

June 2011

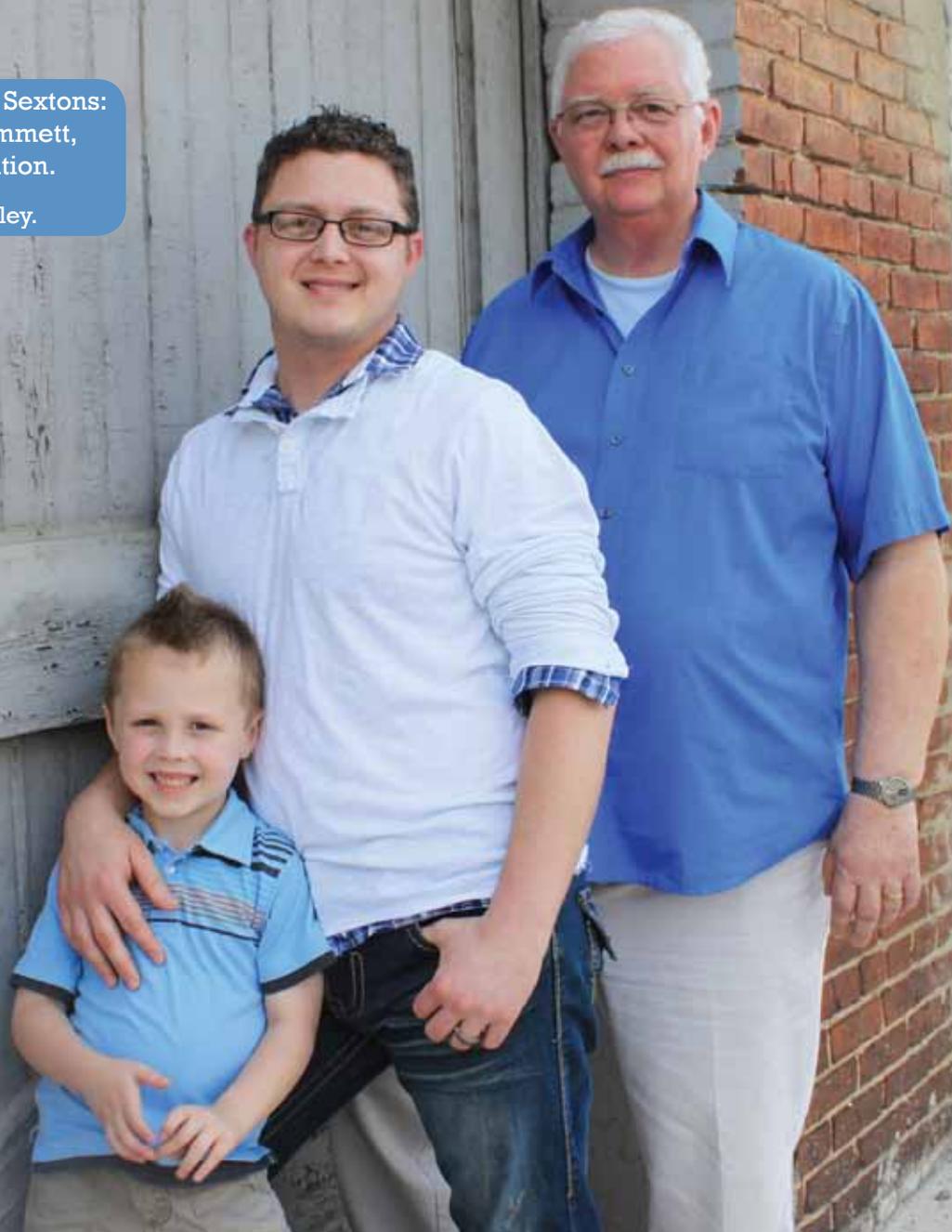
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at the L&N train station.

Portrait by Tera Fraley.



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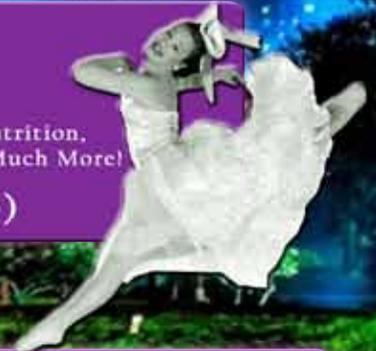
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Publisher's Message

Summer is finally here! I'm excited, but I don't think anyone is more excited than the kids who are out of school. I know my son can't wait to start swimming every day. Maybe with as cold as last winter was we'll have a mild summer. (And hopefully the tornadoes will stay away!)



There is so much to do in and around Clarksville this summer, that it is hard to cover everything. There are tons of camps, The Fair, free movies in the park, the Summer Reading Program at the library...be sure to check out the calendar starting on page 70 to pick out where you will begin.

Of course we also have Father's Day this month—and we are proud to have a couple of fathers on our cover. In that photo are three generations of the Sexton family. See the feature on page seven for a great article by Pamela Magrans on their relationship and how they have learned from each another.

This month for the first time in over four years we couldn't include all of the birthday photos that were submitted for The Fridge due to space limitations. Please remember to get them to us by the 15th of the month to be included in next month's issue. And on the topic of photo submissions, don't forget to send in your Fort Campbell Families pictures of military moms, dads and kids.

We're proud of another issue packed with plenty of articles on health, volunteerism, advice and much more. As always, thank you for picking us up; we hope you enjoy it. Have a safe start to your summer!

Sincerely,
Carla Lavergne

Clarksville Family

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

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FATHER AND SON

Forging Friendship in the Family One Generation at a Time

by Pamela Magrans

This month as we celebrate fathers, we look to one local father, Emmett Sexton, who has dedicated his life and profession to helping others. We find him in an unlikely place—in a jail. His uniform shows that his job brings him there, but his heart shows that he belongs there—in a place where he can serve and guide others to become what we each deserve—to be free and happy.

Emmett, his son, and one of his grandchildren are featured on the cover photo of this issue. Together, they represent why we celebrate fathers—because the presence of a good one makes all the difference. Through his commitment to God, community and family, Emmett Sexton continues to be an inspiration and pivotal

force in helping to make both his family and his community stronger.

Emmett's story

Emmett Sexton was born in Kentucky in 1949. He spent his childhood in Kentucky and Ohio. His father was a pastor. Emmett moved to Clarksville in 1970 to attend college. A local group was looking for a piano player and singer—of which Emmett was well qualified. He joined the group and began attending college here (both at APSU and at the Clarksville Bible College) in the hope of entering the ministry as a pastor. He sang with Clarksville Bible College Trio and eventually got his B.A. degree. He met his future wife, Cynthia, while at college.

Emmett and Cynthia began their family here in Clarksville, but moved away to various states as Emmett took on pastor jobs at other churches. They raised three children. After approximately 22 years away, Emmett was asked to return to Clarksville and serve as pastor at Bible Baptist Church. He spent 14 years as the Pastor of Bible Baptist Church before retiring from the ministry.



Emmett's calling

But retiring does not come easy to a man committed to the ministry. While working as a pastor, Emmett had volunteered at the local jail. He continued that ministry even after he retired and soon the county jail was asking Emmett to come to work full-time as a Chaplain.

His day begins with reading hand written notes from inmates. From those written notes, he has permission to go and visit with the inmates. There are 400 inmates in our local county jail, and Emmett Sexton, along with one other Chaplain, serve as the spiritual guide and counselor to any who request his help.





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He conducts counseling not only for inmates, but also for deputies. He serves as a communicator between inmates and family members, making phone calls for the inmates and communicating important issues such as births, deaths and illnesses. He offers devotionals to inmates and helps with outreach once inmates are released.

All of those duties may sound like a job, but to Emmett, it is a calling. “I take advantage of a time when people are seeking God,” he said. “Most people shun jail inmates, but some of them have never been helped. There’s a lot of good people in jail,” he said.

Emmett’s work at the local jail helps many inmates to be able to deal with the consequences of incarceration, as well as offers grace and guidance to individuals who may have lacked a positive role model in their past. In many ways, he is both a father figure and spiritual guide to the inmates.

On Fatherhood

Over the years, Emmett has faced the same challenge that so many



father’s face—the challenge of balancing parenthood and work. Emmett’s father was also a pastor, and so he followed in his father’s footsteps. However, all the time dedicated to others sometimes took both his father and himself from his own family.

Emmett and Cynthia had two daughters and one son. They now have a total of eleven grandchildren. One son, Peter, and two grandchildren, Caynin (6) and London (3), call Clarksville home.

Emmett recognizes times in his life when he put work before family. “If I could go back I would be more of a family dad. I would learn

to tell others ‘no,’ and ‘yes’ to my family,” he said. “I miss the times I could have had with my kids when they were young, but I can’t change what happened—I can only change what will happen,” said Emmett.

Emmett’s humility does not account for the fact that he now has an active relationship with his son. They meet for lunch on weekdays, exchange texts and talk daily. They enjoy being together and devote time to one another. He spends quality time with his grandchildren and they adore their grandfather. Their relationship is a

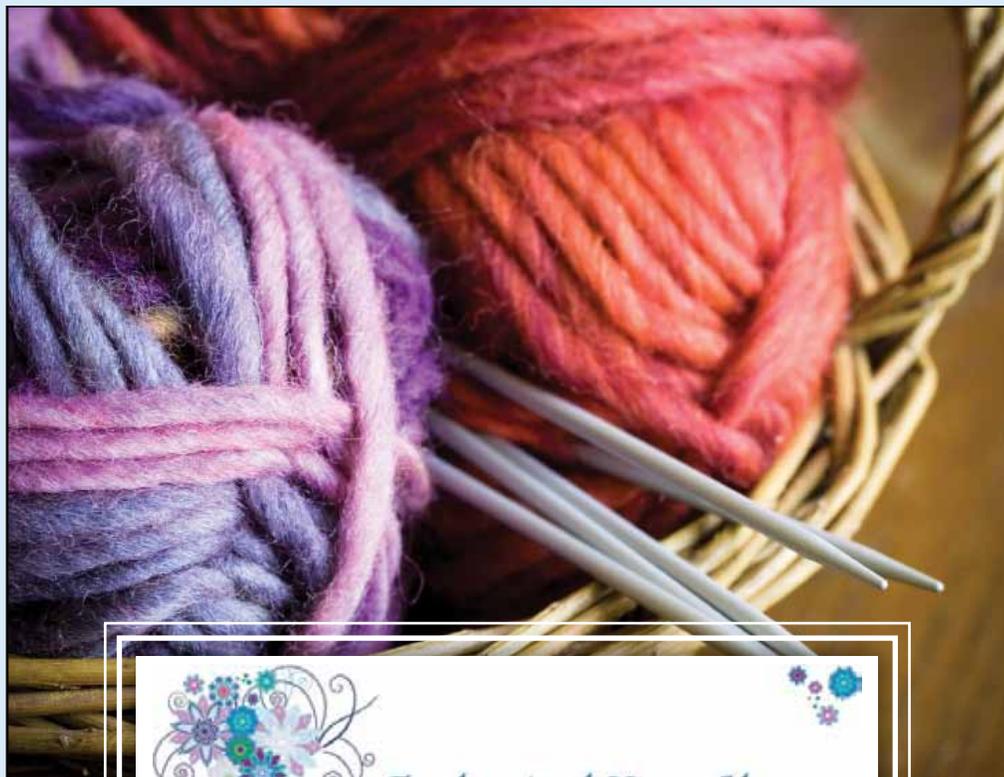


growing and active one—nourished and strengthened by the connection that fatherhood gave them.

Emmett and Peter were not always as close as they are now. According to Peter, “As with everyone I’m sure, we have had our ups and downs, but in the past three years our relationship has grown in leaps and bounds.”

The two Sexton men share more than genetics—they also share a uniform. Peter works for the sheriff’s department in the courthouse as a bailiff. More important than looking alike and dressing alike, they also share a deep appreciation for one another and a deep faith in God. They also share knowledge that any relationship worth having takes time and honesty.

“Peter is a fantastic dad and husband. I think he learned that from my failures,” said Emmett. “My son and I are closer now than we have ever been because I reached out to him,” he said.



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Peter said, “My dad is very selfless and he places people before him no matter what. He is always willing to help no matter what the problem. He has given me so much wisdom and advice on how to better

myself as a father and person. He is not afraid to tell me what I need to hear, not just what I want to hear,” said Peter. “I wish others could see how blessed I am to have a wonderful father involved in my life,” he said.

Learning from examples

In addition to his titles of chaplain, father and grandfather, Emmett is also a cancer survivor. He recently underwent chemotherapy and surgery for colon cancer. He faced that challenge as he had faced all others—with faith and commitment.

On Sundays, Emmett sometimes preaches at churches who need a fill-in pastor. On weekdays, Emmett can be found counseling inmates at the local jail. At around noon, he can be found meeting his son for lunch downtown. On weekends, he can be found with his grandchildren, watching cartoons, playing a board game or just spending time together. On every day, Emmett can be found sharing his faith and advice with those willing to listen.

This month we celebrate the great fathers in our lives, but may we also remember that fatherhood is not a day in life, rather a way of life. Thank you to Emmett and Peter for setting a loving example for future fathers and sons.



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BAKING CAKES FOR A CAUSE

by Taylor Lieberstein

When you think of a child's birthday party what do you think of? Colorfully wrapped gifts, a themed cake, festive party favors, oversized balloons and all the other things that go into making your child's special day memorable for the child and their guests. Unfortunately some families have to make the tough decision between gifts, cakes and décor. That is where *Free Cakes for Kids* comes in.

FCFK is a non-profit organization baking specialty cakes for needy families under the belief that every child deserves a special birthday cake.

Free cakes for kids is new to the Clarksville community. It launched just this past February after Christina Johnson read an article about FCFK that sparked her

interest. The organization is only a few months old and has already baked eight cakes. And they are looking

and only use our service when there is a valid need," said Johnson.



The birthday treats can be delivered to the home, or the child's school. They can also be picked up or a volunteer can meet you in town, whichever makes the family feel most comfortable. In addition to the cake birthday balloons in the theme colors are supplied.

forward to baking many more for local children's birthdays. The family can pick all the details of the cake including the theme, flavors and colors. In addition the family can choose a cake, cookie cake or cupcakes.

All cakes are made with funds from volunteers and

FCFK serves Hopkinsville, Oak Grove, Fort Campbell and Clarksville. However there are many branches of this organization across the country. To request a cake the family in need should send an email to freecakesforkids_fortcampbell@yahoo.com and ask for a cake request form where they will be able to list all the information about the cake they would like such as, how many servings, theme, colors, flavor and any food allergies. In order to better serve the community, they ask that you provide at least 7 to 10 days notice for your cake request.

donations. Each cake costs between \$20 and \$30 to create, depending on materials and serving size.

"We are solely based on good faith that people will be honest

Toni Poulos of Georgia started this organization when she baked a heart shaped cake that put her eight-year-old foster daughter in tears. The girl had never had a



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birthday cake before. This touched a sensitive spot in Poulos' heart.

Since then, through her nonprofit Cakes for Kids (www.freecakesforkids.com), the mom has baked more than 200 birthday confections for

needy children. Promoting her service through a free ad in the local newspaper, she spends up to sixty hours a week in her kitchen.

And her generosity has spread to people across the county inspiring them

to start their own branch of this amazing non-profit organization. That is how Johnson got her start and she loves every minute of it.

"I wanted to find a way to give to others in the community, and even though

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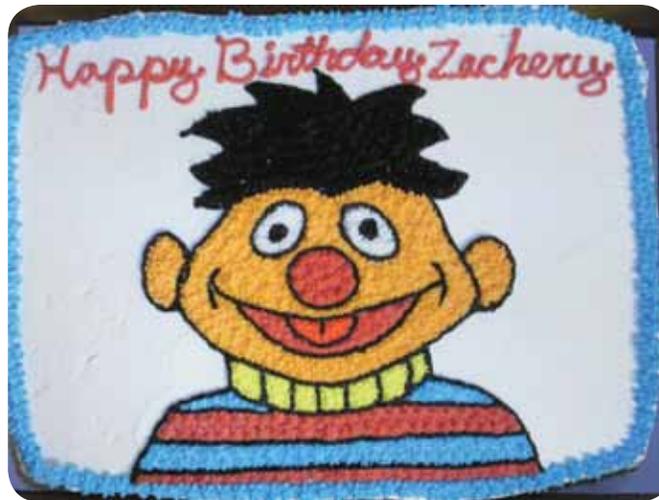


See Website or Clarksville Family Calendar for full listing of events

www.clarksvillespeedway.com

it may be small, I knew it would make a huge difference in a child's life. There aren't many resources in the community that families and parents can go to for help with their child's birthday. I wanted to make sure that families in this area no longer had to make a choice between a birthday gift or birthday cake," said Johnson.

"So here we are making sure each child gets that well-deserved special birthday cake. It brings me so much joy to see the smile on the face of each child when they receive their birthday cake. And the parent's relieved looks because of not having to worry about how they may not be able to afford a cake, it continues to inspire me."



FCFK also adds that cakes are not limited to birthdays; they are also open to baking cakes for benefits and fundraisers for children.

Interested in volunteering with FCFK? Anyone can sign up to be a volunteer baker, just email Johnson at freecakesforkids@fortcampbell@yahoo.com to request a volunteer registration form or let her know via Facebook (look for Free Cakes for Kids Fort

Campbell) that you would like a volunteer form. There is no special talent needed besides a liking for baking and making children's birthdays special.

No time to bake cakes? You can also help FCFK by donating a store bought cake or giving donations. They are always in need of boxed cake mixes, powdered sugar, cake boxes, cake decorations and decorating supplies.

