journal drawings." The first ones were dark, depicting the confusion and pain that Clare needed to release. However, soon the journal drawings began to change, lighter colors scanned the canvas. As the journal drawings brightened, so did Clare's life. Things began to feel better. Art was giving her an outlet for her pain. She continued to encourage the boys to draw and paint with her.

What Clare discovered was that the art was part of the healing. She began to think about how others might benefit. She heard about a program at the YMCA and went through the training to become a Restore Ministries facilitator. In the fall, Clare will facilitate the first local

Restore Ministries Grief Therapy class in Clarksville. She plans to incorporate art into that program.

"Some people are inhibited by art being good. It does not have to be good. There is no right or wrong to self expression," said Clare. Clare has a studio at her home and wants



paintings. A friend and fellow artist, Miranda Herrick, showed Clare some of her small 4" x 4" drawings. Miranda called them "mediations" and she was drawing one a day for an entire year.

Clare thought that she could find time for a small drawing. She began

to someday use her studio to aid others to deal with grief through art.

On Motherhood...

There is no time like May to celebrate the success of a local mother. One of Clare's paintings depicts a mother and baby clinging to one another, eyes sharp and steady in a trusting glare. But Clare does not like to take credit for her own mothering abilities. She quickly points out the many people who motivated her and guided her as she looked for ways to get through the tough days. "I've realized how much we need other people," she said.

She acknowledges times when she felt like a failure as a mom. She quickly lists her shortcomings as being forgetful, absentminded, and disorganized. But the success of a mom is not gauged by the ability to remember when school photo orders are due or by how organized the kitchen counter might appear. "We have so many expectations about how to be perfect mothers," she said. "There is something graceful about being able to accept that we are not perfect." For this mother, focusing on spending time with her children was the greatest priority. There is a lesson there for us all.

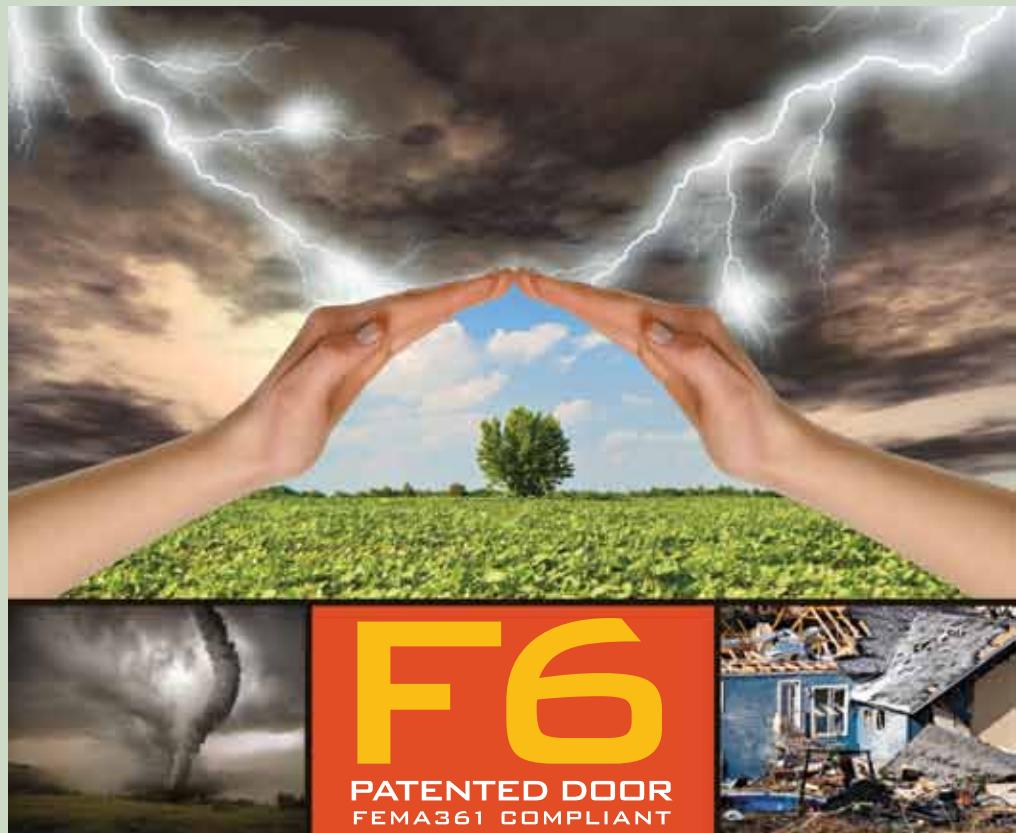
Last month, Clare opened an exhibit at Ensworth High School in Nashville showcasing her journal drawings and other paintings. It was the first show exclusively of her work since the show that marked Michael's death.

The piece that Ensworth High School selected to be the cover photo for the show is a large painting she called "Cacophony." The tightly interwoven lines of color wrap around the canvas like phases of life—up and down, some logical, some confusing. The lines enfold the canvas in contradictions, moving randomly to the brightening center. The framed darkness gives birth to a central deepening brightness—like grief turning to radiance—as if the painter were making sense of the senseless, controlling chaos, and embracing that which cannot ever be fully understood.



Clare celebrates both Mother's Day and her 41st birthday this month. She is engaged to be married to David Lovell, a teacher and father of two. She is cancer free. In May her work will be on exhibit locally at the Downtown Artist Co-op in a show called FIVE because it opens on 5/5 and showcases the work of five local artists.

Seven years after their world turned upside down Michael is still very much alive in their speech, thoughts, stories and art. By embracing each other, and letting art speak where words could not, Clare has found a way to turn the world right-side up once again.



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365 THINGS

by Taylor Lieberstein

Looking for something to do in Clarksville? Look no more. Just befriend "365 Things to do in Clarksville, TN" on Facebook, and each day you will be informed of a new activity/event to enjoy in the Clarksville area. (And you will also up your number of Facebook friends by one!)

Every day the Facebook page updates its status to inform you of something going on in Clarksville. Most all updates are centered on family friendly activities such as library events, concerts and cultural activities.

The creators of the page reference local event calendars to pull all the information into one central location to make it easier to find out about things going on in the community, a one-stop-shop sort of deal. The main goal of the page is to keep the public informed about events that are coming up, and also to let people know about locally owned businesses. Finally, it is a way to help

residents learn more about Clarksville's history and all that this city has to offer.

This month some of the suggested places to be and things to see are:

- Jazz on the Lawn
- Senior Olympics
- Hilltop 2nd Annual BBQ Cook-Off
- Queen City Road Race
- Doggiepalooza
- Clarksville Downtown Market
- Jammin' in the Alley
- Movies in the Park

Roy Paul, a buyer's agent on the Kristin Gwaltney Team and one of their online marketing experts, started the website. Work divided his attention and he was unable to keep it up to date. JoDee Wright took the Marketing Coordinator position for the Kristin Gwaltney Team and Crabbe Construction in January and picked back up right where Paul left off.

"Being in real estate, we work with a lot of clients who are

relocating to the area. We thought it might be a good way to help people learn more about Clarksville and things to do here."

There were 442 people who "liked" the Facebook page when Wright

started it back up in January, and it is now already up to 631 people. And they hope to keep increasing their following.

"I feature locally owned restaurants, shops, local attractions or historical spots, art and cultural activities, and outdoor/recreational activities. I think sometimes we take it for granted that there is so much going on in Clarksville. I am a Clarksville native myself and since I have been compiling these ideas, I have been amazed at all there is to write about. Between APSU, our local parks, and the new businesses that continue to open their doors, there is always something for me to introduce each day," said Wright.

Wright says she does her research the day that she is posting each event/activity so all of the information is current. She also tries to include a compilation of links related to the event, graphics and some general information about the topic. And if the event has a Facebook page they are tagged so that you can easily find any additional information you may need.

As the page grows they will continue to make it more interactive for their Facebook fans. They plan to soon offer contests to Facebook followers to get them more involved. Remember to add "365 Things to do in Clarksville, TN" on Facebook so that you will be "in the know" about what is going on in your community each day.

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ABOUT MILITARY MARRIAGE MAINTAINING "WE" DURING DEPLOYMENT

by Rachelle Franklin, LPC, Marriage and Family Therapist

Marriage and Family
 Therapists at Ft. Campbell are often asked to help military couples prepare for deployment as couples often find themselves asking, "How do we stay connected and continue to communicate during deployment?" The answer is never simple and depends on many factors like the number of prior deployments the marriage has endured, unhealthy communication, what type of communication that will be available to the couple during deployment (i.e., Skype, email, phone, instant messaging), and the couple's current level of closeness. As counselors, we have to help couples answer these questions and many more to effectively help them achieve their deployment goals.

The first step in solving any problem in a marriage is to work toward a "we" attitude. Many times military couples report adopting an "I" attitude instead of a "we" attitude to survive deployment. Facing a long separation from your spouse and

the reality that your spouse may not return to you can cause the spouse and soldier mental pain.

Families sometimes report that they either ignore what is happening or go ahead and prepare for their spouse to not return. Unfortunately, avoiding reality or preparing for a permanent separation does NOT help to create a partnership that can successfully make it through deployment. The good news is that couples who have taken the steps to prepare for deployment and who adopt a plan of attack "together" report much higher satisfaction with communication and the ability to cope through deployment. Couples often report that this satisfaction exists because they have maintained contact and closeness (connection) during deployment despite the distance and lack of physical contact.

Maintaining connection is important for both partners in a marriage. There are very important emotional and physical needs that are met in both women and men when a couple remains connected through seeing and hearing one another on a daily basis. To feel safe, women must be able to talk to and see that their spouse is okay physically. They need to be able to look at their spouse

and hear words of kindness and encouragement. Maintaining a connection for women also produces positive physical results. When women feel connected to their spouse, they produce a bonding chemical that helps them to feel close to their spouse even if they are a great distance apart.

Men have a need to remain connected to their spouse to feel as if they are still able to provide, protect, and love the family they have been separated from. Men also need to talk to and see their spouse and children to feel that they are still a part of the family system. The question non-deployed spouses should ask themselves is, "What words should I use to help my spouse still feel that he's a part of the family, that he's still the protector, and that he is still loved?"

Adopting a "we" attitude becomes very important if a couple intends to maintain a healthy connection before, during, and after deployment. Just as our soldiers train for war prior to deployment, a family must prepare prior to war to keep their marriage and family together. A resource that can be very helpful to couples who are preparing for a deployment can be found at www.campbell.army.mil/Pages/CampHome.aspx. This is the "Ft. Campbell Deployment Handbook." On page 46 of the handbook is a pre-deployment/family readiness checklist that is very thorough and can help a family prepare "together" for deployment.

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CHILDREN WITH SPECIAL NEEDS ARE AT INCREASED RISK FOR ORAL DISEASE

by Dr. Lance Harrison, Jr.

At the beginning of 2010, as many as 17 percent of children in the United States were reported as having special health care needs. Behavioral issues, developmental disorders, cognitive disorders, genetic disorders and systemic diseases may increase a child's risk of developing oral disease, according to an article published in the May/June 2010 issue of General Dentistry, the peer-

reviewed clinical journal of the Academy of General Dentistry (AGD). For a child with special health care needs, special diets, frequent use of medicine and lack of proper oral hygiene can make it challenging to maintain good oral health.

"By the time these children are 12 months old, they should have a 'dental home' that will allow a dentist to administer preventive care and educate parents about good oral health

habits tailored to fit their child's needs," says Maria Regina P. Estrella, DMD, MS, lead author of the article.

For example, some parents may not know that special diets for children with below-average weight or unique food allergies can unintentionally promote tooth decay. Underweight children may be directed to consume drinks containing high amounts of carbohydrates, which can cause demineralization

of teeth. Medications can also be a source of concern. Because children often find it difficult to swallow pills, many of their medicines may utilize flavored, sugary syrups. When parents or guardians give these syrups to a child, especially at bedtime, the sugars can pool around the child's teeth and gums, promoting decay.

"Children should continue with the diet and



**Dr. Lance Harrison Jr.
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medications as directed by their physician, but a dentist may recommend more frequent applications of fluoridated toothpaste and mouthrinse and rinsing with water to decrease the risk of decay," says Vincent Mayher, DMD, MAGD, spokesperson for the AGD.

Additionally, adults will need to help children who lack the dexterity to brush their own teeth. When brushing a child's teeth, it may be helpful for caregivers to approach their child from behind the head, which will provide caregivers with good visibility and allow them to control the movement of both the child's head and the toothbrush. This approach is especially helpful with wheelchair-bound children.

Taking children with special health care needs to the dentist is as important as caring for their other medical needs. A dentist who understands a child's medical history and special needs can provide preventive and routine oral care, reducing the likelihood that the child will develop otherwise preventable oral diseases.

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CAN YOU SAVE FOR RETIREMENT AND EDUCATION?

by James R. Clay.

The school year is coming to a close, which means that if you have young children, you are now one year closer to college days—and college bills. At the same time, you are moving nearer to your own retirement. Can you save for college while you put money away for retirement? Yes—but it will take planning, patience and discipline.

Your first step is to be aware of the challenges you will face. As you know, the financial crisis of 2008 and early 2009 took a bite out of just about everyone's retirement portfolio. And even though the markets have bounced back strongly, you might still have some ground to make up in your 401(k), Individual Retirement Account (IRA) or other accounts. At the same time, budgetary pressures

may lead to reductions in Pell Grants and other federally backed financial aid to students, so you may need to provide more assistance to your children than you once might have thought.

To deal with these challenges and help yourself make progress toward your college/retirement objectives, consider the following moves:

- **Establish some priorities.**

How much should you save and invest for retirement versus college? Also, how much of the college costs would you like to cover: 100%, 50% or perhaps a set dollar amount? There's no one "right" answer for everyone—you'll have to establish priorities based on your preferences and family situation. But once you've set these priorities, you'll have some guiding principles to govern your savings and investment decisions.

- **Put time on your side.**

The earlier you start saving for both your retirement and your children's college education, the better your chances of reaching your goals.

- **Choose the right investment vehicles.** You may want to

work with a financial advisor to choose the appropriate mix of investments for your needs. But in general, it's a good idea to contribute as much as you can afford to your 401(k) or other employer-sponsored retirement account. Your contributions are generally made with pretax dollars, and your earnings can grow tax deferred. And whether or not you have access to a 401(k) or other employer-sponsored plan, you can probably also contribute to a traditional IRA, which offers tax-deferred earnings; or a Roth IRA, which provides tax-free earnings, provided you've held your account at least five years and you don't start taking withdrawals until you've reached age 59½. To save for college, you may want to explore a 529 plan, which also provides tax-free earnings, provided they are used for qualified higher education expenses.*

- **Keep investing.** The financial markets will always move up and down—so in some months, you might not like what you see on your investment statements. But the most successful investors keep investing in good times and bad. If you decide to take a "timeout" from investing and head to the sidelines during a market slump, you could miss out on the next rally. By following these suggestions, you can keep moving forward toward two special times in your life: when your children attain the higher education that can help them succeed in life and when you can enjoy the retirement for which you've worked so hard.



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*Withdrawals used for expenses other than qualified education expenses may be subject to federal and state taxes, plus a 10% penalty. There may be state tax incentives available to in-state residents who invest in their home state's 529 plan. Student and parental assets and income are considered when applying for financial aid. Generally, a 529 plan is considered an asset of the parent, which may be an advantage over saving in the student's name. Make sure you discuss the potential financial aid impacts with a financial aid professional. Tax issues for 529 plans can be complex. Please consult your tax advisor about your situation. Edward Jones, its financial advisors and employees cannot provide tax or legal advice.



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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ARE FLIPS A FLOP?

by Jessie Carter, PT

Summer is just around the corner and the warm weather cannot get here soon enough. We've been busy around the house packing away winter coats and boots and pulling out tank tops and cutoffs.

One of the first signs of the season around our home is the switch to flip-flops. Evidently there is an unspoken rule that flip-flops are okay with mom as soon as we have one 70-degree day. Even if the weather plummets to freezing, once the flip-flops are out they are the shoe of choice...and evidently they go with everything from sundresses to sweaters.

Even though they are cheap and easy, flip-flops may not be the ideal footwear choice for you or your children. To put it simply, everything changes when the foot hits the ground. The improper support and protection provided by rubber thongs can lead to serious injuries not only to the toes, feet and ankles but also up the legs to the knees, hips and back.

I was surprised to find out that there have been several studies done on how flip-flops affect

our walking pattern. One study showed that wearing flip-flops caused a shorter stride length and a shorter stance time compared to tennis shoes. Ankle forces were also altered depending on the type of shoe worn. Not surprisingly, another study showed that flips offer little impact resistance—force that is ultimately passed to the knees, hips, and low back. While the impact of these changes has not been adequately studied, the fact is we walk differently depending on the shoes we choose.

