

May 2012



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**The Wise Family:
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Portrait by
Courtney Zenner

Dance Force



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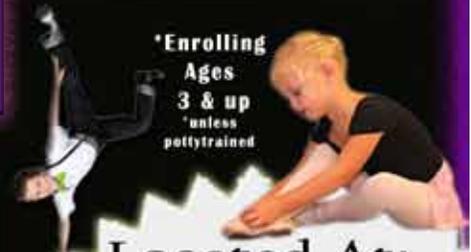
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Publisher's Message

I thought the warm weather was here to stay already, but I was wrong! A few weeks ago I broke out the jean shorts and tank tops only to have to find my sweaters a couple of days later. Hopefully by the time you're reading this it will be getting more seasonably warm. (And yes, I'll be complaining to my husband about how hot it is as soon as it goes too far the *other way*.)



With Easter come and gone and now the school year winding down, the unofficial start of summer is right around the corner. And judging by the activities happening in and around Clarksville, you and your family will have plenty to keep you busy. From camps, to vacation bible schools, to festivals, craft classes and free movies—Clarksville is a busy and fun place! And don't forget the Downtown Market returns starting Saturday, May 19. See ads for various events throughout this issue and read the calendar (page 66) to plan your days.

Our cover article this month features a heartwarming story about the Wise family and their daughter, Claire. See how love and faith are making this Mother's Day all the more special for them (page 6). Other articles about moms knowing best (page 16), the challenges of parenting (page 32), and how we compare ourselves to other moms (page 40) are all great reminders of the joy and struggles of motherhood.

With all that is going on, and the hectic nature of this time of year, we should still pause to reflect on the sacrifices of our military and their families. Fort Campbell is such a major part of our community, and vital members of our Clarksville family. There are three military events this month that allow us to formally recognize them: Military Spouse Appreciation Day on May 12, Armed Forces Day on May 19 and Memorial Day on May 28. There is an excellent article (page 20) by the Daughters of the American Revolution that explains these events' history and importance. We sincerely thank all of our military and their families for everything they do for us.

Happy Mother's Day to everyone. Have a wonderful May. Stay warm (but not too hot). Thank you for picking us up!

Sincerely,
Carla Lavergne

DISCLAIMER

The opinions expressed by articles, advertisements and listings in this magazine are not necessarily the views of Clarksville Family. Reasonable care has been taken to ensure the information presented is accurate, but no responsibility can be taken by Clarksville Family Magazine if it is not.

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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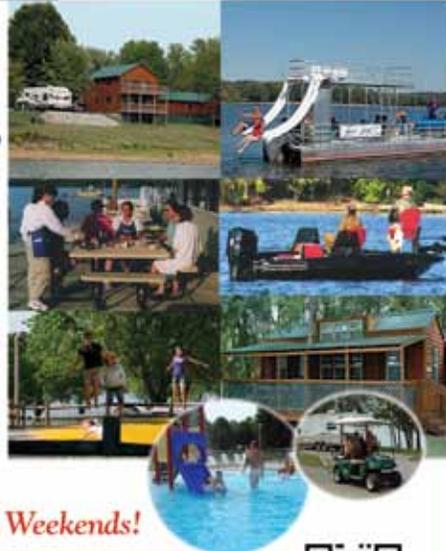
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THE UNEXPECTED CHORDS OF MOTHERHOOD

by Pamela Magrans

As Channing waits up till 10:30 p.m. to give Claire her nighttime medicines, she watches her daughter sleep. Soon, the feeding tube will be removed. Soon, the valve defect in her heart will be repaired. Someday soon, Claire will totter around the nursery like any other baby, learning to cruise,

walk and then run. Like her three-year old brother, Canon, Claire will grow with each passing day.

As 24 year-old Channing watches her sleeping daughter, the fears and anxieties that overwhelmed her that day in the doctor's office seem like a fading dream. "Your baby has Down



syndrome," said the doctor. On that day months ago, the news was devastating to Channing. But as she watches her sleeping daughter and recalls the emotions of the past few months, she is certain that this Mother's Day, she is more blessed than ever before.

What is right and what is not wrong

When Channing (age 24) and Brad (age 27), went to the obstetrician's office for the 20-week prenatal check up, they expected to find out the gender of their baby. What they did not expect was to hear the news that not only did their unborn daughter have a heart defect, but she also tested positive for Down syndrome (DS).

Popular belief supports that Down syndrome is typically a condition born to babies of older mothers. Channing and Brad shared this belief, which added to their surprise when the tests confirmed that her unborn baby had DS. However, according to the National Down Syndrome Society, 80% of children with DS are born to

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women under 35 years of age. The risk of DS increases with mother's age; however, with the higher fertility rates of younger women, the vast majority of babies born with DS are born to younger mothers.

Down syndrome occurs when a baby has an extra full or partial copy of chromosome 21. This additional genetic material causes the characteristics associated with DS. In addition, most babies born with DS also have a heart defect. This was the case with Claire. She was born with Atrio-Ventricular Septical Defect (AVSD). Much reading material exists regarding the medical definition of DS and AVSD, but nothing could prepare Brad and Channing for the



news or the emotions that were to follow. With all the medical conditions of what was "wrong" with their unborn baby, they were soon to learn on their own all that was "right."

What a pamphlet can't tell you

For mother-to-be Channing, the surprise was difficult. As she

sat in the doctor's office, with her husband, Brad, and her mother, Jane, by her side, she could not focus on anything the doctor said. The label "Down syndrome" echoed through her mind, to her heart and to her pregnant belly like a pill hard to swallow. She felt conflicted between the vision of what their daughter's life would be like and the reality of the days ahead. She questioned the future of her baby and their family. Questions swirled through her mind about how she was going to handle it all, how was she to continue parenting her three year old, work full-time, and manage the complex issues ahead of her. As her husband and

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mother supportingly sat by her side, Channing tried hard not to cry.

Before leaving the doctor's office, she was offered a pamphlet describing DS. For Channing, a trifold of statistics and facts was a harsh and cold way to think of her unborn

baby's condition. As she flipped through the reading material, it all lacked emotion or a response to the realism of her feelings. The emotions were overwhelming, and Channing struggled with the joy of pregnancy and the

sadness of feeling like there was something "wrong" with her baby.

Now as she watches six-month-old baby Claire and she sees that wide smile, Channing knows that her feelings were normal.

"Mothers wouldn't be normal if they didn't worry. There is nothing worse for a parent than to know that you are going to have to watch your child struggle," said Channing.

"Having feelings is nothing to be ashamed of. I wish I had cried more. There's no shame in crying; being scared and nervous for yourself, your family and your baby is human," said Channing.

Before Claire was born, Brad and Channing went to the Down Syndrome Support group in Clarksville. After meeting other families, the statistics staring at them from the Down syndrome pamphlet didn't seem so foreign. Little by little they met other parents who had already experienced what they were just beginning to embark on.

As Brad and Channing learned more about the condition and shared the information with others, they gained confidence to face the days ahead.

"I realized that it was okay to be emotional. At the moment the news is devastating. I had to go through a dark tunnel, but as soon as she was born, I knew she was beautiful and perfect just the way she was," said Channing. "I prayed for a normal baby," said Channing. "But now I feel I was selfish for thinking those thoughts. She is perfect just the way she is."

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Channing recalls that day in the doctor's office when she was given the news that her baby had DS and a major heart defect. After being told the news, she was offered a pamphlet and ushered out the door. The pamphlet lacked personal qualities and emotion and

dealt with the condition strictly from a medical perspective. Channing plans to catalog her experiences and share her journey from an emotional perspective in hopes of helping future families. Channing is

blogging about her experience at super-momandmore.blogspot.com/?m=1.

"No book can tell you who your child is. No book can tell you what to plan for. Only you know your child by giving them the most valuable gift, your time," said Channing.

With the support of a mother

No matter the age, children need their parents. A strong parent will see a need before it is there and step in to help at any cost. Channing's mother, Jane Russell, attended doctor visits with Channing and Brad during pregnancy and continues to support them in whatever way she can as they care for Claire. As she watches her daughter transform from a young lady into a wife and mother of two, Jane has witnessed much that makes her proud of her daughter. "She has all of the patience of Job and unconditional love. She finds time to work all day and then go outside and play ball with Canon," said Jane. "Channing has had a lot of curve balls thrown her way in the last six years, and still she has such a positive attitude. I believe her faith in God has given her the inner strength and determination to continue on each day and to believe that tomorrow will always be better," said Jane.

"A support system is imperative for young/new families. Emotional thinking is a result of when the family is in a time of need or a crisis. Every single one of us is vulnerable and we all need people, a support system, to help us get through the challenges that life presents to us," said Jane.

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Brad and Channing draw support from their extended family and community. They were both raised in Clarksville, are Clarksville High graduates, and look forward to raising Canon and Claire in Clarksville.

“Our families have one big thing in common—help others and be active in the community. Clarksville has given our family a wonderful place to grow up and raise our own children—it’s a family town,” said Channing.

With the support of community

When the Clarksville community began to hear about Claire’s need for heart surgery to repair the condition of AVSD,



support poured in. The family encouraged friends to donate blood in Claire’s name, as Claire would need blood transfusions as a result of the upcoming heart surgery. Word spread and soon local donations at the Red Cross surpassed the need.

Soon, surgeons at Vanderbilt will repair Claire’s heart defect. She will recover at the hospital

for 10-14 days. Claire’s life will be what she makes it, but it will not be defined by a pamphlet or medical condition. Doctors will repair her heart defect. The rest of her life will be full of all the richness her family and community will offer her.

“We are pushers. We push Canon to do the best he can. I don’t think we will change that for Claire. She will be with other children like her. I can’t compare Claire to anyone else. At first I compared her to Canon, but they are two completely different people and I shouldn’t compare them,” said Channing. “I will be proud of her regardless, just because she is Claire.”

Brad, Channing, Canon and Claire are featured on the cover of this month’s issue, enjoying their first family photo session by photographer Courtney Zenner at Shae Halliburton’s farm.

This Mother’s Day may we remember that there is no outline or prescribed doctrine for motherhood. Life throws us surprises that often turn out to be just what we need. As three year-old Canon stands on tiptoes besides his baby sister’s crib and sings his made up song “Sweet Claire of Mine,” it is a reminder that motherhood (like life) is not scripted. Rather, it is lyrical—a sweet song of high and low notes echoing day by day, until we find ourselves in the middle of a symphony.

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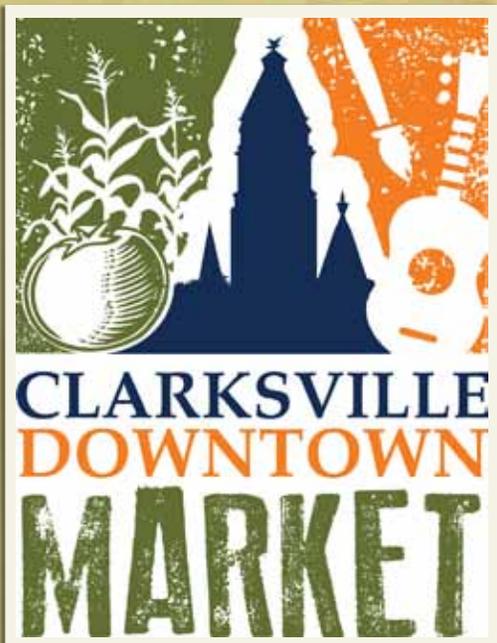
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10 THINGS YOUR MOM TOLD YOU THAT WERE ACTUALLY TRUE

by Taylor Lieberstein

Mom might not have known everything, but there were several areas where her advice was spot on.

It's natural for young people to go through a period of feeling skeptical of what their parents say and to lack the perspective

to see the truth in the things they told us. But as we mature, we can look back on what our mothers (and other elders) told us and appreciate how right they were.

1. If all your friends jumped off a bridge, would you?

I can still see myself rolling my eyes and protesting, "That's just dumb." The truth is, I did a lot of things because other people were doing them. Even worse in some cases, I did a lot of dumb things because I thought other people were doing them. As you get older you see that you don't need or want to do most things that others are doing. So the whole "Well, Michelle's mom let her do it" was a poor case to build now that we realize our mothers had the better argument.

2. It doesn't matter who started it, you end it.

Often we waste too much time assigning blame and wanting the person who was in the wrong to straighten up and make amends. Unfortunately, that's not always going to happen and it's up to you to find a way to resolve situations for the sake of your peace and happiness, instead of waiting for the other party to take accountability.

3. Can't never could do nothing.

When I was younger I always stated that I wasn't capable of doing this or that. Usually, I knew I could and was just not willing to put forth the time and effort. However, that one never worked on my mother. "Can't never could do nothing," continues to play back in my head when I hear someone say that they *can't*. I acted like I hated that five-word sentence

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when my mother used it. Truth be told, I always liked to hear her say it.

4. If you can't say anything nice, don't say anything at all.

Honesty is the best policy, but it's not always necessary to voice your opinion. There will be times when you have no choice but to say something that has the potential to hurt feelings; but always be aware of your own motivations and save the harsh truth for when it will truly benefit the recipient. If you have something to say that is unwarranted or has no potential benefit then just don't say it.

5. It's always darkest before the dawn.

In other words when life seems like it's the very worst it could be, it is bound to get better. This one actually came from my great-grandmother. If you're upset or going through a difficult time this is the adage to remember.

6. No use crying over spilled milk.

Worrying about something that has already happened (and cannot be changed) was pointless when you were 11 and that still applies as you grow older. Whether it's a lamp your son broke or a car your daughter wrecked, learn from

it and move forward. Next time something goes wrong in a situation you can't control try looking at the bright side and making the best of it.

7. How do you know you don't like it if you don't try it?

Our preconceived notions can prevent us from trying things that could add happiness to our lives. Don't dismiss things right off the bat. Be willing to give things a try before discounting them. Stretch outside your comfort zone every once in a while and see where the adventure takes you.

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8. Two wrongs don't make a right.

This is the kind of thing your mother may have told you when someone wronged you and you wanted revenge. Well once again, mother knew best. Chances are that as you got older you saw that when someone mistreated you it made them feel even worse when you didn't seek revenge.

9. Your bed wasn't made for jumping on.

Not only are bed frames not generally strong enough to withstand being used as trampolines, using your bed for anything other than sleep or sex can intensify insomnia. Make sure to reinforce the idea that beds equal sleep by never surfing the Internet, working, or doing other activities in bed.

10. Go outside and play.

Most of us don't get enough sunshine and fresh air. Spending time outdoors helps our bodies produce vitamin D and keep depression at bay. It's hard to be your best unless you're getting sufficient exercise and fresh air. So the next time it's nice outside, go outside for a while even if just long enough to take a walk around the block during your lunch break.