Contact Free Cakes for Kids if you need or know someone who could use a little help with their child's next birthday or fundraiser, or if you want to help this local charity.

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Sat., July 9: Field of Dreams

Fri., July 22: The Bucket List

Sat., July 30: Night at The Museum

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PARTIAL KNEE JOINT REPLACEMENT

by John L. Stanton, M.D.

Arthritis of the knee is a combination of surface cartilage damage along with an inflammatory reaction to that damaged cartilage. Typical osteoarthritis is a wear and tear phenomenon where inflammatory tissue develops in the knee as a response to the damaged cartilage. It is this inflammatory tissue that causes the pain and swelling in the joint. It is the damaged cartilage that causes symptoms of locking, catching, grinding, and popping.

The knee joint is separated into three areas. The joint between the kneecap and the thighbone and the joint between the thighbone and the shin bone, which is further divided into an inner side and an outer side. In other words, the knee joint has three separate compartments, two of which are between the thighbone and the shin bone and one behind the patella (kneecap).

Typically degenerative wear and tear arthritis of the knee involves all three parts of the joint to some degree or another. Certain conditions, however, may cause involvement of just one or two portions of the knee.

As an example, arthritis may develop just behind the kneecap due to a direct blow to the knee or excessive stair climbing, knee bending, or

obesity. A sports injury may cause an isolated injury to the meniscus cartilage on one side or the other of the knee joint.

If the meniscus cartilage is damaged, this in turn can cause damage to the surface cartilage between the thigh bone and the shin bone on one side or other of the knee. If the meniscus cartilage is removed to help prevent further mechanical damage to the joint, the loss of the meniscus cushion can cause increased pressures on that side of the joint, which eventually will also cause failure of that surface cartilage.

On the other hand, if the meniscus cartilage is removed, the loss of the meniscus cushion can also cause arthritis.

Some patients have a bow leg or knock-knee deformity since childhood that can put undue pressure on one side of the knee joint or the other. With time this can also cause abnormal wear and tear of the cartilage.

In about 20% to 30% of patients cartilage damage could be isolated to one or two portions of the knee. This means that there is one third or two thirds of the knee joint that still has normal cartilage and is functioning well.

If the patient fails to respond to conservative treatment

such as anti-inflammatory medications, weight loss, bracing, and even cortisone injections in the knee (to help alleviate the inflammatory reaction), surgery may be the next option.

Arthroscopic surgery is an outpatient procedure that has been used for some time now to not only evaluate the interior of the knee joint, but also remove inflamed tissue, damaged cartilage, and loose cartilage as well. Many patients find relief from arthroscopic surgery because of the improvement of function as well as a decrease in inflammation, pain, and swelling after removal of the damaged tissue in the joint.

If a patient, during arthroscopy, is found to have damage of the cartilage surfaces throughout the knee and ultimately fails to have a good result after cleaning the joint out then this patient may be a candidate for total knee replacement. This is a usual course for many patients and is a tried and true procedure that has been used for the last 30 to 40 years with good results.

The disadvantage of a total knee replacement is that the bone surfaces throughout the knee must be cut in order to accommodate the metal and plastic implants. In other words, the knee surfaces are cut to accommodate pre-existing implants that will be

used to resurface the knee joint. During the course of surgery one or two ligaments are removed from the interior of the knee and stability is restored due to the shape and construction of the implants.

About a third of patients will require a blood

transfusion and about the same number of patients will notice a change in the feeling of stability within the knee following a total knee replacement. This can usually be overcome with

physical therapy, but the knee often never feels completely normal.

If the patient is found during the course of arthroscopy to have arthritis isolated to one third or two thirds of the knee then this patient may be a candidate for partial knee

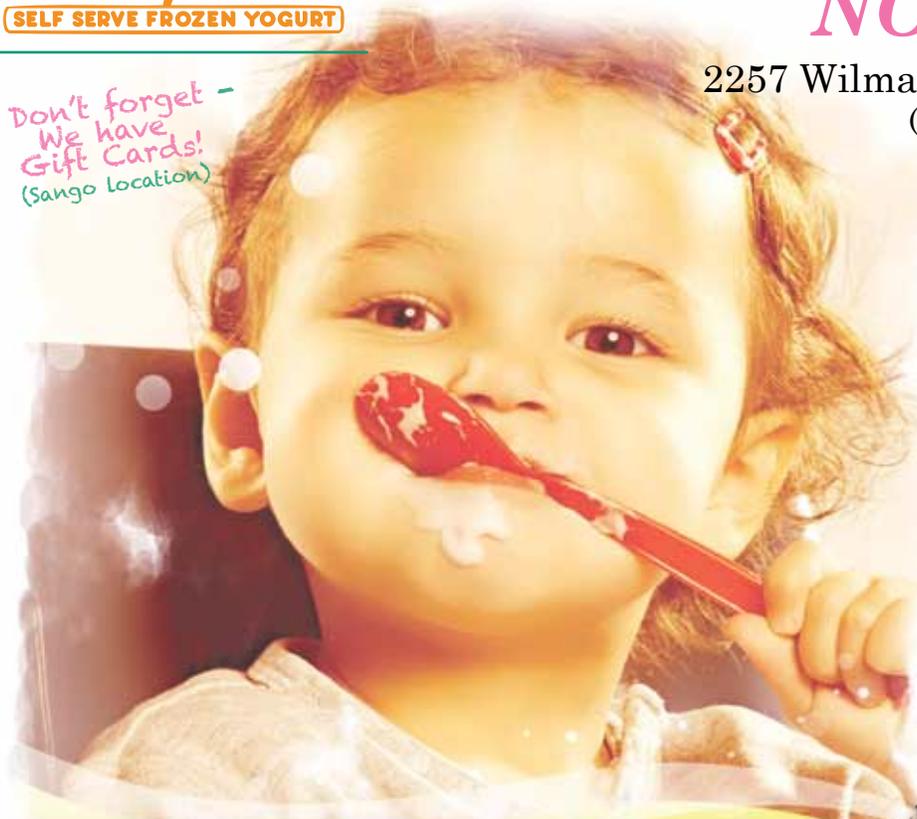


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replacement. For example, if arthritis is isolated to the joint behind the kneecap, then just the front of the end of the thighbone and the back of the kneecap can be resurfaced. This can be accomplished in about 5% to 10% of patients with knee arthritis.

If a patient is found to have arthritis isolated to the inner or outer side of the knee joint or perhaps arthritis isolated to the inner side of the knee and the kneecap joint or the outer side of the knee and the kneecap joint, these patients may be candidates for a

partial joint replacement. A new technique for partial joint replacement has been available for the past two to three years in the United States. These implants can replace the knee joint on one side or the other with or without involving the kneecap joint.

Advantages of a partial knee replacement are that no normal joint tissue is removed and no ligaments within the knee are removed either. This allows for a naturally stabilized knee, which has a more natural feel and a quicker recovery.

Newer implants for a partial joint replacement can be created from a CAT scan of the knee to conform to the patient's specific joint surfaces. This means that the implant is created for the patient and conforms to his surface anatomy. At the time of surgery very minimal bone is removed and the weight-bearing portion of the implant actually rests against the surface bone rather than the cut bone surface. As opposed to a total knee replacement, the implants are fabricated to accommodate the patient's anatomy rather than the bones being cut to accommodate pre-existing implant sizes. This means a stronger, better fit with

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better surface coverage and much less bone loss. As a result, there is very minimal blood loss, which usually means a transfusion is not required.

If a patient is a candidate for a partial knee replacement, this patient will usually enjoy a more normal feeling knee, a smaller incision and a quicker recovery.

Initial evaluation with x-rays and a physical exam will determine if the patient might be a candidate for a partial knee replacement. Ultimately, arthroscopic surgery is the best way to not only prevent the need for joint replacement, but to evaluate

the patient to see if they are a candidate for partial or total knee replacement in the future should they not improve with cleaning the knee joint.

The treatment of knee arthritis is constantly evolving and we are lucky at this time to have more options than ever before for the treatment of painful knee conditions.

If you are suffering from knee arthritis and have failed conservative treatment and are considering surgery be sure to have a good discussion with your orthopedic surgeon and have him review your x-rays with you. He can explain what

type of surgery you might benefit from and whether you might be a candidate for a partial joint replacement.



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DENTISTS HELP TO DETECT CHILDREN WITH FETAL ALCOHOL SPECTRUM DISORDERS

by Dr. Lance Harrison, Jr.

Fetal alcohol spectrum disorders (FASD) is an umbrella term that describes the range of effects that can occur in a person whose mother drank alcohol while pregnant. Each year, FASD affect an estimated 40,000 infants in the United States—more than spina bifida, Down syndrome, and muscular dystrophy combined. Dentists have found themselves to be in a unique position to aid children with FASD because, oftentimes, they

may see patients on a more frequent basis than a physician.

Defects caused by prenatal exposure to alcohol have been identified in virtually every part of the body. These areas include the brain, kidney, heart, ears, bones—and face. Dentists are now learning how to spot orofacial characteristics that often affect children with FASD, according to an article published in the September 2010 issue of *AGD Impact*, the

monthly newsmagazine of the Academy of General Dentistry (AGD).

A thin upper lip, a smooth philtrum (the depression between the nose and upper lip), and a flat nasal bridge are all potential signs of FASD. In some cases, recognition of these specific orofacial characteristics can help lead to an accurate diagnosis, because other manifestations of FASD, particularly cognitive and behavioral ones, overlap with those of many other conditions, such as



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attention deficit disorder/attention deficit hyperactivity disorder (ADD/ADHD) and autism.

“Dentists are a critical part of each family’s health care team and by learning the orofacial cues of FASD, not only can we provide the best care to children with the condition but also help the child’s primary care physician to diagnose patients early on,” says Peter G. Bastian, DDS, MAGD, spokesperson for the AGD. “An early diagnosis of FASD can improve the way in which the child’s physician tailors the patient’s treatments and visits to the office, as well as to improve the patient’s overall care. Because of their disabilities, patients with FASD often have special needs that require supportive services.”

A proper diagnosis also aids the dentist in his or her patient treatment plan. “Oral challenges that dentists may face with children who have FASD include widespread cavities; mouth breathing caused by facial deformities, which leads to dry mouth; and jaw joint disorders,” Dr. Bastian says.

The majority of children with FASD are diagnosed well after birth. While there is no cure for FASD—people with FASD can still succeed with support programs and services, including special education, vocational programs, tutors, and structured environments, as needed.

FASD is 100 percent preventable when pregnant women abstain from alcohol. There is no known safe amount of alcohol to drink while pregnant. If you have questions about FASD, talk to your primary care physician and your dentist.

Dr. Aquino’s Featured Patient



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ROTH IRA: A LIFETIME INVESTMENT

by James R. Clay.

Some investments are appropriate during your working years, while others are more suitable for retirement. But a Roth Individual Retirement Account (IRA) can provide you with benefits at virtually every stage of your life. Let's take a quick "journey" through some of these stages to see just how valuable a Roth IRA can be.

To begin with, you can open a Roth IRA at any age, provided you have earned income and meet certain income limits. So if you're just starting out in your career, put as much as you can afford into your Roth IRA and gradually increase your contributions as your income rises, up to the contribution limit. A Roth IRA is an excellent retirement savings vehicle because it can grow tax free and your contributions can be invested into just about any investment you choose—stocks, bonds, mutual funds, CDs and so on.

Of course, when you're young, you might not be thinking much about retirement. But the earlier you start contributing to a Roth IRA, the more you could end up with—and the difference could be substantial. In fact, if you started putting money into a Roth IRA at age 30, and you contributed the maximum amount each year until you reached 65, you would accumulate more than \$766,000, assuming you are in the 25% tax bracket and you earned a 7% return, compounded annually. But, given the same assumptions, you'd end up with only about \$365,000 if you waited until 40 before you started contributing.

It clearly pays to contribute early and annually to a Roth IRA. (In 2011, the annual contribution limit is \$5,000, or \$6,000 if you're 50 or older.) There are additional benefits to funding a Roth IRA, such as its flexible withdrawal options,

your account at least five years and you don't start taking withdrawals until you've reached 59½.

Now, let's fast-forward to your retirement. Unlike other retirement accounts, such as a traditional IRA or a 401(k), your Roth IRA does not require you to start taking withdrawals at age 70½—or ever. If you don't need the money, you can leave it alone, possibly to grow further, for as long as you like. This means that you might have more money to bequeath to your children or other beneficiaries, and they won't have to pay income taxes on withdrawals from either your contributions or your earnings, provided your Roth IRA account has been open for at least five years. Keep in mind, though, that your beneficiaries will be required to take distributions based on their life expectancy.

As you can see, a Roth IRA can be an excellent financial "traveling companion" as you go through life. So consider adding a Roth to your portfolio—and *bon voyage*.

which are available to you even before you retire. Since you already paid taxes on the money you put into your Roth, you can withdraw your contributions at any time without paying taxes or penalties. Generally speaking, it's certainly best to leave your Roth IRA intact for as long as possible. But if there's an emergency and you need access to the funds, you can also withdraw your Roth's earnings tax free, provided you've held



This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

James R. Clay is an Edward Jones financial advisor in Clarksville. His office is located at 1803 Madison Street. For more information visit www.edwardjones.com or call (931) 647-0567.

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YOUTH SPORTS: DON'T LET OBSESSION LEAD TO OVERUSE

by Jessie Carter, PT

There has been a lot of news lately about how fat Americans are and how obesity is a growing problem among children. But what about the other end of the spectrum...the kids who are too active? These children are at great risk of injuring themselves and causing permanent damage to bones, muscles, or tendons. This damage will not only affect their ability to play sports but also their ability to have a healthy and active lifestyle when they are adults.

There is no doubt that youth sports have become an obsession (for some)—see my article entitled *Kids and Sports—Have You Become That Parent?* from the January 2011 edition of *Clarksville Family Magazine*. Our kids are pushed to jump higher, throw harder, and run faster more now than ever. In the name of health and fitness, we are pushing our kids to turn pro by the age of nine. Beyond playing school ball, they participate in their sport of choice year-round.

In my high school of 300 people (yes, that was all four grades), most athletes competed in different sports year-round simply because we couldn't field a team otherwise. In the late summer and fall, we had volleyball. Basketball occupied the winter months, and softball was in full swing by spring. In the summer, there was softball, swimming, and of course playing outside.

As I got older, I found that softball was my sport. I took pitching lessons, attended camps, and played all summer in competitive leagues. Even though I was in shape and extremely fit, my leg muscles would ache for weeks once volleyball started up in the fall. I remember being so sore those first few days of volleyball practice that I couldn't

and psychologically. If you think about it, pros have an off-season where they rest more and change up their training routine. These high-level athletes still specialize in one sport but they make accommodations to allow for complete recovery and healing. If you push your kids in one sport 100% of the time, you are risking overuse injury and ultimately reduced performance.

While injury has always been a part of athletics, overuse injuries have not. These are injuries where there is repetitive stress to body structures such as muscles, bones and tendons. Normally, these structures get stronger when stress is placed on them. The exact opposite occurs when stress is applied over and over and minimal recovery time follows. Instead of getting stronger, these structures can become injured and weakened.

The problem with kids and overuse injuries is that children are growing with constant changes in their body composition. In our clinic, overuse injuries are seen mostly in on-

the-job injuries where workers perform repetitive tasks the entire day year after year. But we aren't dealing with a grown man here...this is little Jimmy down the street. His growing bones and joints are vulnerable to injury. If he were playing three sports over the course of a year, different muscle groups would be worked while others were allowed to rest. Because of expanding seasons

How to Reduce the Risk of Overuse Injuries in Young Athletes

Smart practice

Don't skip the warm-up. Minimize mindless repetition drills and mix up activities frequently.

Train strategically

Consider cross training, gradually progressing workouts, and alternating easy and hard sessions.

Go for the core

Strong core muscles play a major role in upper and lower body mechanics and technique.

Play games

Scrimmaging is a great way to vary practice and minimize repetition.

Listen to the body

Watch for signs of injury, fatigue, and lack of interest.

Be still

Taking 1-2 days off weekly allows the body to rest and recover.

Variety is the spice of life

Encourage kids to engage in a variety of activities outside of their sport of choice.

sit on the toilet. Likewise, when basketball rolled around I thought my heart would stop when coach would warm us up with a brisk 20-lap sprint around the gym. By the time softball rolled around again, my shoulders and upper body were ready to throw and swing.

What I didn't realize was that I was participating in cross training. Even if your munchkin is on a travel team in kindergarten, he needs a break—both physically

and year-round access, multiple-sport athletes are a rare find these days.

The one cool thing about overuse injuries is that many can be prevented. Whether your child is bound for the big leagues or the sand lot, you can take some simple steps to help prevent overuse injuries.

If an injury does occur in your child, don't wait to seek medical advice. Untreated tendonitis, or worse yet a fracture, can lead to long-term dysfunction. Kids may think they are invincible but nothing could be further from the truth. As the parent, however, you have to be willing to accept the advice of an expert. If rest is the prescription, rest is the prescription. Sometimes parents are the hardest to convince their child needs to heal. Don't let your obsession lead to your child's overuse.



Jessie is a mom to three and owner of High Pointe. High Pointe provides physical therapy, personal training, fitness, and massage therapy services in Clarksville. For more information, call (931) 920-4333, visit www.highpointetn.com or become a fan of High Pointe Rehab, LLC, on Facebook.

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DO YOU REMEMBER PRINCESS SUMMERFALL WINTERSPRING?

by John McDonald

This past winter seemed to me to be the worst winter of my life. I equate “worst” with the most performances cancelled due to snow: fifteen last winter and a few this spring due to flooding, power outages and the fear of tornadoes. Fifteen opportunities lost through which to engage, enlighten, enliven and enrich the lives of young people, who by way of seeing a performance here become future ticket buyers or, better yet, better students from witnessing their first theatrical experiences.