You wouldn't think that walking is very complicated but it is actually a very involved process. To simplify what happens, I describe two main steps to my patients. The first is heel strike and stance—this is when our heel first strikes the ground and our weight rolls over the foot from heel to toe. It is important during this phase that our foot is flexible to adjust to the ground on which we land. Because flips are typically a thin layer of foam, they offer little to no support to the arch during this phase. If the feet are allowed to be "too flexible" during this phase, abnormal stress

may be placed on the arch and other support structures of the foot. This can lead to pain and other problems such as plantar fasciitis.

The second step occurs once our weight is over the ball of our foot and starts transferring to

the toes. Ideally the foot becomes more rigid at this point and allows us to push off effectively. This mechanism can be altered though if we are gripping our toes to keep our shoes in place.

Beyond the problems created by less-than-stellar support, what about the obvious exposure of our feet and tootsies? Scrapes, bruises, blisters, and stubbed toes are much more common when flesh is out in the open. Let's also not forget the fact that flip-flops typically are loosely held to the feet and have no side support. Combine this with poor traction and we have a recipe for a sprained ankle or fall.

So how do we protect our feet while avoiding a farmer's tan? As mentioned above, support is key. There are many styles available that offer significant arch support, a molded heel, and strapping choices that keep the flip-flop snug fitting. While \$5 flip-flops may be hard to pass up, buying shoes at a convenience store may not be the best for your feet. A good rule of thumb is to try bending the sole of the shoe along its length—if the heel touches the toe (or comes close), the support is inadequate.

The material is important to consider as well. When considering the sole, opt for soft plastic or rubber over those flat foam favorites. Wide strapping made of leather or breathable material may also help reduce irritation and blistering.

All of these added amenities tend to add to the price of fair-weathered footwear—quality flips and sandals can cost as much as a pair of boots or tennis shoes. If you are buying summer shoes for the entire family, this may be hard to swallow. While growing feet

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need adequate protection, remember that flip-flops don't have to serve as your child's main footwear during the summer months. Avoid putting your kiddo in flips for long periods of time and physical activities. More supportive tennis shoes are the best choice for all-day activities such as a trip to an amusement park—this holds true for kids and parents alike.

With that said, I'm ashamed to say that my favorite shoes in the summer are my platform flip-flops. Even though I know better, I admit that I'm addicted to the extra two inches these stilts add to my height. I do follow the moderation rule when wearing them and I definitely walk slower...I wonder if there is any research on how many broken necks are caused by flip-flops?



Jessie is a mother of three and a physical therapist at High Pointe. High Pointe is the place to go for physical therapy, personal training, fitness, and massage services in Clarksville.

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HELPING CHILDREN GRIEVE

by Lonnie Penrod, MSW

Myths abound surrounding the impact grief has on children. These include the belief that children are too young to understand, the belief that children need to be protected or sheltered from the loss, and the belief that children do not actually experience grief. Children do grieve the loss of loved ones however they do not grieve in the same manner as adults.

Children are often the forgotten mourners in grieving families. Grief can consume adults in anticipation of a loss or following a loss and this can result in their inability to assist children in the grief process. Children look to their parents and other adults to learn how to grieve. According to the Children's Hospital of Pittsburgh a loving parent's support can help children grieve when

someone close to them dies and it may even help parents confront their own feelings of sadness. According to Rabbi Earl A. Grollman, "Grief shared is grief diminished."

Children grieve in small increments of time. They deal with what they can handle at the moment and then resume their normal activity. The death of a loved one brings a whole range of feelings. Among these are sadness, fear, anger, confusion, guilt, and worry. Children need opportunities to experience and express their grief as appropriate for their age and understanding. Experts agree that failing to deal with childhood grief can have a profound effect on quality of life as an adult.

Parents, teachers, and other adults in a child's life may feel

inadequate in helping a grieving child. It is important to be aware of a child's behaviors as these can be warning signs that a child is not coping well with the loss. According to the Children's Grief Education Association these behaviors include regressive behaviors, repetitive questions, physical complaints, nightmares, aggression, withdrawing from social activity, and changes in grades.

It is extremely important to be sensitive to the level of understanding of death that children have, and not expect them to have the same understanding as an adult. Children's understanding of death is consistent with their developmental level. A young child may have "magical thinking" believing people come

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back to life like some cartoon characters, while older children have a greater understanding of the permanence of death.

When talking about death with children it is important to use concrete terms. Although it may be uncomfortable or even difficult to use the words death, dying, and dead the use of these words are suggested when talking to children. The use of euphemisms can be barriers to a child's understanding of death. Young children who are told that grandpa "went to sleep" may be afraid to go to sleep. Telling a child that the "angels came and took grandpa away" may cause great distress and cause the child to fear who the angels would take next.

How do you provide support to a grieving child? It depends on the age of the child. For very young children comfort can be provided through physical contact such as cuddling and by maintaining routines. Children ages three to five can be comforted by giving reassurance that they are safe, giving simple and truthful answers to questions, and by encouraging them to play and have fun.

To be supportive of children ages six to nine, schedule intentional times together, allow expression of feelings through verbal and physical outlets, encourage drawing, reading, art, music, etc., and let the children decide how they will be involved in the death and mourning. Children ages nine to twelve will find comfort in truthful answers, having you available to talk and to listen, and having the freedom to express themselves. Allow children at this age to express themselves—expect changes in mood and accept this response.

For older children and adolescents it is important to be aware of high-risk behaviors. Allow for hidden feelings unless there is a potential for self-harm. Children may turn to understanding adults who they trust to provide support to them. Be sensitive to their needs and support these relationships. Another way to provide support to children and adolescents at this age is to share your own feelings of grief.

Death is a part of life and learning to cope with grief is a lifelong journey. Since every relationship is different, the

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manner in which one adapts to the loss will vary. Hilary Stanton Zunin said, "The risk of love is loss, and the price of loss is grief—but the pain of grief is only a shadow when compared with the pain of never risking love." Children who have experienced the loss of a loved one may find that the feelings of loss reemerge at special times in life such as their marriage or the birth of a child. Grief is a process and children not only need to know that they are not alone, but that the feelings they may experience are common reactions to grief.

This is the fifteenth anniversary of Camp Willow Creek which is a place where children and teens can find comfort and hope. It is designed for young people ages six to sixteen who have lost a loved one due to death in the

past two years. The child must have turned six years old by January 1, 2011. This year's camp will be held June 24-27, 2011. Camp is held at Camp Brandon Spring at the Land Between the Lakes in Stewart County. Camp Willow Creek is sponsored by Gateway Hospice in cooperation with Gateway Medical Center Volunteer Auxiliary and is provided at no cost to the child.

Facilitating a child's journey through grief in a safe, supportive, and healing environment is the mission of Camp Willow Creek. The camp is staffed by trained volunteers through Gateway Hospice with nurses available on site, if needed. Camp Willow Creek teaches young people healthy coping skills to assist in the grief process. Camp provides a safe haven for people to come

together and share their pain, struggles, tears, hopes, and dreams.

In addition to the group sessions, campers have the opportunity for swimming, fishing, canoeing, and karaoke. Other activities include a fireworks display and cookout. The campers also have time scheduled for arts and crafts.

For further information visit our website at www.campwillowcreek.org. You will find pictures from previous camps and the camp application. If you have questions or need further information please contact Gateway Hospice at (931) 552-9551. Volunteer opportunities are available through Gateway Hospice; please call the office for further information.

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SUMMER... CONTINUE THE LEARNING EXPERIENCE!

by Dianne York

Learning is a year round event. Whether you are a homeschool parent, or just find yourself in that position for the summer, this is the time to enrich your child's life with the love of learning.

Many parents find themselves searching for ways to keep their children involved in quality, enrichment activities while finding ways to creatively address skills that need to be strengthened. One way to do this is to pair a fun activity with a one-on-one tutoring session so they get the best of both worlds. They experience the confidence of excelling in an area in which they have talents and interests, so the tutoring session is not a negative experience. They feel successful and proud of their progress.

This is also the time of year that many parents question whether an alternative education program may be best for them. Homeschooling is finding its way into every type of community and home in the nation. It is no longer limited to the kitchen table with books scattered all around and the timer set to make sure the required time is spent on each subject area for that day. Today's savvy families incorporate lessons into their daily activities. Learning is not limited to the textbooks, but is integrated with travel, sports, gardening, and construction. Parents have a multitude of resources at their disposal. The Internet is full of links to various websites that can be located by simply searching for "homeschool" in any of the search engines. You can easily

spend hours in this web of research.

If hopping from one site to the other is not in your plans, it may be helpful to locate the resources in your community that can make that job easier. Homeschooling is growing throughout our nation, and this is apparent in Clarksville. Parents who are questioning whether this is right for them have many places to go for support and information. I have seen this growth as both positive and exciting. Creative, resourceful parents have combined talents to provide meaningful activities for their children. Support groups join together to plan field trips and provide social interaction. Homeschool tutorials can be an essential part of advanced

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curriculum, especially as students get older and need enrichment and challenging materials. For the first time, Advantage Learning Center is able to offer students a chance to graduate with an *Honors Diploma*. This is a huge opportunity for students to be even more competitive with diplomas from both public and private schools. Check with the homeschool umbrella of your choice to see if they offer this to students that meet the honors qualifications.

Clarksville families have the added advantage of local groups who plan activities to inform and encourage parents who choose to take on the role of home educator. Parent educators can choose to be the sole educational provider, or they can solicit the

help of co-ops, study groups, or tutorials. Over the last 10 years, I have watched the homeschool community grow and students experience an amazing education while thinking outside the box.

If you are contemplating this for your family, I would like to pass on a bit of information that may help you decide whether this path is for you. The following event is a great chance for you to see what this is all about:

Hilldale Baptist Church and First Baptist Church are co-sponsoring: "Newbie Night: Homeschool Informational Meeting" on Thursday, May 12th from 6-8 p.m. at Hilldale's Family Life Center- 250 Old Farmers Rd. The event is free! During "Newbie Night" you will be able to view various curricula and speak with those

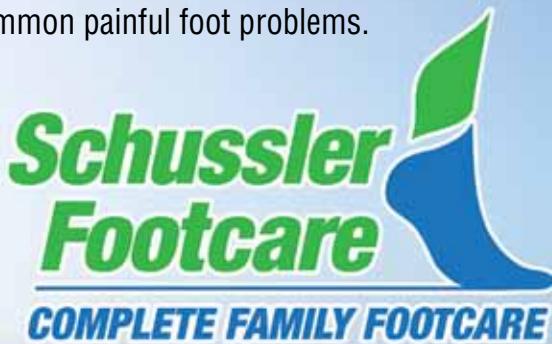
who have used the programs. In addition, representatives from support groups and enrichment options will be on hand. You will go home with a plethora of information and personal advice." (Information provided by Rebecca Derr.)

Other resources available in this area include:

- HOPE @ HOME A group that supports homeschool families and allows networking through Yahoo Groups.
- CHARA A homeschool support group at Hilldale Baptist Church.
- CHET A one day homeschool tutorial , Old Hickory Boulevard (I-24 exit 40).
- ADVANTAGE LEARNING CENTER A homeschool tutorial

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- Various co-ops and parent support groups that can be located throughout the area.

Parents choosing to educate at home have the option of registering with their local school system or with a homeschool umbrella. When searching for the right umbrella, decide if your child is in need of a college bound program. If so, make sure that your choice will provide the opportunity for college entrance, as well as allow for scholarships. It is important to do your research and decide what benefits your child/children to provide the best education possible.

The benefits of contacting a homeschool assistance program

could help lead you in the direction that will meet your needs. It is very disheartening to reach the point of college entrance applications to find that your acceptance is denied due to missed credits, unacceptable credits, or ACT scores that do not meet the requirements for a college or university. Take the time to discuss college coaching if you have a child in or nearing the high school years.

Plan ahead, be involved, and challenge your children to find the joy of learning. Homeschooling is increasing in popularity. It may be worth your time to see if it is for you and your family. If you are not sure, contact someone that could help guide you down the right paths and lead you to the information

and programs that may best meet your needs.

Start the homeschool journey this summer with educational summer camps that offer well-rounded opportunities to challenge your children and provide the time to think and learn for themselves. If it works during the summer, maybe this is something to be considered for the rest of the year.

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.



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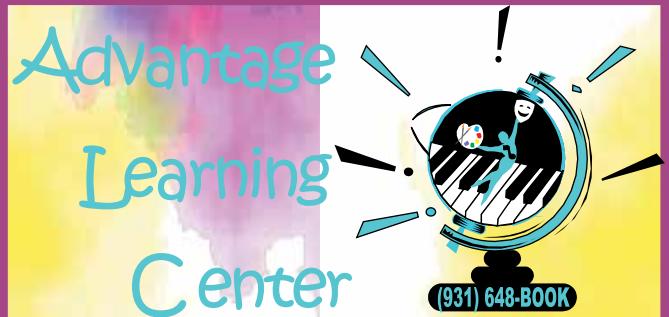
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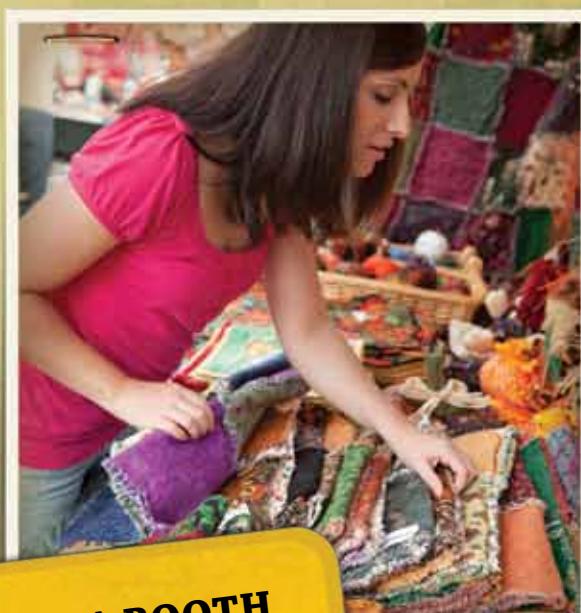
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LIVING WITH DIABETES

Good Habits Are Key to Diabetes Management

by Peter Purrington, MD

If you have diabetes, you know that it can affect every area of life. People with diabetes must be vigilant about their health, to maintain good quality of life and prevent potential diabetes complications.

More than 23.6 million people in the United States have diabetes, according to the American Diabetes Association. Because diabetes increases the risk of other serious, chronic conditions and terminal diseases, it is critical to make a commitment to healthier habits to delay the onset of the long-term effects of diabetes and related diseases.

Common diabetic complications include:

Kidney disease. Diabetes can damage the blood vessels in your kidneys, making it harder for them to filter waste. Each year, more than 100,000 U.S. residents are diagnosed with kidney failure and diabetes is the most common cause. This is why some diabetics eventually need dialysis, or in severe cases, a kidney transplant.

Cardiovascular disease. Diabetes increases your risk for heart disease and stroke, particularly if you smoke, have high blood pressure, are overweight or have a family history of heart disease. It's not uncommon to have both high blood pressure and diabetes—which more than doubles the risk for cardiovascular disease,

according to the American Heart Association. The risk of stroke is also two to four times higher among people with diabetes.

Eye problems. Diabetes can damage the retina, causing fluid leakage and swelling in the eye that can lead to blurry vision and, in severe cases, blindness. In fact, diabetes is the number-one cause of blindness in adults ages 20 to 74.

Nerve damage. Nearly 70 percent of people with diabetes have nervous system damage. This can include impaired sensation or pain in the feet or hands, slowed digestion of food, carpal tunnel syndrome, erectile dysfunction, or other nerve problems. The loss of feeling in the legs and feet can

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be particularly dangerous, because this makes it hard to tell if there is a foot sore or an injury. Sores can become infected—in some cases resulting in a foot or leg amputation. Good foot health is critical for diabetics.

People with diabetes are susceptible to a host of other health issues as well, including gum disease, pregnancy complications, and a weakened immune system, making them more susceptible to illnesses like pneumonia or the flu.

Your Diabetes Care

Diabetes is a complex condition to manage, so your doctor will probably

Don't Ignore these Symptoms...

Diabetes, if not controlled properly, can result in serious health conditions. If you are diabetic and experience any of the following symptoms, bring them to your doctor's attention immediately. They may be a sign of eye, nerve, kidney or cardiovascular problems:

- Blurred vision
- Numbness, burning, or tingling in your feet
- Persistent hand, feet, face, or leg swelling
- Cramping or pain in the legs
- Chest pain
- Shortness of breath
- Numbness or weakness on one side of your body
- Unusual weight gain

Source: WebMD, www.webmd.com

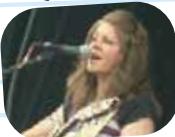
involve other professionals in your care: a nutritionist or dietitian and other specialists such as an eye doctor, an endocrinologist (a doctor who specializes in hormonal disorders), a podiatrist (a foot doctor), a dentist, a nurse educator with a specialty in diabetes and possibly, an exercise trainer. If you're a diabetic, you should see your doctor every four to six months (if your treatment involves oral medication or diet)—or every three to four months (if you're receiving insulin shots). At each visit, your doctor will test your blood, check your blood pressure and your feet, and discuss your general well being, including any recent illnesses or unusual symptoms.