Happy Mother's Day.



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MAY BRINGS THREE MILITARY OBSERVANCES

by LTC Alicia Clark, USA (Ret.),
DAR National Defense Chairman

May brings three military celebrations and observances in which we all can express our sincere appreciation to our military men and women, their Spouses and families for their service and sacrifice. Many of us will participate in various patriotic activities this month by flying our U.S. flags, attending or participating in a parade, visiting a military cemetery, volunteering at a VA hospital or just remembering a special veteran in our lives such as a husband, father, grandfather, brother or uncle. In today's modern military, this list

of honorees now extends to wives, mothers, daughters, sisters, aunts, and nieces.

...I do worry that one day, the American people and their troops may no longer know each other the way they should. When I consider how much that one percent has repeatedly sacrificed over the last 10 years, especially our wounded, their families and the family of the fallen, I think it's worth asking ourselves as Americans whether we're doing enough to help them and, more broadly, our nation and our community."



Admiral Mike Mullen, the 17th Chairman, Joint Chiefs of Staff, recently said, "With less than one percent of our population now

I am part of that one percent who served. I am a military veteran having served over twenty years in the U.S. Army as an officer in the

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May 12 at 2:00 pm
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May 26 at 10am
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Quartermaster (Logistics) Corps. During my service in the U.S. Army, I successfully progressed through the ranks serving in a multitude of positions of varying responsibility. Just a little over three years ago, I voluntarily retired at the rank of Lieutenant Colonel.

Over the span of my career I held many types of jobs with the opportunity to travel with my family and to work with truly awesome professionals. I lived in six different states and two foreign countries. I experienced many ups and downs, with deployments and innumerable sacrifices on both my part and the part of my family.

When asked what I miss most about the military, the first thing I say is, "the people." What an exceptional group of men and women who are willing to sacrifice their lives at any minute for our country and our way of life—they are truly the brave one percent along with their families.

As an Army veteran and a member of the Captain William Edmiston Chapter of the National Society of the Daughters of the American Revolution (DAR), I encourage the public to take time out this month to remember our past and present veterans. The American veteran is anyone who has served any length of time, within any branch of service (Army, Air Force, Marine, Navy, and Coast Guard).

May brings us three specific opportunities to honor and thank all of our military, past and present. Consider those who are serving right here at Fort Campbell, and throughout

the nation and abroad. Let's naturally extend our gratitude to their Spouses and families who directly share the burden to support them.

May 12, 2012: Military Spouse Appreciation Day

Since 1984, this day has been set aside to acknowledge the significant contributions of our military Spouses the day before Mother's Day. All military Spouses share the unique burden of national defense with their



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beloved Soldier. Enduring yearlong deployments, child rearing and childcare issues, unemployment, and separation from family and friends, they courageously push forward to support their Soldier, the mission, and their family for us all. Since the very first camp followers of

the American Revolutionary War, today's military Spouse continues to meet these challenges with strength and grace. Make sure you thank a military Spouse for a job well done!

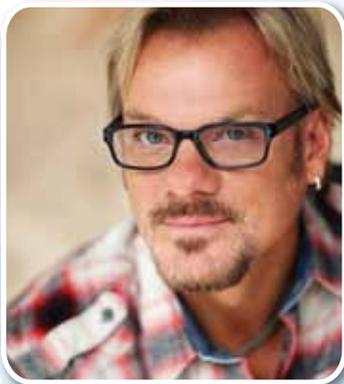
May 19, 2012: Armed Forces Day

Stemming from the Armed Forces unification under one department, the Department of Defense, this day was created on August 31, 1949, and first celebrated May 20, 1950. It is a day to honor and acknowledge Americans who have served or are serving in the Armed Forces. Armed Forces Day is celebrated nationwide and is part of Armed Forces Week. The 2012 patriotic theme is "Keeping America Strong and Secure—United in Purpose, Steadfast in Service."

May 28, 2012: Memorial Day

One of my favorite holidays, this day was originally known as Decoration Day until after WWII. It was started as an event to honor Union Soldiers who had died during the American Civil War. After WWII, it was extended to include all men and women who died in any war or military action. It is traditional to fly the flag of the United States at half-mast from dawn until noon, and many people visit cemeteries and memorials, particularly to honor those who have died in military service. Around the country, American flags are placed on graves in our national cemeteries.

Remember to fly your US flags in May. Make an effort to thank your veteran family members and our Fort Campbell Soldiers and their Spouses and families. America is the home of the free because of the brave!



SATURDAY HEADLINER
PHIL VASSAR

This Virginia-born songwriter and musician has undoubtedly made his mark in Nashville as an acclaimed artist. Phil's known not only for his gift for hit songwriting, but also for his compelling and entertaining skills on the piano. His uniquely piano-based, rhythm and blues-infused, buoyant brand of music has carried Phil throughout his career and remains his speciality in the genre.

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HEALTHY KIDS: RECOGNIZING OBESITY IN YOUR CHILD

by Wilmarie Garcia, M.D., Pediatrician

Pediatricians and parents are concerned about the rising rates of obesity among children and are now recognizing the need for action. Over the past three decades, the number of children who are overweight or obese has increased at an alarming rate.

Obesity in children and adolescents is a serious issue with many health and social consequences that often continue into adulthood. Implementing prevention programs and having a better understanding of treatment

for children is important to controlling the obesity epidemic.

A measurement called the Body Mass Index (BMI), which is based on a combination of height and weight, is used to determine if a person is overweight or obese. According to national averages from the Centers for Disease Control (CDC), if a child is ranked between the 85th and 95th percentile they are considered overweight. Children in the 96th percentile and higher are considered obese.

Although there are some genetic and hormonal causes

of childhood obesity, most excess weight is the result of poor dietary habits and inactivity. If children consume more calories than they expend through exercise and normal physical activity, they gain weight. Many factors could increase a child's risk of becoming overweight:

- **Diet** Regular consumption of high-calorie foods, such as fast foods and vending machine snacks, contribute to weight gain. Soft drinks, candy and desserts are also high in calories.
- **Inactivity** Children with little or no physical activity are more likely to

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gain weight because they are not burning calories. Activities such as watching television or playing video or computer games for more than two hours should be balanced with physical activities.

- **Genetics** If obesity runs in the family, a child may be genetically predisposed to put on excess weight, especially in an environment where high-calorie food is available and physical activity isn't encouraged.
- **Psychological Factors** Some children overeat to cope with problems or to deal with emotions, such as stress or boredom.

Certain hard-to-control factors can also contribute to a child's risk of becoming obese. For example, children from minority to low-income backgrounds are at greater risk of obesity. Research shows poverty and obesity often go hand in hand because low-income parents may lack the time and resources to make healthy eating and exercise a family priority.

Obese children can develop serious health problems, such as Type II

diabetes and heart disease. Overweight children are also at higher risk of developing:

- High blood pressure
- Asthma and other respiratory problems
- Sleep disorders
- Liver disease
- Eating disorders

To address this alarming issue, we have developed the Rainbow Weight Clinic—aimed at helping curb the rising rates of childhood obesity within Montgomery County. The clinic is designed specifically for children and consists of three components: medical, nutrition and

exercise. The medical component includes an initial assessment, including physical exam, measurement of height, weight, blood pressure, skin-fold thickness and blood work. This is followed by monthly assessments for the next six months and then two more checkups at nine and 12 months.

The nutrition component includes an initial session with a registered dietitian from Gateway Medical Center. This is followed by monthly sessions for the next six months and then two more sessions at nine and 12 months.

The exercise program consists of two one-hour sessions each week with the staff at Circuit Athletics and continues for six months.

For more information, please contact the Rainbow Kids Clinic at (931) 553-6666 or visit us online at www.RainbowKidsClinic.com.

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

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Dr. Wilmarie Garcia, Pediatrician, received her medical degree from the University of Illinois at Chicago College of Medicine. She completed her residency at the University of Illinois at Chicago Children's Hospital and is a member of the American Academy of Pediatrics. Dr. Garcia recently joined the Rainbow Kids Clinic staff and can be reached at (931) 553-6666 or online at RainbowKidsClinic.com.

Source: WebMD, www.webmd.com; American Obesity Association, www.obesity.org

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THE FIRST TEE OF CLARKSVILLE—DEVELOPING SKILLS, LIFELONG BENEFITS ON THE GREENS

by Pamela Magrans

With summer around the corner and school almost out, many parents are looking for some new activities for the summer. Trying to keep the kids outside, exercising and using their time wisely, is often a challenge. If you are one of those parents looking for a new activity for your child—something that will get them moving and learning something new, why not try golf? Unlike many sports, golf can be a lifelong sport. It is social sport that families can enjoy together.



Maybe a golf club and some practice swings are what are in order for this summer.

The First Tee of Clarksville provides local youth a way to learn the enduring game of golf, make new friends and build lifelong character traits.

One parent's perspective

Tina Lee has three sons who all participate in the First Tee Program. Ms. Lee homeschools her children, and the First Tee offers a homeschool program that matches their needs. In addition, it reinforces the core values that she wants her sons to learn, not just about sports but also about life in general.

“Through each level of the First Tee Program, they teach the nine core values. It’s like the Boy Scouts of Sports. They instill the lessons of the



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| <p style="background-color: #00bcd4; color: white; padding: 2px;">Registration</p> <p style="text-align: center; font-weight: bold; color: #00bcd4;">FREE & OPEN TO All Ages 6-16</p> <p>School & Housing Authority Sites</p> <ul style="list-style-type: none"> • June 1 from 9am - 12pm <p>Community Center Sites</p> <ul style="list-style-type: none"> • May 29 at 9am - 3pm <p>Teen Sites Ages 13-16</p> <p>Teens take optional field trips That cost \$15</p> <p>Program Ends, July 13 With an outdoor showing Of 'Happy Feet 2'.</p> | <p style="background-color: #00bcd4; color: white; padding: 2px;">Archery</p> <p>Registration begins May 29 @ Parks & Recreation Main Office Classes from June 18-22, 9am-11am Ages 10-16. Cost is \$10</p> <p style="background-color: #00bcd4; color: white; padding: 2px;">Roxy Playhouse</p> <p>Registration begins May 29 @ Parks & Recreation Main Office Ages 10-16. Cost is \$30</p> <p style="background-color: #00bcd4; color: white; padding: 2px;">Tennis</p> <p>Registration June 1 @ Swan Lake 9am-11am, Classes begin June 4</p> <p style="background-color: #00bcd4; color: white; padding: 2px;">American Twisters Tumbling</p> <p>Registration May 29 Ages 6-16 • Cost \$40</p> |
| <p>New this year, Summer Night Lights. Open to youth and families.</p> <p style="background-color: #f4a460; color: white; padding: 5px; text-align: center; font-weight: bold;">Go to www.cityofclarksville.com for more details</p> | |



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game, but they also teach core values of life," said Ms. Lee.



Unlike many sports that end when the child gets older, the game of golf will never be outgrown. From youth to old age—the game of golf is readily available to be played. It is a social game, played by coworkers and by family members. And golf courses dot the landscape providing numerous opportunities for your soon-to-be adult to continue his/her love of golf.

"It is a sport that can be lifelong," said Ms. Lee. "Whenever we go out of town, my son always finds the closest golf course to get a tee-time. It's a sport that families can play together."

And unlike other sports, "There's no sitting on the bench. It's equal opportunity," said Ms. Lee.

A national initiative, but a hometown feel

The World Golf Foundation created the First Golf Tee Program in 1997 to help promote character development in youth via golf skills. The First Tee is a national non-profit offering

similar programs to youth nationwide. In 2008, the First Tee Program began in Clarksville and has been thriving ever since.

The lessons of the game are constantly



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intertwined with life lessons that support the nine core values.

The nine core values that structure the First Tee Golf program are confidence, courtesy, judgment, honesty, integrity, responsibility, respect, perseverance, and sportsmanship. Those core values are the cornerstone for the First Tee Program nationwide, with each affiliate using those values to guide their instruction.

Dave Burke runs the First Tee Program here in Clarksville and shares his love of golf with eager youth



ready to learn a new skill. The Clarksville First Tee program is a collaboration between the Tennessee Golf Foundation and the Ironworkers Practice Club. Located at 429 Iron Workers

Practice Club consists of 13 acres of practice hitting areas.

“Kids learn not only golf etiquette, but also problem solving, controlling their emotions, making friends, working with others, managing their time, and setting goals,” said Dave Burke. “These skills are not only used on the golf course, but are transferred to the school setting and the home environment, as well.”

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8-17 can begin learning the game of golf by participating in the First Tee program of Clarksville.



The classes are organized by progressive levels and each class meets once a week. Beginners start at the PLAYER level then advance through PAR, Birdie, and Eagle. To advance to the top level—the ACE—players must be in high school. At the

ACE level, community service is emphasized and the players participate in a community project.

The First Tee is committed to teaching youth lifelong skills by using the game of golf as a vehicle for those lessons. For this reason, the cost is very affordable—at only \$45 for an 8-week session. Classes occur once a week for that 8-week session. Golf clubs are provided for those needing them.

Scholarships are available for those experiencing financial hardship. Generally, any participant that qualifies for the free school lunch program is eligible for a scholarship.

Registration for the summer program will begin on May 12 and will continue to the end of May. Classes begin in June. Registration for ages 8 to 17 will take place at Ironworkers Practice Club, 429 Iron Workers Road, from 10:00 a.m. to 6:00 p.m., Monday through Friday, and 10:00 a.m. to 3:00 p.m. on weekends, and at Mason Rudolph Golf Course from 9:00 a.m. to 5:00 p.m.

For more information about The First Tee, visit www.thefirstteeclarkville.org or call Dave Burke at (931) 362-4353 or (931) 206-1708.



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PARENTING IS NOT FOR COWARDS

by Rachelle Franklin, LPC

Dr. James C. Dobson wrote a book several years ago named *Parenting Isn't for Cowards*. When I first found this book I thought, "Now Dr. Dobson is not only an authority on family issues but this man really gets it." This title summed up exactly what I had been feeling in relation to raising my 3-year-old son at that time. What I love about Dr. Dobson's book, and all of his materials, is that he demystifies this thing called parenting and looks at it for what it is—a difficult but rewarding journey. We, as parents, have a tendency to put ourselves down when it seems we just can't get it right with our kids. The truth behind so

much of this is that we have to learn to relax a little bit more and change our perspective not just on parenting but on ourselves.

Being a parent requires the knowledge and outlook that celebrates the difficulty of being a parent tempered by the confidence that we have it within us to parent successfully. We have to realize every day that we are not failures as parents, we are challenged. Challenges require courage to face head-on. **Sometimes the courage of parenting is that it makes us take an intimate look at ourselves.** It may be that what we are encountering as parents is not a byproduct

of bad parenting. Instead, the difficulties may be a byproduct of a negative self-view. Our point of view about our children, our parenting, and ourselves are key to achieving success rather than failure as parents.