After such a bleak winter, I look forward fondly to a summer of artistic rejuvenation when over a hundred young hopefuls learn to wait under the marquee, cross at the corner, sign in every day, and then take the next available seat. This is the most rewarding part of my year. Our city’s Parks and Recreation program always rates in the top three across the state, and more often than not garners first place.

The six weeks are spent with Brianna Fuller working on theatre games, Tom Thayer coaching a dance piece, and me workshopping a script that will take the main stage either in

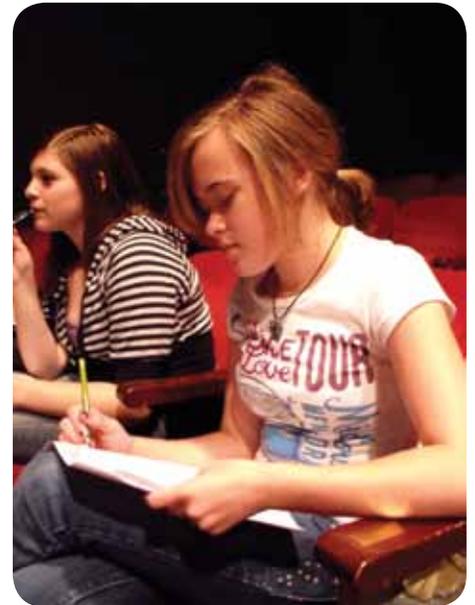
December or January when we present a production suitable for preschoolers and their parents and grandparents.

“The Roxy collectively has done much for my three sons. They may not recognize the gifts of confidence, poise, professionalism, creativity, acceptance, and humility that have been bestowed upon them at First and Franklin—at least not fully for a few years yet. However, be sure that my wife and I recognize it.”

Reid Poland

Richard Gildrie and Starlene Shackelford Sykes set this program in motion almost 25 years ago. How many thousands of children have grown up knowing, learning and loving theatre by participating in this six-week program? Some realize that being on stage is not for them, while others are drawn to the technical end (lights, sound, sets and the like).

“Ever since I was little, I have loved to make-believe and pretend. While others played hopscotch with their friends, my friends and I were pirates sailing on pool-float ships. Something as small as going to the grocery store could quickly become a daring adventure. However, as I grew older, my friends became



ever-reluctant to be knights riding into battle. I was heartbroken. I didn’t give up. I wrote stories and read like crazy, but I was never satisfied until I found the Roxy. I could be outrageous and fun and, yes, pretend. It was terrifying to go onstage at first, but I had never been so happy to be terrified. I was star struck. I still am. The Roxy is truly where I found myself.”

Sidney McCarty

It’s not about being another Laurence Olivier, Brad Pitt or Robert Pattinson, or another Sarah Bernhardt, Meryl Streep or Reese Witherspoon. It is about feeling better about yourself, being able to think on your feet, discovering your own creativity, working to be better at all the things you are not yet good at, and getting better at all of the things you are good at. It is a discovery of self in a world where you are always supported,



where you make choices and learn to make better ones, where accomplishments are lauded and constructive criticisms cherished.



The Parks and Rec Summer Playhouse begins June 6 and runs through July 14 at the Roxy Regional Theatre. Classes, which are offered to ages 10 to 16, are held Mondays, Tuesdays, Wednesdays and Thursdays from 1:00 p.m. until 3:00 p.m. Sign-up begins the week of May 31, from 2:00 p.m. until 4:00 p.m. at the Parks and Recreation office on Public Square. Registration for the entire six-week program is \$30 (you may register anytime after June 6, but the registration fee remains the same).



Oh yes, and as for Princess Summerfall Winterspring... she was, for me, the epitome of make-believe and pretend, for she was from the world of the Flub-a-Dub, Mister Buster, Buffalo Bob and, of course, Howdy Doody and the Peanut Gallery.

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HOMESCHOOLING...SEUSS TO SOCRATES!

by Dianne York

Today, as I prepare to attend one of the numerous graduations that take place this time of year, a rush of thoughts and emotions come over me as I reminisce of years past when our home went from diapers to diplomas. What a draining, eventful, and joyous experience being a parent and realizing you have “come a long way, baby.” As my mind goes over these events I am bombarded with quotes, mostly from the numerous books I have read and many wise people that have come my way.

As I picture the long lines of caps and gowns, the fact that there are many proud parents and grandparents ready to snap the picture and elbow the sides of anyone close enough to hear their whisper, “There they are, they made it!” What I see is a group of students closing the page to one chapter in their lives with the eagerness to start another. Whether they are preparing for further education, entering military, or joining the work force, they all have something in common...they made it through this phase. Granted, some made it with flying colors while others seemed to make it dragging and kicking, but they made it just the same.

It has become a tradition that my gift to each senior who comes across my path receives a framed copy of my favorite quote from the Dr. Seuss book, *Oh, the Places You'll Go!* This book begins with the first verse,

*Congratulations!
Today is your day.
You're off to Great Places!
You're off and away!*

They can all relate to this as they open the book filled with

the colorful drawings, quite familiar to them as Dr. Seuss artwork. It continues with many words of wisdom directed at the undecided graduate and all of the opportunities that may come their way. The artistic ability for Dr. Seuss to mix humor and sage advice, with encouragement for those thinking both inside and outside the box, is priceless. The book ends with the portion that I frame for each of my gifts, hoping that they will focus on these words as they take the next step into their future.

You'll get mixed up, of course, as you already know. You'll get mixed up with many strange birds as you go. So be sure when you step. Step with care and great tact and remember that Life's a Great Balancing Act. Just never forget to be dexterous and deft. And never mix up your right foot with your left.

*And will you succeed?
Yes! You will, indeed!
(98 and $\frac{3}{4}$ percent guaranteed.)
Kid, you'll move mountains!*

Watching an inquisitive 11 month old choose board books that are bright and colorful with things to lift and investigate reminds me of her mother at that age. It became very apparent to me as my first daughter began choosing books, that each child has definite preferences in their literature choices at a very young age. Her favorite book was not exactly the classic titles one might imagine. *Willie, Woo, Woo!* was a Book Fair paperback presented to her from our dear, sweet librarian where I taught

for many years. Mrs. Tue looked at her and said, “Have your mom read this to you.” Well, that was all it took. Her words were taken literally and my tiny, petite little girl carried the bright red paperback book about a fire truck with her for what seemed to be years, until I was able to swap it out with another new favorite so it could spend the rest of its years in my cedar chest as a torn and tattered item I would pass along to her as she began choosing books for her daughter. Who would have guessed...a fire truck? It was the colorful pictures and the wonderful sound words that made reading it aloud very entertaining for her creative mind.

My next trip through exploring books with my second daughter went in quite a different direction. She was much easier to capture for lap time and always loved animal stories with *Pat the Bunny* requiring a daily dose of reading, sometimes repeated numerous times throughout the day. To this day texture is important in all aspects of her life from painting, to fabrics, to food and she cannot pass any kind of animal without giving it “a pat.”

The prolific poet of children's books, Shel Silverstein, has a couple of quotes that speak not only to children, but adults should listen and take note as well. One quote speaks in a humorous tone about how one should treat others,

*I will not play tug o' war.
I'd rather play hug o' war.
Where everyone hugs
instead of tugs,
Where everyone giggles
and rolls on the rug,*

*Where everyone kisses,
and everyone grins, and
everyone cuddles, and
everyone wins.*

Another of his poems speaks
on knowing right from wrong,

*There is a voice inside of
you
That whispers all day long,
“I feel that this is right for
me,
I know that this is wrong.”
No teacher, preacher,
parent, friend
Or wise man can decide
What’s right for you—just
listen to
The voice that speaks
inside.*

Quotes that speak directly
to children should be used by
parents as teaching moments.
Reading to the very young is
expected, but reading to **and**
with your elementary and middle
school students can be rewarding
and serve as a teachable time,
as well as a time to *listen* to them
and *hear* what they have to say.

As a parent and teacher, I often
visit quotes from some of my
favorite authors and educators.
A.A. Milne speaks words of
wisdom through his big-hearted,
simple-minded Winnie the Pooh,
“*If the person you are talking to
doesn’t appear to be listening,
be patient. It may simply be
that he has a small piece of fluff
in his ear.*” We all have talked
to someone with fluff in his or
her ears, but thinking of Pooh’s
words make me clean my ears
a little more often. Charles
Schultz, creator of “Peanuts”
characters like Charlie Brown
and Snoopy have started my
days in the comics for as long
as I can remember. His sound
advice in these quotes helps

me smile when a little light-
hearted inspiration can make the
difference in the way I feel at the
end of the day. “*Wouldn’t it be
nice if our lives were like VCRs,
and we could ‘fast forward’ through
the crummy times?*” and “*If I were
given the opportunity to present a
gift to the next generation, it would*

*be the ability for each individual to
learn to laugh at himself.*”

The importance of books in
the lives of children cannot be
overstated. As an adult, I lean a
lot on the words that I have come
across in books. It would be
unfortunate to think that children
today may not have those same
valuable words to pull from as

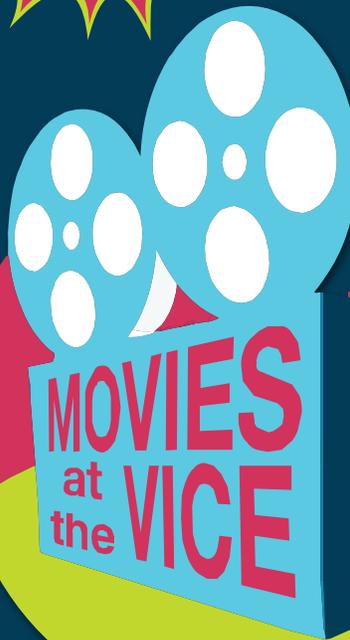
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they pass through the various chapters of their lives. Shelves overflow with books of all sorts in my office as well as at my house. Students, parents, and instructors often start a conversation about a certain topic they need to know more about or a particular subject or issue they want to address and my first response is usually, "I have a book about that" or "I once read about..." Anyone who knows me knows my love of books and the way they can be used to teach and mold lives. Children can escape into worlds of imagination or learn about people who have made a difference through science, religion, literature, and more from their big comfy chair. Teaching your children the value of books is a lesson that will last them throughout their lives.

From the great philosopher Socrates, we learn much about ourselves, and the valuable things to pass on to our children. The following three quotes are loaded with wisdom to impact the lives of parents wanting to provide the most for their children in the way of education and the desire to become life-long learners.

Wonder is the beginning of wisdom," "I cannot teach anybody anything. I can only make them think," and "Education is the kindling of a flame, not the filling of a vessel.

So, if you are not surrounded by books today it is never too late to expose your child to the world of knowledge waiting for them on the pages of a book. Whether it

is the board book in the hands of a curious one year old, or the simple words of our favorite philosophic bear Winnie the Pooh, books are filled with words and words are filled with wisdom and knowledge. Lift from the pages what serves you for today and store on the shelves volumes of words waiting to be used in the next chapters of your life.

Dianne York has over 30 years experience in education and has been the Owner/Director of Advantage Learning Center for the last 11 years. She welcomes questions and comments at educationatalc@gmail.com.



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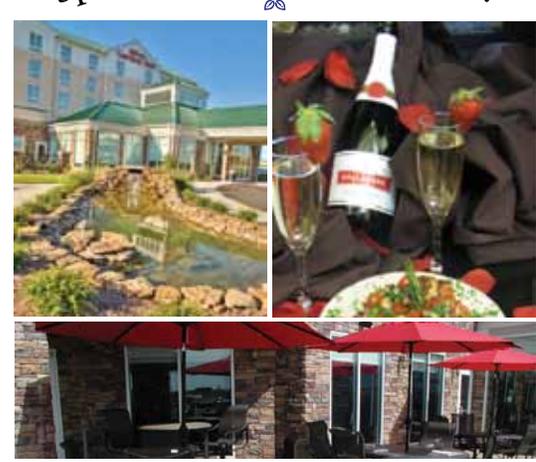
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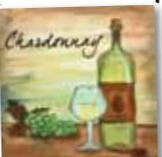
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19  Twilight Tree - 2pm	20	21  Poppy Love	22	23  Brown Beauty	24  When it Rains...	25  Pairs of Pears
26  Sweetheart Tree	<p>No painting experience necessary! Grab a friend, a brush, and even some wine if you'd like and unleash the inner artist in you!</p>		28 3 hours  Daii-with Butterflies	29  Swirlz Tree of Life	30  Petal Power	1  Poppy Don't Preach



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VARICOSE AND SPIDER VEINS

by Stephen F. Daugherty, MD, FACS, RVT

Shorts season is in full swing—and with it, the usual concerns of unveiling pale legs after a long winter. But for many people, the season also highlights unsightly varicose and spider veins. Both varicose veins and spider veins share similar causes: age, heredity, pressure from excess weight and pregnancy, hormonal changes, leg injury, or previous blood clots in the leg veins.

The milder form—spider veins—is so named because their appearance is similar to a spider’s web. They are usually found in the legs, but can also appear on other areas of the body. They are found closer to the skin’s surface and are usually red or blue

in color. Spider veins are cosmetic, but can be treated with sclerotherapy, injection of a drug into the veins with a tiny needle.

Varicose veins should cause greater concern—and not simply because they are more noticeable, but because they have more significant health risks. These dark colored, bulging and twisted veins are most common in the legs, particularly the backs of the calves or on the inside of the leg, as well as the feet. They are typically found lower on the body because of the pressure of the body’s weight and the long distance the leg veins must push blood back to the heart. These combined

forces can weaken the one-way venous valves, which normally prevent the blood from flowing backward and pooling. When these valves fail, varicose veins form and soft tissue pain, tenderness, or swelling develop.

Symptoms of varicose veins may include aching, fatigue, swelling, numbness, itching or throbbing, a sensation of heaviness in the legs, tenderness, and a rash or darkening of the skin surrounding the area.

Previously thought of as a cosmetic problem, varicose veins can be painful, and become worse over time, contributing to other serious

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health risks ranging from sores or skin ulcers to severe venous insufficiency. In this condition, the return of blood to the heart is slowed, which increases the risk for blood clots and severe infections and some cases, without treatment, progress to sores near the ankles which do not heal.

Certain self-care techniques can help prevent varicose veins or relieve symptoms (see sidebar), but if veins are swollen, red, extremely tender or warm to the touch, or if there is tenderness or swelling in the soft tissues of the legs, it is a good idea to see an experienced phlebologist, a physician who specializes in the diagnosis and treatment of venous disease.

Treatment of varicose or spider veins is now nearly all minimally invasive. Sclerotherapy involves injection of a drug through a small needle, which causes the vein wall to seal closed resulting in shrinking and disappearance of the vein over a period of time. Even quite large veins can be treated by special sclerotherapy techniques. Patients are able to resume normal daily activities immediately after treatment.

Microphlebectomy is a technique utilized to remove large surface varicose veins through



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tiny incisions that require no stitches. The procedure, performed with local anesthetic, usually takes about one hour and most patients experience little discomfort. Most normal activities may be resumed within one to two days.

Endovenous thermal ablation has replaced vein stripping for treatment of other veins with failed valves. The 30 to 45 minute procedure, performed with local anesthesia, involves sealing shut veins which leak blood toward the ankle due to failed valves. The vein

is sealed shut with a LASER or with high frequency radio

waves by means of a catheter placed within the vein. Most patients may resume most normal physical activity the next day.

Another group of patients with leg swelling, pain, or discoloration have obstructions to blood flow in the veins of the pelvis. These may be treated with balloon angioplasty to open the veins and stents to hold them open.

Remember that this information is not intended to replace the advice of your doctor, but rather to increase

Simple Steps to Help Prevent Varicose Veins

- Watch your weight.
- Exercise regularly.
- Avoid standing or sitting for long periods of time. If you must stand for extended periods of time, shift your weight from one foot to the other. If you sit for a long time, stand up and move periodically, take a short walk every 30 minutes, or pump your ankles up and down.
- Avoid crossing your legs when sitting, and elevate your legs when resting.
- Avoid tight clothing that constricts your waist, groin or legs; and wear low-heeled shoes.
- Wear support stockings.
- Eat a diet low in salt and rich in high-fiber foods, such as fresh fruit and vegetables and whole grains.



“Gateway gave me a second chance. I’m not going to waste it.”

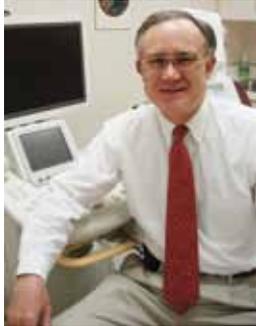
“I don’t know if I have the words to describe how great it was,” says Deborah Atkinson about her heart surgery experience at Gateway Medical Center. “I was totally floored by the care I received from everyone, not just the doctors and nurses.” In the hands of William McGee, M.D., her bypass surgery was a success, and she’s back to doing things she loves – dancing, reading and spending time with her friends and, most importantly, her daughters. “Gateway and Dr. McGee gave me a second chance. I’m not going to waste it.”

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Dr. Stephen Daugherty is board certified by the American Board of Surgery and the American Board of Phlebology. He is a Cum Laude graduate of Emory University School of Medicine, Atlanta. Dr. Daugherty completed his surgical residency at Scott and White Memorial Hospital, Temple, Texas. For more information visit tennesseeveincare.com or call (931) 551-8991.