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Whether your diabetes diagnosis is recent or you have had diabetes for years, diabetes management begins with controlling your blood sugar. Keeping blood sugar near normal helps reduce risks for diabetes complications. A healthy diet, regular exercise, and weight maintenance are imperative. Regular checks of your blood sugar level—which show the effect of your diet, exercise and any prescribed medication—also provide an overview of how well you're controlling your diabetes.

You should test your blood sugar regularly at home, and your doctor will check it during scheduled exams. Your doctor will provide guidance on how

often and when to check your blood sugar level and will recommend a target level based on your health history and treatment plan. A1C is a blood test done in a doctor's office or in a laboratory. An A1C shows your average blood sugar level over the past 2 to 3 months—and, by extension, how well your blood sugar is being controlled over time. Generally, doctors recommend that you get an A1C test up to four times a year. If you cannot control your blood sugar with diet and exercise alone, your doctor may prescribe medication or insulin injections.

Another great resource in managing your diabetes is Gateway Medical Center's Diabetes Support Group. It

offers current, accurate and usable information related to self-management of diabetes (family members welcome). Each meeting showcases a different expert speaker as well as a question and answer period. The group meets the third Tuesday of each month at 6:30 p.m. in the Liberty Rooms of Gateway Medical Center. Gateway also sponsors a Diabetes Self Management Education program. Classes are offered monthly at Gateway Medical Center and are taught by a registered dietitian, an RN, and a wound care nurse. The first class meets on the first Thursday of the month from 8:30 a.m. to 12:30 p.m. For more information regarding the Diabetes Support Group or the Self Management

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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. Peter Purrington is a graduate of The George Washington University School of Medicine and is board certified in Family Medicine. As a hospital based physician, Dr. Purrington cares for patients with Diabetes while they are hospitalized. He is a member of the Gateway Medical Center Diabetes Self-Management Support Group Advisory Board.

Sources: American Diabetes Association www.diabetes.org; National Heart, Lung & Blood Institute www.nhlbi.nih.gov; American Association of Family Physicians www.aap.org.

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PURA VIDA

by Pamela Magrans

When Clarksville High School Spanish students boarded the plane in Nashville in route to Costa Rica for spring break, they knew they would learn about the ecology of the rainforest, put their Spanish speaking skills to test, and visit some breath-taking natural areas. They were anxious to take a break from school and embark on a journey of adventure in a rainforest. However, the most memorable aspect of the trip turned out to be just what they were escaping during spring break. What they learned at a local school off the beaten path near Tortuguero, Costa Rica engraved the motto "Pura Vida" in a way that no classroom lesson can.

Rainforests, volcanoes and waterfalls...

Spring break 2011 for 18 Clarksville High School (CHS) students consisted of taking their Spanish lessons on a journey. Under the direction of their Spanish teacher, Danny Magrans, (yes, that is my husband) they spent nine days traveling coast to coast in Costa Rica.

Study abroad trips offer students a valuable lesson in language, culture and awareness. The trip involved excursions to a spectacular hot spring, cloud forests, a waterfall and a picturesque active volcano. The students hiked more than most teenagers do in a year as they trekked through ecological preserves. Caimans, sloths, howler

monkeys, and poison dart frogs were just a few of the native animals that they witnessed in the wild as they made their rugged trip from coast to coast.

Diana Weakley, Spanish III student, entered the Spanish program with anticipation of traveling to Costa Rica. At CHS, travel abroad with the Spanish program is limited to the upper division courses. "My mom made a deal with me when I entered CHS that if I did well in Spanish I could go on the trip with the Spanish III class. I also wanted to experience another culture," said Diana.

Diana's mother, Pam Weakley, also went on the trip. "I wanted to encourage Diana to take four years of Spanish so we made a



home that became etched in their memories. The motto in Costa Rica is "Pura Vida." That literally translates "pure life." Costa Ricans refer to themselves as "ticos" and they live the concept of "pura vida."

What you can't learn in a classroom

There are basics that can be learned in a foreign language classroom, like how to conjugate verbs or how to pronounce words. The arduous task of learning feminine and masculine noun forms is necessary and is all completed in a classroom. But to really know another country and to understand its language, students must meet the culture and the people.



deal her freshman year that if she worked hard and stayed in the class we would go to Costa Rica together." For Pam the zip line tour through the rainforest was the most memorable aspect of the trip. "It is just not something you can replicate in the states," she said.

A trip to Costa Rica is an active one, full of adventure activities such as horseback riding, swimming in the pool of a 200-foot waterfall, and zip lining through the rainforest. The students had plenty of time to practice their Spanish skills and ample opportunities to take memorable photos of breathtaking views.

But it was not the animals or the rainforest that made the biggest impression on the students; it was what they discovered about the people who call Costa Rica

For this reason, the group scheduled an excursion off the beaten path of the travel company's usual itineraries. First they rode a riverboat to the town of Tortuguero—there's no other way to get to the remote city—located on a peninsula. Then they took a one-hour bus ride down a rugged dirt road to a local school, Barro de Tortuguero. There they found Costa Rican students dressed in uniforms of light blue shirts and navy blue pants. What happened next is what marked the true learning curve.

According to Jarrett MaGaha, (fourth year CHS Spanish student) at first, the interactions were awkward as the language barrier was broken between the teenagers. "At first everyone was kind of shy, but then we started to talk and mingle and before you knew it we were playing soccer. The students were extremely friendly



and fun to be around even with a huge language barrier. It goes to show you how alike all people are no matter how far apart or in what culture," said Jarrett.

As the students spent time with their Costa Rican counterparts, the motto began to make sense. For Ali MaGaha, the visit to the school helped her to realize the universality of friendship. "To realize that kids our age are just like us everywhere was amazing. We all deal with the same problems, have dreams, goals, struggles, and interests," said Ali. When Ali and some of her friends asked the ticos who their best friend was, they responded "todos," which means everyone. "The ticos were all so happy even though they lived in an area of poverty," said Ali. They viewed one another as family and possessed happiness and contentment.



CHS students spent the day at the school. According to Diana Weakley, "The school consisted of just four or five sheds for classrooms with a covered shed with picnic tables and a library in the back." The class buildings resembled a green house. It consisted of latticework nailed to plywood and an aluminum roof. It was an open-air class, with the lush greenery breathing in the smells of the rich nearby foliage. There were no walls to keep the rain out, no

curtains to keep the heat out, and no window to shut out the noise. The plywood walls bore paintings of local wildlife—decorated in vibrant colors.

Inside the classroom, there were no desks—at least not the type our students are used to sitting in for their grammar lessons. There were no computers in the class, no library full of books, no air-conditioning, and no parking lot full of cars. But there were patient listeners, students dressed for school, with minds eager to learn.

That day two cultures collided. What our CHS students learned from the ticos will mark them forever. Exiting their comfort zone and learning to see the world from another perspective proved to be the most valuable lesson. The CHS students left the school with a renewed appreciation for their own

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school back in Clarksville and a deeper understanding of how their counterparts in Costa Rica live.

Putting Pura Vida to action...

The idea of "Pura Vida" echoed in every student's mind as they rode the bus back to the hotel. In an area of such poverty, the students were so happy and contented. The concept of "Pura Vida" bounced around the bus like chirping of beetles in the trees. The students and their teacher, Danny Magrans, kept thinking about the lack of desks and books in the school they had just departed. They began to think about what they might be able to do to help their counterparts. In the meantime, the CHS students continued on to their sightseeing venues.

On the eighth day of their trip the tour bus had a flat tire, which caused a one and a half hour delay off the side of the road. It was then that their teacher saw the students fully grasp the concept of "Pura Vida." The CHS students began an impromptu game of Super Ninja to pass the time. Without complaining or worrying about the delay, they found a way to pass the time as friends.

As the group arrived back to Clarksville and returned with weary heads to their CHS classroom on Monday morning, they already had a plan. In the weeks that followed, a fundraiser idea was born. The

CHS HOPE club decided to sponsor a fundraiser at the football field on May 8 from 2:00 p.m. to 5:00 p.m. to raise money to purchase desks for the school in Tortuguero.

The concept is simple. The students who traveled to Costa Rica will teach participants how to compete in the game of Super Ninja—the game they played on the side of the road while waiting for the bus drive to repair the flat tire. Participants pay \$30 to learn the game from CHS students.



Each participant who pre-pays for a ticket will receive a t-shirt that says "We are BAD." BAD stands for "Buying A Desk." In addition, each pre-paid participant will receive a bracelet that says "Pura." A corresponding bracelet that says "Vida" will be given to a Costa Rican student the next time CHS students visit their school.

The CHS HOPE club wants to raise a total of \$5,000 to purchase 110 desks for the school. Other

long term plans include helping the school purchase needed books and materials.

The fundraiser is just the beginning, as a trip will soon be planned back to Costa Rica to deliver the funds and to help the school acquire the desks. Anyone who wants to donate funds to help purchase desks or materials for the school may contact Danny Magrans at dmagrans@hotmail.com. Interested parties are welcome to come to the fundraiser to show their support.

Pura Vida and beyond...

While on the trip, students visited one of the most active volcanoes in the world. They rode horses through the rainforest. They ordered cow tongue in a foreign language. They swam in a hot spring and watched a wild mother howler monkey clinch its young. They zip lined through a cloud forest. And they each found something familiar in the faces of their Costa Rican friends. Returning not only with a new wealth of knowledge, but with a renewed purpose and philosophy worth living by.

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TEN MINUTES THAT COULD SAVE YOUR LIFE

by Katie Lee, RN, BSN

Oral, head, and neck cancers affect more than 50,000 people in the United States annually and lead to over 12,000 deaths each year. They are the sixth most common forms of cancer and arise in the head or neck region, including the nasal cavity, sinuses, lips, mouth, thyroid glands, salivary glands, throat, or larynx (voice box).

What Causes Oral, Head, and Neck Cancers?

It is difficult to explain why one person develops cancer and another does not. But what we do know is certain risk factors make some people more likely to develop cancer. The risk factors for developing cancer of the oral, head, and neck region include alcohol and tobacco use, human papillomavirus infection (HPV), sun exposure, history of oral cancer, and poor diet.

Tobacco use causes the most oral cancers. This is not limited to just cigarettes or cigars, but includes smokeless tobacco (e.g. snuff, chewing tobacco). Heavy smokers who have smoked tobacco for a long time are most at risk for oral cancer. The risk is even higher for tobacco users who are heavy drinkers of alcohol. In fact, three out of four people with oral cancer have used tobacco, alcohol, or both. Cigarette smoking increases your risk of head and neck cancer by 2-3 times compared to a non-smoker.

These cancers tend to form in the areas where tobacco/alcohol use has the most contact. For example, where the cigarette sits on the lip, or where the chewing tobacco is placed in the mouth. People who are heavy drinkers are more likely to develop oral cancer than people who don't drink alcohol. The risk increases with the amount of alcohol

that a person drinks. Tobacco use combined with alcohol use increases the risk 14-15 times.

Cancer of the skin and lips can be caused by exposure to the sun or ultraviolet radiation from tanning bed use. The risk of cancer of the lip increases if the person also smokes. Some studies suggest that not eating enough fruits and vegetables may increase the chance of getting oral cancer.

Who Gets Oral, Head, and Neck Cancers?

These cancers can affect anyone, but studies have shown that twice as many men are diagnosed over women. Most patients with these cancers are over 40 years of age, but because of the influence of HPV, patients in their 20s are being discovered to have cancer. Whites currently have the highest incidence rates of head and neck cancers, although death is still highest in African Americans. Unfortunately, 66% of the time, oral cancers will be found as late stage three and four diseases and 50% of people with head and neck cancers have very advanced cases by the time they first see a doctor.

What are the Symptoms?

An early indication of cancer is often no sign or symptom. However, once a cancer is visible to humans or grows into other tissues, it may begin to cause other visible signs or physical symptoms. Signs and symptoms may include:

- A sore in your mouth that doesn't heal or increases in size
- Persistent pain in your mouth
- White or red patches inside your mouth or on the tongue
- Difficulty chewing or swallowing or moving your tongue
- Soreness in your throat or feeling that something is caught in your throat



Cancer of the Lip

Over the past ten years, an increasing number of people with HPV who were young, non-smokers have developed oral, head and neck cancer. Some members of the HPV family of viruses can infect the mouth and throat. These viruses are passed from person to person through sexual contact. Cancer at the base of the tongue, at the back of the throat, in the tonsils, or in the soft palate is linked with HPV infection. Today, about 10,000 new cases of oral, head and neck cancer can be attributed to a particular strain of HPV.



Cancer of the Tongue

- Pain around your teeth, or loosening of your teeth
- Numbness of your tongue or elsewhere in your mouth
- A lump in your neck
- Loose dentures or change in fitting of dentures
- Bad breath
- Sore throat, swallowing pain or earache
- Bleeding from mouth or throat
- Changes in your voice
- Red, white, or brown spot on skin that grows, changes, or bleeds
- A lump or pimple that does not go away
- Numbness of the skin
- Paralysis of the face
- A scaly area or change in texture of skin that does not go away

How are Oral, Head, and Neck Cancers Diagnosed?

To evaluate the cause of the symptoms, the healthcare provider will perform a physical examination, review the medical history, and possibly order diagnostic tests. These diagnostic tests may include x-rays, blood work, CT scan, magnetic resonance imaging (MRI), and biopsies of the affected region. The results of these tests will assist the medical and dental team in determining the advancement of the cancer, if present, and recommending the best course of treatment. Regular exams by your dentist or physician can help identify areas of concern at their onset and lead to initiation of treatment in the early stages of the cancer. Early detection and treatment often results in a better prognosis.

FREE Screening for Oral, Head, and Neck Cancer

Oral, Head and Neck Cancer Awareness Week (OHANCAW) 2011 is May 8 through 14.



Cancer of the Tonsil

OHANCAW is a weeklong series of events to promote education and awareness organized through the Head and Neck Cancer

Alliance, formerly known as the Yul Brynner Head and Neck Cancer Foundation.

The highlight of OHANCAW is a day of free screenings across the country. On Friday, May 13, Clarksville will host its first FREE Oral, Head, and Neck Cancer Screening along with over 200 screening sites worldwide in an effort to increase awareness of this disease and improve survival rates.

This free event is open to the public and will be held from

10:00 a.m. to 6:00 p.m. at Gateway Medical Center. Area dentists from the 8th District Dental Society and local physicians will be on site to provide the screening and offer education, counseling, and referrals for follow up care as necessary. A blood pressure check will be offered to all in attendance. The screenings will take place on a first-come, first-served basis and no appointment is necessary; however, space will be limited. The screenings are painless, only take 10 minutes, and could save your life.

For more information about the Oral, Head, and Neck Screenings to be offered on Friday May, 13 from 10:00 a.m. to 6:00 p.m. at Gateway Medical Center, visit www.clarksvillecancerscreen.com or call (931) 472-9300.

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PLAYING PINK FOR A CURE

by Taylor Lieberstein

Last month the baseball teams, fans, supporters, and teachers at Richview Middle School and Clarksville Academy turned pink.

As part of a fight against cancer, the middle school boys played an extra game to raise awareness and money for breast cancer research. The teams traded in their school colors for hot and light pink jerseys. The fans and supporters pinked themselves out as well. Some purchased commemorative pink t-shirts to wear to the game, donated by Page's Sporting Goods. And some got more creative; students wore everything from pink paint to pink feathers, one supporter even decked himself out in a pink tutu.

Many people helped to raise money for the cause. Donations were taken at the gate. The Louisville Slugger Bat Plant donated a pink bat, which was autographed after the game and is now part of the Sports Hall section of the Montgomery County Museum. Pink awareness bracelets were sold. Attendees were treated to pink lemonade. The t-shirts and bracelets commemorated the event, while all of the profits made, \$2,742.50 to be exact, were donated to support breast cancer research.

Pat Pennington, a Richview Middle School teacher threw out the first pitch. Pennington finished cancer treatments last July. She said that she believes we are getting

closer to finding a cure for cancer and is proud of the students for getting us this much closer.



"I am proud of these boys for choosing to support this cause. I have seen the Richview boys wear their pink shirts to school and they are indeed proud to wear them," said Pennington.