Unfortunately, beating ourselves up about our parenting will only serve to make the difficulties worse. In fact, it can be a way of avoiding the reality of just how hard parenting is. Parenting isn't a job we get to leave. It is there 24 hours a day and does not have a foreseeable end. Once you are a parent, you are always a parent. This can make it very hard for people

to confront head-on with a proper perspective. I know because I've been there and still visit the land of negativity from time to time. I realized some time ago that to maintain a good perspective about myself as a parent required some key things from ME.

First, I had to honestly evaluate my views of my parenting and myself. Second, I realized I had to be in close relationship with other people who have children. Third, I realized that I had to fully embrace parenting with my spouse to achieve success. Fourth, I realized that I had to work daily to keep my mind in a good

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place by educating myself about parenting and my child's development.

To embrace parenting head-on, something we all need to spend some time doing is evaluating our own self-view. If you are struggling with parenting skills or they don't seem to be working, try evaluating the beliefs you have about yourself first. These negative beliefs may be keeping you from properly implementing the skills you are trying to use. Think about these questions to uncover your own person hang-ups in taking action:

1. When my children misbehave, what do I think about myself?
2. When did I first have this disturbing thought about myself?
3. How do my children "make me" feel when they act up?

Negative beliefs about ourselves are not actually caused by our children. The beliefs that we formed about ourselves are actually connections to the past and something we learned from our early life experiences. These beliefs we learned as small children can cause very strong negative reactions as adults in difficult situations. Some major signs that people hold negative thoughts

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about themselves as parents is evidenced by yelling, blaming, and a loss of one's sense of control. Another sign that negative self-thinking exists is feelings of inadequacy as a parent or feeling unloved when your children display anger. These reactions can stem from underlying feelings of helplessness, inadequacy, and a remembrance of

experiencing hurt in childhood. Regardless how we developed negative beliefs about ourselves as parents, it is our job as adults to begin to change these negative beliefs that cause harm to our ability to parent the way that we want. The three following steps will help you on your journey:

Step 1: Identify positive thoughts you want to have

about yourself as a parent. For example, "even if my child misbehaves, I'm still doing a good job as a parent."

Step 2: To be able to better identify thoughts that rob you of your confidence in the moment, begin keeping a journal of difficult incidents and your thoughts that formed in reaction to them. It is easier when we are not in the moment



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to identify positive thoughts about ourselves. It is much harder in the moment to think these thoughts. This is why it will take work to begin changing these thoughts over time.

Journal of Changing Beliefs

Directions: Identify the negative belief that each situation triggers. Write a positive belief that you would like to have in its place and affirm this regularly.

| Upsetting Incident | Negative Belief | Positive Belief |
|--|-----------------|--|
| Child refused to answer question about homework. | I'm powerless. | I can take action that will help my child respond. |

Step 3: Once you identify the positive thoughts that you would like to replace with the negative thoughts, learn to take a time-out while emotions are high and headed in a negative direction. For example, after confronting your child on the misbehavior, verbally acknowledge your own unhappiness with the behavior and tell your child that you will need to take some time to consider his/her punishment. During the time-out, figure out what you are thinking about yourself (identify the negative belief) and say the positive belief to yourself as a way of replacing the negative with a positive. Only after you have repeated this positive thought several times and calmed your body down should you return to the situation and explain to your child why the behavior is not acceptable and to deliver the consequences of the behavior. With practice, the negative thought gets replaced with the positive thought and will provide you with the confidence that you need to respond appropriately in the moment. Many situations as parents won't afford you the opportunity to take a time-out. Rest assured that as you find those opportunities and practice positive self-thinking that even these moments will be better managed because you will learn to be less reactive and more confident in the moment.

I encourage you to embrace yourself and your own self-growth and see where that will take you in the future. I believe in you and your ability to be a courageous parent. Just you reading this article is a good first step!



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ROSSVIEW ELEMENTARY TRACK OPENING

by Taylor Lieberstein

Health, wellness, exercise, and fitness: these are all important topics on most people's mind and in their daily routines (more than ever in recent years). And rightly so, there are so many benefits of exercise and fitness. Longer life, less visits to the doctor, healthier appearance—the list goes on. Rossview Elementary School has implemented various student fitness and exercise programs since opening its doors



in 2009. Last month the elementary school opened an outdoor track to better serve their students, staff and community's healthy habits.

“We have been promoting student health since we opened. We

wanted a track put in so we wouldn't have to take the students over to the high school. We want to keep our kids active because healthy students learn better. It has been so nice to have so much support from the parents,” said P.E. teacher Abby Binkley.

The RES running club will use the track for their weekly running and fitness club meetings. There are roughly 150 students in the running club; they range from third through fifth



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grades. Running Club Sponsor Mark McNeil will now have a more

structured place to take his runners. The P.E. classes will use their new track for warm ups and their yearly mile long running assessment. Recess can now take place on the track as opposed to the playground. The track is also open to the community to use at their own leisure.

"I am excited about the track because our students, their families, our staff and the Rossvie community now have a beautiful place to exercise healthy habits. Walking benefits everyone," said Principal Paula Ford.

This year RES put a healthy spin on their spring fundraiser. The students held a Walk-A-Thon, "We Walk the Walk." Both to continue to promote the importance of



health to students and also to raise money for the 2012-2013 PTO budget and to help offset the costs of some new playground equipment. This was a fun way to tie in the track's opening with the spring fundraiser.

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For the fundraiser each student asked for a pledge for his or her walk on the new track during the opening ceremony.

Last month the eighth of a mile long loop behind the school was opened to the students, teachers and the public at a grand opening celebration put on by the PTO. Principal Paula Ford, PTO board members and special guests, Kim McMillian and Carolyn Bowers all attended the



opening ceremony and thanked supporters and welcomed the community to take advantage of the track. The running club made the first official loop around the track alongside Principal Ford. After all the speakers finished, all

students walked their pledged loops around the new track for the donations they received.

The Walk-A-Thon was a fun and fit activity for the students and their families, with all students striving for their personal best distance. Students set realistic lap goals based on their age and development. On the day of the Walk-A-Thon, students had 45 minutes

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to achieve their goal. Each student was given a water bottle from Gateway Medical Center.

This new track was made possible through hard work by students and their parents, a couple of grants from the state, and donated time and supplies from businesses in the community.

The Parent Teacher Organization (PTO) has been raising money to have the track put in for the last three years. The physical education department applied for and was granted money through a coordinated school health grant from the state. In addition, students participated in two fundraisers each year that helped raise a large portion of the money. Sam Balthrop Concrete and Orgain Ready Mix donated the labor and the concrete for the sidewalk leading to the new track. Mark Cook did all of the surveying for the track project. Michael Henry smoothed out the grounds around the sidewalk.

Through the help of these generous businesses in the community and the families of Rossvie there is now an eighth of a mile long track on the grounds at Rossvie Elementary School, located at 2235 Cardinal Lane. Go on over and put some miles on the beautiful new track.



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THE QUEST FOR THE ELUSIVE GODDESS MOMMY

by Rachel Kennedy Roberts

One day last week, during one of my hurried, mad rushes to make it out the door by 7:05 a.m., I had an epiphany. As I searched in futility for matching black socks and heaved a sigh of disgust at the pile of dishes I was leaving in the sink, it occurred to me that I will never be one of those flawless, put together moms who seem to have it all figured out. And though I've tried, this is just something I'm going to have to learn to accept about myself.

I've heard it said that these mothers don't exist, that they're created in Hollywood along with other such fabled creatures as the perfect husband. But I disagree. I've

seen them. I know they're out there. With their shiny SUVs, their perfect hair and trendy outfits, their impeccably dressed children, and their spotless homes with manicured yards.

Of course, I don't look hideous when I go in public... at least most of the time I don't. Nor does my house look totally unlivable when guests come over (though that probably wouldn't be the case if they were to drop by unannounced). And I must say that I have rather adorable children, though they're rarely dressed in matchy boutique apparel with coordinating hair bow. Which makes me wonder if

perhaps these perfect mothers aren't so perfect after all, but rather just appear as such to the naked eye? Behind the scenes, in their not-as-spotless-as-we-may-think homes, maybe they're as thrown together and out-of-control as I am. At least this is what I'm hoping.

I've even attempted a system to achieve becoming supermommy. Or rather, I've attempted to attempt a system. I see all of these amazing and simple ideas of becoming organized in home magazines and more recently on Pinterest. And I've tried to implement some of my own: planning outfits the night before, down to the hair barrette; special boxes

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ACROSS THE STREET FROM SAM'S CLUB

and baskets to put each and every paper that my children bring home from school and daycare; laundry hampers for each family member and assigned days of the week for each person's stuff to get washed; rules on cleaning up after oneself and washing each dish you dirty as soon as you dirty it; trying to have a place for every single item that is brought into the house so that nothing is ever just lying around. Yet every morning, there's a meltdown over shoes, Madelyn has inevitably lost her jacket (again), and I discover in the daycare parking lot that Ella didn't wash her face (again) and her leggings have a hole in the knee. And at the end of the day, there's a sink of dirty dishes and the kitchen table is littered with school papers.

Maybe being the perfect goddess mommy is a trait you're born with; some have it and some very obviously do not. Maybe they really don't exist at all, outside of the Hollywood Hills. Or maybe, just maybe, these moms are as crazy as the rest of us. Maybe this facade of perfection is so exhausting that they look at moms like me—with my blue sock on one foot and black on the other—secretly thinking that maybe being the perfect mom isn't all it's cracked up to be.

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SURGICAL EXCELLENCE...BEAUTIFUL RESULTS!

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

Our concept of human beauty has remained remarkably constant across the expanse of time and in very dissimilar cultures. We can see this in the artwork and sculpture of the classical period all the way up to the present. The common elements are symmetry, proportion and features that reinforce the attributes of a healthy and vigorous woman or man. For a woman, the curves of the bust, belly, hips and buttock are crucial. A man's muscular torso and slimmer hips are considered attractive. Both sexes should have clear skin, balanced facial features and healthy hair to approach the ideal.

Today, cosmetic surgery is used by a steadily growing number of people to enhance their bodies and face to improve their attractiveness for social or economic reasons.

For both sexes, facial improvement has become "an office visit" event for fillers, Botox, and skin care. Features associated with age, infirmity or just for personal satisfaction can be corrected or improved with eyelid, nasal, chin, cheek surgery or full face lifting. Good skin care is crucial.

A woman's breasts can be enlarged, lifted or both. Men and women can significantly alter their body contours with

liposuction, fat transfers and tummy tuck type procedures. Liposuction (403,684) and breast augmentation (383,886) lead the list of most common cosmetic surgical procedures performed yearly in the US today. Over 3 million Botox and 1.5 million filler injections were the most common non-surgical procedures done during the same period.

I have built my cosmetic surgery practice around the principles of communication, surgical skill, and up-to-date technique. Listening to patient's needs and goals is an important part of the partnership between the physician and patient. This is an ongoing process

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throughout the length of the relationship and must be actively pursued by both parties. My medical and surgical skills have evolved through daily practice, constant self-evaluation and recurrent training. It is essential to accept new techniques when they are truly superior and avoid fads or gimmicks that have not withstood the test of time. This requires education, judgment, and integrity.

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tissues over time, or just the natural contour of a person's facial features.

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Radiesse or fat transfer may be appropriate in some cases as well.



If you have a question or concern about cosmetic surgery we encourage you to submit your question to: info@mdkaye.com. Type "Clarksville Family" in the subject area. To schedule an individualized consultation with Dr. Kaye call or visit the website listed below.

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 MARCH OF DIMES POSTER CHILD: THE STORY YOU SHOULD HAVE BEEN TOLD

by Dr. Dale Brown

Now some of you may be familiar with her picture that was published in newspapers across the country to raise money for the March of Dimes and Polio research. Her image raised millions of dollars to help fight the "dreadedcrippler," Polio.



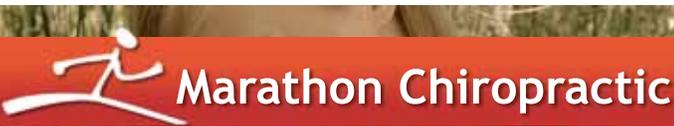
Winifred Gardella as she looked when she was a poster child for the March of Dimes



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supported on crutches and leg braces, made many Americans reach into their pockets to donate.

But the March of Dimes couldn't help Winifred. After two and a half years under many medical doctor's "expert" care, her parents were told: "There is no hope." With all the money raised by the March of Dimes there was still no answer or treatment found by the medical community.

Despite having all hope nearly taken from them, her grandparents were determined to find an answer. They were not about to accept the opinion of so-called "medical experts." They decided to choose their own health care and they took Winifred to Dr. Lewis Robertson, a chiropractor. In less than six months of having her spine adjusted and nerve interference corrected, Winifred Gardella threw away her



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Jacob Wyman: (941) 720-1019 ★ academy@clarksvillefusion.com

crutches and braces and went for a walk with her chiropractor.

The irony of this story is that not one “DIME” of the millions she raised for the March of Dimes went to pay for the Chiropractic care, which allowed her to walk again!

This is not a “medical miracle.” Personally, I don’t believe in “medical miracles” anyway—I believe in miracles... the God kind! But what the Chiropractor that cared for Winifred

simply did was remove interference to her nervous system re-establishing its ideal balance and optimal function, thus strengthening her body’s ability to heal. So as pressure was removed from this little girl’s spinal cord and nerves her immune system got strong and better able to overcome her polio.

Few people realize it that chiropractic can benefit the function of a person’s immune system. In fact, one study

found that patients under chiropractic care had up to a 200% stronger immune system than the general population. Another study found that HIV patients that received chiropractic adjustments had on average a 48% increase in their CD4 cell count. The CD4 cell count is measured to see how strong their immune system is.

You must be asking yourself right now, “How could adjustments/ chiropractic boost the immune system?” It’s quite

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simple: the immune system is controlled by the central nervous system, and when the spine is properly adjusted and taken care of the immune system can function at its maximum.

If you are suffering often from sickness with no hope or help from the plethora of pills, potions, and lotions the medical model has offered, it may be time to look at improving the function of your nervous system and immune system through Chiropractic!

Dr. Dale owns and runs Marathon Chiropractic, a Maximized Living Health Center at 1715 Wilma Rudolph Boulevard. For more information or to speak with Dr. Dale, call (931) 591-2010, email: drdalebrown@gmail.com, or visit us online at Facebook "Marathon Chiropractic" and Maximizedlivingdrbrown.com.