Sources: National Heart, Lung and Blood Institute, National Institutes of Health, www.nlm.nih.gov; Mayo Clinic, www.mayoclinic.org; National Women's Health Information Center, U.S. Department of Health and Human Services, www.womenshealth.gov; American Academy of Dermatology, www.aad.org.
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THE VOLUNTEER SPIRIT: IDEAS FOR THE SUMMER

by Pamela Magrans

Tennessee has a reputation to uphold. Since 1812 when approximately 2,000 Tennesseans volunteered to fight the British under the command of General Andrew Jackson, Tennessee has been known for lending a helping hand. It was in that Battle of 1812 in New Orleans that Tennesseans began to etch their name in history for being eager and willing to volunteer. Tennessee still bears the nickname "The Volunteer State" and our favorite Tennessee college team continues to proclaim the motto as true and worthy for repetition.

The orange and white colors that embody the image of the Tennessee Volunteers is synonymous with the reputation of

our great state—a state of helping hands, friendly citizens and eager volunteers.

We saw this volunteer effort locally when floods ravaged our town one year ago. We have seen it before when our town was ravaged by a tornado in 1999. Local groups continue to help with national and international relief efforts for weather related tragedies.

However, it is not always in the volunteer efforts that are advertised and proclaimed that the greatest rewards are made. It is often during times of tragedies that we hear of volunteer stories. However, across our great state, there are locals volunteering year round, daily, in often unseen and ordinary ways. Volunteerism does not have to be limited to helping

overcome tragedies nor does it have to be limited to what adult skills can offer.

To continue repeating the stout Tennessee tradition of volunteerism, we should pass the tradition on to our children, helping them to find ways to embrace volunteerism and keep the reputation solid in daily ways.

Benefits of volunteerism

Research shows that volunteering improves the health of older adults. A 2007 research study conducted by the Corporation for National and Community Service showed that volunteerism in older adults was linked to a longer and healthier life. The benefit of staying actively involved in helping other people is not only physical. Studies also showed that volunteers tend to

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have better mental health. While recent studies have focused on the benefits of older adults, volunteering is not just for adults. Children can benefit in many ways as well. Volunteering is a beneficial way to teach children that they can make their community a better place. When a child volunteers they will feel like someone needs them—that they offered something of value that helped another person. This benefit of empowerment and productivity can increase self-esteem in school age children. It can help a child understand that they have something to offer the world—that they can provoke change and spark improvement. This is a lesson that must be learned in action, through example, not only in words.

When we volunteer with our children, we have the opportunity to teach them by example that helping others is part of a productive life. Letting our children experience that, and watching us do it as well, can have a lifelong impact and help create a foundation for our children that they will build their own future upon.

When we help another person, our own problems take a back seat. In today's society, children often consume their thoughts on what new toy they want or focus their thoughts on social cliques or other age-specific worries. However, when a child or teenager focuses on someone else—perhaps with a problem far greater than their own, it can change the child's perspective. Focusing on

fulfilling someone else's need can help all of us detach from our own needs momentarily.

The greatest reward of volunteering usually is bestowed not on the receiver of the deed, but on the doer of the deed. When we first begin to volunteer, we think we are helping someone else. We think that our actions will build someone else or ease someone else. However, what we find is that we are the one who benefits the most from our own act of volunteerism. We not only change the world when we help others, we change ourselves.

For teens, volunteering can open employment doors and build a successful resume. Volunteering can help teens identify possible career fields and learn useful skills. Volunteerism shows that

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teens care about the world around them and that they are actively engaged in their community. It demonstrates social behavior, work ethic and dependability.

For more information regarding benefits of volunteering visit the sources at www.energizeinc.com/art/subj/Benefits.html.

Equally important is the wonderful benefit of not hearing your child say, "I'm bored!" this summer.

Looking for something to do this summer?

During June and July many parents look for ways to occupy their youngsters. The summer can be long if there are not ample activities for young budding minds and bodies. Finding day camps, play dates and grandparents may

be part of the solution, but do not overlook the role that volunteering can play in your summer family schedule. Volunteering is free, has many benefits, and can be a great summer way to spend time with your children.

The key to volunteering in the summer is to find a day and time that suites you and your child and set it as part of your weekly schedule. If you plan ahead and arrange the volunteer work with the necessary contact person, you will be more likely to repeat the volunteerism on a weekly basis. Make it part of your weekly schedule and you will benefit all the more by repeat visits. Making volunteerism a part of your weekly schedule will increase the chance

that your child will see it as a normal part of life and continue volunteering as an adult.

Find a volunteer effort that suites you and your child's interests. If you love dogs—volunteer at a local pet shelter. Precious Friends Puppy Shelter often needs volunteers to help tend to dogs awaiting homes.

If you and your child enjoy working outside—find an elderly neighbor who needs yard work done. Go every week and mow, pull weeds, or rake leaves. Plant flowers in the neighbor's yard (with permission, of course) and go back weekly to water them.

If your child is just learning to read, take him to a local nursing home and let him read to residents. Many older adults living in nursing homes or retirement homes love to

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have visitors (especially children) and it is a good chance for your child to practice reading with a patient and engaged listener. If your child has a musical talent, residents might enjoy that as well.

If your child likes to cook, prepare some baked goods and donate them to a local food bank or homeless shelter.

The local Safe House Domestic Violence Shelter is often in need of "snack packs" including juice boxes, a nonperishable snack and a small toy. Or buy some new pajamas to donate to children that use the facility.

If your child likes to shop, go shopping for baby clothes or toys and then donate the items to a local ministry. Christmas food, clothing and toy drives gear up over the holidays, but we must

keep in mind that the needs exist year round for many families. Don't wait until the holidays to donate food or clothing, local ministries are helping families year round.

If you and your child visit a local park, take a trash bag and pick up trash. Make it a "clean first, play second" day. Then play on the playground once you picked up all the trash you can see.

Volunteering does not have to take up days and hours. You set the schedule. The important part is that you and your child are spending time together helping others and building a bond together. Knowing that you are helping others will bring intrinsic rewards.

In some cases, you will need to call and arrange your volunteer

effort. Some organizations have specific requirements for volunteers, so if you are going to a building or ministry, call ahead and make arrangements.

In 1812, Tennessee earned its nickname "The Volunteer State," but in 2011 it is up to us to keep that reputation alive. Doing so will not only benefit our children and our community but will build us in ways that we have yet to discover.

Hands on Clarksville is a local resource for connecting volunteers with meaningful local activities. To browse some current needs, visit the website for Hands on Clarksville at www.hon.org/AboutUs/index.php/clarkville/handsonclarkville.html or contact Rita at (931) 551-5450 or rita@hon.org.



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CLARKSVILLE COVENANT HOUSE ONE LIFE AT A TIME

Ami Smith is a determined woman, and she has a heart for children. When she and her husband, Brad, hit roadblock after roadblock in pursuing the adoption of their son Tevin several years ago, she didn't quit. Finally, after three years of frustration, the adoption became a reality. Tevin has been with the Smith family for almost a year now, but all of them regret those lost years, before they were united.

Now, Ami is bringing that determination and love to a different level.

"There is a gap; these kids are not ready for the real world."

Ami is talking about foster kids who "age out" of the system without being adopted. Every year, hundreds of kids in Tennessee turn 18 and are turned loose into the world with no parents, adoptive or otherwise. Most of them lack even the most basic survival skills: how to fill out a job application, how to cook, even how to drive. The numbers are staggering. Statistically speaking, these kids will at some point be homeless or spend time in jail.

The Clarksville Covenant House hopes to change that, one life at a time. This December, Ami and Brad felt led to open a facility for these young adults, who have "aged out" of the system, and that has become a reality.

"It's not really a program. We just consider them a part of the family," and that is how it has gone so far. The Clarksville Covenant House offers housing assistance, counseling, mentorship, and discipleship to ex-foster kids—but it is more than that.

"We've gotten two young men so far and we just love 'em," says Ami, speaking of the first two members of the Covenant House.

In January, Brad took their idea to Scott Dollar, the pastor of The Way, a Baptist church in Clarksville. Scott loved the idea and he agreed to make the Clarksville Covenant House a ministry of The Way.

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“This is ministry. Our mission is, by the blood of Christ, to prepare young adults for eternity and the world.”

Shortly thereafter, Ami and Brad began briefing everyone possible on their idea including the Department of Children’s Services, where they also serve as foster parents. DCS was very interested and it was just a week or two later that they got their first call about a young man who had turned 18 and been ordered out of the house by his foster parents.

“He was exactly the profile of young man we were interested in. He was 18, had been a foster kid for some time, and wanted to make a positive move in life. He’s got dreams and goals and ours is to help him achieve his.”

“This is for life, as we see it.” All those who join the Clarksville Covenant House sign a covenant with Ami and Brad promising to work hard, submit to discipleship, and abstain from alcohol and drug use. Ami and Brad agree to provide life-long support in helping them achieve whatever goals they set for themselves. They clearly do not see this as a short-term program or one that has a definable end.

“We want to be there for them always and even if they choose to leave, we will keep our doors open to them. We envision having them bring our ‘grandkids’ to see us someday.” The first young man who signed up is working hard on finishing his GED and desires to enter the music industry. He is looking into attending SAE in Nashville to pursue a degree in audio-engineering and through the Clarksville Covenant House, these dreams are very much a potential reality.

Ami and Brad are helping the second young man through his final court-ordered obligations from two DUI convictions. First, he wants to get his license back, save up for a car, and then attend Nashville Auto and Diesel College. In the meantime, he is seeking full-time employment following his final meeting with his probation officer.

The Clarksville Covenant House seeks to fill a void. If you are interested in knowing more or assisting, visit our website at www.clarksvillecovenanthouse.com or email Ami and Brad at clarksvillecovenanthouse@hotmail.com. For information on The Way, visit www.thewayofclarksville.com.



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ABOUT MILITARY MARRIAGE Dispelling Military Marriage Myths

by Rachelle Franklin, LPC

It is very interesting that as we all work together to ensure the country's freedom that we find ourselves thinking alike, talking alike, and believing alike. After having worked with many military couples and families, I have found that there are some myths about marriage that need to be laid to rest for the safety and protection of our military homes.

Myth 1: Always separate work from home.

Unfortunately, while separating work from home can be healthy in many ways; many people have interpreted this to mean that work should be disconnected from home life completely. Leaving work at work is not always the best action plan. Whether you are a male or female soldier, you are an emotional being. You have emotional needs that have to be met or the body will deal with these extreme emotions in ways we will ultimately not be comfortable with (anxiety, depression, substance abuse, escaping reality through computer games or emotional relationships via the computer,

concentration issues, stomach problems, constipation, arthritis, cancer, heart attack, stroke, etc.). Unfortunately, not talking about the things that bother us is not a healthy option for "how to deal with emotions." Your spouse doesn't need to know every detail of your work life, but there is certainly a healthy level of "sharing" that needs to take place in a marriage. My husband always asks me, "Are there any memorable moments from your day that you would like to talk about?" The healthy part of leaving work at work is being able to separate yourself from the worry and responsibility of work and engage in your home and social life. Engaging includes sharing important thoughts, experiences, and dreams with others.

You can begin to take care of this part of your life by first expressing the desire to have your spouse become a more integral part of your life and then establish a time daily to sit down with your spouse and share what is on your heart. It is understood that with military families sharing

can be very tricky. Even the most covert operator needs to be able to express to his/her spouse the difficulty he/she has in not being able to share this important part of his/her life. Your spouse also needs to be able to express to you how difficult it

is to not get to be a part of your work life. Even in this, there is a bond and closeness that is forged as you both are sharing your experiences and discomfort with not being able to share on a more open level.

Myth 2: If I share what I have done at war, my spouse will think I am a "monster."

If you choose to process traumatic events from war with your spouse he/she will most likely not think you are a "monster." Most soldiers express much concern that their spouse will not be able to view them the same if they revealed what they had to do as a soldier on the battlefield. This is a tricky subject to talk about; but if you can, share with your spouse. If it will help you to unburden, share. Most spouses that I have spoken with have a burning to desire to understand what their spouse carries with them. Otherwise, they are just left guessing and not really understanding why their spouse is so angry, distant, depressed, or can't engage with them in certain venues. All soldiers come back with triggers that alert them to danger. This hyper-vigilance doesn't go away overnight. Your spouse can better help you manage your triggers if he/she is aware of what they are. Even if details of traumatic events can't be shared, you can share with your spouse the source of your triggers (i.e., crying babies, fireworks, loud machines, thunder). An important aspect of communication with a soldier is to remember that often times they carry guilt around with them and report a reluctance to share with others "because they will feel sorry me." This seems to be equivalent to the "get over



it” people report having a hard time hearing after a loved one has died. What you can do for a soldier who chooses to share is listen and provide comfort through maintaining eye contact. If you sense that he/she would be comforted through a hug or touch of the hand, ask them if this is desired.

Myth 3: Sharing with my spouse will burden him/her.

If you choose to share difficult aspects of being a soldier or traumatic experiences with your spouse, you most likely will not be burdening your spouse. For women; especially, when we are kept out of the loop, we feel more disconnected and unloved. Even if it is hard to hear, most women express that they would rather know than not know. Sharing with a woman equals connection and feeling loved. In return, a woman will help her husband to feel that he is a success as a husband.

The myths I have discussed in this article greatly affect our Ft. Campbell families. The only way to combat myths is to talk about their existence and dispel them. As many of our soldiers are returning from war and trying to re-integrate back into home life, it is imperative that they do so in a way that is healing for them and

their families. People grow and change over the course of a year and the only way to re-find your spouse and children is to spend time with them and communicate with them.

You know an overhaul is needed in your family when emotions are very reactive in the household, when there is disengagement by one or both spouses, when one or several members of the family seem detached, when children are having attention or behavior problems, when there is a lot of yelling and arguing going on, when there is a lot of escapism being used by one or both spouses (such as video games or computer chatting), or when depression is the predominant mood in the household.

If you find that your marriage needs more than an educational column or your family needs assistance consider getting involved in marriage counseling, family counseling, educational groups, and/or children’s interventions. The following services are available to you and your family:

Social Work Services
(270) 798-8601

Marriage and Family Therapy

Military Family Life Consultant
(270) 956-2935
Counseling Services

Chaplain Services
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Individual, Couples, and Family Counseling

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RESTORE MINISTRIES

by Betsy Abrams

As Mary was driving to pick up her youngest daughter from school she saw the Walgreens ahead. She realized she had just enough time to run in and pick up the Advil she needed for her headache. Her headaches seemed to be a constant part of her life these days.

As she pulled in she answered a text from her supervisor, reminding her to bring doughnuts for the staff meeting in the morning. Normally her supervisor would not have to remind Mary of such an easy task, but lately at work Mary had been forgetting to complete several of her responsibilities. After feeling the shame of the text, Mary realized she needed to hurry in the store if she were going to be on time to get her daughter.

As she hurried through the front door she could not remember why she had stopped at Walgreens. Was it a prescription? Was it toothpaste or perhaps make-up? Looking at her watch she rushed back to her car feeling frustrated. As she pulled out of the parking lot the tears started streaming down her face. Another constant in her life these days, tears that seem to come so easily.

Mary had lost her mother to breast cancer 16 months ago. Mary's mother was not only her parent, but was her best friend and her spiritual mentor. She could always pick up the phone and receive words of wisdom from her mother. Mary realized she was grieving over her mother but she also believed that she wasn't coping as well as she

should be. So Mary sought out the advice from well meaning friends and co-workers. They were very sympathetic to Mary in the beginning and gave her words of encouragement. But lately Mary noticed that her friends did not seem to have the time to listen to her or perhaps they just were not interested in hearing "her story" again.

One day at a women's luncheon at her church, she confided in an older, spiritually mature woman about the regular headaches, her tears and the brain "fog." After a lengthy conversation the woman suggested to Mary that she seek the help of a local therapist. Mary was thankful to have someone listen to her problems, but walked away from

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the conversation thinking “I don’t have a mental health illness, why on earth do I need counseling?”

Mary, like so many Americans, believes counseling is only for the more severe mental health issues. For many years counseling has been misunderstood and has had a stigma attached to it. Images of lying on a couch and talking only of childhood issues have stifled people from seeking counseling. As our society is moving into a more progressive way of thinking, we are beginning to understand that counseling is an integral part of becoming a whole healthy being and having a good quality of life. Counseling is effective for every segment of our population; there are no barriers in regard to race, age, gender, religion, culture, education or economic status.

Counseling is simply a method for people to address everyday issues in life that are causing pain, sadness, fear or perhaps excessive stress. The benefit of talking with a counselor is that problems are discussed in a totally confidential environment by a certified professional that will not make judgments. Counselors have no emotional ties to the client, therefore a counselor will be totally objective when hearing and discussing the issues. Through counseling, clients often begin to understand that their thoughts and feelings are normal, no longer do they need to hide behind the curtain of shame. A counselor can ask those “straight to the heart” types of questions that allow the clients to challenge themselves to self-awareness.

Counseling allows individuals to broaden their minds into seeking alternate solutions and how to view problems from more than one angle. A husband and wife can begin the process of experiencing true emotional intimacy by learning to identify their feelings and how to effectively communicate those feelings. Counseling can close the door to the shame and low self-esteem that results from childhood sexual or verbal abuse. We will always have problems in life, but counseling gives us those skills to cope with life’s interruptions.

What are some everyday issues that may lead you to counseling? Here are a few examples.