The boys deserve all of the credit according to the coordinator of the pink game and the boys' coaches. "Cancer affects people of all ages; and whether it has touched your family directly or indirectly, chances are you have been or will be impacted by the disease in some way. It is awesome that



our kids can use something they love, baseball, to raise the money and awareness to

fight this terrible disease. I am honored to take part in this opportunity with such stellar young men and future leaders of our community," said Richview's head baseball coach, Rod Streeter.

The boys had a blast while doing it. They got to wear their pink shirts to school, gave their pink hats and bracelets away to fans after the game (to thank them for their support), and got to perform the "cupid shuffle" on the baseball field during the 5th inning. Several of the players commented on their joint effort to use baseball to fight cancer.

"This game plays an important role in our cancer awareness week. It shows that people care about the lives of people with cancer," said Colin Baber, of the Cougar roster.

"My favorite part was playing CA because we do not get to play them in the regular season," said Philip Smith, RMS baseball player.

Both the Cowboys and the Cougars players, especially the boys that have experienced cancer within their families, seem to understand how important what they did last month was.

"It is good that the money raised was donated to the American Cancer Society. I lost my grandfather to cancer earlier this year so this was very important to me," said Mark Martin, baseball player for RMS.

"I think it is a great idea to help people become aware of cancer, especially since I lost my grandmother to cancer. The money that was donated made the game worthwhile," said John Austin Peay of the CA baseball team.

Drew Jarrett, a baseball player for RMS, said that he was shocked at how many people came out to support both the cause and the teams. The Clarksville High School baseball field was standing room only during the game.



Wearing pink was a bold move for the middle school boys. Even the umpires traditionally known as "blue" pinked themselves out for game day. The teams, coaches and fans all pulled together to make this game a success. A little less than \$3,000 is not too bad for one day up to bat against cancer. Although Richview did end up with the most runs the real winner of the pink game was cancer research. Hopefully we can look forward to another Pink game next spring.

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REAR FACING UNTIL AGE TWO

by Jaclyn M Perez, Family Nurse Practitioner

When can I turn my baby forward in the car? This is a question that we answer daily here at Centennial Pediatrics and the answer has always been age one or twenty pounds. The American Academy of Pediatrics (AAP) has released their new guidelines in regards to child car seat safety that seems to be creating some discussion among parents and professionals in the field.

All parents want the best, the nicest, the biggest, but above all the safest car seat they can find. An infant staying rear facing in the backseat has been widely accepted as the safest position for an infant. It has almost become a "milestone" of being able to turn the child around on their first birthday. Many parents wait until the day of to do so, some parents have admitted to doing it a little early because the child "seemed too big" to remain facing backwards. The answer now to this very popular question has changed to age two.

This new guideline comes after years of revisions and significant data such as the 2009

study from the National Highway Traffic Administration (NHTSA) that supports the decrease in child mortality and injury to children who remain rear facing longer than one year of age. The AAP has officially adopted and published this new policy of keeping children two and under in a rear facing position in the backseat.

These new guidelines come at a time when statistically child seat safety has become more and more of an issue in terms of injury and mortality. Here are some recent statistics that drive home the necessity of this new and much needed change in child seat safety laws.

1. Children under the age two are 75% safer rear facing than forward facing.
2. Children in the second year of life are five times more likely to die or be seriously injured in a car accident if forward facing than rear facing.
3. Only 1 in 1,000 children who are rear facing will suffer a lower extremity injury. The

rate is significantly higher for children who are forward facing.

4. The back seat remains the safest place for children to ride when in a vehicle.

In the United States motor vehicle accidents rank number four among the leading causes of death in children ages four and older. Regardless of this fact we still see parents willing to transition their child to a forward facing position and/or a booster seat far before they are actually ready.

According to the AAP State Government Affairs' 2010 State Legislation Report some states still do not have laws that require booster seats; these states are Arizona, Florida, and South Dakota. Twenty other states do require boosters but only for children ages six and under.

"We are thankful that state legislators and the NHSTA consult the AAP on child safety laws," says the AAP District V Chair Marilyn Bull, M.D., FAAP, who has helped develop the child safety certification



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program. "The statistics and technical reports from highway safety provide all the reassurance that this new guideline is what is best for our children."

Along with these new guidelines here are several other practices that will keep children safer while traveling in vehicles:

1. Children ages two and older or those who have outgrown the rear-facing weight or height limit should remain in a forward-facing CSS with a harness for as long as possible, up to the limits allowed by the seat manufacturer.
2. All children whose weight or height is above the forward-facing limit for their CSS should use a belt-positioning booster seat until the vehicle lap-and-shoulder seat belt fits properly, typically when they have reached 4 feet 9 inches tall and are between 8 and 12 years of age.
3. When children are old enough and large enough to use the vehicle seat belt alone, they should always use lap-and-shoulder seat belts for optimal protection.
4. All children under age 13 should be restrained in the rear seats of vehicles for optimal protection. An accompanying algorithm guides pediatricians in finding a seat that meets the needs of most patients from birth to adolescence, factoring in details such as whether the child is small for his or her age or has special health care needs.

As a parent I know how important it is to keep up with safety guidelines. Here at Centennial Pediatrics we always place our patient's safety at the top of the list, so I am happy to share this new information about child safety laws with all of our Clarksville Families.

Resources:

Access the algorithm in the AAP policy statement at pediatrics.aappublications.org/cgi/content/abstract/peds.2011-0213v1.

Access the technical report at pediatrics.aappublications.org/cgi/content/abstract/peds.2011-0215v1.

2011 Car Safety Seats: A Guide for Families includes data on products, prices and

height/weight limits: www.healthychildren.org/carseatlist (login or click visitor).

Car Safety Seats: A Guide for Families 2011 (HE50275-11), a 32-page brochure, and the single-page Car Safety Seat Checkup (HE0276) can be ordered at www.aap.org/bookstore.

The National Child Passenger Safety Certification program offers a searchable link to local technicians and inspection sites: cert.safekids.org.

Technicians trained to fit safety seats for children with special health care needs can be found at the Riley Hospital for Children Automotive Safety Program Web site: www.preventinjury.org/SNTtrainedPpl.

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IT'S BATHING SUIT TIME

by Dr. Mitchell D. Kaye

Summer is just around the corner, and after last winter and this windy spring, it can't come too soon. That means it's bathing suit season again, and nothing tops beautiful breasts in a bikini or sleek one-piece bathing suit.

The options for breast augmentation allow a woman a large choice in size, shape and type of implant (saline or silicone). In general, if a woman has smallish breasts, with little or no droop, a simple augmentation is the answer. However, if droop or excess skin is an issue, the augmentation will look best if it is combined with a breast lift. If the woman has a mild droop, sometimes a fuller implant without a lift is a good compromise.

The size of an implant depends on a woman's measurements. A basic rule is that the implant must fit the woman and not the other way around. Once the measurements are obtained, there will be a number of different sizes that will typically work for her. We take quite a bit of time sizing the implant to the woman and this allows her to "try them on" before the procedure to allow her to see her new shape. This is usually a fun experience for her and the advice of a good friend who is a "second set of eyes" is often invaluable. We of course give her the benefit of our extensive experience and we will give our advice freely. We have found that this system has produced an extremely high level of satisfaction in implant

choice for our patients since it is really their choice with expert assistance.

Implant shape can be of two basic types: moderate or high profile. Let's say that a woman needs a 13 cm diameter implant to fit her breast properly. She can choose a moderate profile implant with a height (projection of 4.5 cm). A 13 cm high profile implant style will have a height of 6.4 cm. This means that the woman will have an inch or so more "up front" in this particular example. This might meet the goals of some women and not be the choice of others.

The decision to use saline filled or silicone filled implants is a matter of personal preference, as the FDA approves both implants. Both



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have silicone shells on the outside and look very much alike but the difference is what is used to fill them. Saline implants will be filled after placement in the patient and can be placed through a slightly smaller incision than silicone. They also can be filled or slightly overfilled to different degrees for each side to make up for the small differences in breast volume that are so common. Saline implants are significantly less expensive and do not require any special long-term surveillance for leakage.

Silicone implants are preferred by some women because of their "feel." The FDA recommends a MRI every three years to look for any leakage, which is more difficult to detect in silicone implants due to the thicker quality of the filler material. Both implant types have a wide range of size and projections to fit almost any woman.

We typically spend over an hour with possible candidates to address their specific goals and needs. The procedure is an office procedure with a quick recovery time. These are some of our happiest patients.

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For more information on these and other cosmetic procedures or to see real life examples visit our website, www.AdvancedCosmeticKY.com. To schedule an individualized consultation with Dr. Kaye call our office toll-free at (866) 234-0470. You can also submit a question about this or other cosmetic procedures 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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READING THE BIBLE

by Chris Edmondson

The latest statistics say that 98% of people believe in God and want to know God. I believe that most people want to know God more, but they just don't know how to make that happen. I mean think about it—how do you get to know someone? By spending time with them! Relationships don't automatically happen, right? So how do we get to know God better?

God gave us a way to know Him better. God gave us a book called the Bible so that, if we read it, we can know Him better. I believe that the Bible should be a part of our daily lives, but for many of us, it's just not. So why don't more people read the Bible? A few reasons...

Some people think they can't understand it.

Some think that unless you're specially trained and go to a Bible school, then you can't understand the Bible. That's a lie. Anyone can understand and read the Bible. It's not just for a select few. It's for everyone.

Some people don't know where to begin.

Even though the Bible is a book, it is actually a collection of 66 books. Some people just open up to the middle of it and start reading, only to get frustrated because they don't understand what's going on. Try that approach to a Tom Clancy or Danielle Steele novel—just open it up and start reading. Would you understand what's going on? Of course not! So why do we do that with the Bible? It's important to know where to begin.

The Bible uses some weird words.

They start reading it, and become lost in *thees* and *thous* and *begats*. This problem can be solved by finding the right translation for you (see *Picking the Right Bible for You*).

Some people think that they just don't have enough time.

Many people think, "I just don't have any spare time to sit down

and read for 30 minutes in my busy schedule." That was my excuse for a while. But I just got finished reading through the entire Bible—a process I started 12 months ago. So what helped me read my Bible in an already cram-packed schedule? A free tool called YouVersion (www.youversion.com). What is YouVersion? Well, it is a website. But, if you have a smartphone (iPhone, iPad, iPod, Android, Blackberry, Palm), you can download the free app and read the Bible anywhere! YouVersion makes reading the Bible easy.

I downloaded this free app on my phone, as well as my iPad, and it really has revolutionized my life. Now, wherever I go, I have



the Bible with me. If I am stuck in line somewhere, or trapped in a mall because my wife made me go shopping :), I can read a few minutes of the Bible. And taking a few minutes here and there really does add up. Don't think you have to sit down for hours and read the Bible while burning incense for it to make a difference in your life! I just got through reading through the Bible just by taking few minutes here and there over the past year.

Let me share with you a couple of the functions built into YouVersion that may be a game changer for you.

- They have 25 different English translations to choose from. So if you try reading one and it doesn't make sense, try another translation. Try the NLT and if you don't like it, try the Message. That doesn't connect with you?

Try the NIV. It doesn't matter which one you read, as long as you read the Bible!

- They have translated the Bible available in over 40 different languages and 110 versions.
- The Bible App will read the Bible to you! If you're driving down the road, plug in your phone to your car audio, and you can listen to the Bible—for free! This is also great for those who struggle with their eyesight. Also, you can make the font as big or small as you need it!
- There are 130 Reading Bible Plans to choose from. You'll find something just for you, with plans addressing teens and youth, parenting, short devotionals, New Testament books, and practical topics like anger, dating, worry and attitude. They have plans that will allow you to read the Bible daily for a year, and will send you e-mail reminders and a handy catch up button, just in case you get behind. You can see them all at www.youversion.com/reading-plans/all.
- You can create bookmarks, notes, and highlight verses, and even share insights, verses, and what you're reading with your friends over Facebook and Twitter.
- Live Events. Now, you can interact with the preacher of your church in a whole new way. Just enter your zip code, and you can find some churches in the area that use YouVersion Live. While listening to the preacher, you can read the verses and notes from the preacher, take an online survey, ask questions about the message, and take notes you can share with your friends on Facebook.

In short, this free application and website allows you to engage the Bible like never before. By downloading this free app, you can enjoy regular time with the Bible, right when and where you need it.

What is amazing is that the YouVersion Bible App has been

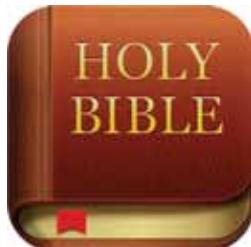
installed on 16 million mobile devices. And, in just the first 46 days of 2011, people using YouVersion collectively

spent one billion minutes engaging with God's Word through the Bible App. More people are becoming open to exploring what the Bible has to say about their lives, and the Bible App is ready to help them find what they're looking for.

To close, let me just say this: we spend a lot of our time trying to get God to do things. But what if God wants to say things? We're all really good trying to get God to do something—but what if God wanted to say something to us? Your prayers are like my prayers. Our prayers are full of God, "Help me! Listen me! Bless me! Give me!" What if God was more interested in saying something to you than doing something for you? The way God speaks to people is through His Word.

So, stop thinking that you're too busy or you don't have enough time to stop what you're doing to read the Bible. You can now take the Bible with you, and there's lots of time each day you and I could reclaim (have you ever considered how much time you spend in a typical day...waiting?). So install the YouVersion Bible App, and read the Bible...

- While you're having your morning coffee or breakfast.
- During your morning/evening commute.
- While you're waiting for a meeting to start.
- As you're eating lunch or taking a break from work.



- When you're waiting in line. (This could be anywhere: the grocery store, the post office, a movie.)
- When you're using the restroom.
- While you're hanging out waiting for your kids at soccer, at dance, at football practice, at

volleyball, to get out of school... (If you have kids, you know this list could be practically endless.)

Chris Edmondson is a father of three boys and is happily married to Kim, his best friend. He is one of the pastors at oneChurch—a church for people who don't like church. Check them out at www.oneChurch.tv.

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OH WHAT TO DO, WHAT TO DO?

by Jennifer Sanford

How responsible are your teens? Better question, how responsible do you *think* your kids are? That's a double-edged sword kind of question, but it's a question that you should probably be asking now that the weather is getting better. Tis the season for boredom.

I only ask this because as we approach better weather and summer vacation, they have more time with nothing to do. They become professional video game players, athletes, get jobs, etc. Regardless of the number of activities or how many hours they work, there will be a lot of down time that they need to fill. I'm not talking about little guys because they can find something to do with a box. I am talking about your older kids, the ones who can start going places without you, and the ones with cars that can go just about anywhere and at anytime.

Unfortunately, it seems to be getting harder and harder to find safe places where kids actually want to hang out, so our kids have to get creative. At least they think they're being creative. Little do they know, what they are going through is similar to our teenage years, whether it was people that we knew or us. Thinking back to our teen years might help our kids through these difficult years. We need to acknowledge that they are not babies anymore and will do what they want when you're not around, especially when they are bored. Peer pressure can get pretty intense for teens, especially bored teens. As always, we cannot assume that our kids are perfect and they will stumble, but how we catch their fall has a lasting effect.

I got the idea for this article from a group of kids who thought

about having fun, but they forgot about the consequences that came with it. A few weeks ago, a group of kids decided to borrow my driveway at 1:00 in the morning. Now, it goes without saying that there is nothing good that they can be doing at 1:00 a.m. Going down memory lane confirms this. Well, our neighbor just happened to have come home shortly before they arrived and saw their car pull up to my garage, a bunch of kids got out and they started walking up the street. The entire situation gave cause for concern, so a call to the police was made. When they arrived, the kids were nowhere to be found, but when they returned at 2:15 a.m., they awoke my neighbor, who once again called the police.

These kids thought fun. They thought they were being smart and sneaky. The weather was warmer and they saw no harm in what they were doing—I think. They thought like kids think. But, they also broke their curfew as set by the city, they were trespassing on private property, and they obviously lied to their parents as to their whereabouts. What started out as something fun to do, turned out with a nice, yet surprising, conversation with the police. These kids got to go home with citations, although they lucked out a bit since their parents were never notified, or so we've heard. Could this have been your child?

This is just one example of something very minor, but it's also something that could have turned out completely different—at 2:00 a.m.—yes, it could have turned out completely different. I'm all for going out and having fun, especially when the weather gets warmer, but I also remember how

untouchable I was as a teen, and I know that teens today think no differently.

Our kids need to understand that this could have turned out very differently with more serious consequences. These kids now know that they can indeed get caught, but I hope they also learned that they're not so invincible. I wish that they could understand that boundaries, rules and laws are there for a reason—to protect the people. No matter how stupid they may think the restriction is, there is a reason that it's in place, and I can assure you, it has something to do with someone getting hurt at some point in time prior to their stupidity!

So, what can these kids do this summer that is fun, but will steer them away from trouble, keep them from wearing out the couch; and keep their minds stimulated? What can they do—period? I have thought long and hard on this one.