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We not only want to bring something fun and exciting to Clarksville, we also want to give back. We have chosen two amazing charities: Stop Child Trafficking Now (SCTNow) and ART LINK.

SCTNow is about a form of modern day slavery that, if left unchallenged, will wreak havoc on its innocent victims and our society. The simple economic principle of supply and demand drives the industry. Where demand exists, supply also exists. As long as buyers and traffickers go undeterred in exploiting children, there will continue to be a market for them. By focusing efforts on stopping demand, the cycle is interrupted and a child's innocence can be protected. We have a heart to support this cause in every way possible. For more information visit sctnow.org.

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one called ART LINK. The local arts community is basically non-existent. One of our goals is to use our event to help develop a free art co-op called ART LINK. ART LINK will help build and grow the talents and passions of artists in our community, young and old. Because our passions shouldn't be ignored or forgotten. We will be developing a free space for everyone and anyone to come and do art,

along with providing free art classes to help develop those talents.

We will be putting all the proceeds of the evening's event toward both of these charities. The grand total raised will be split equally between them.

The fun begins when you pull into the parking lot being greeted with lights and a red carpet! Stop at the door for a photo op and enter the evening's walk-through gallery featuring local artists and a silent auction pre-show.

There will be an art showcase of all designers for guests to meet and greet and purchase. During the runway show there will be several designers/boutiques showcasing their designs. Between each designer there will be several eye-catching, edge of your seat performances by local artists.

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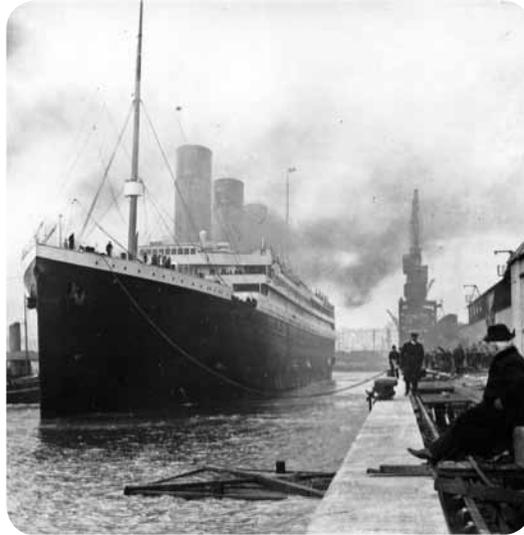
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CHARACTER MATTERS

by Chris Edmondson

One hundred years ago last April the RMS *Titanic* sank. In a spring day in April 1912, the opulent, 900-foot British cruise ship set forth on its maiden voyage. Over four city blocks long and equipped with a double-bottomed hull, the *Titanic* was divided into sixteen watertight compartments, with as many of four of these capable of being completely flooded without affecting the ship's buoyancy. Many experts of that time considered the *Titanic* unsinkable.

Experts of its day hailed this "ship of dreams" as "practically unsinkable." One seaman even went so far as to say, "God Himself couldn't sink this ship!"



Thomas Andrews, one of the *Titanic's* designers, boasted, "The ship is as perfect as human brains can make."

That's why the morning after the sinking most people refused to believe the "unsinkable" had

sunk. Even the *Wall Street Journal* printed an optimistic report:

"The gravity of the damage to the *Titanic* is apparent, but the important point is that she did not sink. Man's brain has within it the spirit of the divine, and he overcomes natural obstacles by thought, which is incomparably the greatest force in the universe."

But the *Titanic* did sink. On the fateful night of April 14th, 1912, shortly before midnight, the great liner was steaming through the foggy North Atlantic when it collided with an enormous iceberg,

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ripping into the ship's right side, rupturing five of its watertight compartments. The Titanic sank into the icy depths of the North Atlantic in the early hours of April 15, 1912. It took 2 hours and 40 minutes. Out of 2,223 passengers, only 706 people survived. No one knew exactly where it sank. For 73 years, the wreckage of the Titanic lay beneath two and a half miles of water—out of reach of cameras, submersibles, and the human eye.

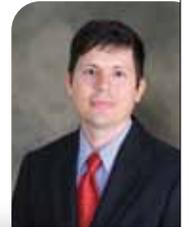
That is, until Dr. Robert Ballard discovered the *Titanic* wreckage in September of 1985. Before the discovery of the wreckage, scientists thought that one large gash from that fateful iceberg proved to be the *Titanic's* undoing. But an international team of divers and scientists recently used sound waves to probe the wreckage, buried in the mud under two-and-a-half miles of water. Their discovery? Instead of the huge gash, they found six relatively narrow slits across the six watertight holds. The damage was surprisingly small.

Small damage, invisible to most, can sink a great ship.

Small damage, invisible to most, can also sink a great reputation, character, and integrity.

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are when no one's looking.

General H. Norman Schwarzkopf said that 99 percent of leadership failures in the 20th Century were failures of character.

Now, character is an often-used but often misunderstood word. When I speak of character, I am not referring to personality or style. We all know people who have personalities that are not at all aligned with their character. Character is our level of commitment to doing the right thing, even when it costs us something. Character is winning the battles between what we should do and what we want to do.

Character and Integrity aren't created overnight.

Plutarch said, "Character is simply habit long continued." Our habits make up our character and reputation. Character is our bundles of habits—both virtues and vices. These are behaviors that we repeat over and over and over again until they become unconscious responses (or habits). Effective leaders have developed habits of character aligned with proper values and therefore do the right thing when it comes to leading their people. Thoughts lead on to purposes; purposes go forth in action; actions form habits; habits decide character; and character fixes our destiny.

Character and Integrity aren't sunk overnight.

Character is compromised over a series of small, seemingly insignificant decisions. Thomas Paine once said that, "Character is much easier kept than recovered."

Have you ever heard of the parable of the frog in the kettle? Not long ago, a scientist did an experiment to see how a frog would react to hot water. When he dropped the frog in boiling hot water, it immediately jumped out. But when he placed the frog in lukewarm water and gradually heated it—raising the temperature only one degree every five minutes—the frog stayed there until it was boiled to death.

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The same thing happens with our character and integrity. It is the small compromises that can sink the greatest of reputations and integrity.

The book *Profiles of Leadership* reveals the answers America's top business and government leaders gave when asked what quality they thought was most important to their success as leaders. Their unanimous answer: *integrity*.

The dictionary defines integrity as "the state of being complete, unified." The word integrity comes from the same word that we get our math term *integer*. An integer is a number that cannot be divided. When one has integrity it means that "They cannot be divided"—that who they are at night is the same person they are during the day. Who they are on Sunday morning is the same person they are on Friday night.

When people have integrity, their words and deeds match up. They are who they are, no matter where they are or who they're with. People with integrity are not divided (that's duplicity) or merely pretending (that's hypocrisy). They are "whole" and their lives are "put together." People with integrity have nothing to hide and nothing to fear. Their lives are open books.

Integrity in a leader must be demonstrated daily in

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a number of tangible ways. These are five that I strive to demonstrate to those I lead.

1. I will live what I teach.

Deciding what to be is more important than deciding what to do. Often we ask young people, "What are you going to do when you grow up?" But the more important question is, "What are you going to be?" The character decision must be made before a career is chosen.

2. I will do what I say. If I promise something to a subordinate, colleague, or superior, I want to keep my word. The Center for Creative Leadership in Greensboro, North Carolina,

released a study of twenty-one high potential executives who were terminated from their companies or forced to retire early. The one universal character flaw or unforgivable sin which always led to downfall was betraying a trust, that is, not doing something that was promised.

3. I will be honest with others. If those who work with me ever catch me misrepresenting the facts or covering up a problem, I will instantly lose credibility. And it will not be easy to repair.

Dr. William Schultz, a noted psychologist who developed truth-in-management strategies at Proctor and

Gamble and NASA, believes the key to productivity is "how well people work together," and he believes that nothing "increases compatibility like mutual trust and honesty." Dr. Schultz says, "If people in business just told the truth, 80 percent to 90 percent of their problems would disappear." Trust and honesty are the means that allow individuals to cooperate so that they can all prosper.

4. I will put what is best for others ahead of what is best for me. The church I lead and those I work with must come first. When I put the organization's best interests

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ahead of mine, I keep integrity with those who hired me. When I put the interest of those I work with ahead of mine, I develop friendships and loyalty.

5. I will be transparent and vulnerable. Long ago I realized that in working with people I have two choices. I can close my arms or I can open them. Both choices have strengths and weaknesses. If I close my arms, I won't get hurt, but I will not get much help either. If I open my arms I likely will get hurt, but I will also receive help. What has been my decision? I've opened my arms and allowed others

to enjoy the journey with me. My greatest gift to others is not a job, but myself. That is true of any leader.

In the end, what sank the *Titanic* was an overgrown ice cube. And in the end, what can sink you and me is something just as common—temptation. 1 Corinthians 10:12-13 says...

So, if you think you are standing firm, be careful that you don't fall! No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are

tempted, he will also provide a way out so that you can stand up under it.

1 Corinthians 10:12-13 (NIV)

So many times, when we're tempted, we think, "No one has ever dealt with anything like this before! No one else has ever had this opportunity! No one else has ever experienced this. I will be able to handle it!" But the thing about temptation and sin is, they are very common. The same sins that people struggled with 1,000 years ago are the same sins you and I struggle with every day. The methods and intensity might have changed, but sin is a common thing. Temptations are

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nothing new. Yet the collapse of character often takes place gradually, not suddenly. And it takes place with attitudes, choices, and actions.

When Kim and I moved back to Clarksville in 2006, we were both reeling from a bad ministry experience. A church in the Midwest had used and abused us and spit us out. We were damaged goods. Kim and I went to see a great friend and Christian counselor by the name of Dr. Kent Hughes. Kent helped Kim and I process our pain, made sure that we forgave those who hurt us, and insured that no bitterness found its way into our souls.

I remember crying out in desperation to Kent during one of our sessions, "This church in the Midwest spread rumors about us, and maligned our character and took away our integrity!" Kent lovingly reprimanded me and spoke truth into my life: "Chris, no one can take away your character and integrity. No one can take that away from you. You are the only one who can throw away your character and integrity." Thanks, Kent, for that good reminder. When it comes to one's character and integrity,

we need to sweat the small stuff. Because it is the small stuff that sinks ships—and lives.



 **onechurch.tv**

Chris Edmondson is a father of three boys and is happily married to his best friend. Chris is the lead pastor of oneChurch.tv, a church for those disconnected to God. oneChurch.tv meets at Northeast High School across from the Great Escape Movie Theatre. Check them out at www.onechurch.tv.



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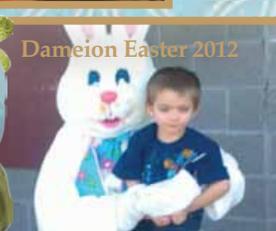
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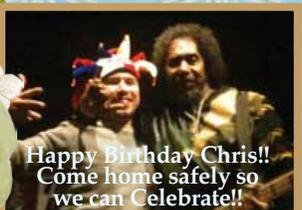
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THE GANG LENDS A HELPING HAND

by Brenda Hunley Illustrated by Willie Bailey

“What do ya think?” asked Lily the dragonfly, buzzing around.

“Think about what?” asked Boomer, setting down his shovel.

“The shingles and the gutters! We are finished with the roof!”

Putting his paw over his eyes, and just under the bill of his hat, Boomer the chipmunk squinted as he looked up towards the roof.

“Yep. That’s looking good!”

“Did you see the flowers we planted? I planted that whole bed by myself!” Boomer said.

“It is looking great from up here!” laughed Dart the bluebird.

“How’s it going, Ranger Bill?” asked one of the workers.

“Well, we have all the appliances in, and the painting will be finished in the next day or so.”

“It sure was great of you and the Rangers to fit in this community project while you were in town.”

“No problem! We enjoy a project. Don’t we guys?” winked the ranger.

“The recycled tree bark makes for some beautiful mulch and the solar panels will really utilize the power of all the sunshine you have around here,” Ranger Bill added.

“The trees and landscaping are just beautiful boys!” said another worker, as she gave Chester the chipmunk a high-five.

“How about a water break?” asked the foreman.

“YES!!!”

“Sounds great!”

As everyone got a cup they drank deeply. It was warm working under the Florida sun. The friends were having a great time, and were really enjoying watching the progress of the house.

“Whew, it sure is hot!” Chester said, wiping his brow.

“I know, right?” added Dart the bluebird.

“Okay, the concrete is down! Hurry over here guys! Let’s each put a handprint in it with our names!”

Each worker, as well as each of our friends from the woods of Dunbar, put their name next to their print.

“Well now, that looks real nice!” said a familiar booming voice behind them. Landing on a patch of grass, was dear old Clyde and right behind him was Earl! Clyde and Earl are cranky, and somewhat opinionated geese that live at Dunbar Cave and have made Swan Lake their summer home.

“Whatcha making there?” asked Earl, waddling over to the concrete.

“We are making a permanent sign to say we were here!” squeaked Boomer.

“Hey, we have a surprise for you guys,” said Clyde lifting his wing.



Down stepped Mom and Dad Chipmunk!

“MOM! DAD!” squealed Chester and Boomer running to hug their parents!

“Hey, where is Hazel and Coco?” asked Chester.

“They stayed back home with Grandma and Grandpa. They are still too little for the trip from Tennessee to Florida.”

“Where’s our Lily?” called Mom Dragonfly.

“Where’s my big girl?” called Dad Dragonfly.

“Mom! Dad! You’re here, too!” cried Lily.

“And we are here also son!” laughed Mr. and Mrs. Bluebird, landing next to the group.

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"Dart, come hug your momma. That's all she could talk about the whole way here!" grumbled Earl.

"Well! I'm gonna hug you, Earl, for such an awesome surprise!" giggled Lily.

"May I have one too?" asked Clyde.

Laughing, the friends all jumped on the two geese at once!

Feathers floated down as the laughter went up. The geese and the reunited families were all quite satisfied with themselves. It was wonderful to be together again.

Ranger Bill got up and left the group for a few minutes and came back with four roses. "Happy Mother's Day, ladies!" he said, as he handed each mom her flower.

"Your kids have missed you very much! Come see what they have been doing!"

Once everyone had been shown around, the group and new volunteers worked together for the rest of the afternoon. It had been a good day. The house was looking more like a home by the time the sun started sinking in the sky.

The foreman stood up to speak as he did every evening. "Gather around everyone. I just want to thank everyone for all your help! Each and every one of you have made a difference in the lives of this family, and an investment in the lives of this community. I'm pleased to announce that in a few short days the family will be able to move in! That's almost four days ahead of schedule!"

Everyone clapped and cheered; then gathered their things and headed home for the night.

"Mom! There is a pool at the hotel! Ranger, may we cool off in the pool tonight?" asked Lily.