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- Blended families
- Moving to a new home
- Having an illness or accident
- Financial issues
- Loved one being diagnosed with a mental health illness
- Time management issues
- Poor concentration
- Low motivation
- Alcohol, food or drug abuse/addiction
- Witnessing abuse or a crime

- Victim of physical, verbal or sexual abuse

By not addressing issues, we often lose our coping skills that enable us to focus and remain flexible during our bad times. Instead we turn to “things” in our lives to medicate our pain or lessen the anxiety. Those “things” can be food, alcohol, drugs, unhealthy relationships or excessive time spent on a hobby. Unfortunately those things only mask what lies behind the wall. Counseling can help identify those feelings that are the root of the problem and teach someone how to express those feelings in a productive way. Counselors often spend time educating their clients on concrete life coping skills.

Ignoring life issues will eventually not only hurt our

emotional health, it will affect our physical and spiritual health as well. The YMCA’s philosophy of body, mind and spirit is instrumental in understanding that our emotional health affects the total person. Our physical body is in a constant state of reacting to our thoughts, feelings and actions. Poor emotional health can weaken your body’s immune system or release hormones that can affect energy levels. Physical symptoms that indicate our emotional health is out of balance can be signs such as back pain, change in appetite, trouble sleeping, stiff neck, upset stomach or extreme tiredness.

Our spiritual health helps us to feel connected to the world in a loving, kind and peaceful way. If we are constantly sad it is difficult to see and appreciate the joy of

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nature. Anxiety can overwhelm us to the point that we cannot concentrate to pray. Our anger can prevent us from seeing the person that God has put in our lives to comfort us. Abuse of alcohol or drugs can distort our deep-rooted spiritual beliefs. Isolation, often the result of low self-esteem, can dampen our willingness to reach out and help others.

Martin Luther once said, "Everything that is done in the world is done by hope." Restore Ministries of the Clarksville Area YMCA offers such hope to individuals with everyday life issues. We do that through individual counseling by a licensed therapist and small groups. You do not have to be a member of the YMCA to participate in these programs.

And because of the generous donations of local citizens, no one is turned away due to the inability to pay. Small groups offer a safe environment to share feelings and experience a sense of community. The groups cover such topics as making changes in life, low self-esteem, body image issues, boundaries, grief, addiction and fear. Please check our website www.RestoreYMCA.org for more information or call the Clarksville Area YMCA at (931) 647-2376.

Restore Ministries is part of the YMCA of Middle Tennessee, a not-for-profit, worldwide charitable fellowship united by a common loyalty to Jesus Christ for the purpose of helping persons grow in spirit, mind and body. With 30 centers and 297 program locations, the YMCA of Middle Tennessee reaches 284,162

lives—one of every six people in the 12-county area it serves—by nurturing the potential of children and teens, improving the nation's health and well being, and providing opportunities to serve others and support our neighbors.

Betsy Abrams is a licensed social worker for the local YMCA. She resides in Clarksville and has been married for almost 24 years. She has received training in EMDR therapy and uses it for those with PTSD (Post Traumatic Stress Disorder). She conducts counseling in an off-site location of the YMCA in Clarksville. To make an appointment, call (615) 565-6278. If you have questions about counseling you may call Betsy directly at (931) 980-8253.

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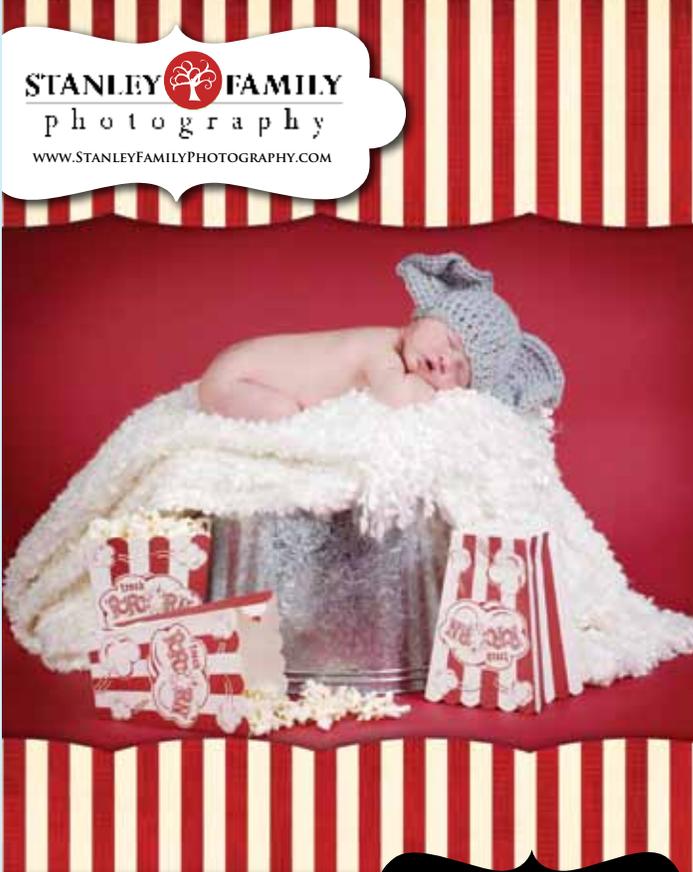
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LIPOSUCTION FOR MEN

by Dr. Mitchell D. Kaye

According to recent statistics, there were close to 500,000 liposuction procedures done in the United States last year alone, making it the most popular cosmetic surgical procedure. A significant proportion of these cases were men.

Although the method of liposuction is essentially the same for men and women, the problem areas are very definitely different for both sexes. Men tend to accumulate fat around the middle producing the well-known "love handles" and belly fat. Another common area is the male breast, which can produce embarrassment and self-consciousness due to the association of large breasts with a normal female shape. This understandably can conflict with a man's self image. Other common areas of unwanted accumulation are the upper neck, arms, and buttocks. Diet, age, level of activity and family genetics all play a role in this process.

The good news is that liposuction is a nearly ideal way to reduce or eliminate



areas such as these. It is not a treatment for obesity, although it can be used to make an overweight person more proportionate. For example a heavyset person could have

the belly (think beer belly) is not going to go away with liposuction for obvious reasons.

The "gold standard" for liposuction has been Tumescent Liposuction for close to 20 years now. The discovery that the use of a weak local anesthetic in large volumes produces a very nearly painless and exceptionally safe procedure was revolutionary. This means no need for general anesthesia, such as a person might need for a major surgery, and a very rapid recovery that typically is only a few days in length. The technique is like sculpting in that the surgeon/artist must



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The results can be astounding in some cases. Increased definition and a more attractive shape can be achieved almost overnight. This is especially gratifying to men who have spend literally hundreds of hours working out with weights, running, etc. and can never seem to lose “that last handful” or “pass the tape test.” For most of these men, this is the only real way to get to that next level. Not surprisingly, this is extremely common in actors, models and others in the public eye. What is really surprising

however is just how common this is done for everyday people, hence the 500,000 cases last year.



For more information on these and other cosmetic procedures or to see real life examples visit our website,

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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THE CLASSROOM

by Kim Edmondson

I love it when the Lord uses an unexpected every day event or conversation to catch my attention. With my often busy, trying to “keep up with my life” pace, I must admit that the Lord gets pretty creative in the ways He chooses to get me to listen closely about something He is trying to teach me. Most often, the Lord uses my children to teach lessons He has for me to learn. Of course, they have no idea that their words and actions have become such a classroom for me. But I have learned when they are speaking, I’d better listen carefully because without a doubt my Heavenly Father will take their words and apply His truth right to my heart and mind.

Recently, my middle son Jed has been having a bit of trouble remembering not to chat with his buddies during school. His very patient and kind teacher has had to send home several reminders about his chattiness, and his wanting to

stop by and “visit” at a friend’s desk. The fact is all of my boys have been born to parents who love people and love to chat with them, so they come by it honestly. Nonetheless, the rules at school must be followed...so we struck a deal with Jed. We told him that if he could make it through an entire five days of school without us hearing from the teacher about him talking during class, we would get him a Star Wars toy. Some might call that bribery, however my husband and I chose to see it as a reward...as well as the chance to give our son’s poor teacher a break! So, as the new school week began, we reminded Jed of his reward, and at week’s end he had not moved a color, or gotten a note sent home so it was time to head to the store and celebrate.

At the store Jed choose a Lego Star Wars ship as his reward. He came home and with the help of his big brother and his dad, they successfully put the ship together and the

fun began. A few days later, as I was standing at the kitchen sink, Jed came in and asked me a question...little did I realize I was stepping into the “classroom” as he began to speak. The talk went a little something like this:

Jed: “Mom, can I take my Star Wars ship apart and try to build another ship with it?”

Me: “Why would you want to do that? You just got it.”

Jed: “I think it would be cool to take it apart and see if I could build another ship with it.”

Me: “I don’t think that is going to work sweetie. The pieces that came in that box are to build the ship that you have. That ship is not meant to be anything else.”

Okay. Freeze frame. Now, I know I mentioned that the Lord often uses my children to teach me, but what is even more confounding is when I think that I am teaching them, and



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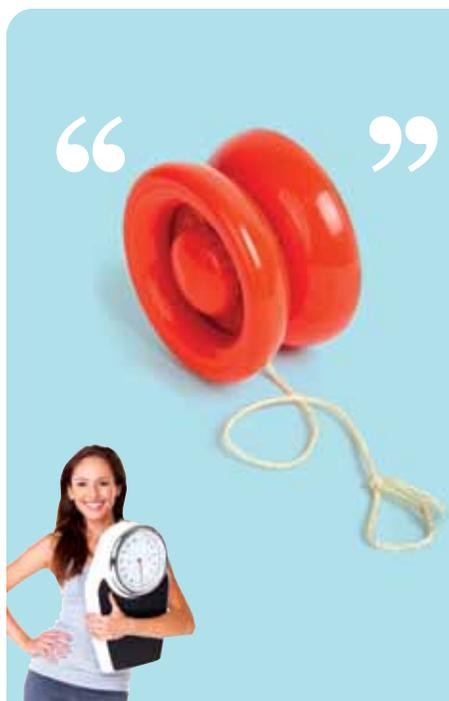
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He uses my own words to bring the “ah-ha” moment to life. So, as I am standing there feeling the full effect of “that ship is not meant to be anything else” and listening to the Lord speak His truth into my life, Jed says, “Oh, okay.” And walks off. I, on the other hand, am sitting at my desk in His classroom learning a very important lesson.

Although I have shared with you Jed’s part in getting to “the talk,” I have not shared mine. So here is the missing piece. I have recently found myself in a season of feeling as though I need to “rebuild” who I am. I have struggled with my role as a wife, mom, and friend. I have questioned who I am and qualities about myself. I have searched, remembered, analyzed and tried to dig down as deep as I can inside of me to discover who I really am and why I am the way I am. All along the way I have tried to “take apart” certain parts of me and have tried to “rebuild” them into something new. Although it might not sound like much on it’s own, the phrase “that ship is not meant to be anything else” was a huge wake up call for me.

In that moment the Lord took the opportunity to let me hear His voice about what He thinks about all of



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the things I have been trying to rebuild. He brought the following verse to my mind:

“This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!”

2 Corinthians 5:17

The words of that verse went straight from my mind to my heart as I realized that not once during all of my thinking and searching and analyzing, did I stop to ask the Lord what He thought about me. Oh, I know He loves me because He created me. And I know He loves me because He gave his Son, Jesus, to die for

all of the wrong things that I have done so that I can have a relationship with Him. Those are the “biggies” and I know them well. But what about the everyday me? What about the me who is a mom who gets distracted with things that need to be done, and does not spend the time she should loving on her boys? What about the me who is a wife who is not as encouraging as she should be to her husband? What about the me who is a friend who lets another down? What about that me? Surely the Lord must have higher hopes for me than that. How could He not look at me and think that I have so much rebuilding that I need to do?

Thankfully, our God does not look at us and expect us to measure up to the standard we choose for ourselves. The standards we most often choose usually come from the voices around us rather than the One within us. We look to the world and those around us to find our identity and our calling, when He is the one we should be listening too. He is the one who has made us new. God is the one who has given us the “pieces” of our lives and put them together to make us who He wants us to be. When we enter into a relationship with Him, it is His hands that put us together in just the right way, and when we begin to listen to a voice other than His

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about who we are, we grow discontented and worried, and begin to think the we need to “rebuild” what He has put together and what He means for us to be.

I wish that I could say that in that moment I was able to let go of the thoughts of what I think I need to rebuild within me, and fully embrace the pieces that God has used to put me together, but I am still working on it. Even as I write this I am thinking about how His ways are always better for me than my own, but I will more often than not try to take apart the creation He has made me to be in order to build what I think is better. Some lessons need to be studied and reviewed and studied again! Obviously, I need to stay in the classroom and skip recess.

Kim Edmondson has had the privilege of being married to Chris for 17 years. She is a mom to three amazing boys and is a private voice and piano teacher. She is a woman seeking to serve others and live out her life as a new creation with the pieces God has given her.



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GOLD MEDAL CHILDBIRTH

by Jade Chapman

Childbirth may not be an event in the Olympic games, but it is an event in the life of a woman that makes her into a true Olympian! It is an intensive athletic event that is one of the most challenging and rewarding tests of strength and endurance that will ever happen in her life.

An athletic event you wonder? Perhaps you have never thought of it this way, but let me explain why having a baby is much like an Olympic event and how a mommy to be (or mommy to be again) can best prepare her body for this event.

When a woman begins labor, the largest muscle in her body is her uterus. During this time it is continuously flexing and relaxing over and over again

for an average of 15-17 hours for a first time mom! Imagine lifting weights for 15 hours straight! Sounds exhausting... and it is! Dr. Bradley, OB/GYN, in his book *Husband Coached Childbirth*, states, "The amount of energy involved is comparable to what a football player uses playing a full game of football, offense and defense." He goes on to emphasize that a player who attempted this without proper training and preparation would be so sore afterwards he would probably need to be carried off the field. Even though a woman might appear to be relaxed during labor, her body is still working incredibly hard! Then comes pushing, which could last an average of 2 hours for the first time mom.

Contractions generally space out a little during this stage, but the mother becomes a more active participant in the event by actually pushing with the uterus to get the baby out. The end result is that regardless of how well she handles the labor, she is bound to be exhausted and in need of some well deserved rest!

So birth is an athletic event, but it happens everyday and will happen with or without preparation, so why bother? Well, if you knew that you HAD to participate in an Olympic game or run a marathon would you just sit around eating whatever you felt like and doing little to no conditioning exercise and then get up one morning and go perform? Most likely you would

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start training and preparing so that you could do your best and suffer the least wear and tear on your body. Being properly prepared for birth will not only make the process of labor easier to handle, it can also make recovery quicker. It is important that you condition your body to work effectively and efficiently. Now that we understand why it is important to prepare for the athletic event of birth, how exactly can we do that?

One of the first things you can do from the moment you find out you are pregnant, or even better from the moment you decide to try to become pregnant, is start watching what you put into your body. This means not only eating healthy foods, but also avoiding harmful substances.

We all know that it is best to avoid smoking, drugs, and alcohol, but pregnant women should also be cautious about the use of over-the-counter and prescription medications, food additives, caffeine, cleaning chemicals, environmental toxins, and even some natural drugs such as homeopathics, herbs, and teas. These substances do not merely affect how the mother's body operates, but also can greatly affect the unborn baby. Dr. Bradley gives the simplified example of a baby weighing 7 pounds in the uterus of a mother weighing 140 pounds. In this example he explains that the medicine dose for the mother would affect the baby twenty times more than the mother. The effect can

be more or less depending on the specific drug. So it is important to always weigh the risks and benefits of any drug when pregnant or considering becoming pregnant.

It is important to focus on eating healthy foods too. If you were preparing for a demanding athletic event you would eat well so that your body was in prime health. These healthy foods will help your baby to grow strong and healthy as well as help your pregnant body to be efficient and effective during the event of birth and recovery afterwards. So what should you eat? Dr. Bradley uses the work of Dr. Tom Brewer when he suggests a daily diet of four servings of milk products, two eggs, two servings of protein, two servings of fresh



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green leafy vegetables, four servings of whole grains, one citrus fruit, three servings of fats or oils, at least one other fruit or vegetable, and salt to taste. It is also recommended that each week you eat an additional three yellow or orange-colored fruits or vegetables, one serving of liver, and three whole baked potatoes. Protein is extremely important during pregnancy and it is recommended that a pregnant woman eat 80 to 100 grams of protein daily. Dr. Brewer relates this diet to the decrease or avoidance of toxemia (also known as preeclampsia), low birth weight, and prematurity.

And let us not forget the proper fluids. Water is extremely important for the

pregnant body and the unborn baby. In fact, 75% of the baby's weight at birth is water! Water also prevents dehydration, which leads to a decrease of energy output of more than 20%; so drinking water during labor is extremely important as well.

When training for an athletic event one of the most obvious aspects of preparation is physical conditioning through stretching and exercise. Prior to beginning any new exercise routine one should consult with their primary care provider to ensure the safety of the routine for their own particular situation as health conditions vary from person to person. Having some level of regular physical exercise is necessary for building stamina.

In addition to regular exercise Dr. Bradley recommends “**tailor sitting**” which is basically sitting cross-legged on the floor, **pelvic rocking** which Dr. Bradley defines as “lifting (not arching) and relaxing her lower back rhythmically while on hands and knees,” the “**butterfly**” exercise—which strengthens the abductor muscles, the **Keegel** exercise, **walking**—which helps to condition the body during pregnancy but also can be used during childbirth to open the inlet of the pelvis and actually speed childbirth by an average of 28 percent, and finally routinely **squatting** rather than bending down at the waist which tones the perineum to help prevent tearing and also can be used in the pushing stage

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of labor to open the outlet of the pelvis by more than 10 percent.