Although this is not possible, nor wanted by many parents, it was something that I always enjoyed. During high school, when my sons' friends had nothing to do, they came over to our house. They were loud and they made a mess—most of them cleaned up, but then there were others who didn't...like my kids. There were towels from the hot tub, half-full soda cans, video game accessories all over, etc. You know, kid stuff. We allowed these kids to be kids in our home with restrictions. They never crossed the line and yet, they loved coming over—most still refer to me as mom! It was easy to trust my kids because I knew who they were hanging out with and what they liked to do. The only thing that we didn't like at all was

college. When our kids left, so did their friends and our nest emptied out quick and hard. That's a whole different article on preparing for college—for you and your spouse.

Anyway, what to do, what to do in the summer? A really fun idea is to schedule them for the ACT/SAT exams!!!! All teens LOVE that! Their little minds will not get the entire summer off because they will need to study and prepare for this exam that is so important to their future. And, they have more time to study since they have fewer distractions from school such as being overloaded with homework and projects. It's recommended to begin the testing process between sophomore and junior years (personal opinion, not professional), which will give them an opportunity, and time, to

retake it if necessary. This test is not like the other standardized tests that they have been taking forever, and the results are much more important than any of the others.

Keeping them engaged in responsible activities, but not overloading, will help both of you. Trust me, a bored child is annoying at any and every age!

So, what can they do? These are just a few positive things they can do:

- Biking
- Walking
- Learn a new sport!
- Call friends and play a scrimmage game of something—heck, dodge ball is better than couch warming.
- Double up on music lessons.

- Volunteering isn't the most desirable activity, but helping a less fortunate, sick or lonely person, a child, the elderly, or more can teach them so much.
- Bible school and mission trips.
- For the older kids—there are jobs out there. Leave the ego at home, a job is a job; so don't let them think that there are jobs that they are too good for.
- Give them chores and hold them responsible to follow through—and thoroughly. A half-finished chore doesn't count as a chore. If you have to come behind them to make it right, don't get mad; just teach them how to make it right.

Things to be aware of with your kids and summer:

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- Friends are a heavy influence on your child's activities. Just because their friends have never crossed the "don't do it" line, doesn't mean that peer pressure won't get the best of them. It's a trickle down effect, so make sure your kids are aware of this, and that they CAN say no.
- Some fun, but dangerous things they can do:
- Going out and playing ever so innocent pranks such as egging or tee-peeing...they sure seem fun...until they get caught.

Consider them lucky if the only

punishment they receive is to clean it up.

- Ding-dong-ditch, a prank that can turn very dangerous if the wrong doorbell is rung and they get caught. I recall a recent incident where gunshots were fired.
- Not that your teen would partake in any wrongdoings, but be aware that summer is a popular time for teens to begin drinking, smoking, or...(I'm not going there!).
- Even if your kids are in their younger teens, just going to the movies can turn out the wrong way. You need to be very aware of what's going on at our shopping malls and other areas in town.
- They need to know that when you say no to go somewhere,

there is a pretty good reason... their safety.

Finally, as I have closed the last two months, I close with it again. Summer is a prime time for outdoor activity and bullying can become a serious problem. PLEASE be alert to all of their behaviors so that you have a better opportunity to detect when something has gone awry. This goes with all of their behaviors, but do not dismiss the fact that bullying never takes a rest.

Summer can be fun, but a bored child is an annoying one who can easily get into trouble. They need downtime, but not too much! They need to get out of the house and accomplish something good in their lives.

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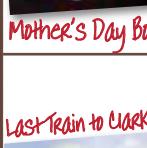


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15 Last Train to Clarksville 	16	17	18	19 Americana 	20 Lazy Daisy 	21 Iris 
22 Bad Hair Day - 2pm 	23	24	25 Starry Night 	26 Petal Pusher 	27 These Boots... 	28 Sunset Meadow 
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FASHION FOR THE KENTUCKY DERBY

by Maranda West

Also referred to as “The Run for the Roses” in sports, the Kentucky Derby is also the first jewel of the Triple Crown. And thanks to its fashion fanatic, hat-wearing onlookers, it is also the most stylish of the three American thoroughbred races.

Held on the first Saturday in May each year at Louisville’s Churchill Downs, the world-renowned Kentucky Derby draws an average of 150,000 well behaved, spiffily dressed horse-racing enthusiasts annually. From Hollywood stars and starlets to general admission partygoers enjoying themselves in the

infield, attention to Derby style is an unwritten rule. It has become acceptable for Derby fans of both sexes to don their finest top of the line designer fedoras and church hats or even spectacularly wild, awe- (sometimes *horror*) inspiring confections, all in the name of fashion and in the spirit of one of Kentucky’s most auspicious events.

Why is wearing a hat on Derby Day historically important?

Hats of various sizes, colors, shapes and functionality have been worn throughout history by both women and men. Once upon a time in our

history it was considered only proper etiquette to wear a hat outside the home and to go without one would practically reduce your social standing to little better than a common beggar.

More to the point, however, hats have played a vital role in the history of horse racing for centuries, going as far back as the world renowned Royal Ascot in the United Kingdom, where it was decreed that “all guests within the Royal Enclosure adhere to a strict dress code: male attendees must wear full morning dress including a top hat, whilst ladies must

Volunteers Needed!



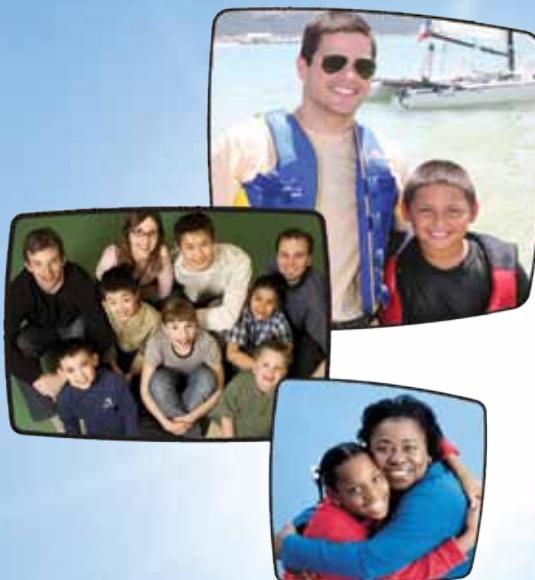
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not show bare midriffs or shoulders and must wear hats."

It wasn't much longer before the required royal dress code caught on at the major racetracks in the United States. Though far less extreme than the Royal Ascot, Churchill Downs patrons taking in the Kentucky Derby in particular have been enjoying this well respected tradition since 1875.

If you're going to be in the Derby Infield amongst the "commoners," do you really need to wear a hat?

Like the Royal Ascot, there are traditional Kentucky Derby fashion friendly rules that you really should follow if you want to fit in the crowd and get your full Kentucky Derby experience, whether you're planning on being in the Paddock, Clubhouse or the Infield.

For the men seated in the Clubhouse or "Millionaire's Row," generally acceptable attire includes solid color suits or tuxedos. Women seated in either location are expected to wear spring-themed hats and dresses in pastel colors.

Over in the infield, the same fashion conventions are present but they're taken to new heights and they are about as relaxed as the atmosphere. Imagine tens of thousands of people dressed in their tackiest, wackiest, and wildest hats. Now throw in countless bottles of rum and you've got a pretty good idea of the kind of horseplay that goes on in the Infield at the Kentucky Derby.

No matter where you're sitting or taking in the action, a good Derby hat can make your day so go with the flow and have some fun.

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OPERATION: SNAGGLETOOTH “FAIRIES IN FLIGHT...NO TOOTH LEFT BEHIND” by Kelli Faerber

“Look what Aunt Amy made me!” Morgan Flynn said to his mother after receiving a tooth fairy pillow from his aunt, Amy Painter. At the time, no one knew what this pillow crafted out of love would become to not only young Morgan, but to the many children of America’s fallen heroes.

On August 22, 2007, Morgan’s father, CW2 Paul “Josh” Flynn and 13 other men lost their lives while serving their country in Multaka, Iraq. Shortly after Morgan lost his father, he was getting ready to lose his first tooth. Amy had just finished making her own daughter a tooth fairy pillow. “We grew up with

tooth fairy pillows,” Amy said. “So I thought ‘What can I do for Morgan?’”



Amy decided to make the pillow out of one of Josh’s uniforms. While her sister, Dusty, was out of town, she went to her

house to borrow one of Josh’s BDU jackets, as well as a patch with the Airborne Wings. Amy used these items to make Morgan’s tooth fairy pillow. When Dusty came home, Amy presented her sister with Morgan’s pillow. Amy completed Morgan’s pillow in September of 2007.

“I knew she wouldn’t be upset. I knew any one coat wouldn’t be more special than the other when it came straight down to the BDU jackets,” Amy said. “I really did not anticipate this at all. I did what she asked me to do. I made him a pillow. It was really intended just for Morgan.”

Amy had only sewn the ends of Josh’s nametape to the pillow, and



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they noticed that Morgan was using the nametape like a handle to carry his pillow. "It's something he can keep. It actually was made of his dad's uniform," Amy said.

"It's more than a tooth fairy pillow," Dusty added.

Dusty approached her mother with the idea of doing something for the other children who had also lost a parent in Iraq or Afghanistan. She wanted these children to feel like more than just another statistic. Her mother came up with the idea of creating a pillow for every child.

Dusty, along with her two sisters and her mother, collectively decided to form OPERATION: Snaggletooth. Their slogan, "Fairies in Flight...No tooth left behind" was created out of the policy of no soldier left behind and the fact that Josh was a pilot. They were all quite determined to make sure that no child was left behind.

When Dusty had met with her Casualty Assistance Officer, she had signed paperwork allowing nonprofit organizations to contact her to give



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Morgan gifts. She knew that there was a list of families who wanted to be contacted. **OPERATION: Snaggletooth** needed to prove to the Army that their intentions were good in order to obtain the list of names. They would also have to officially become a nonprofit organization. Once they had the list, they began the process of contacting the families of fallen soldiers. Each family received a letter offering heartfelt condolences for the loss of their soldier, as well as a form that they can complete and send in to the organization. Families who have lost a soldier can also contact the organization and request that a pillow is made for their children.

On April 14, 2008, **OPERATION: Snaggletooth** sent out the first



of many pillows. The ladies are self-proclaimed perfectionists and spend a great deal of time on each individual pillow to ensure it is of the best quality. It is, after all, the goal of the organization to give each child a memorial to honor his or her fallen Soldier.

As a group, this endeavor is not about them but rather about what they can do for others.

To date, **OPERATION: Snaggletooth** has made and sent out over 300 tooth fairy pillows to surviving children, ages newborn to twenty-five. It averages around 50 fallen soldiers' with children per month being notified of the organization's intent for each family.

Today, Morgan golfs, plays baseball and does many other activities expected of a child his age. However, he is also involved with **OPERATION: Snaggletooth**. Morgan helps his mom, aunts and grandma out by removing buttons and nametapes from the uniforms the families have donated.

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The Bi-Annual fundraiser for Operation: Snaggletooth will be held at Highland Ridge, 1601 Old Russellville Pike, Clarksville, Tennessee, on May 28th from 6:00 p.m. to 10:00 p.m. Tickets will be \$20 in advance and can be purchased at Eden Day Spa & Salon. They can also be purchased at the door for \$25. Children 12 and under are free. There will be a silent auction and raffle with food and beverages provided. Nashville recording artists performing will be Kenneth Duncan, Morgan Frazier, David Ray, Chase Rice & Morgan Myles.

For more information on what you can do to help OPERATION: Snaggletooth, or if you would like to request that a pillow be made for a child of a fallen soldier, please visit their website at www.operationsnaggletooth.org, visit them on Facebook, call (931) 368-1023, or mail P.O. Box 3482, Clarksville, TN 37043.

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BACKPACKS AND BUTTERFLIES: A TRIBUTE TO TEACHERS

by Pamela Magrangs

My son's backpack was red his kindergarten year. I can still see him walking steadfast into Mrs. Bryant's classroom door with that empty red backpack clattering on his back like a jar waiting to be filled.

For him, the first day of kindergarten was easy. For me—not so much. Leaving my first born on the first day of school brought more than butterflies. My stomach thundered with anxiety, my heart pounded, my soul ached. My mind imagined everything horrible that might occur on a first day. What if he decided he did not want to be at school and simply walked out of

the door never to be seen again? What if he choked on a grape? What if he got sick and threw up on his first day? On that fateful day in August of 2005 I had to abandon my worries as I stood at the door. The kind Mrs. Hackney placed her hand on my shoulder. "You can go now. He'll be fine," she said gently.

The principal was right. He was fine—thanks to six years of teachers my son was never lost, never choked on a grape, always returned safely from field trips, and despite getting sick a few times, always

made it home via a call from the nurse before anything embarrassing occurred.

A matter of fact, he did more than survive during those years of elementary school. He thrived. He grew, made good grades, made lasting friends, carved some memories and learned countless lessons. I cannot take the credit for my son's success. During the past six years of elementary school he has spent more hours daily with his teacher than with me. As another school year ends and because May is Teacher Appreciation Month—it is

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a good time to reflect on the powerful influence of teachers in our child's life.

For me, this month marks the end of my son's elementary school years. Like many of you, new backpacks and new butterflies await. Middle school is calling. High school will soon be on its way. Many more teachers will come and go through my child's life. I hope for as many wonderful teachers ahead as he has been graced with so far.

My lesson from 3rd grade

Even though I call Clarksville home, having

lived here 17 years, I grew up in Chattanooga, and attended Harrison Elementary. My favorite teacher in elementary school was named Ms. Essary. What I remember about her is limited; after all, I was only eight years old. She was a short lady. She was young, probably in her 20s, perhaps just out of college. She wore high heels and nice dresses. Her straight hair was cut short, close to her face. She smiled a lot and I was glad she was my teacher.

I remember only one other thing about 3rd grade. It was something Ms. Essary wrote on my paper.

She returned a writing assignment to class and instructed the students to take it home and show our parents. I believe it was my first essay assignment. I got an A. But it wasn't the A that mattered to me; it was the other words placed strategically at the top of the paper near my name. In blue ink, were the following words: "Pamela is a good writer."

Clinching the paper in my hands, I dwelled on those words on the bus ride home. I walked from the bus stop with the paper still in my hand with backpack thrown over my shoulder. My gait was faster that day because

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I was proud and in a hurry to get home. I found my mom waiting on the front porch for me and we sat on the front porch swing and I read her Ms. Essary's words: "Pamela is a good writer."

I don't know what ever happened to my first essay or the words Ms. Essary inscribed on my paper. All I know is that those words were etched forever in my 8-year-old soul. Perhaps she wrote that on every student paper that day, ultimately it does not matter.

What mattered is that I believed what my teacher said. Oh, the enduring power of a good teacher.

Each year that my children have entered a new grade I have entered with an enduring respect for their teacher. After all, it is the teacher who spends all day with our children. It is the teacher who holds for eight hours each day the power to encourage our children. Their power and influence cannot be measured, at least not in only one year.

Lessons from art class...

My husband's favorite teacher was Mr. Richard Smith, art teacher at New Providence Middle School. At a time when my husband's parents were divorcing, Mr. Smith was a

positive and encouraging force in my husband's life. Years later, when my husband became a teacher, he and Mr. Smith reconnected and became close friends again. For this reason Mr. Smith, my husband's middle school art teacher, came to the hospital when our first child was born. He was one of the first people to hold our baby boy.

Mr. Smith passed away a few years ago knowing that he had been a pivotal force in my husband's life even leading to his decision to become a teacher. But his story reminds me of other teachers, like my 3rd grade teacher Ms. Essary, who made an impact on a child and never knew the depth of their positive reinforcement because we lost track of one another. They are the untold heroes—those who shape history one child at a time, one day at a time, one grade, and one lesson at a time. Many of them continue to build strength in others when their own health is in decline. True heroes rarely benefit from their own strength.

In my living room on an easel rests a framed drawing of red, white and black lizards. It is a picture that my son drew in Mrs. Hoenie's

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art class when he was in 2nd grade. She gave him an award that year for the picture. I framed it because I was proud too. The other day, my son asked me to come over and look closely at the picture. He pointed out something I had never noticed. "Look there—at those words—Mom," he said. "See those words in pencil there in the corners?" he asked me. I looked closely and underneath the layered color I could see penciled words that said "red" "white" "black." He continued, "Mrs. Hoenie wrote those words there to help me."

His art teacher, Mrs. Hoenie recently passed away. The framed artwork in my living room is evidence to her skill as a teacher, but the real gauge of success rests in the memories of her students. Those penciled words, both on the paper, and in the soul, are heirlooms to the lasting power of a teacher.

May is teacher appreciation month. I cannot help but think about the teachers in my past and the ones in my present I should thank.