Nodding, the ranger said, "Sounds like a great idea to me! Let's go!"

Once everyone was loaded in the cab, Boomer snuggled close to Mom Chipmunk.

"Mom?"

"Yes, Boomer. What is it?"

"I missed you a lot!"

"Ah, sweetie! I missed you too!"

"I'm so glad you and Dad came to see us!" smiled Chester.

"Me too, son. Me too!" Dad Chipmunk said, giving Chester and Boomer a big hug.

Want to be a part of Storytime with Chester? Submit your plot ideas to

brenda@clarksvillefamily.com.



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

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

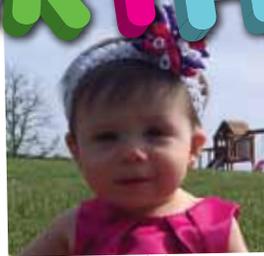
HAPPY BIRTHDAY!



Happy 1st Birthday Khloe!!
Love you baby girl! Mommy & T.J.



Happy 1st Birthday
to our sweet Olivia!
We Love you!



Happy 1st Birthday Preslee!
Love Daddy, Mommy,
Brent & Tucker



Happy 1st birthday Zoey Gerard!
Love, Mommy and Daddy



We love you Ali Catherine!
Happy 2nd Birthday!
Love, Daddy, Mommy, & Aiden



Happy 2nd Birthday Drew!
The best big brother ever!
Love Daddy, Mommy, and Ricky.



Elizabeth Moore 2 years old
Mommy & Daddy love you so
much sweetheart! Happy birthday!



Happy Two, Lexi Loo!!!
<3 Mama & Dada



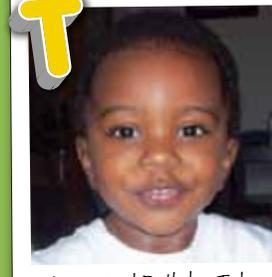
Happy 2nd Birthday Michael!!!
Love you Papi!!!!!!
Love, Mommy, Daddy, and Patti



Happy 2nd birthday Riley!
Love Ms. Sherley xoxox



Happy Birthday Trenton
We love you so much!
Mommy & Daddy



Happy 2nd Birthday Tyler,
Love Mommy & Daddy!



Happy 3rd Birthday Angel!
Love Ms. Sherley



Happy 3rd Birthday Ava!
Love, Mommy, Daddy, & Drew



Happy 3rd Birthday To Our
Beautiful Destyni!
Love You- Mommy And Daddy



Happy 3rd Birthday Maggie Moo!
Love, Momma, Daddy, Emma, and Shaggy



Happy 4th Birthday Clara!
Love, Mommy, Daddy, and John



Happy 4th Birthday Brianna!
Love, Mommy



Happy 4th Birthday Dazireon
Love Mom, Jmon,
Aunt Stacey & Uncle Julius



Happy 4th Birthday Isabella!
We Love You, Mommy, Daddy & Cecilia

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

HAPPY BIRTHDAY!



Beautiful Iyla! We love you, Mommy and Daddy



Happy 5th Birthday JaLayah! Love Mommy, Daddy and Jamaris



Happy 5th Birthday Jacob! We love you, Dad, Mommy & Logan



Happy 5th birthday Jonathan! Love Ms. Sherley



Happy 6th Birthday J-Bug! Love, mommy, daddy, cousins, aunts, and grandparents!!



Happy 6th Birthday Kristine!



Happy 7th Birthday Cannon!!



Happy 7th Birthday, Damaris. We all love you so much!!!



Happy 7th Birthday Gabriel From Mommy! I Love You so Much!



Happy 7th birthday Hayden! Love, Mom



Happy 8th Birthday Alexia! We Love you lots! Teagan, Daddy, & Mommy



Happy 8th Birthday Ali! Love Mommy, Daddy, & Andrew



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

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

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



Happy 8th Birthday Sammy! We love you! Love, Mommy, Daddy, and Ellie Belle



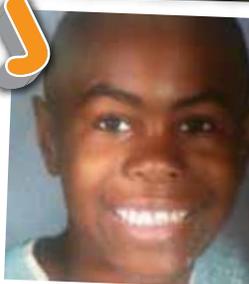
Happy 8th Birthday, Victor! Love Mommy, Daddy, Xander & Bowser



Happy 9th Birthday My Little man! Love Mommy & Bella!



Happy 9th Birthday Aryana! Love Mom, Dad, Zion, & Unique



Happy 11th Birthday Jalen! Mommy and Daddy love you.



Happy Sweet Sixteen Jordan! Love ya lots!!!!!!

Ongoing

CELEBRATE RECOVERY

Friday nights with refreshments at 6:15 p.m. and the meeting at 7:00 p.m. A Christ centered 12-step ministry.

Grace Church of the Nazarene
3135 Trenton Road
(931) 647-7768
(931) 216-6644

CITY OF CLARKSVILLE SUMMER YOUTH PROGRAMS

See ad on page 28. Program runs June 4 through July 13 from 9:00 a.m. to 3:00 p.m. (Caldwell Lane Site: 10:00 a.m. to 2:00 p.m.). Free and open to all ages 6 to 16. Programs include: First Tee, Archery, Roxy Playhouse, Tennis and American Twisters Tumbling. Visit www.cityofclarksville.com for details.

CLARKSVILLE CHESS CLUB

6:30 p.m. Thursday evenings.

Freedom Deli
2088 Lowes Drive
Contact: Roy
clarksvillechessclub@charter.net

CLARKSVILLE YOUTH ENRICHMENT PROGRAMS

Registration kick-off and open house, May 19 from 1:00 p.m. to 3:00 p.m. Programs include: engineering, art, creative writing, problem solving, craft, etc. Runs June 4 through 15; June 18 through 29; July 2 through 13; and July 16 through 27. See ad on page 51.

235A Dunbar Cave Road
(931) 920-0003
clarksvillyouthenrichment@gmail.com

CLARKSVILLE SCRABBLE CLUB

5:30 p.m. to 8:00 p.m. the first and third Tuesdays of each month. Beginners welcome.

Books-a-Million
125 South Hampton Plaza
(931) 647-3625

DOWNTOWN MARKET

Saturdays, 8:00 a.m. to 1:00 p.m. starting May 19 through October 20. Locally grown produce, baked goods, home decor items, seasonal flowers and more.

Public Square
Contact: Matthew Nixon
(931) 645-7476
matthew.nixon@cityofclarksville.com
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. 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).

Hilldale Baptist Church Family Life Center
250 Old Farmers Road
www.hilldale.org

FOSTER PARENT INFORMATIONAL MEETING

Right now, there are around a half a million kids in the foster care system. More than half of them

will stay in foster care only for one or two years, but there are never enough safe foster homes available for them. Unless you can help. Free informational sessions are held every Monday, Tuesday and Wednesday @ 5:00 p.m. Other times are available if needed.

1330 College St. Suite Q
Allegra Gunn
(931) 503-0777
Allegra.Gunn@YouthVillages.Org

GROUP RUNS

Every Thursday at 5:30 p.m. at The Runners Hub. Four different routes mapped out in the downtown/ APSU area. We welcome runners of all paces. There is something for everyone.

The Runners Hub
127 Franklin Street
(931) 542-5788
www.clarksvillerunnershub.com

HEAD START ACCEPTING APPLICATIONS

Sakura Japanese Steakhouse
1345 Fort Campbell Boulevard
May 2 from 10:00 a.m. to 3:00 p.m.

County Diner
752 Hwy 13
Cunningham
May 9 from 10:00 a.m. to 3:00 p.m.

Summit Heights
20 Summit Heights
May 15 from 10:00 a.m. to 3:00 p.m.

Clarksville-Montgomery County Public Library
350 Pageant Lane
May 30 from 10:00 a.m. to 3:00 p.m.

HOPE RIDERS BIKER CHURCH

Church every Sunday morning at 9:30 a.m. 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.

Rider Edge Classroom Behind Appleton's Harley Davidson
2501 Hwy 41A Bypass
Contact: Pastor Ron
(931) 801-0379

INDOOR AQUATIC CENTER OPENING SEASON

Pool open Mondays through Fridays, 7:00 a.m. to 12:00 p.m., 3:00 p.m. to 8:00 p.m.; Saturdays 10:00 a.m. to 6:00 p.m.; Sundays 1:00 p.m. to 6:00 p.m. Admission is \$3 weekdays, \$5 weekends.

New Providence Pool
166 Cunningham Lane
www.cityofclarksville.com/parks&rec/swimming.php

JUNIOR TEAM TENNIS LEAGUE

1:30 p.m. to 3:00 p.m. Sundays for most of the school year. This free league (for kids 10 years old and under) uses the QuickStart Tennis format.

APSU Tennis Indoor Center
(931) 221-6101
tabetm@apsu.edu

KINDERMUSIK CLASSES

Licensed Kindermusik educator, Abby Haake, will have Kindermusik classes at APSU, Madison Street United Methodist Church, and Stitching Gifts and Butzie Covers. For more information and class locations/times, visit www.kindermusikwithabbyhaake.com, (931) 624-8480, abby@kindermusikwithabbyhaake.com.

STROLLER STRIDES

Stroller Strides is a great way to get in shape, meet other moms, and have fun with your baby. Classes are designed for all fitness levels and are taught by nationally certified instructors, who are also



{Dr. Aquino's featured employee of the month}

Jennifer Smullins
Our Referral Coordinator

Photographed here with her Husband Jim and her son Zachary.

Zachary is also a patient of Aquino Pediatrics.

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Pediatrician
Dr. Barbara Aquino



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moms. Each class is 60 minutes and consists of power walking or jogging with intervals of body toning. We welcome babies as young as 6 weeks. All strollers, except umbrella strollers, will work fine for workouts. Please remember to bring water and a towel/mat for abdominals. Stroller Strides Classes are Monday, Wednesday and Friday at 9:00 a.m., check the sites for current class locations and info. And remember, the first class is always FREE!

Mikki Washburn
(800) 324-3029
mikki@strollerstrides.net
www.strollerstrides.net/clarksville
www.meetup.com/clarksvillestrollerstrides

STROLLER TIME

Six week session 9:00 a.m. to 10:00 a.m. on Tuesdays and Thursdays from April 10 through May 15. Join us every week at the Clarksville Greenway for a unique workout that you can do with your baby while interacting with other parents and children. Parents and caregivers can get in shape while bonding with their child and socializing with their peers. \$30.

Clarksville Greenway
1101 Pollard Road

May

2 WEDNESDAY

ARTS & CRAFTS CLASS

12:00 p.m. Featuring a special Spring craft each week. No additional cost over general admission.

Kids-N-Play
525-B Alfred Thun Road

3 THURSDAY

B.I.B.S. (BREAST IS BEST SUPPORT) GROUP

11:00 a.m. to 1:00 p.m. the first Thursday of each month. Bring your whole family to our breastfeeding support group! Come hang out with friends who encourage breastfeeding as the best and healthiest way to feed you baby. We offer snacks, good conversation, and breastfeeding education for all in the community—especially breastfeeding families!

Montgomery County WIC
1850 Business Park Dr, Suite 103
(931) 551-8777

ARTS & CRAFTS CLASS

12:00 p.m. Featuring a special Spring craft each week. No additional cost over general admission.

Kids-N-Play
525-B Alfred Thun Road

5 SATURDAY

COMMUNITY YARD SALE AND DRIVE FOR KIDS

8:00 a.m. to 1:00 p.m. Come out and do all your yard sale shopping in one place! Help support our school by test driving a car in our Drive for Kids event. Every test drive earns \$10 for Glenellen!

Glenellen Elementary
825 Needmore Road

MONTGOMERY COUNTY BEEKEEPING ASSOCIATION MEETING

10:00 a.m. the first Saturday every month (except January and July).

Clarksville-Montgomery County Public Library
350 Pageant Lane
Jason Groppel
(931) 561-5530



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www.marykay.com/shelbylou62/default.aspx

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3863-A Trenton Rd. Clarksville, TN
(931) 503-3024

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www.popupartstudio.com

DOGGIE PALOOZA

1:00 p.m. to 4:00 p.m. Bring your four-legged family members for a day full of demonstrations, contests, prizes and much more!

Heritage Park Bark Park
1241 Peachers Mill Rd

DON'T LABEL ME FASHION AND ART SHOW

6:00 p.m. This runway show will feature nine local designers and stores. There will also be an art show featuring 12 local artists. This is a charity event with all proceeds going to STOP CHILD TRAFFICKING NOW and ARTLINK. There will also be a silent auction, entertainment, food, and a cash bar. Presale tickets are \$15 and can be purchased online at www.ferocityjewelry.com and www.sacerandsavive.com. Tickets may also be purchased at the Riverview Inn, No Egrets Tattoo, Fleur De Lis, Flower Lily, Prodigy, and Lee's Salon or at the door the night of the event for \$18.

Riverview Inn
50 College Street
Contact: April Nicolaides
(309) 830-8159

MOVIES IN THE PARK: HUGO

Free movies under the stars from the City of Clarksville! All movies are FREE and begin at dusk. Activities start an hour prior. Visit our website for the complete 2012 movie schedule.

Heritage Park
1241 Peachers Mill Rd
www.parksafterdark.com

8 TUESDAY FIRE SAFETY DAY

10:30 a.m. Station 9 will be bringing out the fire truck and rescue vehicle. They will send one guy in full gear and the others will be in uniform.

They plan to show the kids the bins on the vehicles and let them touch some of the equipment. They will also hook the hose up to the fire hydrant and show them the water squirting in the air. They will then take the kids to one of the party rooms where they can talk about fire safety and give them goody bags and coloring books. We suggest those not wanting to miss any of it show up early to get through admission. We will begin admission at 9:45 a.m. to give everyone a chance to get checked in...kids can play until they are ready to take them outside to see the fire truck. Those who haven't gone through admission will need to check in at the front desk before going on to the party room with the group.

Kids-N-Play
525-B Alfred Thun Road

9 FRIDAY ARTS & CRAFTS CLASS

12:00 p.m. Featuring a special Spring craft each week. No additional cost over general admission.

Kids-N-Play
525-B Alfred Thun Road

10 THURSDAY ARTS & CRAFTS CLASS

12:00 p.m. Featuring a special Spring craft each week. No additional cost over general admission.

Kids-N-Play
525-B Alfred Thun Road

HEALTHY WOMEN EXPO

5:00 p.m. Wellness Expo; 6:15 p.m. Dinner and Speaker, Abby Rike (former *Biggest Loser* contestant). \$10 for Healthy Woman members, \$15 for non-members. First 200

women will receive a free gift. Registration deadline is May 7. See ad on page 25.