These basic pregnancy “exercises” help to stretch and tone the muscles involved in childbirth as well as preventing and lessening the effects of other common pregnancy problems like varicose veins, hemorrhoids, and incontinence. Bradley Method® classes offer a great way to learn these exercises more thoroughly through demonstration and hands on practice. They offer the opportunity for observation to ensure correct performance as well as offering an exercise regimen that gradually increases in intensity.

Relaxation is the next key component of preparation for

childbirth. When likened to training for an athletic event, relaxation is the technique used to pull you through the event and help you cope with the temporary discomforts. Relaxation is best achieved through abdominal breathing rather than the short choppy breathes often thought to be best for labor. In reality, short choppy breaths can lead to hyperventilation. Deep relaxation is mental, physical, and emotional and requires devoted training. It should be practiced daily for at least ten minutes and for twelve weeks in order to gain adequate training. Relaxation can help you safely avoid unnecessary pain during labor.

Anytime a new challenge is attempted, knowledge is an important factor in preparation. If you were planning on running a marathon you would want to ensure you knew the route to include where the hills and water points are located. If you were participating in any athletic competition you would want to know the rules and the options. Childbirth is the same way. Depending on the choices you have made regarding where your baby will be born and who will be attending the birth, your rules may be stricter or more lenient. Knowing the rules of your selected birth place and your options or choices as well as the possible side effects of those options can make a huge difference in your ability to

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enter birth with confidence and feeling mentally/emotionally relaxed.

Marjie Hathaway, co-founder of the American Academy of Husband Coached Childbirth, provides a good example of this. She says to imagine yourself at a party where you know everyone. If someone comes up behind you and taps you on the shoulder, you would probably turn around and say, "Hi." However, if you were alone in an unfamiliar dark alley and someone tapped you on the shoulder, you might scream for help, or run, or both! Knowledge provides the reassurance you need to make birth a comfortable experience without fear. Fear causes tension. Tension causes pain. And guess what? Pain

causes more fear... so the cycle continues. How do you obtain knowledge? The best way to obtain all the knowledge you need is to attend an extensive childbirth education course like the Bradley Method®.

What athlete would go into an event without a plan? So why should a woman go into labor without one also! Once you know your options and the rules of your facility you need to make decisions about how you will operate under those rules and what options you want to use depending on individual circumstances. This is called a birth plan. Your birth plan should be brief (not more than one page) and to the point, but also polite and full of positive communication. You should

always keep an open mind and be sure to leave room for unexpected circumstances when writing your birth plan. You wouldn't want to tie the hands of your providers in case of an emergency. They need to be able to feel free to act to save lives if necessary. Always discuss your birth plan with your primary care provider during a prenatal visit.

This gives them the opportunity to let you know if something in your plan is unrealistic and to make compromises as necessary. It can also assist the parents in deciding upon a compatible care provider. Once you have a plan that you and your provider agree on, you should type it out and make a copy for your provider, one for your birth place, and one for you. It is a good idea to have one copy with you when you go to your birth place in labor, just in case your plan has been misplaced.

Last, but certainly not least, you need a coach! All professional athletes have some sort of coach helping them to achieve greatness. Every pregnant woman should have the same. A coach can get water, remind you to use the bathroom, rub your back, help you to relax, help communicate with the medical staff, and just provide good old-fashioned attention and encouragement! Your coach is your biggest cheerleader! Where do you find a coach? Look around, they might live with you (i.e. husband/partner) or be someone you know well like a close friend or relative. There is also the option of hiring a professional doula. A trained coach is always a benefit, and outside of a professional doula, you will need to ensure your chosen coach gets proper training in how to best attend to your needs when you are in labor. The Bradley Method® of natural childbirth actually trains your spouse/partner, close friend, or relative to be your coach while preparing

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you to give birth at the same time. Communication is a big factor in training a labor coach. Your coach needs to be able to meet your needs even when you can't communicate them. This ability doesn't just happen miraculously, but requires many discussions prior to the big event. Your coach needs to understand how you handle pain, where you tense up first, how to tell if you are completely relaxed, and how to ensure you are breathing with your abdomen rather than your chest. Your coach also needs to know how to time contractions. It is a big job, but you will be glad you have someone there to do it!

With a healthy diet, avoidance of harmful substances, proper exercise, training in relaxation, a wide array of knowledge, a complete birth plan, and a well-trained coach you can approach your labor with complete confidence in your body and its ability to work for you. You will know what to expect and how to react. You can be relaxed knowing you have done all that you can in advance to prepare yourself for the birth day of your child! All that is left is to show up for your event and prove to the world what an outstanding athlete you are; and don't forget to treasure every moment of the most rewarding experience of your life!

Are you ready to go for the gold in childbirth? If so, your training can begin with one simple step by signing up

for the extensive childbirth education offered by Jade Chapman who teaches the Bradley Method® of natural childbirth and offers doula support to her students. Is it worth it? **Over 86% of the more than 200,000 couples that have been trained in the Bradley**

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HOME ALONE—WHEN IS THE RIGHT TIME?

by Pamela Magrans

In the 1990s movie, *Home Alone*, the young Kevin McCallister faces two robbers, as he finds himself accidentally left home alone. The events that follow in his vigilante defense of his home, sets a comedic stage to a serious issue—when are children old enough to stay home alone? In this extreme case of being home alone, Kevin is only eight years old, but rather heroically, he manages to protect his home and lock up the robbers before being reunited with his loving (but absentminded) parents.

In the real world where the rest of us live, how old is old enough for children to be left home alone intentionally?

What the law says

According to the Tennessee State Courts,

“There is no legal age for children to stay at home alone. Parents are advised to use their best judgment, keeping the child’s maturity level and safety issues in mind. Younger children have a greater need for supervision and care than older children. Obviously, young children under age 10 should not be left without supervision at any time. In most cases, older teenage children may be left alone for short periods of time.”

That leaves the discretion and decision to each parent in determining when leaving our children home alone is appropriate. As our

children grow up and near the teen years, this issue becomes a topic for discussion among parents. As working parents face the

summer months and decide on childcare for their older children, this issue becomes realistic for many parents.

Whether it is for a 30 minute jog around the neighborhood, a one-hour trip to the grocery store, or all day while the parent goes to work, the decision regarding leaving a child home alone should not be taken lightly.

What to consider

Each state determines its own rules regarding children being left alone, and currently only two states (Maryland and Illinois) have laws stating a specific age requirement. Tennessee recommends that no child under the age of 10 be left home alone, but as each child is different, there are many points to consider, not just age.

The maturity of the child should be considered. Is the child mentally and physically well enough to tend to his or her own needs while home alone? Is the child mature enough to be trusted and obey rules? Is the child fearful about being left home alone? Those are just a few questions that will lead parents to answer this for themselves.



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Other issues to consider are the safety of your neighborhood and if the children will be allowed to go outside while a parent is not present. Even though the child may be mature enough to stay alone and tend to his or her needs, that does not mean they are mature enough to handle all situations. The safety of the house should be considered as well. Are the fire detectors working and are the children aware of emergency plans should there be a tornado warning, fire, or

some other dangerous situation while they are home alone? Are there dangerous items in the home or non-child appropriate channels or Internet access? How many children will be left home alone and do they get along well enough to be trusted together? Is there a neighbor close whom the child can call if they need adult assistance?

There are many issues to consider before leaving a child home alone, and

all of those issues must be balanced with the child's maturity in mind.

Hints for Parents

- Start short. Give it a trial run by leaving your child alone for a short time period. Try 15 minutes while you walk down the street to a neighbor's house. Work your way up to a longer time period over the course of several weeks.
- Role play. Set up a scenario then try it out with your child. Decide that you are going to leave the house and

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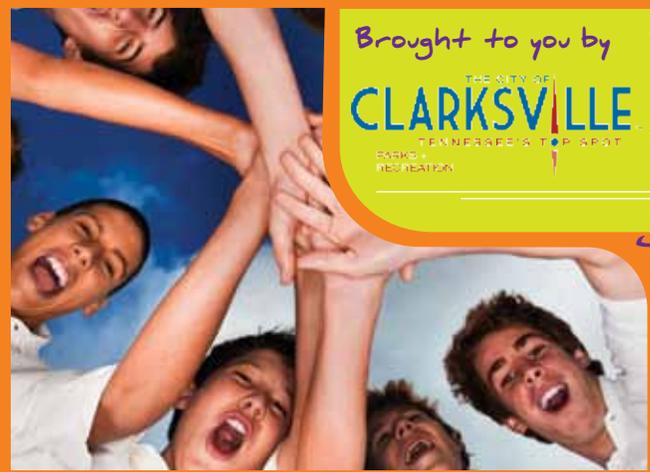
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instruct them not to open the door if the bell rings. Leave and then return and ring the doorbell. Set up several scenarios and agree with your child how each will be handled. Then try it out by role-playing it with them. Test them to see how they will handle each situation.

- Discuss it with your child. Make sure the child feels comfortable. If the child is fearful or anxious, then they should not be left alone.
- Talks about rules. Make a list of the rules

and be clear about the consequences of breaking the home alone rules.

- Discuss safety precautions. Make sure the child has contact phone numbers for you and other adults close by.
- Give the child something to do. Idle hands can spell trouble. If your child will be alone several hours make sure you give them a task or two to complete. If they have a job to do, they will

feel more responsible and it occupies time in a constructive way.

- Let being home alone be a privilege for responsible behavior. If the child proves that he or she is mature enough, let them know that positive behavior will be rewarded with independence.

Most importantly, do not overdo the home alone time. Children of all ages (teen or not) need adult supervision and interaction. If a job requires a parent to be gone for long hours for



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many days, then arrange other ways for your child to spend the day. Look for day camps, friends, babysitters or family members who can help pass the time with the child. Even responsible children need to be supervised, and being home alone for too long will lead to isolation, boredom and other disadvantages.

As children grow up, the home alone debate becomes a realistic family discussion. All parents encounter this discussion at a different time in their

life, but eventually, we will all have to take that first step in letting our children be “home alone.” When it is your turn, do so cautiously, and with open communication and confidence in your child, when he or she is ready.

Chances are slim that our children will face the *Three Stooges*-type of antics presented by Kevin McCallister and the two robbers in the 1990s movie, but at least if we prepare both the child and ourselves, we can

transition our children into independence successfully.

For more tips visit kidshealth.org/parent/firstaid_safe/home/home_alone.html#

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MONTGOMERY COUNTY FOSTER PARENT ASSOCIATION

by Brad Smith

Montgomery County has recently started a local chapter of the Foster Care Association. The Association will be a support group for resource parents. Meetings will occur on the 2nd Tuesday of every month at 6:30 p.m. at the Madison Street Methodist Church. Montgomery County has a very active and large group of foster parents who work hand-in-hand with the Department of Children's Services in providing stable and often permanent homes for children who become wards of the state for various reasons.

The Foster Parent Association exists to provide information, support, and a collective voice for foster parents in Montgomery County and to bring attention to the plight of the

county's hundreds of foster kids. DCS is always short foster parents and there is no better way to show love than to welcome one of these children into your home, even if it's only for a short time. The life of a foster parent is tough, demanding, and it takes quite a bit of time to get there, but it is worth it. My family has had six foster kids come through our home and we have been fortunate enough to adopt two of them. It has been a real blessing and we are still closely connected with several of the other children and their families.

It is never the children's fault when they come into custody, but it is almost always the children who suffer the most. Each move brings with it years of emotional trauma and

turmoil and most of them want nothing more than a family to love them. Even up to the age of 18, almost all still want to be adopted, to know that they have a family that loves them, which they can depend on.

The Montgomery County Foster Parent Association seeks to highlight the needs of these children, to advocate for them, provide a platform to address issues, and a forum for foster parents to support one another in this demanding call. For more information on the Montgomery County Foster Parent Association, contact Ami Smith at (931)801-2477. For more information on becoming a foster parent, contact the Department of Children's Services.

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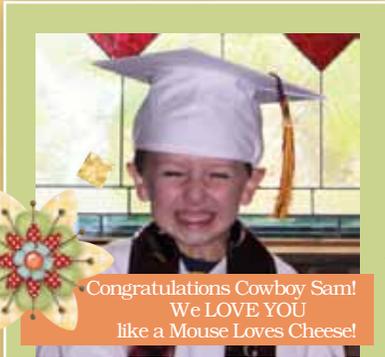
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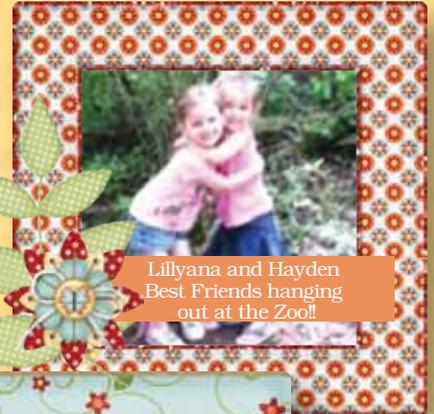
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Lillyana and Hayden
Best Friends hanging
out at the Zoo!



Dameion - Easter 2011



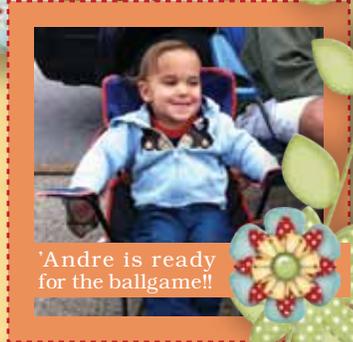
Dazireon taking a ride



He named him snappy!



Braylin Brown



'Andre is ready
for the ballgame!!

The Rios Family at the Queen City Road Race...



Sisters Madison and Parker
before 1 mile.



Madison and Parker
crossing the finish line.



Aubre and Marley about to
cross the finish line.



The Rios family after the race.
Michael, Madison and Aubre.



Parker and Madison
resting after the race

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

WE HAVE A MYSTERY TO SOLVE (PART 3)

by Brenda Hunley Illustrated by Willie Bailey

Chester Chipmunk was hot. He had been pulling weeds in his garden all morning. Deciding it was time for a nice cool drink; he headed back toward his home. Reaching the front door, Chester noticed he had mail. Pulling the small stack of letters out of the box and placing them on the kitchen table, Chester helped himself to several glasses of lemonade. Now that he felt better, he could look through his mail.

Chester opened a bright purple envelope. It was an invitation to Lily's cookout. He sat and thought about Lily until a yellow envelope from Ranger Bill caught his eye. Ripping it open, he read:

Dear Chester,

No news on the watch. I dropped it off and was told it would be a good week or two before my friend could work on it. He did say that it looked old, and that he could

fix it. Once it gets a good cleaning, we will be able to read the inscription.

I will be out of town speaking to some folks in Washington about grants for our cave. I will be back next week. Would you like to ride down to the shop with me to pick up the watch?

I enclosed two passes to the pool for you and Boomer. Have fun!

*Your friend,
Ranger Bill*

"Hey Chester! Are you home?" called Boomer Chipmunk as he walked through the front door.

"In the kitchen!" called Chester.

Dropping his backpack on the floor, Boomer asked, "Any mail for me?"

Looking through the stack, Chester said, "You have a new



comic book, a camp registration form, and a flyer for football signups."

"Awesome. I can't wait to see how Super Worm gets out of the trap Robin Redbreast set for him," Boomer said, reaching for a snack.

"Hey, um Ranger Bill is going to get with us in a few days about the watch," Chester added.




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Sun. 1PM - 6PM

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

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Please contact Director, Sarah Glenn Brown for more information
hchildcare@hilldalecc.org

"Bummer, 'cause I sure am anxious to solve this mystery."

"We got pool passes from Ranger Bill. Do you wanna go?"

"YEAH!" squeaked Boomer.

The chipmunks changed into swim trunks and headed for the pool. Along the way they met Lily the dragonfly and Dart the bluebird. The friends decided it would be much more fun if they went together, so they set up a time to meet.

"I'll be on the diving board working on my cannon ball!" laughed Boomer.

"I will bring some snacks," Lily added.

"See ya soon!" waved Dart.

"Hey there, you two!" squawked Clyde the goose, topping the hill. "What are you guys up to?"

"We are going swimming!" grinned Boomer.

"There is talk around the pond that you guys found quite the treasure the other day."

"What?" asked Chester.

"I SAID...THERE IS TALK..." yelled Clyde, thinking Chester didn't hear him.

"SHHHHH!" chided Chester.

"I heard you! How did you hear? What did you hear?"

"I heard from Tut the turtle who heard from Dizzy the squirrel that you guys found gold!" whispered Clyde.

"Dizzy? We found an old bag, with a watch in it!" Boomer said looking around.

"What did Dizzy say? How does she know? Why is she telling everyone?" asked Chester.

"So, you are hiding treasure. I always thought that treasure room of yours was full of other peoples' trash, not real treasure! A gold watch! So, where did you find it?" asked Clyde.

"First, we don't know if it is real gold. Second, we found it cleaning up trash. And third, it's not in my treasure room," Chester said shaking his head.

Clyde got so close to Chester he could feel his breath. "Dizzy said she saw Ranger Bill take a watch out of a bag, a bag that you and Boomer gave to him."

"She is so nosey!" yelled Boomer, stomping around.

"If it's not real treasure how come you are being all secretive?" asked Clyde.

Chester laughed, "We aren't! Wow! Dizzy sure does know how to stir everyone up, doesn't she? Ranger Bill took it in to a friend of his to clean it up and see if he can get it working again. No big deal."

Clyde stretched his wings and turned mumbling, "Kids these days. Always making mountains out of mole hills."

"See ya, Clyde!" called Boomer.

"Hmmm...yeah, bye young man."

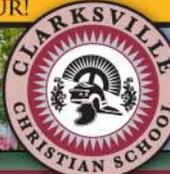
To Be Continued...