This month my son will say goodbye to elementary school and to a group of

teachers to whom I will always be thankful. Some of you are going through the same, perhaps with preschool, middle school or ultimately high school. Each phase has its own butterflies. Thankfully there will always be a good teacher waiting to soothe the butterflies and fill the backpack.

In any way we can, may we all find a way to thank our child's teacher this month—in appreciation and understanding of their influence both today and in all the days that follow.

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MAKING THE BEST OF MOTHER'S DAY

by Maranda West

"Of all the rights of women, the greatest is to be a mother"

Lin Yutang

When Anna Jarvis stood at her mother's gravesite almost one hundred years ago, she vowed to launch a day to honor not only her mother, but to honor mothers everywhere. The activism she observed firsthand in her mother's struggle to better the living conditions of those combatting poverty motivated her to carry on a very special project of her own: to celebrate the mothers who had come before her, mothers in her lifetime, and mothers whose times had yet to come.

The tradition of gifting mothers with white carnations began just a few years later, and within nine years—with the U.S. Congress passing a joint resolution—Mother's Day was officially established to celebrate the woman's important role in her family.

The holiday was never supposed to have been made into a commercial mecca. In fact, Anna Jarvis would likely be rolling over in her grave with the success of Hallmark's Mother's Day revenues alone. She even went to court to stop a Mother's Day festival and was actually arrested for disturbing the peace at a convention selling carnations for a war mother's group. Why all of the fuss over people making a profit in the name of the holiday that she founded? Because Anna Jarvis wished only that the day be celebrated with sentiment rather than with profit; that attending church in honor of, and hand-written notes of appreciation be given to, beloved mothers.

So just how can we celebrate Mother's Day as a holiday with those we love and yet honor the wishes of its founder and stay true to the origins of the holiday?

To get started:

- Encourage handmade tokens of appreciation. I have saved every one of the handmade cards my boys have ever made me. Cute as they are when presented on this special holiday with pride and love shining in your child's eyes, they are absolutely priceless a decade later. You may call it sentimental but those same sweet little hands that so painstakingly drew the pictures and doodled out those three words will be filling out college applications in no time. Don't let your kiddos buy into the commercialism of Mother's Day cards and encourage their creativity instead.
- Encourage home baked nomnoms. There is, after all, nothing quite like breakfast in bed more so on Mother's Day. Encourage your little entourage to treat you with waffles, cinnamon rolls,

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biscuits, or buttered toast; they'll be special because your hubby and children made them just for you. Even if they whacked the can against the kitchen counter to produce those little tasties, go with it and relish the moment. Feel free to hint that an added bonus would be to walk into a clean kitchen after breakfast.

- Encourage handpicked flowers. Okay, it's a stretch. But expensive roses are not for everybody, and I would be a good example of that. Even still, a bouquet of handpicked wild flowers may not cut it for everyone either. There are still a few other options like a single lovely hyacinth or orchid, or something that has true sentimental value due to the flower itself, or even special colors or a specific scent that you love.

Get brilliant:

For those far too addicted to our society's conceived notions of the proper care and feeding of mothers on Mother's Day, here are a few more options.

- Go for a night on the town and make it all about her. Leave the kids at home and let your husband treat the love of his life to the most exquisite restaurant he can afford. Mother's Day comes but once a year, after all. Get all dressed up, and psyched up for a night out



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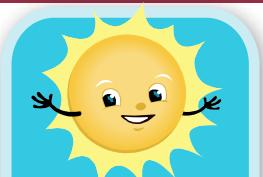
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- Let them know what you really want. Granted, the Canon EOS 5D Mark II or the Mac computer of my dreams may not be your particular cup of tea, but it is what I really really want for Mother's Day this year, and I make sure to hint in very subtle ways of my heart's desires... like circling the pictures and prices in big red marker and leaving the magazine open and where he'll have to see it. Ask yourself what you truly want. Put a bug in hubby's ear and encourage him to surprise you on Mother's

Day. A spring outfit? Cute handbag? New perfume? Pedicure? It's easy. If nothing else just let your kids figure it out and they'll pass it on to the wallet-holder in no time.

- Go for chocolaty goodness. It's always a good answer. I don't care what the question is. The predilection for chocolate is nearly universally human, as proven by at least seventeen university studies—and carries back, by some estimates, to more than 75,000 years. Early explorers in South America used it as currency and sold it in solid bars. Smart currency as long it's not a record breaking hot day.

- Just relax. Let's be realistic, after all of the hard work you do and being on call 24/7 you need a break on Mother's Day. Get comfortable and put your feet up. Relax with a bubble bath and a good book or magazine. Allow yourself the utter peace of being downright lazy for just one day.

- Most importantly, love the ones you're with and any small thing they want to do to honor you for Mother's Day. I'm willing to bet they're the very ones who made you a mommy in the first place.

Happy, happy Mother's Day!



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MOST BEAUTIFUL BABY CONTEST

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Age Groups:
0-6 months
6 months - 1 year
1 year - 2 years
2 years - 3 years
3 years- 5 years

One winner in each age group.
Governor's Square Mall's most beautiful babies for 2011!

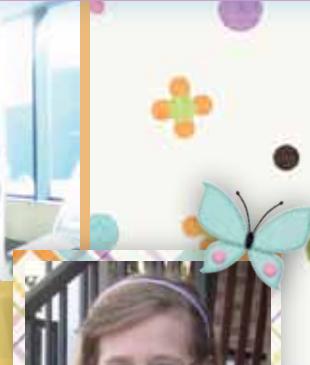


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Candid Clarksville & Fort Campbell Families



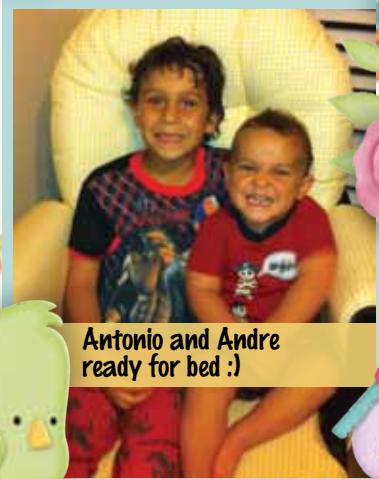
Daddy's Home!!
SFC Robert W. Finley, Jr
and 6 year old son
Christian Finley



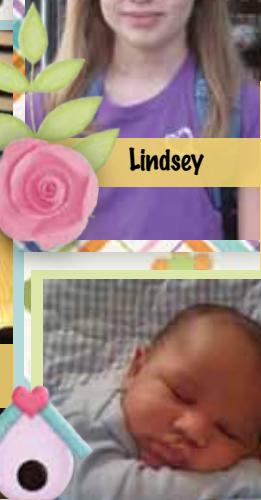
Dominic, Grandson ...
I love you Papa



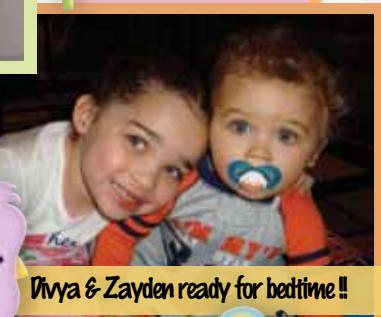
Teagan enjoying
a nice spring day



Antonio and Andre
ready for bed :)



My 4 month old's
first photo shoot!



Divya & Zayden ready for bedtime !!



Dad, Bracken, & Cannon at dad's baseball game. Go Hawks!!!



Sunshine @ Rivers
and Spires 2011



Elizabeth enjoying
the buttercups.



Holden loving some BATHTIME!



Blessed
swimming on
Spring Break

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

WE HAVE A MYSTERY TO SOLVE (PART 2)

by Brenda Hunley Illustrated by Willie Bailey

Our story opens up with Chester and Boomer Chipmunk heading toward the ranger station to meet Ranger Bill. Earlier, they found a bag with a broken zipper under a bush while they were cleaning up the park. Ranger Bill took it back to the station with him so if someone lost it they could pick it up there. The chipmunks were excited about what they found, and wanted to see what was inside. Ranger Bill said he would try to get the zipper open to see if they could identify the owner. Now that they are finished cleaning their section of the park, they scamper toward the ranger station. As they laugh and play on the way, they hear footsteps, and yet don't see anyone. It's as if someone is watching them.

"Did you hear that?" Chester asked.

Nodding yes, Boomer whispered, "I don't see anyone!"

"Who's there?" called Chester, stopping, turning around, and sitting up on his haunches. He was getting rather annoyed.

Boomer—well he was more scared than anything else. His imagination was going a million miles a minute. "It's a nut case—escaped from the nut house... he wants his bag back," Boomer whispered.

Chester looked at his brother. "You are the one that is a nut case. Hmm, must be the wind or something."

"What if someone came back for the bag and is mad at us for taking it?"

"Boomer! Seriously? We just found the bag a few hours ago! That bag had dirt on it. It



was damp. It had been there a while. What are the chances?" laughed Chester.

"What if it belonged to a robber, and stolen money is inside? What if it belonged to a spy and secret papers are in there?"

Chester sniffed the air; nothing seemed out of the ordinary. Birds were singing,

Happy Mother's Day!

ALL MOM'S
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just mention this ad!

All local artists & antique dealers
www.artifactsemporium.blogspot.com
124 Strawberry Alley, Downtown Clarksville, TN 249-0454

 An illustration of a woman in a white lace-trimmed dress with red flowers, holding a baby. To the left is a sign that reads "ARTifacts an arts & antiques emporium".

HodgePodge
125 Franklin Street, Downtown
931.647.0444 www.hodgepodge-home.com

 An illustration of a potted plant with pink flowers and a small sign that says "HodgePodge".

human voices could be heard in the wind, a dog barking in the distance. Waiting several seconds, they didn't hear or see anything. With their whiskers twitching, they took a few steps forward.

When nothing happened, Boomer shrugged. "Hello?" he called.

"Well, hello to you too!" called Dart, as he fluttered to the ground.

The two chipmunk brothers looked surprised. "Dart! I didn't see you there!" squeaked Chester.

Dart was amused. "You two look like you have seen a ghost! What's got you so jumpy?"

Chester moved closer to Dart. "Hey, um did you see anything different before you flew down here?"

Dart shook his head. "No. I didn't. What do you mean different?"

Chester and Boomer looked around, not seeing anything or anybody they told Dart all about the mysterious bag they found with a broken zipper. They told him how they were on their way to meet Ranger Bill when they heard steps, but they couldn't see anything.

Dart rubbed his head with his wing. "There are dozens of people and

animals every day that walk the trails in these woods! It could have been anyone."

Suddenly, a voice calls, "I saw what you did. I saw what you did!"

The three friends look up, and around but don't see anything.

"Where did that voice come from?" whispered Boomer.

"Over there!" Chester pointed off to the side. Quietly, the three friends took a step, and then another one towards the bush. Looking at one another, Chester whispered, "On three we will charge that bush, whoever is calling us will be discovered!"

Nodding, Boomer counted with Chester, "One...two...three!" Chester and Boomer went straight into the bush while Dart flew up and around the bush.

"Nothing here!" called Chester.

"Nope, no one here!" answered Boomer.

"I don't see anything!" called Dart.

The three friends looked around some more, finding nothing they decided to give up and walked together to the ranger station. Ranger Bill was waiting for them.

"Hi guys!"

A photograph of a woman with long blonde hair, smiling and looking slightly to her right. She is holding a fan of US dollar bills in her left hand. A small orange and black butterfly is perched on the top right corner of the money fan. To the right of the photo is a green oval containing the word "moms" in white, surrounded by a dotted border.

The source of many purchases to come.

Clarksville Family
MAGAZINE

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"Hey," Boomer replied.

"Something wrong?" asked Ranger Bill.

"No, see when we were coming to meet you we..." started Boomer.

"We felt like someone was watching us, then we heard a voice," Chester interrupted.

Ranger Bill leaned forward in his seat. "A voice; what did it say?"

Boomer got real close to Ranger Bill and whispered, "I saw what you did!"

"I saw what you did? What did you do?" asked Ranger Bill.

"I don't know. Take the bag?"

Ranger Bill laughed.
"Really?"

"It said it saw what we did," added Boomer.

"Did you find who was talking? Maybe it was

someone talking to someone else," Ranger Bill said rubbing his forehead.

"We didn't find anyone," Dart chirped.

Taking a deep breath, Ranger Bill opened his desk drawer. "Let's see what's inside this bag shall we?"

The brown bag was tattered and dirty. Reaching for the zipper, Ranger Bill pulled and pulled. It was very stuck, and looked quite broken.

"This bag has been outside for awhile boys, it might just be trash that blew out of the can." Running his hand along the width of the bag he could feel something inside. "I do wonder what this small lump is though."

"Can we just cut it open?" asked Boomer.

Flipping the bag over, Ranger Bill examined the cloth closely. "Well, I hate to do

that, but since it's broken and rusted shut, we have no other choice."

Carefully cutting a small strip along the seam, Ranger Bill was able to shake the bags contents onto his desk. Chester, Boomer, and Dart moved closer. A small brown parcel wrapped with a small piece of rope bounced and rolled off the desk and onto the floor.

"I've got it!" shouted Chester, jumping to the floor.

"No! I've got it!" squeaked Boomer, as he jumped from the desk, then the chair, and fell to the floor.

Dart and Ranger Bill laughed at the two brothers as they both tried to be the first one to grab the parcel.

Dart dove down and came back—straight up in the air with the string in his mouth. "I've got it!" he shouted, as

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the package came loose from the string, bounced and rolled under the desk.

A dusty Boomer emerged from under the side table with the package in his paws.

"Okay, you win. What's inside?" asked Chester.

Unwrapping the paper they discovered a dirty, gold pocket watch. "Oooh!" exclaimed Chester with his eyes open wide.

"We are rich!" squeaked Boomer.

"No we aren't! That's not ours!" exclaimed Chester.

Reaching for the watch, Ranger Bill held it up to the light. The gold sparkled faintly under layers of dirt.

"May I see?" asked Chester.

"Sure, here ya go," said Ranger Bill.

"Look! It opens!"

Boomer was disappointed.
"It's not working!"

"Of course it isn't! This has been lost for a long time!" added Dart.

Carefully Chester opened the watch. "Do you see that?" he said, pointing to the inside of the watch.

"See what?" asked Boomer.

"There are marks on it," Chester said, rubbing it with his paws.

"Is it a picture or writing?" asked Dart.

"I can't tell. Ranger, can you clean this up?" Chester asked, handing the watch back to Ranger Bill.

The Ranger looked it over, rubbed it a little bit, and then carefully set it back inside its paper.

"Do you think it is worth anything?" asked Dart.

"I don't know. We would need to have an expert look it over," Ranger Bill said, leaning over and picking up the wrapping paper. He moved it around in his hands looking at it intently.

"Hmm, nothing out of the ordinary here. Guys, I think I will drop it off to my friend who owns a clock shop and

see what he says. Speaking of time; we only have a few more minutes before the park closes."

"Mom's gonna be mad we missed supper," Boomer whined.

"I will just tell her the truth. She likes a good mystery," Chester said, looking at Dart. "Dart, wanna come eat with us?"

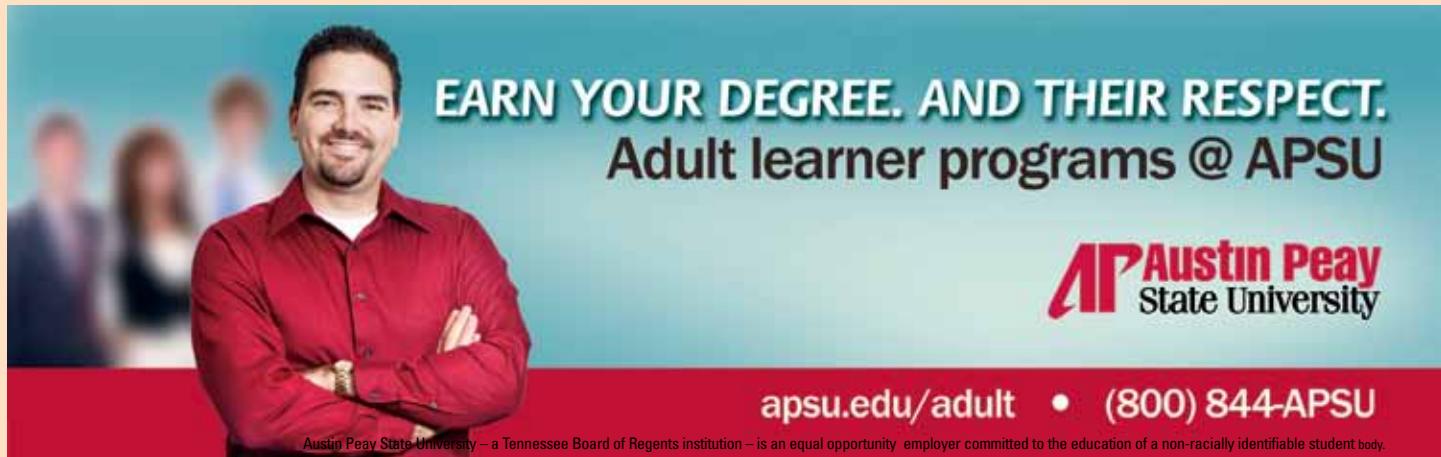
"Naw, I need to get home myself; but thanks! See ya tomorrow!" Dart said, as he flew out Ranger Bill's window.