Register: todaysgateway.com/HealthyWoman
(931) 502-1111
Event: Hilldale Baptist Church
Family Life Center
250 Old Farmers Road

GET HAPPY PROMOTION

Through Saturday, May 12. Receive a free attachment with the purchase of an original or mini platter, message board or cookie jar.

Three Lindys
109 Franklin Street, 2nd Floor
(931) 368-8554

12 SATURDAY MILITARY SPOUSE APPRECIATION DAY

12 SUNDAY MOTHER'S DAY

14 MONDAY MOTHER'S DAY PATIENT APPRECIATION DAY

4:00 p.m. to 5:45 p.m. Come in and receive a \$20 Posture Analysis and Consultation with Dr. Brown. While here, pick up some snacks, refreshments, and encouragement. Everyone is welcome to this event.

Marathon Chiropractic
1715 Wilma Rudolph Blvd
(931) 591-2010

ALZHEIMER'S CAREGIVERS SUPPORT GROUP MEETING

6:30 p.m. For information, call Patsy Shell, 648-1884.

Clarksville-Montgomery County
Public Library
350 Pageant Lane
(931) 896-1328

15 TUESDAY DIABETIC SUPPORT GROUP

5:30 p.m. Gateway Medical Center's Diabetic Support Group offers current, accurate and usable information related to self-management of diabetes. Each meeting showcases a different expert speaker as well as a question and answer period. Family members are welcome to attend.

Gateway Medical Center
651 Dunlop Lane
Diana Smith
(931) 502-1692

16 WEDNESDAY ARTS & CRAFTS CLASS

12:00 p.m. Featuring a special Spring craft each week. No additional cost over general admission.

Kids-N-Play
525-B Alfred Thun Road

17 THURSDAY ARTS & CRAFTS CLASS

12:00 p.m. Featuring a special Spring craft each week. No additional cost over general admission.

Kids-N-Play
525-B Alfred Thun Road

18 FRIDAY COMMUNITY CAREER FAIR

10:00 a.m. to 1:00 p.m. Great hiring companies on-site, free and open to the public, dress for success and bring 10 to 20 copies of your resume.

Daymar Institute
1860 Wilma Rudolph Boulevard
(931) 552-7600
daymarinstitute.edu



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WWW.CLARKSVILLERUNNERSHUB.COM

JAMMIN' IN THE ALLEY:

MIKE BRYANT

7:00 p.m. to 10:00 p.m. Join us every third Friday from May through October for our summer concert series. Come ready to eat, dance, and have fun! Visit www.parksafterdark.com for a complete schedule.

MOVIES IN THE PARK:

MONEYBALL

Free movies under the stars from the City of Clarksville! All movies are FREE and begin at dusk. Activities start an hour prior. Visit our website for the complete 2012 movie schedule.

Heritage Park
1241 Peachers Mill Rd
www.parksafterdark.com

19 SATURDAY

ARMED FORCES DAY

CLARKSVILLE GREAT STRIDES

9:00 a.m. Great Strides: Taking Steps to Cure Cystic Fibrosis is the Cystic Fibrosis Foundation's largest national fundraising event. Tens of thousands of coworkers, friends and family come together each year as one community for one cause...to help find a cure for CF.

Starts and finishes at:
Legends Bank
310 North First Street
Contact: Tiffany Kerns
(615) 255-1167
To register: www.cff.org/great_strides

MANNA CAFE MINISTRIES FOOD-RAISER

11:00 a.m. to 3:00 p.m. Stop by with canned goods and non-perishable food items and receive an entry for over \$500 worth of giveaways. Event is FREE and open to the

public. There will be an inflatable bounce house open for kids (weather permitting) as well as shopping, food, and fun. Event will occur rain or shine. Look for the Manna Cafe Ministries bus.

Curves
921-C Tiny Town Road
ClarksvilleEvents@hotmail.com

FOSTER CARE FAMILY FUN DAY

The Women's Ministry Team, as well as approximately 40 foster care partners, will coordinate the activities. The event is open to the public, with food and entertainment to current foster care families, as well as those who want to learn more about becoming a foster parent.

Hilldale Baptist Church Farm
250 Old Farmers Road

22 TUESDAY

BEACH PARTY

5:00 p.m. to 7:00 p.m. There will be a fun photo booth at 5:00 p.m., contests for fun prizes at 6:00 p.m. to include a Hula Hoop contest, beach ball rally and more. Stay for our IceDream sundae bar and meet the Cow.

Chick-fil-A
3096 Wilma Rudolph Boulevard
(931) 552-5511

23 WEDNESDAY

ARTS & CRAFTS CLASS

12:00 p.m. Featuring a special Spring craft each week. No additional cost over general admission.

Kids-N-Play
525-B Alfred Thun Road



Class is M.W.F. at 9am, check the sites for locations...

Save 50%
on the registration fee.

Offer good through May, don't delay!

A FREE week of
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When this ad is presented.

Offer good through May, don't delay!



Plum Moms Club is FREE &
Open to any Mom who's interested.

Check our websites for current class location and other information!!

FIND US ON FACEBOOK!

www.strollerstrides.net/clarksville &
www.meetup.com/clarkvillestrollerstrides.



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24 THURSDAY ARTS & CRAFTS CLASS

12:00 p.m. Featuring a special Spring craft each week. No additional cost over general admission.

Kids-N-Play
525-B Alfred Thun Road

MAX T3 ADVANCED TALK

6:00 p.m. Dr. Brown will speak about how to achieve and maintain health in only 12 minutes a day through our MAX T3 exercise program and by applying The 5 Essentials to your life. This is a free event and everyone is welcome. Call to reserve your seat!

Marathon Chiropractic
1715 Wilma Rudolph Blvd
(931) 591-2010

26 SATURDAY SPRING INTO SUMMER FESTIVAL

Also Sunday, May 27; begins at 12:00 p.m. both days. Sponsored by Oak Grove Tourism. Free family fun: carnival rides, food vendors, pony and train rides, stage shows, caboodlestoppers, coper canyon, wild west show, "wow" balls, monster spider jump, and more. Musical guest, Phil Vassar, headlines Saturday night concert that starts at 7:00 p.m. Ground seating, come early and bring a blanket or chair.

Viceroy Performing Arts Center
101 Walter Garrett Lane
Oak Grove, KY
(270) 439-5675
www.springintosummerfest.com

28 MONDAY MEMORIAL DAY

BASKETBALL CAMP

Through Wednesday, May 30; 9:00 a.m. to 12:00 p.m. For boys and girls ages 4-18 years old. Cost is \$50 and includes instruction, t-shirt and basketball. Special guests: Alex Poythress, Bashaara Graves and Chandler Cooper. Camp director, Al Cooper. Sponsored by oneChurch. See ad on page 80.

Northeast High School
3701 Trenton Road
al.cooper@cmcss.net

30 WEDNESDAY ARTS & CRAFTS CLASS

12:00 p.m. Featuring a special Spring craft each week. No additional cost over general admission.

Kids-N-Play
525-B Alfred Thun Road

31 THURSDAY ARTS & CRAFTS CLASS

12:00 p.m. Featuring a special Spring craft each week. No additional cost over general admission.

Kids-N-Play
525-B Alfred Thun Road

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

The Roxy Regional Theatre

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

SPRING AWAKENING

BOOK AND LYRICS BY Steven Sater
MUSIC BY Duncan Sheik
BASED ON THE PLAY BY Frank Wedekind

Winner of 8 Tony Awards, including "Best Musical," SPRING AWAKENING celebrates the unforgettable journey from youth to adulthood with a power, poignancy, and passion that you will never forget. Adapted from Frank Wedekind's 1891 expressionist play about the trials, tears, and exhilaration of the teen years, it has been hailed as the "Best Musical of the Year" by the *New York Times*, *New York Post*, *Star Ledger*, *Journal News*, *New York Observer*, and *USA Today*. This production contains language and

subject matter not appropriate for all audiences.

May 2, 3, 4 and 5

SCHOOLHOUSE ROCK LIVE!

BOOK BY Scott Ferguson, Kyle Hall AND George Keating MUSIC AND LYRICS BY Lynn Ahrens, Bob Dorough, Dave Frishberg, Kathy Mandry, George Newall AND Tom Yohe BASED ON THE ABC-TV EDUCATIONAL ANIMATED SERIES WHICH AIRED FROM THE 1970S-1980s

This award-winning musical teaches history, grammar, math, science and politics through clever, tuneful songs, instructing a whole new generation to "Do the Circulation," "Unpack Your Adjectives" and meet up at "Conjunction Junction!"

2:00 p.m. May 5

THE WEDDING SINGER

MUSIC BY Matthew Sklar, BOOK BY Chad Beguelin AND Tim Herlihy, LYRICS BY Chad Beguelin, BASED ON THE NEW LINE CINEMA FILM WRITTEN BY TIM HERLIHY

It's 1985, and rock-star wannabe Robbie Hart is New Jersey's favorite wedding singer. He's the life of the party, until his own fiancée leaves him at the altar. Shot through the heart, Robbie makes every wedding as disastrous as his own. You too will be grooving to the tunes in this hilarious musical comedy based on the hit movie starring Adam Sandler.

May 25, 26, 30 and 31; June 1, 2*, 6, 7, 8, 9, 13, 14, 15, 16, 20, 21, 22 and 23.

*Saturday matinee at 2:00 p.m.

Curtain Times

7:00 p.m. Wednesday and Thursday
8:00 p.m. Friday and Saturday
* Saturday matinee at 2:00 p.m.

6:00 p.m. School of the Arts
Productions

Tickets

Musicals \$20 (adult)/\$15 (13 and under)
Plays \$15 (adult)/\$10 (13 and under)
Junior Musicals \$10
OtherSpace \$10
School Matinees are \$7.00 per student. Please call for exact dates and bookings.

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



Kindermusik
AT EVERY STAGE, WE'RE SO MUCH MORE THAN JUST MUSIC.

Come and see why we're so much more than just music!

- ★ Integrated, age-appropriate curricula to develop motor, vocal, literacy, listening, ensemble, social, cognitive, & emotional skills.
- ★ Singing, dancing, creative play & movement, stories & poetry, instrument playing, & exposure to GREAT music.
- ★ Quality bonding time with a parent/caregiver both in class AND at home with the "at home" materials designed to continue the classroom learning!

Licensed Kindermusik Educator--Abby Haake

Summer classes at APSU, Madison Street United Methodist Church, and Stitching Gifts & Butzie Covers.

Need more info? www.kindermusikwithabbyhaake.com • 931.624.8480 • 



**HILDALE CHRISTIAN
CHILD CARE CENTER, INC.**

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501 Hwy. 76 Clarksville, TN • 931.920.3931

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

POP-UP ART STUDIO

Mary's Music • 305 North Riverside Drive • (931) 552-1240 • www.popupartstudio.com

Open Studio (\$10 includes coffee)

Drop by Wednesday mornings and enjoy a relaxing time of art making with your child. Dig in to the scrap box and let your imagination take over! All materials and coffee are provided and no preregistration is necessary.

Wednesdays in May, 10:30 - 11:30 a.m.

Get Messy! (\$60+ \$15 Materials)

Grades 1-5 are invited to roll up their sleeves and get messy with original art projects. Children will improve their skills and experiment with new media in this samples class. Take home 3-5 quality projects plus plans to try at home!

May 1, 3, 8, 10 (Grades 3-5, 5:00 - 6:00 p.m.)

May 1, 3, 8, 10 (Grades 1-3, 4:00 - 5:00 p.m.)

Tuesdays, May 22 - June 12 (Grades 3-5, 5:00 - 6:00 p.m.)

Tuesdays May 22 - June 12 (Grades 1-3, 4:00 - 5:00 p.m.)

Get Messy! (Ages 2-4) (\$30+\$10 Materials Fee)

Parent-child pairs are invited to roll up their sleeves and get messy with original art projects. Have fun creating original works of art with your child. Take home 3 quality projects plus project plans to try at home!

May 2 and 9, 9:30 - 10:15 a.m.
May 23 and 30, 9:30 - 10:15 a.m.

Clay Studio (\$65+\$25 Materials)

Children will enjoy learning hand building techniques in clay to create

and glaze a functional vase and a bowl to use at home!

Saturday, May 12 and May 19
Grades K-2 9:00 - 11:00 a.m.
Grades 3-5 1:00 - 3:00 p.m.

Pop-Up Art Studio's Mother's Day Clay Studio (\$30+\$15 Materials)
Children will enjoy learning hand building techniques in clay to create a beautiful vase for Mother's Day!

Saturday, May 5
Grades K-2 9:00 - 11:00 a.m.
Grades 3-5 1:00 - 3:00 p.m.

Pop-Up Art Studio's Intro to Sewing at (\$30+\$10 Materials)

In this introductory class, students in Grades 4-8 will learn basic sewing techniques such as button sewing

and simple machine stitching and will create two projects to take home.

May 31 - June 1 (4:00 - 5:15 p.m.)

Pop-Up Art Studio's Intro To Drawing and Painting (\$60 +20 Materials)

In this class series, children in Grades 4-8 will improve their drawing and painting skills. We will create an artist's journal, practice 3D forms, and learn drawing exercises to practice at home. Students will take home a sketchbook filled with drawing exercises to practice at home as well as one large watercolor pencil drawing.

May 26 and June 2, 10:00 - 11:30 a.m.
or 1:00 - 2:30 p.m.

CUSTOMS HOUSE MUSEUM & CULTURAL CENTER

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

EXHIBITS:

2012 National Juried Exhibition

See artwork from all across the nation in this juried exhibition. 46 pieces have been selected in multiple mediums. Exhibit opens May 13th.

A Painterly Palette: The Art of Mary Addison Hackett

Mary Addison Hackett received her BFA from The University of Tennessee, Knoxville, and her MFA from the University of Illinois at Chicago in 1995 before moving to Los Angeles in 2000. She has exhibited at Torrance Art Museum (Torrance, CA), Kristi Engle Gallery (Los Angeles, CA) and Irvine Fine Arts Center (Irvine, CA) among others. Her paintings are on exhibit through July 4th.

Outdoors In: The Paintings of Lori Putnam

A native of Nashville, Tennessee, Lori Putnam travels all over the world, painting small to medium-sized plein air sketches and finished works. She also creates large-scale paintings in her studio located in Franklin, Tennessee. Her work is in the permanent collection at The Academy Art Museum in Easton,

Maryland, the Jack Warner Collection, the collection of Plein Air Magazine, and in private and corporate collections, and galleries worldwide. Exhibit opens May 23rd.

Quantum Confusion: An Installation by Denise Stewart Sanabria

Artist Denise Stewart Sanabria explores the idea of portals with eleven full scale charcoal portraits on cut-out plywood. On exhibit through May 20th.