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\$5 off any purchase of \$25 or more
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Must present coupon at time of purchase



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Next to Appleton's Harley Davidson on the bypass
931.647.5301
RHYTHM RAGS & MORE

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

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

HAPPY BIRTHDAY!



Happy Birthday Boys!!!
Clayton 7th & Grayson 1st.
Love, Mommy & Daddy



You were brought into our lives
bringing so much joy.
Happy Birthday, Hannah! Love, Mom



Happy 1st Birthday
Sweet Baby Jack
Love you! Momma, Daddy & Sam



Happy 1st Birthday Kaylee!!
Love Daddy and Mommy



Happy 1st birthday Levi!
Mommy, Daddy, Sissy, and Bubba
say we love you!



Logan Hale, 1st birthday
Love, Daddy, Mommy, and Alex



Happy 1st Birthday, Mason!
We love you!
Mommy, Daddy, Ethan & Joey cat



Morgan's 2nd Birthday!



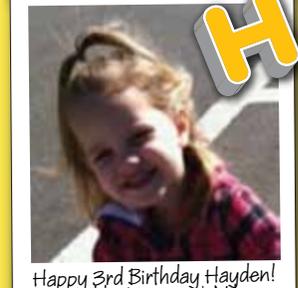
Happy 3rd Birthday Addison!!
Love You - Mama, Daddy & Bubba



Colton Matthew Wallace
3 years old



Happy 1st Birthday Marley!
Love Mommy, Daddy and Madison.



Happy 3rd Birthday Hayden!
Daddy, Mommy & Milo
love you so much!



Happy Birthday Dazireon
Love, Mom, Tionne, Jmon, & Aunt Stacey



Happy 3rd Birthday, Savannah!



Happy 3rd Birthday, Liesl!
Daddy and Mommy love you!



Happy 4th Bday Bebe.
Love Mommy & Daddy



Wishing you a
happy 4th birthday, Bryant!
We love you!



Happy 4th Birthday Bryleigh
Love, Your Family



Conner Wade age 4
Love you, Daddy, Mama, & Kaitlyn



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

HAPPY BIRTHDAY!



Happy 4th Birthday Elenore!
Love, Mommy, Daddy and Mia-Sloane.



Happy 4th Birthday Julie!
We love you -
Mama, Dada, and Shelby



Happy 4th Birthday Steve!
Love Dada, Momma, and Tony



HAPPY 4TH BIRTHDAY LEVONTE!
love mom, bro, & sis..



Happy 5th Birthday Lauren
We Love You!
Mommy & Daddy



Happy 5th Birthday, Megan!
Love, Mom, Dad, and Lauren



Happy 5th Birthday Christian!!
We Love You



Happy 5th Birthday Clay!
Love, Mommy, Daddy and Bennett



Happy Birthday Skyler



Happy 5th Birthday Haleigh!!!
Mommy and Daddy Love You!!!



Happy 6th B-day Jos
Love Uncle Seth, Auntie Alex,
Hayden and Milo!



Happy 6th Birthday Dee
We love you,
Momma, Daddy, and Cole



Happy 7th Birthday Brody!
We Love You!



Happy 8th birthday Riley!
Love Dad, Mom, and Jake



Happy 9th Birthday Lanie bug!
You rock! Love Mom, Dad, Whitney, & Megan.



Happy 10th Birthday Madison!
Love Daddy, Aubre and Marley



Happy 11th Birthday Martyne!
Love you, Mom XOXO



Happy 11th Birthday Valerie!
Love, Mommy



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 Corley Chevrolet!

(look for  the winner's picture to see who won this month)

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

Ongoing

ACRO DANCE EXPRESS

Free summer dance camps available. On the bypass at 660 Horace Crow Drive. Call (931) 648-3636 or visit www.acrodance.webs.com for more information. See ad on page 54.

ACTION GYMNASTICS SUMMER DAY CAMPS

9:00 a.m. to 2:00 p.m. daily June 6 through 10, June 20 through 24, July 11-15 and July 24-29. You may attend by the day or by the week. The cost is \$25 a day. Ages four and up. Members, non-members and all skill levels welcome. 221-B West Dunbar Cave Road. Call (931) 920-3111 to reserve or visit www.action-gymnastics.com for information.

ADVANTAGE LEARNING CENTER PERFORMING AND FINE ARTS SUMMER CAMPS

At 480 Warfield Boulevard. Call (931) 648-BOOK (2665) to register.

CANINE FLYBALL CLUB

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

Flyball is a fun family sport where a relay team of four dogs races another team, jumping a series of four hurdles, trigger a spring loaded box to release a tennis ball, and race back to the handler. The Road Runners Club teaches the sport using a positive approach, emphasizing the human/canine bond. Family members of all ages welcome. The sport is open to any breed. Call (931) 220-4907, email icflyball@earthlink.net, or visit www.flyballdogs.com/qcrr

for more information about this exciting canine sport.

CELEBRATE RECOVERY

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

DOWNTOWN MARKET

Saturdays 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.

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.

GATEWAY CAST & CROWNS SUMMER PERFORMING ARTS CAMP

2:30 p.m. to 5:30 p.m., Monday through Thursday at 412 Franklin Street. Call

(931) 645-CAST (2278) or visit www.castshowtroupe.com.

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.

"HOW TO STAY YOUNG" CLASS

6:00 p.m. every Tuesday in June. Free to the public. This is a fun and informative class for all ages that not only teaches how to live well your first 100 years, but also how to reduce stress, and incorporate good nutrition and exercise into your lifestyle. Please RSVP to Source Chiropractic at (931) 591-3740 since space may be limited.

KUJAWA TENNIS ACADEMY

Eight separate four-day camps and one five-day camp catering to children as young as 4-1/2 years of age all the way up to high school seniors. Visit the camps section of www.clarksvilletennis.com for all of the details. All camps will take place at the Swan Lake Tennis Complex. Call Kurt Kajawa at (931) 624-2180 for more information.

LANA'S MUSICAL DANCE THEATRE CAMPS

Beginning June 6 available mornings, afternoons and evenings for ages 3 and up. Younger children will learn to sing, act and groove with ease at our party and be our guests while you

"Dance Under the Sea" camp. Older students will enjoy learning to sing, act and dance to the wonderful world of our "Glee" camp. Summer classes starting June 20, recital on June 11, fall registration July 29 through 31. Call for exact dates and pricing for camps. Two locations: 41-A Bypass 1808 Ashland City Road, (931) 503-8050; or 1919 Tiny Town Road, (931) 494-5312.

NATALIE'S DANCE CAMPS

9:00 a.m. to 1:00 p.m. June 20 through 23 and July 11 through 14 at Natalie's Dance Network, 141 Kender Rhea Court. Call (931) 906-3333 or visit www.nataliesdancenetwork.com for more information.

NATALIE'S DANCE NETWORK RECITAL

7:00 p.m. on June 3, 6:00 p.m. on June 4, 3:00 p.m. on June 5. Free showcase at 1:00 p.m. on June 4. At Mass Communication Building at APSU. Call (931) 906-3333 or visit www.nataliesdancenetwork.com for more information.

THE POTTERY ROOM SUMMER CAMP

9:00 a.m. to 11:30 a.m. Monday through Friday throughout the summer. Healthy snacks provided. \$175/week, 10% discount for siblings. Space is limited. Visit www.thepotteryroom.com for more details and to download the registration form. Call (931) 920-4777 for more information.

SUNRISE FITNESS

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

June

3 FRIDAY

BIG BROTHERS BIG SISTERS FUNDRAISER

12:00 p.m. to 4:00 p.m. at Big Brothers Big Sisters office, 543 Peachers Mill Road. Get your dog a bath by Alicia's K9 Kuts & Kennels staff, holistic pet care using all natural/organic products!

"MARBLE MOUNTAIN" BOOK SIGNING BY BUD WILLIS

3:00 p.m. to 6:00 p.m. at F&M Bank in the Franklin Road. Visit Bud's website at www.budwillis.com.

MOVIES IN THE PARK - FERRIS BUELLER'S DAY OFF

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.

4 SATURDAY

JUNE BOOM

8:00 p.m. at The Lodge Sports Pub, 3025 Mr. C Drive.

Experience a fireworks display, live entertainment and more.

6 MONDAY

GIRL SCOUT "CAMP CUISINE" DAY CAMP

8:00 a.m. to 1:00 p.m. through Friday, June 10 at Rotary Park. Girls (Girl Scouts and non-Girl Scouts) entering first grade and up are invited to Girl Scout day camp.

Girls will participate in adult supervised activities focusing on camp cuisine, Girl Scout traditions, games, crafts and more. Every girl will take away a Girl Scout day camp patch and t-shirt. For fees and registration information email bkelly@gsmidtn.org or call (931) 648-1060.

7 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

5:30 p.m. to 8:00 p.m. at Borders Books, 2801 Wilma Rudolph Boulevard. Beginners welcome. Call (931) 647-3625 for more information.

9 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.

FAB AUDITIONS

4:00 p.m. at Center Court of Governor's Square Mall. Do you have what it takes to be a member of the Fashion Advisory Board at Governor's Square Mall? If you are 14 years old and in high school with a minimum GPA of 3.0, then you are well on your way! The Governor's Square Mall's Fashion Advisory Board is a great way to meet new people, be a part of something that is not only fun but something that gives back. Members of FAB are ambassadors of the Mall and the community. Not only do

they serve as the models for mall fashion shows but they also participate in community activities... all to earn points. Stop by Customer Service and pick up your information packet and bring it with you to the auditions along with a copy of your most recent report card.

11 SATURDAY

SENIOR FAIR

1:00 p.m. to 5:00 p.m. at Center Court of Governor's Square Mall. There will be vendors to benefit seniors and a Senior Fashion Show at 2:00 p.m.

13 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.

14 TUESDAY

FLAG DAY

THE FAIR AT CLARKSVILLE SPEEDWAY

Gates open at 6:00 p.m. Tuesday through Friday, 1:00 p.m. on Saturday, June 18,

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at Clarksville Speedway & Fairgrounds, 1600 Needmore Road.

Free parking, free fair admission. Tuesday: All rides \$1 all day; Wednesday: Student/Edington's Furniture Night, arm bands \$15 with I.D., \$20 without; Thursday: Military/Jenkins & Wynne Ford Night, arm bands \$15 with Ford keys or logo, or military I.D., \$20 without; Friday: midway open with regular ride prices; Saturday: armbands \$20 from 1:00 p.m. to 6:00 p.m., regular ride prices after 6:00 p.m.

Events & Attractions: demolition derby, mud drags, monster truck, truck pull, Kent Family Magic Circus, petting zoo, pony rides and so much more. Visit www.clarkvillespeedway.com for more details.

16 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.

17 FRIDAY JAMMIN' IN THE ALLEY - CHRIS ROBERTSON

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

18 SATURDAY MAKE DAD A FATHER'S DAY CARD

10:00 a.m. to 11:00 a.m. at Chick-fil-A inside Governor's Square Mall. Kids can come in and make a Father's Day gift from the heart. Bring dad by anytime this day to receive a free small shake with any purchase.

TOUCH THE TRUCK

3:00 p.m. to 6:00 p.m. at Chick-fil-A, 1626 Madison Street. Come see fire trucks, police cars, ambulances and more. Learn safety tips from the fire and police departments. Games and prizes.

MOVIES IN THE PARK - TRANSFORMERS

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

MOVIES AT THE VICE

Held at the War Memorial Walking Trail Park, Oak Grove, Kentucky. This free event is provided by the Oak Grove Tourism Commission. Come see your favorite family movies on a 40 foot screen. Bring your blankets and lawn chairs. Popcorn and drinks available for purchase. Visit Oak Grove Tourism on Facebook, www.visitoakgroveky.com or call (270) 439-5675 for details.

19 SUNDAY FATHER'S DAY

20 MONDAY KARATE CAMP

Through Friday, June 24 at Baize Martial Arts, 388 Warfield Boulevard Court. Drop off at 9:30 a.m., pickup at 3:45 p.m. See ad on page 10 for more details.

GIRL SCOUT "FOREVER GREEN" TWILIGHT CAMP

5:00 p.m. to 8:15 p.m. through Friday, June 24 at Dunbar Cave State Park. Girls (Girl Scouts and non-Girl Scouts) entering first grade and up are invited to Girl Scout twilight camp. Girls will participate in adult supervised activities focusing on recycling and conservation, Girl Scout traditions, games, crafts and more. Every girl will take away a Girl Scout twilight camp patch and t-shirt. For fees and registration information email bkelly@gsmidtn.org or call (931) 648-1060.

21 TUESDAY TAKAMINE GUITAR CLINIC

6:30 p.m. at Mary's The Music Store, 305 North Riverside Drive. Featuring guitarists John Jorgenson and Brad Davis in one of only four tour dates. Limited tickets available, get yours now at Mary's for \$5/each. Call (931) 552-1240 for information.

CLARKSVILLE SCRABBLE CROSSWORD GAME CLUB

5:30 p.m. to 8:00 p.m. at Borders Books, 2801 Wilma Rudolph Boulevard. Beginners welcome. Call (931) 647-3625 for more information.

25 SATURDAY JUVENILE DIABETES RESEARCH FOUNDATION SUPPORT GROUP MEETING

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

ANIMAL TALES

11:00 a.m. and 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 64.

CUTEST PET CONTEST

Showtime at 3:00 p.m. at Borders Court in Governor's Square Mall. Use entrance next to Zales. All pets must be on a leash at all times. Prizes for winning pet owner. Half the \$10 fee will benefit the Humane Society. Registration begins at 2:00 p.m.

MOVIES IN THE PARK - MEGAMIND

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.

July

3 SUNDAY CITY OF CLARKSVILLE INDEPENDENCE DAY CELEBRATION

6:00 p.m. to 10:00 p.m. at McGregor Park along Riverside Drive. A celebration for all ages featuring live music from John Anderson and fireworks for the grand finale. Admission is free. For more information contact the City of Clarksville Special Events Office at (931) 648-6129 or visit www.cityofclarksville.com.

4 MONDAY INDEPENDENCE 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

Participant Information

In keeping with our commitment to provide age appropriate programming, we have scheduled five different programs as part of the Summer Reading Program. Seating will be first come, first served.

“Tadpoles and Tagalongs” programs are for children under age five and their parents or care giver, on Tuesday and Friday at 10:00 a.m., 10:30 a.m., 2:00 p.m., and 2:30 p.m. On Friday, we will repeat Tuesday’s program. At each program, a limited number of tickets will be given out on a first come, first served basis.

The Summer Reading Program, “One World, Many Stories” for children five years and up will be held on Tuesday at 10:00 a.m. and 2:00 p.m., and Friday at 10:00 a.m. and 2:00 p.m. Children should be old enough to attend this program without

parental supervision. Parents should wait in the library for their children until the program is finished.

On Monday at 2:00 p.m. there will be a “T’ween Scene” program for children that are going into grades 4th - 6th. On Thursday at 4:00 p.m. there will be a “You Are Here” program for teens that are going into grades 7th - 12th.

On Thursday evening at 7:00 p.m. there will be a “Pajama Story Time” suitable for the whole family.

**“One World Many Stories”
 Performance Schedule**

- June 7 at 10:00 a.m. and 2:00 p.m.
 Matt Fore, Magician.
- June 10 at 10:00 a.m. and 2:00 p.m.
 Zig Wajler, Musician.
- June 14 at 10:00 a.m. and 2:00 p.m.

Mr. Bond the Science Guy.

June 17 at 10:00 a.m. and 2:00 p.m.
 The Runaway Puppet Theater with Ed May.

June 21 at 10:00 a.m. and 2:00 p.m.
 Elizabeth Rose, National Storyteller.

June 24 at 10:00 a.m. and 2:00 p.m.
 Ron Mayhew, Magician

June 28 at 10:00 a.m. and 2:00 p.m.
 Reptile Program with Scott Shupe, naturalist.

July 1 at 10:00 a.m. and 2:00 p.m.
 Crystal Miller, Ventriloquist.

July 5 at 10:00 a.m. and 2:00 p.m.
 Donna Washington, International Storyteller.

July 8 at 10:00 a.m. and 2:00 p.m.
 The Urban Safari with Safari Greg.

CUSTOMS HOUSE MUSEUM & CULTURAL CENTER

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

EXHIBITS:

Art of Ev: Painting by Everett Neiwöhner

In the Planters Bank Peg Harvill Gallery. Through June 30.

Caught in Time: The Watercolors of Mary Spelling

Through June 26th in the Crouch Gallery.

The “***Snowflake Special***” and other model trains run every Sunday. Regular admission charged.

Winslow Homer’s War

Original Harpers Weeklies from the collection of the Haynes

Galleries, Franklin. Through July 24.

ACTIVITIES:

June 25
 Magic at the Museum
 6:30 p.m. to 10:00 p.m. The show will feature the swinging, musician, magician Big Daddy Cool Johnny Dellarocca. Tickets are \$30 each, and proceeds from the show will go to help the FUEL program. The pre-show reception begins at 6:30 p.m. You can purchase your tickets online at: magicatthemuseum.com

Museum Hours

Tuesday through Saturday
 10:00 a.m. to 5:00 p.m. Sundays
 1:00 p.m. to 5:00 p.m.

Admission

Adults \$7, senior citizens (65+) and college ID \$5, ages 6-18 \$3, ages 5 and under free.
 Free admission the second Saturday of each month.