Ranger Bill looked at the chipmunks. "How about I drop you two off when I go lock the gate?"

"Sounds good to me, but what about the watch, and the bag?" asked Boomer, hopping onto the Ranger's shoulder.

"No one came by to claim it, I'm sure it will be just fine here in my drawer tonight. Tomorrow we can take a drive over to my friend's shop and we will see what he has to say about it."

(TO BE CONTINUED...)



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HAPPY BIRTHDAY!



Happy 1st Birthday Addi Jane!
Love, Mom, Dad,
and the Boys



Happy 1st Birthday, Ali Cat!
Love, Daddy, Mommy & Aiden



Bryson Thomas Butcher
celebrates his 1st birthday.



Happy 1st Birthday Christopher!
Mommy, Daddy and Aubrey
love u very much!!



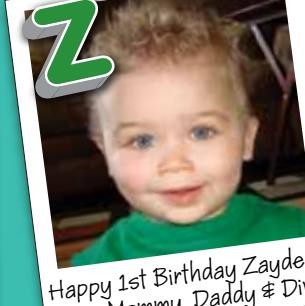
Happy 1st Birthday Laney!!!
WE LOVE HER!!!



Happy Birthday Papi!
Love, Mommy, Daddy, and Tricia



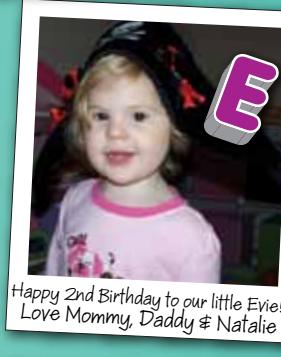
Happy 1st birthday Ryan
Love mom, dad, Daya, Stevi,
Jai, Yas & Branden



Happy 1st Birthday Zayden!!
Love Mommy, Daddy & Divya



Happy 2nd Birthday Ava!
Love, Mommy, Daddy, & Drew



Happy 2nd Birthday to our little Evie!
Love Mommy, Daddy & Natalie



Happy 2nd Birthday Maggie



Happy Birthday Santana
Love, Mama



Happy 3rd Birthday Aramae!
Love you very much, Mama, Dad,
Ava, Magnus and Alara



Happy 4th Birthday Bella!
Love, Daddy, Mommy, & Kaylee



Happy 4th B-day Chloe
Mommy and Daddy Love You!



Happy 4th Birthday Jacob!!
Love, Daddy, Mommy, & Logan

Wanna be on the Fridge?:

Email photo to: fridge@clarksvillefamily.com by **May 15th**.

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

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

HAPPY BIRTHDAY!



Happy 4th Birthday Lavonte
We LOVE You!



Happy 5th Birthday Kristine.
Love Mom and Dad



Happy 5th Birthday Magnus!!!
We are proud of you!
Love Mom, Dad, Alara, Aramae and Ava



Cannon Rice, 6 yrs old on May 3.
Mom, Dad, & Bracken love you!!!



Happy 6th Birthday, Kennedy!
We love you!



Happy 7th Birthday Alexia!
Love, Daddy, Mommy, and Teagan



Happy 7th Birthday, Alaina!
Love, Mommy, Daddy, & Matthew



Happy Birthday
Peyton 7th & Isabella 6th!
Love, Your Families



Happy 7th Birthday Victor!!
We love you!!



Bracken,
Happy 9th Birthday!!



Happy Birthday Amani
Daddy, Mommy and sis wishes
you a wonderful and fun 11th!



Happy Birthday Davion!
Love Mom & Dad!



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.

Don't Forget!
Send in Birthday
Pics for June by
May 15th!



Calendar

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/qcr 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.

DANCE FORCE OF CLARKSVILLE

PRESENTING OUR 2011 SPRING PRODUCTION "WONDERS OF THE WORLD"

Located at APSU Mass Comm Building on May 26 at 6:00 p.m., May 27 at 6:00 p.m., May 28 at 6:00 p.m., and May 29 at 1:00 p.m. Tickets available at the door or contact the studio at (931)-552-2223 or on www.danceforceclarksville.com.

DOWNTOWN MARKET

Saturdays (starting May 21) from 8:00 a.m. to 1:00 p.m. in Public Square in Downtown Clarksville. Locally grown produce, baked goods, home decor, seasonal flowers and more. Visit www.clarksvilledowntownmarket.com. See ad on page 27 for more information.

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

Thursday, May 12 from 10:00 a.m. to 3:00 p.m. at Summit Heights Community Center; and Wednesday, May 18 from 10:00 a.m. to 3:00 p.m. at Clarksville-Montgomery County Public Library, 350 Pageant Lane.

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:

Chick-fil-A Madison Street

1626 Madison Street
(931) 648-4468

SPIRIT/FUNDRAISER NIGHTS

**3 TUESDAY 4:00 P.M. TO 8:00 P.M.
SANGO ELEMENTARY**

**5 THURSDAY 5:00 P.M. TO 8:00 P.M.
NORMAN SMITH ELEMENTARY**

**10 TUESDAY 4:00 P.M. TO 8:00 P.M.
MOORE MAGNET ELEMENTARY**

**17 TUESDAY 4:00 P.M. TO 8:00 P.M.
EAST MONTGOMERY ELEMENTARY**

**19 THURSDAY 4:00 P.M. TO 8:00 P.M.
BARKSDALE ELEMENTARY**

EVENTS

**26 THURSDAY 7:00 P.M. TO 9:00 P.M.
LYDIA WALKER CONCERT**

**28 SATURDAY 8:00 A.M. TO 10:00
A.M.
KIDS CORNER**

Join us for breakfast and activities especially for kids.

- **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

- Highest 3 star Rating
- Care for Ages 6 weeks - 12 years
- Multi-Cultural Education Programs
- Sign Language + Pre-School Program
- Extracurricular Classes Offered Monthly
- Computer Education all ages
- Biblical Scripture & Values
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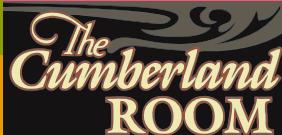
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current physical, dental and immunization cards at the time of registration **ONLY**.

- 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.

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

SUNRISE FITNESS

6:00 a.m. at McGregor Park each Wednesday and Saturday from May 21 through June 25. Free fitness class provided by the Clarksville Parks & Recreation department.

May

1 SUNDAY

QUEEN CITY ROAD RACE

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

3 TUESDAY

FREE BREASTFEEDING CLASSES

11:00 a.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

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

WOMEN'S SELF DEFENSE COURSE

Through Wednesday, May 4, 5:30 p.m. to 8:30 p.m. at a location that will be disclosed at the time of registration. Childcare is available at no cost. Registration for the course and childcare are required. For more information or to register, contact (270) 412-5497.

4 WEDNESDAY

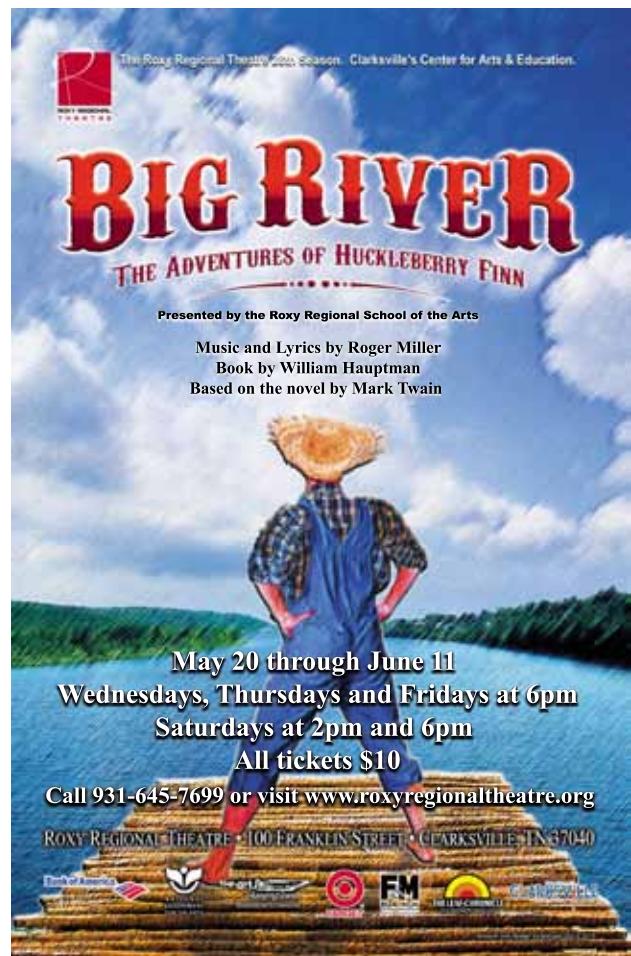
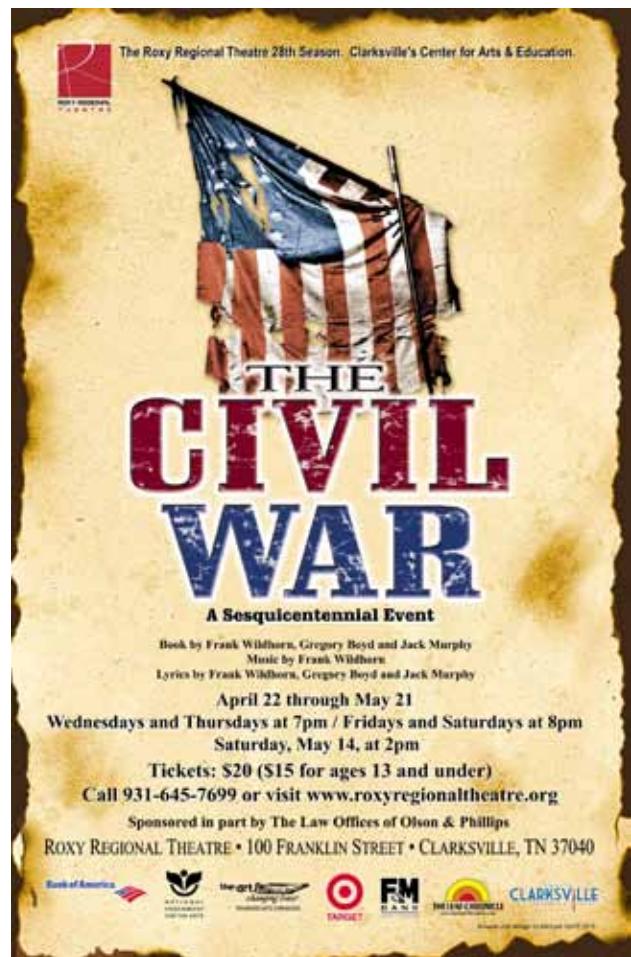
CLARKSVILLE SENIOR OLYMPICS

Through Saturday, May 7. The Clarksville Senior Olympics promotes healthy lifestyles for senior adults through fitness, sports, and active involvement in life. Sporting events include badminton, bowling, golf, horseshoes, archery, shuffleboard, table tennis, track and more! Open to ages 50 and up. For more details call (931) 645-7476.

7 SATURDAY

DUNBAR CAVE SPRING FLING

Events all day (beginning at 8:15 a.m.) at Dunbar Cave State Park. All activities begin at the Visitor Center and are free of charge. Event will be held rain or shine. Overflow parking and free bus service from Dunbar Cave Baptist Church, 300 Dunbar Cave Road, is provided from 10:00 a.m. to 5:00 p.m. Children must be supervised by an adult. This annual all day family event includes bird and wildflower hikes, canoeing, snake and raptor



exhibition and more. Visit www.dunbarcave.org for more information.

DOGGIE PALOOZA

1:00 p.m. to 4:00 p.m. at the new Bark Park at Heritage Park, 1241 Peachers Mill Road. Bring your four-legged family members for a day of contests, demonstrations, prizes and more at our 5th Annual Doggie Palooza! Pet-related businesses interested in becoming a vendor can contact the Parks and Recreation main office at (931) 645-7476.

8 SUNDAY MOTHER'S DAY

9 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.

11 WEDNESDAY HEALTH FAIR

10:00 a.m. to 4:00 p.m. at Aquino Pediatrics Office, 881 Professional Park Drive. This health fair will offer information on carseat safety, childhood obesity and more. There will be door prizes and giveaways. See ad on page 61.

12 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.

NEWBIE NIGHT: HOMESCHOOL INFORMATIONAL MEETING

6:00 p.m. to 8:00 p.m. at Hilldale Baptist Family Life Center, 250 Old Farmers

Road. Free event for anyone considering or new to homeschooling, or those new to the area.

This meeting will answer many of the questions you may have while exploring the idea of homeschooling. Topics include:

- Your Homeschool Vision
- Legal Options in Tennessee
- Homeschooling Through High School
- Homeschooling with Preschoolers
- The Homeschool "Classroom"
- Curriculum Options
- Testing Options
- Support Options (National, State, and Local)
- Enrichment Options (Spiritual, Academic, the Arts, Athletics)

Oftentimes, being able to see and speak with someone who has experience with a curriculum is much more beneficial than simply reading about it. During "Newbie Night" you will be able to view various curricula and speak with those who have used the programs. In addition, representatives from support groups and enrichment options will be on hand. You will go home with a plethora of information and personal advice.

Setting out on this journey need not be a daunting task. Educating your child at home can be exciting and fulfilling—even the first year. If you are considering homeschooling, this meeting is the perfect place to get answers, make connections, and possibly settle the "crazy" question once and for all!

For more information contact clarksvillechara@gmail.com.

13 FRIDAY USED HOMESCHOOL CURRICULUM SALE

9:00 a.m. to 1:00 p.m. at Hilldale Baptist Family Life Center, 250 Old Farmers Road. For more information contact clarksvillechara@gmail.com.

FREE ORAL, HEAD AND NECK SCREENINGS

10:00 a.m. to 6:00 p.m. at Gateway Medical Center, Liberty Rooms B & C, 651 Dunlop Lane. For more information call (931) 472-9300 or visit www.clarksvillecancerscreen.com. See article on page 36.

KOA "COME CAMP WITH US" WEEKEND

Through Saturday, May 14. This weekend nationwide KOA's are raising money to send kids with cancer camping. Two-for-one camping and lodging. Prizer Point Marina and Resort, Exit 56 off I-24. Visit www.prizerpoint.com or call (270) 522-3762 for information.

14 SATURDAY STRAWBERRY JAM

11:00 a.m. to 3:00 p.m. at H&S Farms, 409 Seven Mile Ferry Road. Inflatables, food, live music, petting zoo and games. Call (931) 387-4000 for more information. See ad on page 29.

MOST BEAUTIFUL BABY CONTEST

3:00 p.m. at J.C. Penney Court in Governor's Square Mall. Registration begins at 2:00 p.m. Registration fee is \$15. Please bring a non-returnable photo. Ages 0-5 can participate. One winner in each of five different age groups will win.

CABELLA'S KING KAT FISHING TOURNAMENT KIDS RODEO

Weigh-in and awards ceremony is Sunday, May 15. In addition to prizes here, all participants will be

entered for opportunity to when scholarships. They scholarships will be awarded in the fall. Open to kids are 12 and under. Visit www.prizerpoint.com or call (270) 522-3762 for information.

17 TUESDAY CLARKSVILLE SCRABBLE CROSSWORD GAME CLUB

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

19 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.

HEALTH AND WELLNESS GIRLS' NIGHT OUT

5:00 p.m. to 7:30 p.m. at Hilldale Baptist Church Family Life Center, 250 Old Farmers Road. Ladies, mark your calendars for an evening of FREE fun, food, prizes, and health and wellness stations. The First 200 women will receive a Healthy Women gift. For more information visit www.todaysgateway.com or call (931) 502-1111. See ad on page 31.

20 FRIDAY JAMMIN' IN THE ALLEY - CHAIN REACTION

7:00 p.m. at Strawberry Alley in Downtown Clarksville. Jammin' in the Alley is a monthly summer concert series held every third Friday of the month. In

Chick-fil-A Governor's Square

2801 Wilma Rudolph Boulevard
(931) 645-5144

MAKE MOM A GIFT FROM THE HEART

7 SATURDAY 10:00 A.M TO 11:30 A.M.

Kids can come in and make a Mother's Day card with a "special" treat inside for their mom.

addition to the live music, downtown restaurants offer outdoor dining to concert-goers. Come ready to eat, dance and have fun!