The Unfortunate Fate: Titanic 1912
Commemorates the 100th anniversary of the sinking of the Titanic. In the Bruner Gallery through May 20th.

Recent Acquisitions: Highlighting Items from the Collection

Included is **Dollhouse: A Series by Eric Hansen**. The first run of photographs on aluminum have been donated to the museum by the award-winning photographer.

Civil War Remedies

This exhibit focuses on items, techniques & situations created to

address medical needs in the mid-late 1800's. Now on exhibit.

Celebrating 1898: Artifacts & History
Information and artifacts from the collection from the timeframe that the 1898 building was built are on display in celebration of its reopening.

Activities:

"Let's Find Clocks"

May 16th & 17th, 10:30 - 11:30 a.m.
Children 3 - 5 years old and their grown-ups are invited to explore the museum from a child's perspective. This month we will be looking for clocks. Children are invited to bring a clock or watch to show the other boys and girls. We will also read a story and make a craft. This activity is free to museum members. Non-members pay the regular adult admission of \$7, plus \$2 per child. Siblings are always welcome. For more information, contact Sue Lewis at (931) 648-5780.

Art & Lunch Film: Pissarro

Thursday, May 17th, 12:05 p.m. in the Turner Auditorium.
Free admission; bagged lunches welcome.

This is the story of the life and work of Camille Pissarro, the West-Indian born leader of the original Impressionists and the only artist from that school to exhibit at all eight of the exhibitions from 1874 to 1886. Pissarro's great works include the famous *Boulevard Montmartre*, which hangs today in the National Gallery, London.

The museum will be closed Sunday, May 13th for Mother's Day and Monday, May 28th for Memorial Day.

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. Free parking is available behind the museum.

Clarksville-Montgomery County Public Library

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

Just for Me Story Time Designed for children ages 4 and 5 years old. We incorporate the use of music and movement as well as offering the best in children's books and storytelling. We have a craft or an art activity as part of this program. To help create an independent learning experience, children should attend this program alone, while the parent or caregiver waits in the Children's Library. Parents are welcome to join during the craft or art activity.

Busy Bees

This program is designed for children from 18 months through three years old, to be an interactive program for parent and child. It is important that the child stay on their parent's or caregiver's lap, or cuddle near them during the program. Books with brightly colored pictures, songs, finger plays, and music are used to make this time as rewarding and instructive as possible. Parents and their children ages 18 months through three years old should attend this program without older

or younger siblings. **NO OLDER OR YOUNGER CHILDREN IN THIS PROGRAM PLEASE!**

Baby and Me Lapsit

For infants up to eighteen months will enjoy our "Lapsit" program. This program brings parents and infants together in the library and offers them an opportunity to enjoy a special sharing time together. Infants sit on their parent's lap and interact with them while enjoying songs, finger plays, and books designed with babies in mind! **NO OLDER CHILDREN IN THIS PROGRAM PLEASE!**

Family Story Time

Programs will feature stories centered around a specific theme that will cover a wide range of ages. Families with children of varied ages will find this program the ideal way to enjoy the library together.

Pajama Story Time

Held on the first Thursday of the month at 7:00 p.m. Come dressed ready for bed and join us for wonderful fun.

ADOPTION & FOSTER CARE

CLARKSVILLE FAMILY ADOPTION GROUP

Bringing families and individuals together that have been impacted by adoption, providing support for prospective families and keeping members educated about the needs of adopted children. Events include information meetings, drop in play dates for families with young children, fun days for adopted teens, fun family time and various celebrations throughout the year. Attendance at each event is optional. No commitment. For more information, contact Jaime at (931) 980-8498 call/text. To be added to the contact list, please send your e-mail address and/or phone number to jaimeforjewelry@gmail.com.

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

A multi-state child placement agency. We offer treatment foster care and services. 171 Hatcher Lane, (931) 645-7711 or www.omnivisions.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.

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.

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.

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.

TEAM CLARKSVILLE YOUTH WRESTLING

The Team Clarksville Wrestling Club is accepting new members. We're a competitive club serving youth in elementary school through middle school. For more information contact David Isbell at (719) 494-6685 or email at isbell_dave@yahoo.com.

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.

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

ALPHA CHRISTIAN

CHILDBIRTH PREPARATION

Our class is everything that you would get at a hospital class but MUCH more. You will learn how to stay low risk and what to expect in labor, but you will also learn how to make informed decisions, the truth about the "slippery slope" of interventions, why the United States' c-section rate is one of the highest in the world and how best to avoid one, how to relax, how to stay in control (mentally and physically), how to rely on God's word to stay focused, how to care for your infant and how to succeed at breastfeeding. You will laugh, learn and pray with other believers while becoming informed and empowered together. Contact Heidi Duncan, Birth Doula & Childbirth Educator, at (615) 710-7077 or expectingnewlife@yahoo.com for info on classes (group, private or home-study).

BREASTFEEDING EDUCATION AND SUPPORT (WIC)

We offer breastfeeding classes for everyone in the community twice per month, as well as hold a support group for breastfeeding families once a month. Nutritionists and a breastfeeding peer counselor are also available to answer questions via phone during business hours. Please call for future class and support group schedules or look in the Calendar section of this month's issue for upcoming events. Breastfeeding is one of the most important life-lasting gifts you can give to your baby. You can do it; WIC can help! Montgomery County WIC, 1850 Business Park Dr, Suite 103, (931) 551-8777.

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

We meet on the first Wednesday of every month at 10:00 a.m. at the Clarksville-Montgomery County Public Library meeting room, except in July on the 5th and in November on the 8th. We will also meet on the third Wednesday of each month at 6:00 p.m. at the Fort Campbell Family Resource Center. Expectant and nursing mothers are all welcome to attend! Babies are always welcome at meetings. For information, support and to answer questions email BreastfeedTN@gmail.com or call (931) 444-7087.

NINE MONTHS & BEYOND

A comprehensive source for pregnancy, birth, breastfeeding and early parenting education and resources. Offers birth tub rentals, breastpump rentals, babyroom 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 discounted rate. 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 Awares Calculator. www.childcareaware.org.

MID-CUMBERLAND CHILDCARE RESOURCE AND REFERRAL

At 128 North Second 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

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

101ST AIRBORNE DIVISION ASSOCIATION ONCE AN EAGLE....ALWAYS AN EAGLE

The 101st Airborne Division Association is a non-profit organization, which was organized by General Maxwell D. Taylor, Division Commander and first President of Association, and the other members of the division at the end of World War II. Many of the founders of this great organization are still members today, along with many of their widows, children, grandchildren, and foreign friends who were liberated by the division during WWII, and other supporters who are assisting in carrying on the legacy of the 101st Airborne Division.

The 101st Airborne Division Association welcomes all Screaming Eagles, from the original veterans to the active duty troopers of today, regardless of where or when they served. In addition to uniting all generations of Screaming Eagles, the association links all units that are now, or were previously assigned or attached to the Division.

Association contributions include: Provided design, funded and constructed the Division Memorial at Arlington National Cemetery in memory of all fallen Screaming Eagles; provided design, funded and constructed the Division Monument at Ft. Campbell in honor of all Screaming Eagles, past, present and future; raised \$200,000 (and counting) in support of troopers and their families during Enduring Freedom/Iraqi Freedom deployments; supporting families at Ft. Campbell through the Association's Screaming Eagle Support Fund, which also provides quality of life enhancements for single soldiers under the Better Opportunity for Single Soldiers (BOSS) program; providing annual scholarships to Screaming Eagle family members for over forty years; ongoing activities and tours bringing Screaming Eagles together; regional and unit-based

chapters throughout the country; magazine and website for information and use by all units/members.

As a member of the Association, you will be helping us carry on the legacy that our comrades began back in World War II. Some benefits that the 101st Airborne Division Association members receive include: Chappie Hall Scholarship eligibility; annual college scholarships are awarded to Association members, family members or descendants of Association members; Screaming Eagle Support Fund for soldiers in need; if you so chose, the Screaming Eagle publication will be mailed to you four times a year; voting rights and a voice in the operation of the Association; eligibility to purchase military and 101st Airborne Division items and memorabilia from our National Association store; attend our many social functions along with many veterans of the 101st Airborne Division; membership pin; membership card; membership decal and History of the Division.

For more information on the benefits of being a member or the service the Association offers contact the office between 8:00 a.m. and 4:00 p.m. Monday through Friday at (931) 431-0199 or at our website ScreamingEagle.org.

ALL NATIONS BIBLICAL STUDY CENTER

Offers tuition-free Bible courses to the community in the major fields of biblical research. The Fall Semester begins in September. Online Courses are offered year-round. Visit www.studythescritures.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



He may need your foot steps to follow.

Volunteers Needed

Providing quality mentoring for Clarksville's Youth.

Big Brothers Big Sisters of Clarksville is looking for volunteers to be a part of our program. If you are interested in being a friend to a child and can devote at least 4-8 hours a month, please call our office at 931.647.1418.

Little Moments Big Magic Big Brothers Big Sisters

931.647.1418 • Peachers Mill Rd. • Clarksville, TN

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 care provided for individuals nearing the end of life. Our team of professionals, which includes doctors, nurses, home health aides, social workers, chaplains, volunteers and a bereavement counselor, supports patients and families by providing pain and symptom management, as well as psychosocial, emotional and spiritual support. 24/7 on-call availability. Serving Montgomery, Cheatham, Stewart, Houston, Humphreys, Dickson, and Hickman counties. (931) 551-4100.

CLARKSVILLE-FT. CAMPBELL CHRISTIAN WOMEN'S CONNECTION

We meet regularly on third Tuesday of each month (unless there are conflicts with Thanksgiving and Christmas, when we move to second Tuesday). No membership fees are required. We meet at the Clarksville Country Club on 334 Fairway Drive. Program consists of special features, singers, and a speaker who gives her

personal testimony. Lunch is served at 11:00 a.m. The price is \$14 and the meeting concludes at 1:00 p.m. For reservations, call Heidi at (931) 648-8353.

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.

HABITAT FOR HUMANITY AND RESTORE

Habitat a non-profit ecumenical Christian organization partners with qualified applicants to build new home construction within Montgomery County. Habitat collaborates with faith, civic, and business organizations for home sponsorships. Homeowner applications are accepted Monday through Friday at 404 Madison Street, (931) 645-4222, www.habitatmctn.org. The ReStore accepts and sells building, furniture and appliance donations funding Habitat's mission while providing an environmentally and socially responsible way to keep reusable materials out of the waste stream. 408 Madison Street, (931) 645-4242, donation@clarksvillerestore.org.

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

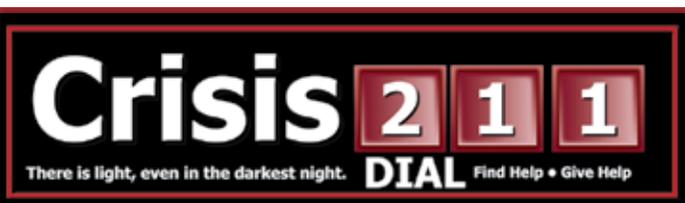
Mid-Cumberland Human Resource Agency provides group or home-delivered meals to individuals 60 or older. Volunteers deliver noon meal Monday-Friday. It only takes an hour of your time. Beth at (931) 645-5629.

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.



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

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

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

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.

REFORMERS UNANIMOUS

Christ-centered recovery program that offers guidebooks and weekly meetings with supportive caring people. Designed to assist people with addictive behaviors and any struggles of life. Meets at Bible Baptist Church, 3102 Prospect Circle, Fridays from 7:00 p.m. to 9:00 p.m. Visit www.reformu.com or call (931) 233-0519.

SUNCREST HOME HEALTH

Available 24 hours a day, seven days a week to answer any questions you might have to discuss how we can help your patients feel better, recover faster and live healthier in the place they call HOME. Call (931) 647-7411.

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 Dr. Linda A. Sittou, TRAEYC President, at (931) 221-7308 or visit www.traeyc.org.

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

Don't Forget to ask about our CLARKSVILLE FAMILY DISCOUNT

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Free Estimates

- Landscape Design
- Shrub Trimming
- Flower Beds
- Mulching
- Seeding
- Fertilizing
- Mowing
- Edging
- Weed Control
- Leaf Removal
- Pressure Washing

2010 THE LEAF CHALLENGE Readers Choice Awards

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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)

Regional Intervention Program 404 Pageant Lane, (931) 920-2347, is a program through local mental health agency and not-for-profit organization Centerstone providing behavior modification for preschoolers 18 months through 6 years old. RIP offers a 2-hour classroom setting for children and siblings, in addition to case management for parents two times per week on Tuesdays and Thursdays. RIP currently has immediate openings for the morning program @ 10:00 a.m. to 12:00 p.m. Contact Taboya Holman, Clarksville RIP program Coordinator @ (931) 920-2347 or Taboya.Holman@centerstone.org.

VIVIAN HOUSE

125 Vivian Street, (931) 920-7235.

WEEMS ACADEMY

812 Greenwood Avenue, (931) 920-7370.

YMCA'S RESTORE MINISTRIES COUNSELING CENTER

Restore Ministries offers one-on-one, couples (including marital and pre-marital) and family counseling in addition to play therapy for children ages 3-12 years old in a safe and confidential setting. Private counseling fees are frequently out of reach for individuals with limited financial resources or no insurance, but we are committed to providing professional, holistic counseling on a sliding scale so that no one is turned away due to the inability to pay. You do not have to be a member of the YMCA to seek counseling. For more information about our counseling services or to schedule an appointment, please contact Susanna Powers at (931) 647-2376 or spowers@ymcamidtn.org.

INTERNATIONAL ORGANIZATIONS

MISS TENN KY AREA AFS VOLUNTEER LEADERSHIP TEAM

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

months. Students arrive in August. Applications are already arriving in our regional offices for the fall of 2011.

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

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

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

PARENT GROUPS CLARKSVILLEMOMMIES.COM

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

CHARA (CHRIST-CENTERED HOMESCHOOLERS APPLYING RIGHTEOUSNESS ACADEMICALLY

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

ClarksvilleAreaHome SchoolNews/

HOPKINSVILLE SAHM MEETUP GROUP

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

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

Provides information, encouragement and support to mothers who wish to breast feed their babies. We meet on the first Wednesday of every month at 10:00 a.m. at the Clarksville-Montgomery County Public Library meeting room, except in July on the 5th and in November on the 8th. We will also meet on the third Wednesday of each month at 6:00 p.m. at the Fort Campbell Family Resource Center. Expectant and nursing mothers are all welcome to attend! Babies are always welcome at meetings. For information, support and to answer questions email BreastfeedTN@gmail.com or call (931) 444-7087.