ADOPTION & FOSTER CARE

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

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

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

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

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

ARTS, CRAFTS & HOBBIES COMMUNITY SCHOOL OF THE ARTS AT APSU

Provides lessons and classes in music and the visual arts for the general community. From Kindermusik classes for infants and toddlers, through lessons and performing ensembles for school-age students, and continuing with adult classes in photography, ceramics, and piano, the CSA strives to serve community members of all ages and ability levels with high quality year-round instruction in the arts. For information contact JoAnn McIntosh at (931) 221-7508 or csa@apsu.edu, or visit our website at www.csa.apsu.edu.

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

ATHLETICS BUDDY BALL SPECIAL NEEDS ATHLETIC LEAGUE

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

CLARKSVILLE IMPACT SOCCER CLUB
Involves participation of children ages 5-18 in youth sports, specifically soccer. Impact is a non-profit organization trying to provide opportunities to our youth. (931) 358-4926, info@clarksvilleimpact.us or www.clarksvilleimpact.us.

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

IRON KNIGHTS YOUTH WRESTLING CLUB
Ages 4 (pre-k) through 12-13 (8th grade) are all welcome. Registration cost is \$75 for the entire season & covers the AAU membership/insurance coverage, a team singlet, and a set of team warm-up/practice t-shirt and shorts. We will begin registration in October, the season will start on November 1. For more information e-mail intheknow@myironknights.com, tournamentcoordinator@myironknights.com, or visit us at www.myironknights.com. Mailing address is PO Box 31972, Clarksville, TN 37040.

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

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

YOUTH WRESTLING PROGRAM
The Hawks wrestling club is for boys and girls ages 7 through 14 years old (Elementary - Middle school). We are also looking for experienced volunteer wrestling coaches and coordinators. For more information, please contact wrestling coach Rafael Gonzalez at (931) 320-5042 or e-mail at taniagon@charter.net.

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

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

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

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

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

NINE MONTHS & BEYOND
A comprehensive source for pregnancy, birth, breastfeeding and early parenting education and resources. Offers birth tub rentals, breastpump rentals, baby moon vacation and spa packages, and birth plan consultations. Micky Jones, BS,

CLE, CLD, CHBE, CAPPA Lactation Educator Trainer at (931) 451-3223 or ninemonthsandbeyond.com.

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

CHILD CARE CHILD CARE AWARE
Child Care Aware is a non-profit initiative committed to helping parents find the best information on locating quality childcare and childcare resources in their community. The website offers lots of tips on choosing a child care provider, lots of free publications for parents, local child care rates and a Child Care Options Calculator. www.childcareaware.org.

MID-CUMBERLAND CHILDCARE RESOURCE AND REFERRAL
At 1300 Madison Street, provides childcare free referrals and information to parents, training and on-site consultation to childcare providers, and a lending library full of resources for the community. (931) 648-3695 or (866) 446-6006.

MONTGOMERY COUNTY CHILD CARE PROVIDERS BY AREA
At the following links you will find individual child care providers, state star quality ratings, capacity, minimum & maximum age accepted, hours of operation and transportation information. (Home based child care facilities are also listed.)

www.tennessee.gov/humanserv/childcare/63/37040/

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

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

PARENT INFORMATION NETWORK
Parents working to keep parents informed about issues that affect

the community, education and our schools via a subscriber e-mail network, 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) 358-9515; or Ajax Senior Citizens Building, 953 Clark Street, Kim at (931) 647-0566; or Community Church, Jack Miller Boulevard & Airport Road, Kim at (931) 647-0566. www.middletnalanon.org.

CLARKSVILLE RAPE AND SEXUAL ABUSE CENTER

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

CHAP PROGRAM OF CATHOLIC CHARITIES

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

DEPARTMENT OF CHILDREN'S SERVICES

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

LEGAL AID SOCIETY

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

MONTGOMERY COUNTY CHILD SUPPORT SERVICE

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

SAFEHOUSE

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

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 ½ hours weekly. Three online courses are also available. Visit www.studythescrptures.net or call (931) 648-8844 for more information, class schedules, and to register.

APSU EXTENDED EDUCATION

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

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

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

- AA support group meeting Mondays, Wednesdays and Fridays 8:00 p.m. to 9:30 p.m.
- English classes Monday through Friday, 10:00 a.m. to 12:00 p.m.; Tuesday through Thursday, 6:00 p.m. to 8:00 p.m.
- Glasses voucher program for low income families
- Enfocando autism support group
- Notary services
- Parenting classes
- Third Thursday food pantry
- Clothes closet
- Translations
- Women empowerment classes
- Youth mentorship
- Gang prevention training

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

HOPE CENTER

A community service branch of the Family Guidance Training Institute, Inc. provides a number of community activities to include summer camps for seriously emotionally disturbed children, S.T.E.P. into the Light, a women's holistic wellness group, and Women's Share community. The Hope Center also offers a multitude of workshops for community organizations. For further information regarding our programs, please call (931) 431-7580.

HUMANE SOCIETY OF CLARKSVILLE-MONTGOMERY COUNTY

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

LATINA ASSOCIATION

A nonprofit organization with the mission of unifying the Hispanic community within, and then unifying them in the community where they live, by being the center point of resources and education to strengthen family values. English as a Second Language classes are offered, in partnership with Adult Basic Education as well as How to Start Your Own Business seminars, offered in Spanish or English, in partnership with Your Spanish Link

and Concept Training. Donations of any kind are welcomed. (800) 431-8364 or www.asociacionlatina.info.

L.E.A.P. ORGANIZATION

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

LOAVES AND FISHES

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

MEALS ON WHEELS

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

MONTGOMERY COUNTY WIC CLINIC

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

PREVENT BLINDNESS TENNESSEE

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

RADICAL MISSION

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

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

TENNESSEE REHABILITATION CENTER AT CLARKSVILLE

1575 Corporate Parkway Boulevard (past John Deere and Clayton Homes), a county/state agency, the TRC provides counseling, vocational evaluation, work adjustment, and job placement services for graduating high school students and adults with disabilities. (931) 648-5560.

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

The Two Rivers Association for the Education of Young Children, TRAEYC, (pronounced tray-see), is one of the fastest growing affiliates in the history of the statewide associations. TRAEYC members have a passion for young children and are committed to their education. The Tennessee Counties represented by TRAEYC are Benton, Dickson, Henry, Houston, Humphreys, Montgomery and Stewart. We invite you to join us in exciting upcoming professional growth opportunities. Contact Connie Sanders, TRAEYC President, at (931) 221-6234.

UNITED WAY

At 1300 Madison Street, provides the leadership to increase the organized capacity of people to care for one another. Monitors and provides support for agencies serving Clarksville and Fort Campbell, as well as Montgomery, Houston and Stewart counties. (931) 647-4291.

VETERANS UPWARD BOUND

Provides free educational services to veterans who are planning to enroll in college or technical school, or to take the GED Exam. The program is funded by a grant from the U. S. Department of Education as a TRIO project. VUB provides veterans with free academic and counseling services to assure they are ready to succeed in their educational pursuits. Outprocessing military and discharged veterans may be eligible to receive services. For further information, please contact Makeba Webb at (931) 221-7601 or at webbm@apsu.edu. You can also visit our website at www.apsu.edu/VUB/.

COUNSELING, SUBSTANCE ABUSE & MENTAL HEALTH

ASPERGER/AUTISM CENTER

800 Tiny Town Road, serves children and adolescents with Asperger and Autism Disorders. Services include: individual counseling, group counseling, family education and counseling, and psychiatric services. For further information regarding our programs, please call (931) 431-7580.

BRADFORD HEALTH SERVICES

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

CELEBRATE RECOVERY

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

CENTERSTONE

810 Greenwood Avenue, (931) 920-7330. 1820 Memorial Circle, (931) 920-7300. Crisis Walk-In Center, Gateway Medical Center at 651 Dunlop Lane, (931) 502-2025. 511 Eighth Street, (931) 920-7200.

FAMILY CENTERED SERVICES

901 Martin Street, (931) 503-4600.

THE FAMILY GUIDANCE TRAINING INSTITUTE

800 Tiny Town Road, committed to positively impacting the lives of our community's children, youth and their families. Family Guidance Training Institute, Inc. is a 501c3 licensed community mental health center and alcohol and treatment facility. Offering quality, private, compassionate services to persons who seek emotional wellness. Therapeutic and psychiatric services include: assessments, individual counseling, marriage and family counseling, group counseling, supervised visitation, mental health case management, and alcohol and drug treatment and education services. For further information call (931) 431-7580.

HOPE (HOMELESS OUTREACH PARTNERSHIP AND EMPOWERMENT)

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

LIFESOLUTIONS - ASPIRE & JOBLINK

611 Eighth Street, (931) 920-7210.

MENTAL HEALTH COOPERATIVE

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

OAK HILL RESIDENTIAL

118 Union Street, (931) 647-8257.

PASTORAL COUNSELING CENTER

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

THE PATH LIFE COACHING

Through The Path Life Coaching (www.ThePathLifeCoaching.com), you can explore your options to move you forward to a more fulfilling and satisfying life! The Path Life Coaching is designed to promote and support you as you discover harmony and happiness along your life journey. You will be guided along "your Life's Path" becoming empowered to realize your own truths and solutions as you move forward and achieve your own goals and dreams. The Path Life Coaching is based on a wellness approach to life coaching that embraces the "whole" self to

include self-truth, spirituality, and emotional and physical wellness. This success of The Path Life Coaching rests on the assurance that the coaching experience is a "safe place for reflection and growth." Each session is a "rest stop" along your journey where you will embrace exploration, design, action, evaluation and achievement giving you insight and awareness as you move along the "Path" of your choosing. Please contact Dr. Julee Poole for more information at JuleeSPoolePHD@aol.com or (931) 906-5449.

REGIONAL INTERVENTION PROGRAM (RIP)

404 Pageant Lane, (931) 920-2347. Provides a program for families with preschoolers who are having difficulties in behavior and/or development, run through local mental health agency Centerstone. RIP offers classes for parents to learn more effective parenting skills. Classes are held on Tuesdays and Thursdays, both morning and night. We currently have immediate openings. Contact Katie McWilliams, Clarksville RIP Program Coordinator at (931) 920-2347 or Katie.McWilliams@centerstone.org.

VIVIAN HOUSE

125 Vivian Street, (931) 920-7235.

WEEMS ACADEMY

812 Greenwood Avenue, (931) 920-7370.

INTERNATIONAL ORGANIZATIONS

MISS TENN KY AREA AFS VOLUNTEER LEADERSHIP TEAM

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

All kinds of families can host—two-parent households with young children or teenagers, single-parent families, families with adopted children, foster parents, as well as couples and single people who do not have children or who have grown children. One of the most important characteristics of a host family is being eager and excited to share your life and

activities while providing the same kind of care, support, and comfort as you would to your own child or family members.

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

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

PARENT GROUPS

CLARKSVILLEMOMMIES.COM

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

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.

CLARKSVILLE HOMESCHOOL NETWORK

CHN is a member-led, inclusive homeschool network with the goal of connecting independent home educators and members of existing groups through a common virtual meeting place in order to encourage discussions, dialogue,

and face-to-face meetings where members can share resources, learn together and build a sense of community. For more information, please visit www.chn.proboards.com. There is not a fee to register with the group. You must post an introduction to the group within one week of joining.

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 Hopkinstown 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.

MOPS AT FIRST BAPTIST CLARKSVILLE

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 2011-2012 Coordinator, Kat McNeal at katmcneal@hotmail.com or (931) 802-6373, or visit us on Facebook under MOPS at First Baptist Clarksville.



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:

<ul style="list-style-type: none"> • Financial assistance • Prescreening for foodstamps • Free tax preparation • Food banks 	<ul style="list-style-type: none"> • Housing • Health resources • Elderly care • Financial literacy • Job training programs
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FT. CAMPBELL MOPS

Free child watch is available 9:15 a.m. to 12:00 p.m. MOPS meets the 1st and 3rd Wednesday of the month at Memorial Chapel Church on Fort Campbell. Contact Jaime Wommack at jaimenicole711@yahoo.com and (931) 302-8922; or Amanda Hough at amandahough@gmail.com and (517) 204-1136.

HILLDALE BAPTIST CHURCH MOPS

Meets most 1st and 3rd Fridays from 9:30 a.m. to 11:30 a.m. starting in September going through May. Childcare is provided and your first meeting is free. Come meet great moms and join in the fun. For more information contact Heather Lopp or Diane Carroccia, Co-Coordinator, 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) 647-8850 or email mops@springcreekbaptistchurch.org.

PARENTS OF MULTIPLES

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

PARENTS REACHING OUT

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

SHARE (SECULAR HOMESCHOOLERS: ANY RELIGION, ECLECTIC)

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

TENNESSEE EARLY INTERVENTION SYSTEM (TEIS)

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

WIC NUTRITION EDUCATION CENTER

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

RETIREMENT GROUPS

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

Meets on the 2nd Thursday of each month at the Golden Corral Restaurant, 2811 Wilma Rudolph Boulevard. We gather to eat at 11:00 a.m. with the business meeting starting at 12:00 p.m. We have a private area reserved, always have a speaker, and guests are always welcome. NARFE's mission is to preserve and protect the earned benefits of all Federal Employees and Retirees. We are the ONLY organization that works to protect the earned benefits of ALL Federal Employees, Retirees and their families. If you are now receiving, or expect to receive, a federal retirement annuity, then you should join us as a member and help us actively preserve our federal benefits. We need your support to increase our overall membership numbers. NARFE works on the national and state levels in Congress to propose and oppose legislation in the interest of the federal employee and retiree. With over 300,000 members nationwide and over 4,400 in Tennessee, we are a strong voice in Washington, DC. Please contact JC Whitney at (931) 358-4855 or e-mail at jcwhitney@cdelightband.net for more info.

SUPPORT GROUPS

ALZHEIMER'S CAREGIVERS' SUPPORT GROUP

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

ARMY COMMUNITY SERVICE

At 5661 Screaming Eagle Boulevard, Fort Campbell, "Family Readiness" is the state soldiers, spouses and family members proactively prepare for, and

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

ASMT (AUTISM SOCIETY OF MIDDLE TENNESSEE)

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

AUTISM SUPPORT GROUP

Donna Richardson at (931) 503-2315.

CLARKSVILLE ASSOCIATION FOR DOWN SYNDROME (CADSTN)

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

CLARKSVILLE MONTGOMERY COUNTY MULTIPLE SCLEROSIS SUPPORT GROUP

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

CLARKSVILLE OSTOMY SUPPORT

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

CLARKSVILLE PARENT SUPPORT GROUP

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

GRIEF & LOSS

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

NAMI (NATIONAL ALLIANCE OF THE MENTALLY ILL)

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

PARENTS HELPING PARENTS

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

TENDERPAWS PET THERAPY

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

WARRIORS OF HOPE

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

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

Coloring Contest Winners!



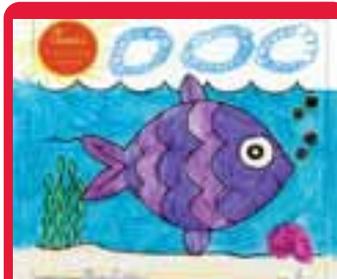
Ava Biter
age 2, Clarksville, TN

**Ages
0-3**



Christina Stone
age 6, Clarksville, TN

**Ages
4-6**



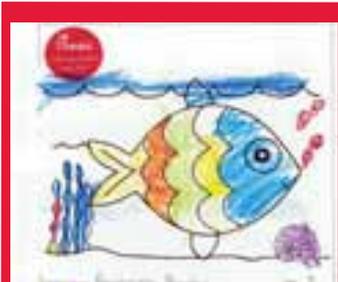
Alexis Endres
age 8, Clarksville, TN

**Ages
7-9**



Hannah Motes
age 10, Clarksville, TN

**Ages
10-12**



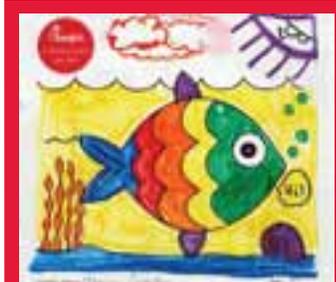
Arianna Harvey
age 3, Clarksville, TN



Tristian Endres
age 5, Clarksville, TN



Sebastian Motes
age 8, Clarksville, TN



Morgan Crowley
age 10, Clarksville, TN

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



FREE 3ct chick-n-strips
with purchase of large
fry and large drink.



Coupon not valid with any other offer. One coupon per person per visit. Redeemable at Governor's Square Mall & Madison St. locations in Clarksville. Closed Sundays. Please use by 7/31/2011.

Buy one small
milkshake get one
small milkshake
FREE!



Coupon not valid with any other offer. One coupon per person per visit. Redeemable at Governor's Square Mall & Madison St. locations in Clarksville. Closed Sundays. Please use by 7/31/2011.

IN THE COOLNESS OF A DARK MOVIE THEATRE, WE'RE GLUED TO THE SCREEN. WE LAUGH, CRY, AND CHEER AS THE STORY CONNECTS TO SOMETHING DEEPER WITHIN US. BUT WHAT CAN THESE LARGER-THAN-LIFE MOMENTS TELL US ABOUT A GOD WHO WANTS TO MAKE SOMETHING AMAZING WITH THE STORY OF YOUR LIFE? SOMETIMES GOD SPEAKS TO US IN MYSTERIOUS WAYS; EVEN THROUGH THE MOVIES WE WATCH. SO IF YOU HAVE BEEN THINKING ABOUT TRYING CHURCH, HANG OUT WITH US AT ONECHURCH DURING THE MONTH OF JUNE.

WE'LL PROVIDE THE POPCORN--ALL YOU NEED TO DO IS JUST SHOW UP!

at the

MOVIES



onechurch.tv

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

www.onechurch.tv

931-802-8663