21 SATURDAY

FAMILY CAMPOUT

2:00 p.m., Saturday, May 21 through 9:00 a.m., Sunday, May 22. Families can sleep under the stars at Billy Dunlop Park. \$5 per person or \$20 per family up to 6 members.

28 SATURDAY

JUVENILE DIABETES RESEARCH FOUNDATION SUPPORT GROUP MEETING

Contact JDRF for more details: cvoiland-free@jdrf.org.

ANIMAL TALES

11:00 a.m. to 2:00 p.m. at the mouth of Dunbar Cave, 401 Dunbar Cave Road. The Clarksville Children's Theatre presents this free performance of children's plays written by local writers, including a 30 minute arts and craft activity. Visit www.clarksvillechildrenstheatre.org. See ad on page 77.

4TH ANNUAL SPRING INTO SUMMER FESTIVAL

Through Sunday, May 29 from 12:00 p.m. to 8:00 p.m. at War Memorial Walking Trail Park, 101 Walter Garrett Lane, Oak Grove, Kentucky. Activities at the festival will include food and merchandise vendors, pony and train rides, FREE carnival rides and three different variety shows. Saturday night country star Craig Morgan will perform on the Viceroy Stage at 8:00 p.m. The concert and all activities at the festival are free and open to the public.

Go to www.visit oakgroveky.com for more information. See ad on page 22.

MOVIES IN THE PARK - AVATAR

At Heritage Park, 1241 Peachers Mill Road. Starting at dusk, with pre-movie activities beginning an hour earlier. Come out to enjoy fun for the entire family. Admission is FREE! Concessions are available. Visit www.parksafterdark.com for more information.

30 MONDAY

MEMORIAL DAY

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

Clarksville-Montgomery County Public Library

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

Thursday, May 5

4:30 p.m. TAB (Teen Advisory Board) meeting for grades 7-12. Held in the story time theater in the Children's Library.

Saturday, May 7

2:00 p.m. to 4:00 p.m. Teen Anime Program 13 to 18 year olds.

Thursday, May 19

5:00 p.m. to 7:00 p.m. We'll have a fun evening of Guitar Hero, Rockband, SuperMario Bros., etc...plus lots of board games and other activities.

We will soon be looking for teen volunteers to help us with the Summer Reading Program.

Registration forms will be available in the Children's Library starting May 2. The Summer Reading Program runs from June 6 through July 8. There will be a mandatory orientation for all teen volunteers prior to the beginning of the summer program.

All teen programs are free and open to grades 7-12.

CUSTOMS HOUSE MUSEUM & CULTURAL CENTER

200 South Second Street • (931) 648-5780

www.customshousemuseum.org

EXHIBITS:

Art of Ev: Painting by Everett Neiwoehner

In the Planters Bank Peg Harvill Gallery. Through June.

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.

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.

Winslow Homer's War

Original Harpers Weeklies from the collection of the Haynes Galleries, Franklin.

ACTIVITIES:

May 22

Sunday Family Fun Day—Art from Trash!

From 1:00 p.m. to 5:00 p.m. Reduce, reuse, recycle. Our trash will become your art. Bring your imagination. This activity is free with your paid admission or museum membership. For more

information, contact Sue Lewis at (931) 648-5780. May 11 & 12

"Let's Find Cows"

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.

The museum will be closed Sunday, May 8 for Mother's Day.

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.

Family Resource Network

ADOPTION & FOSTER CARE

CARING CHOICES OF CATHOLIC CHARITIES

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

OAK PLAINS ACADEMY

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

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) 645-7111, (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 inttheknow@myironknights.com,

tournamentcoordinator@myironknights.com, or visit us at www.myironknights.com. Mailing address is PO Box 31972, Clarksville, TN 37040.

WARRIOR SPECIAL NEEDS CHEERLEADING

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

SWIMMING EAGLES

We are a Fort Campbell based competitive swim team open to non-military families. For more information please visit www.swimmingeagles.com call (352) 262-0627 or e-mail swimeagleky@yahoo.com. All participants must pass a swim test.

YOUTH WRESTLING PROGRAM

The Hawks wrestling club 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 tanagon@charter.net.

CHILDBIRTH & PARENTING EDUCATION

FAMILY BIRTH CENTER

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

GATEWAY MEDICAL CENTER

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

Sibling Classes offer brothers- and sisters-to-be an introduction to sibling interaction and a tour of the nursery.

Classes the last Saturday of the month in the 3rd floor classroom at 10:00 a.m. (931) 502-1180.

HEALTHY START

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

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

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

NINE MONTHS & BEYOND

A comprehensive source for pregnancy, birth, breastfeeding and early parenting education and resources. Offers birth tub rentals, breastpump rentals, babymoon vacation and spa packages, and birth plan consultations. Mickey 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

News • Business • Events • Arts & Leisure

Clarksville Online

The Best in Local Information and News Coverage

www.clarksvilleonline.com

Discover Clarksville

Business Directory • Movie Listings • Photos • Weather

Discover Local Arts
Discover Local Events
Discover Local Businesses

Come Discover Clarksville!

www.discoverclarksville.com

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/childdcare/63/37040/

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

www.tennessee.gov/humanserv/childdcare/63/37043/

PARENT INFORMATION NETWORK

Parents working to keep parents informed about issues that affect the community, education and our schools via a subscriber e-mail network, clarksvillepin.net.

PROGRESSIVE DIRECTIONS, INC.

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

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) 358-9815; 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. 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) 552-6900.

CHILDREN'S GROUPS

4-H YOUTH DEVELOPMENT

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

BOY SCOUTS OF AMERICA

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

GIRL SCOUTS OF 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.

FREE CAKES FOR KIDS FORT CAMPBELL

Serving Clarksville, Ft. Campbell, Oak Grove & Hopkinsville. We believe that every child deserves a birthday cake. Help us make the world a better place, one cake at a time!

Free Cakes for Kids Fort Campbell is a volunteer run and supported organization that provides customized birthday cakes at no cost to children. We provide these cakes specifically to the children whose parents are experiencing financial difficulties and are unable to provide a birthday cake for their child. We simply ask though, if you use this service, that you are truly in need.

Volunteer bakers are always welcome. No special talents or formal training needed, only a love of baking, a passion in your heart and a desire to bring a little sunshine into a child's day. If you do not bake or don't have time to bake, then you are welcome to donate store bought cakes.

To learn more about our organization or ways you can help, check us out on facebook www.facebook.com/pages/Free-Cakes-for-Kids-Fort-Campbell/198841293467082. Find out more about how Free Cakes for Kids began by checking out: www.people.com/people/archive/article/0,,20221814,00.html.

Christina Johnson is the Chapter Organizer for Free Cakes for Kids Fort Campbell, you can reach her at (254) 813-4732 or freecakesforkids_fortcampbell@yahoo.com.

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, Rutherford, 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, humanesocety@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](http://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 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.

Fort Campbell, as well as Montgomery, Houston and Stewart counties. (931) 647-4291.

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 TENNY 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.

Are you getting letters and notices from the IRS? Are liens and garnishments on the horizon?

A local CPA can work as a buffer and take the stress out of resolving your problems.

KIRK LOW CPA
CERTIFIED PUBLIC ACCOUNTANT
931.368.0445

2535 Madison St. Suite D | Clarksville, TN 37043
Email kirk@kirklowcpa.com | www.kirklowcpa.com

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

FIRST BAPTIST CHURCH HOMESCHOOL GROUP

A ministry of First Baptist Church, downtown Clarksville. They meet regularly and have activities throughout the year. They also have a weekly homeschool support group for moms, which meets on Wednesday evenings. For more information contact First Baptist Church at (931) 645-2431.

HOPE@HOME (HELPING OTHER PARENTS EDUCATE AT HOME)

An online Christian support group for home schooling families in the Clarksville/Montgomery County area. Members have access to info

on area activities, co-ops, classes, small groups and much more. For basic information and to join visit groups.yahoo.com/group/ClarksvilleAreaHomeSchoolNews/

HOPKINSVILLE SAHM MEETUP GROUP

For information about the Hopkinsville Stay at Home Moms Meetup Group visit sahm.meetup.com/1943/

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

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

MOMS CLUB OF CLARKSVILLE

Come meet other stay at home moms at the MOMS Club®! The MOMS Club® is an international non-profit, non-religious, non-political organization specifically designed to support stay at home moms (including those that may work part time or have a home based business). Join us for one of our Open House meetings the first Friday of every month at 10:00 a.m. at 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.

HILLCDALE 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-Coordinators, 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 homeschooled

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

TENNESSEE EARLY INTERVENTION SYSTEM (TEIS)

“Growing Together Little by Little.” A voluntary educational program for families with children ages birth to three years old with disabilities or developmental delays. Visit www.tennessee.gov/education/teis or call (800) 852-7157.

WIC NUTRITION EDUCATION CENTER

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

RETIREMENT GROUPS

NARFE CHAPTER 870, (NATIONAL ACTIVE & RETIRED FEDERAL EMPLOYEES)

Meets on the 2nd Thursday of each month at the Golden Corral Restaurant, 2811 Wilma Rudolph Boulevard. We gather to eat at 11:00 a.m. with the business meeting starting at 12:00 p.m. We have a private area reserved, always have a speaker, and guests are always welcome. NARFE's mission is to preserve and protect the earned benefits of all Federal Employees and Retirees. We are the ONLY organization that works to protect the earned benefits of ALL Federal Employees, Retirees and their families. If you are now receiving, or expect to receive, a federal retirement annuity, then you should join us as a member and help us actively preserve our federal benefits. We need your support to increase our overall membership numbers. NARFE works on the national and state levels in Congress to propose and oppose legislation in the interest of the federal employee and retiree. With over 300,000 members nationwide and over 4,400 in Tennessee,

Crisis

2
1
1

DIAL Find Help • Give Help

There is light, even in the darkest night.

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

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

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

The Clarksville Children's Theatre



NOW PLAYING

ANIMAL TALES

ON SAT. MAY 28TH 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

we are a strong voice in Washington, DC. Please contact JC Whitney at (931) 388-4855 or e-mail at jcwhitney@delightband.net for more info.

SUPPORT GROUPS

ALZHEIMER'S CAREGIVERS' SUPPORT GROUP

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

ARMY COMMUNITY SERVICE

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

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.

WARRIOR'S OF HOPE

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

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

SUMMER YOUTH PROGRAM MONDAY, JUNE 6 - FRIDAY, JULY 15

Summer Youth Program is a FREE, six-week day-camp program that is offered each summer to youth ages 6 - 16.

Held in school gymnasiums at various locations around Clarksville, SYP is staffed with directors and assistants who assist in playtime activities and to provide free, instructional classes such as gymnastics and karate. Participants are fed lunch each day and taken to one of the City pools each Friday.



Also offered as a part of Summer Youth Program are Tennis Lessons, The First Tee golf program, Archery & the Roxy Regional Theatre's Summer Playhouse.

New this year is a separate site for teens.

Summer Youth Program is FREE to participants 6-16 (excluding The First Tee, Archery and Summer Playhouse)

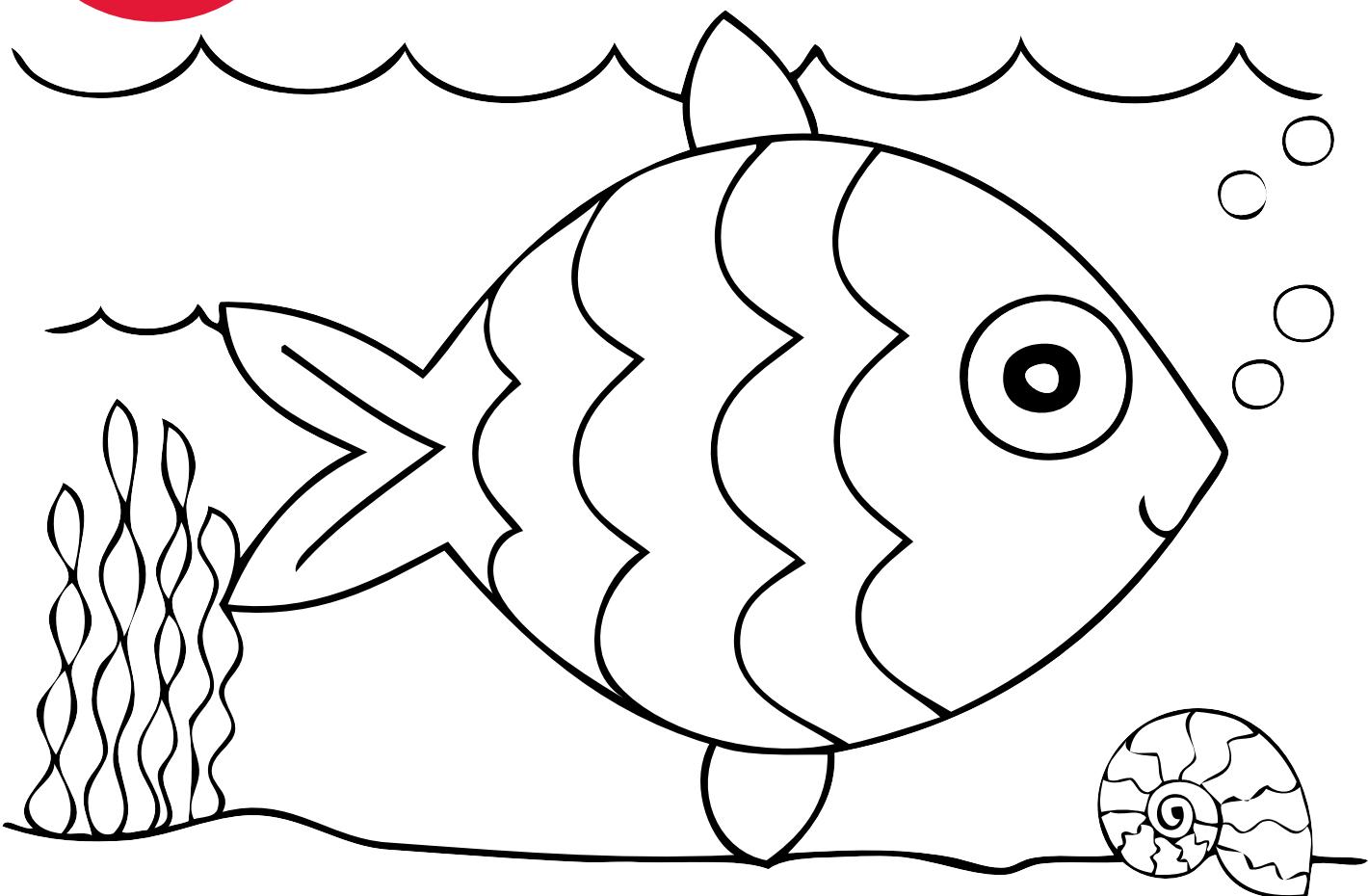


For more information contact
Parks and Recreation Office
@ 931-645-7476
www.cityofclarksville.com



Coloring Contest!

May 2011



Child's Name _____ Age _____

Parent's Name _____ Phone# (____) _____

Parent's Signature _____ Email _____

Mailing Address _____ Apt. # _____

City _____ State _____ Zip _____

What you can win:

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



ENTRY:

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

YOU CAN SEND YOUR ENTRY (VIA U.S. MAIL) TO:

Coloring Contest
PO Box 31867
Clarksville, TN 37040

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

Contest ends 5/15/11

JUDGING:

- Entries will be judged every other month, and prizes will be awarded accordingly.
- Entries will be judged on the basis of creativity.
- Eight prizes will be awarded in three age categories: ages 3 and under, ages 4-6, 7-9 and ages 10-12.
- Prizes may be claimed at either Chick-fil-A location in Clarksville (Governor's Square Mall or Madison Street).

WINNERS:

- Winners will be announced in the **June 2011** issue of Clarksville Family Magazine.
- Each winner will receive the following prize for their winning contest entry: Chick-fil-A Fun Pack as well as their name and winning artwork printed in the next issue of Clarksville Family Magazine.



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



Feeling a little drowsy on Sunday mornings?

Do you think church is as exciting as counting sheep? We believe that church was never meant to put anyone to sleep! At oneChurch, we promise that church won't be boring. You'll experience music that's loud, an energy that's high, and a God who wants to be engaged in your everyday life. So this Sunday, skip your Red Bull and show up at church for an extra dose of zing! We promise it will be better than a Monster Energy Drink, Mountain Dew, and a Starbucks double shot cappuccino combined!



Our Mission is to lead people into a growing relationship with Jesus Christ.

931-802-8ONE (8663) | www.onechurch.tv

Meeting every Sunday at 9:00am and 11:00am at Northeast High School
located at Trenton Road across the street from the Great Escape Movie Theatre.