MOMS CLUB® OF CLARKSVILLE

MOMS Offering MOMS Support.™ We are a support group designed just for you, the stay-at-home MOM of today! If you need a support group that understands your special needs as a stay-at-home MOM, we are it. We are the first, largest and fastest growing support group specifically for ALL stay-at-home parents. Come as a guest to our next chapter meeting. Your children are always welcome to attend all MOMS Club® activities!

We offer weekly activities that are during the day and child friendly,

so you can get out and meet new people and give your child a chance to play with new friends. Visit www.momsclubofclarksvilletn.com for more information.

MOMS Club® has expanded to reach more MOMS in Clarksville. We now have two clubs in order to help MOMS find activities closer to home. We will have a club in both east and west Clarksville. East Clarksville's club includes MOMS from Sango and St. Bethlehem; West Clarksville's club includes MOMS from Ft. Campbell, Oak Grove and Woodlawn. By sistering into two clubs activities can be planned closer to where MOMS live. For more information or to join email eastclarksvillemomsclub@gmail.com for East Clarksville or clarksvillemomsclub@yahoo.com for West Clarksville.

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.

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 Ashley Whorley at ftcampbellmops@gmail.com or (703) 986-9705.

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 hilldalebaptistmops@gmail.com, visit www.hilldale.org look for "MOPS" under Children's Ministry, or look for us on Facebook under Hilldale Baptist Church MOPS.

SPRING CREEK BAPTIST CHURCH MOPS

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

PARENTS OF MULTIPLES

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

PARENTS REACHING OUT

Provides peer counseling and support services. Aims at long-term preventive health care solutions to families facing the challenges of a

high-risk pregnancy or having an infant or child in critical care. Call (615) 365-7004.

SHARE (SECULAR HOMESCHOOLERS: ANY RELIGION, ECLECTIC)

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

TENNESSEE EARLY INTERVENTION SYSTEM (TEIS)

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

WIC NUTRITION EDUCATION CENTER

All prenatal moms are welcome to a free preparation breastfeeding class (includes free breastfeeding information packet). 1:00 p.m. to 2:00 p.m. the third Thursday of each month

at the WIC Clinic, 1850 Business Park Drive. Call (931)551-8777 for more information. No reservations needed.

RETIREMENT GROUPS

AARP LOCAL CHAPTER 1957

Meets the 2nd Tuesday of each month from 10:00 a.m. to 11:30 a.m. in the basement of the Hilldale Methodist Church, 1751 Madison Street, (across from the Chick-Fil-A and the new Lowes). We always have a guest speaker with beverages and finger food after the meeting. The area where we meet is quite large and we normally have 50 to 60 people attending. Please come and join us for a morning of fellowship and very informative speakers. Guests are always welcome. For more information please contact JC Whitney at (931) 358-4855 or e-mail jcwhitney@cdelightband.net.

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

The only association dedicated to protecting the earned retirement benefits of federal employees, retirees and their survivors. Founded by 14 federal retirees in 1921, NARFE has become an effective and highly respected legislative voice for federal workers and retirees. 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 and membership 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 250,000 members nationwide and almost 4,000 here in Tennessee, we are a strong voice in Washington, DC.

Local NARFE Chapter 870 meets on the 2nd Thursday of each month at the Golden Corral Restaurant, 2811 Wilma Rudolph Blvd. We gather to eat at 11:00 a.m. with the business meeting starting at noon. Even with our speaker, we are normally finished by 1:00 p.m. or 1:15 p.m. We have a private area reserved with our own waitress service, always have a speaker, and guests are always welcome. For more info please contact J.C. Whitney at (931) 358-4855 or e-mail jcwhitney@cdelightband.net.

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.

GOLF LESSONS

All ages
all skill levels

Whether you're struggling to find your game or a beginner looking to learn the basics.



Instruction given by local golf champion,
Rob Long

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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.

DIABETIC SUPPORT GROUP

Gateway Medical Center offers information related to self-management of diabetes. Each meeting showcases a different expert speaker as well as a question and answer period. The group meets the third Tuesday of each month at 5:30 p.m. in the Liberty Rooms of Gateway Medical Center. For more information, contact Registered Dietitian Diana Smith at (931) 502-1692.

JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)

Meets the last Saturday of each month. Contact cvoiland-free@jdrf.org.

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.

YMCA'S RESTORE

Restore Ministries offers small groups led by trained and caring facilitators in a supportive environment in which

people who are seeking to make similar life changes can work together to identify and overcome the barriers standing between them and lasting change. If you are having relationship difficulties, experiencing loneliness, grief, stress, sadness or just need encouragement, we can help. Our groups address all types of issues ranging from anxiety to grief to low self-esteem and body image. Restore Ministries is for everyone, guiding men and women to complete hope, healing and restoration. Most groups meet for 8 weeks. Fees are based on your ability to pay. Groups are open to both members and non-members of the YMCA. For more information or to sign up for a group, contact Susanna Powers at (931) 647-2376 or spowers@ymcamidtn.org.

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) 320-9869 or e-mail info@clarksvillefamily.com.

What's going on in May at Madison Street!



NEW!



MOTHER-SON DATE KNIGHT



Chick-fil-A Madison St. is hosting a medieval-themed Mother-Son Date "Knight" on Saturday, May 12th.

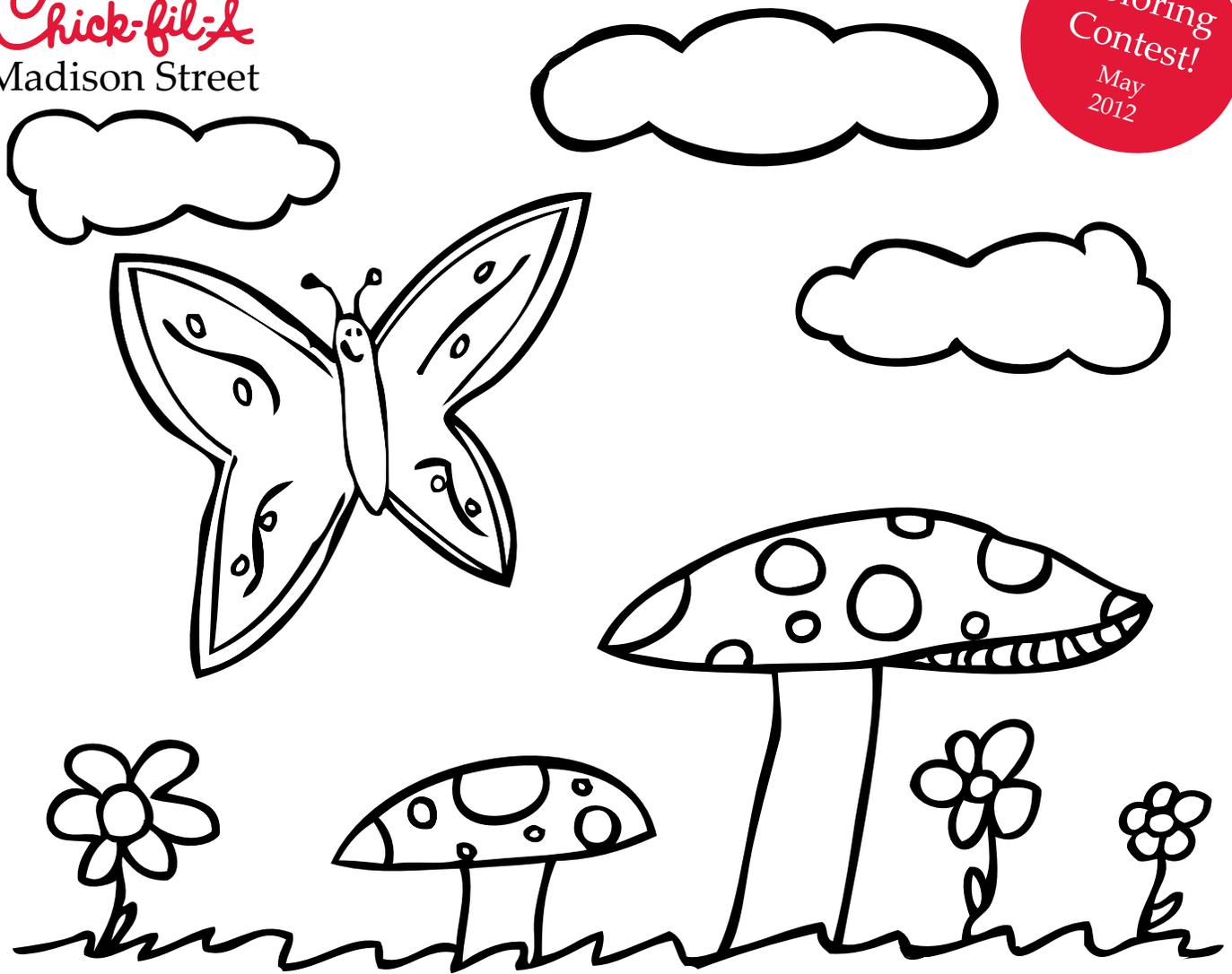
This theme is to add a fun spin that will teach sons how to be a modern day knight and show chivalry while taking their mom on a date.

Seating times will be at 4:30, 5:30, 6:30, and 7:30. Call for reservations, 931-648-4468.

Those with a reservation will be seated in a VIP section to receive table-side service and many other special treats!



Madison St. (931) 648-4468 Order online at www.chickfila.com/madisonstreet



Child's Name _____ Age _____

Parent's Name _____ Phone# (____) _____

Parent's Signature _____ Email _____

Mailing Address _____ Apt. # _____

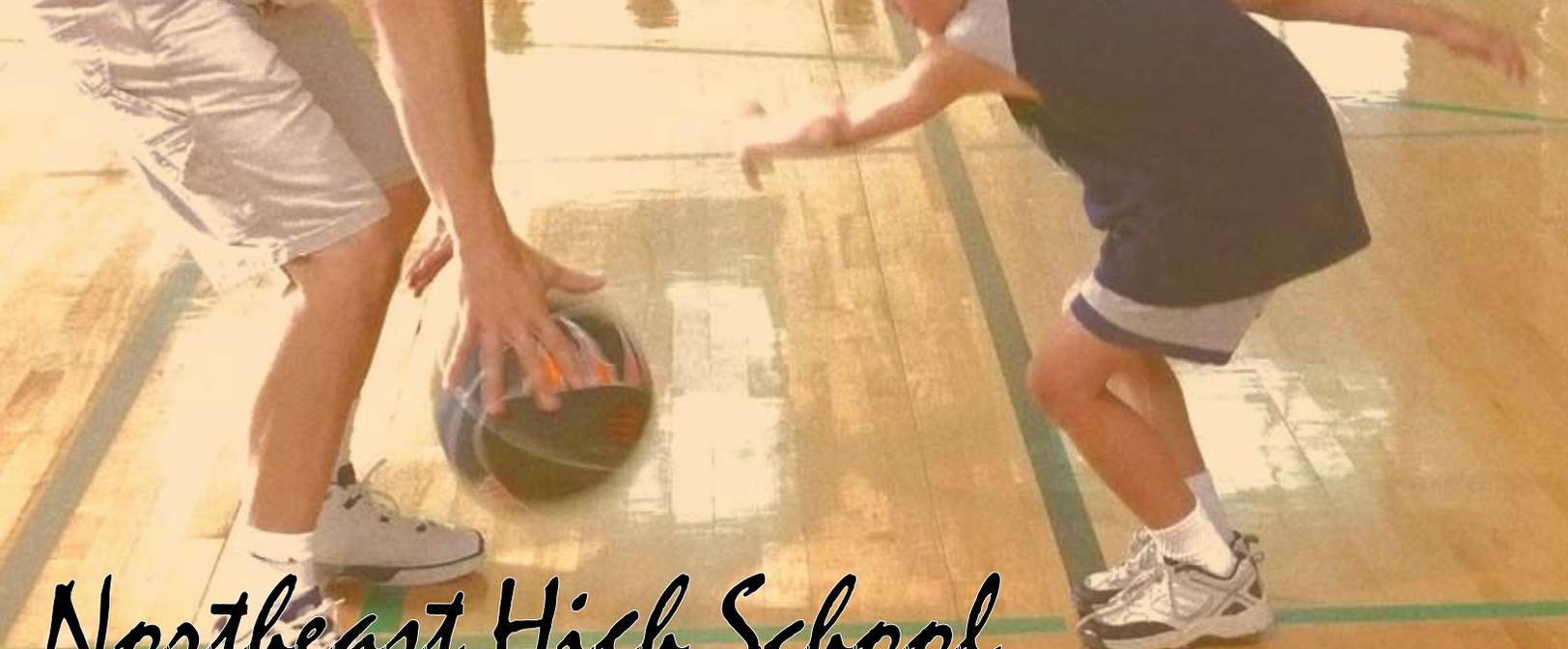
City _____ State _____ Zip _____

What you can win:

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

| | | | |
|--|---|--|--|
|  <p>ENTRY:</p> <ul style="list-style-type: none"> Contest open to children ages 12 and under. One (1) entry per person per contest, please. To enter, either color the picture on this page or download and print it from clarksvillefamily.com, color it in however you like, and return your entry to Clarksville Family Magazine for judging. | <p>YOU CAN SEND YOUR ENTRY (VIA U.S. MAIL) TO: Coloring Contest PO Box 31867 Clarksville, TN 37040</p> <ul style="list-style-type: none"> Be sure to include child's name, age, address, phone number, and e-mail address so that winners may be notified. <p>Contest ends 5/15/12</p> | <p>JUDGING:</p> <ul style="list-style-type: none"> Entries will be judged every other month, and prizes will be awarded accordingly. Entries will be judged on the basis of creativity. Eight prizes will be awarded in three age categories: ages 3 and under, ages 4-6, 7-9 and ages 10-12. Prizes may ONLY be claimed at the Madison Street location. | <p>WINNERS:</p> <ul style="list-style-type: none"> Winners will be announced in the June 2012 issue of Clarksville Family Magazine. Each winner will receive the following prize for their winning contest entry: Chick-fil-A Fun Pack as well as their name and winning artwork printed in the next issue of Clarksville Family Magazine.  |
|--|---|--|--|

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



Northeast High School

BASKETBALL CAMP

Monday, May 28th - Wednesday, May 30th.

Daily @ 9:00 am - 12:00 noon @ Northeast High School

For Boys and Girls ages 4-18 years old.

Cost is \$50 Includes: Instruction, T-Shirt, and Basketball!

Special Guests:

Alex Poythress, *University of Kentucky*
Bashaara Graves, *University of Tennessee*
Chandler Cooper, *University of Florida*

CAMP DIRECTOR: Al Cooper (*Northeast High School Head Basketball Coach*)

For more information, contact al.cooper@cmcss.net

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across from the Great Escape Movie Theatre**

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