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Publisher's Message

Is it really February already? I still feel like I'm planning out my New Year. I will likely be feeling this way over the next couple months; and while a few things may actually get executed; many may even get put off a few months and maybe even until next year, ha!



I have just re-read this month's issue and I am very excited to share it with everyone. I feel so fortunate that we live in such a caring and involved community. I'm especially grateful that they are willing to share their talents, insight and stories with us so we can share them with you.

Taylor Lieberstein has a wonderful article about the Blanketeers from "Project Linus" on page 6, Pamela Magrans writes about White Nose Syndrome and the Bat Project at Dunbar Cave on page 12. There's also everything from tax advice to debunking Valentine's Day myths. It's a jam-packed issue all around so you'll just have to see for yourself.

Speaking of Valentine's Day, I know it's a minor holiday to some but I really like it and have always looked forward to it. In elementary school I would spend so much time the night before carefully choosing which Strawberry Shortcake or Snoopy pre-printed Valentine to give to whom—and was equally excited to go through my decorated shoebox full of Valentines from my teacher and classmates the next day. I don't think my 8-year-old son is quite as jazzed about it as I was at his age, but perhaps it's just a boy thing :)

As always, thank you for picking us up and stay warm!

Sincerely,
Carla Lavergne

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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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TABLE OF CONTENTS

- FEATURE • 6**
Helping Children One Stitch at a Time
- COMMUNITY • 12**
APSU Bat Project Monitors Spread of White Nose Syndrome
- ADVICE • 18**
Tax Refund Can Fix All Debt
- COMMUNITY • 20**
Father Daughter Ball a Beautiful Tradition
- COMMUNITY • 22**
CMCSS Safety Procedures After Sandy Hook
- HEALTH • 26**
Recipe: Chocolate-Drizzled Strawberries
- HEALTH • 28**
Heart Attack Warning Signs
- FAITH & FAMILY • 30**
Who Am I?
- ADVICE • 34**
Valentine's Day Debunking Lessons from Our Embarrassing Past
- ABOUT MILITARY MARRIAGE • 40**
More on Becoming a Master of Relationships: Managing Conflict
- HEALTH • 44**
Why Asthma Attacks
- COMMUNITY • 48**
Clarksville Young Professionals
- HEALTH • 52**
Say Yes to the Dress
- CANDID CLARKSVILLE & FORT CAMPBELL FAMILIES • 53**
- STORYTIME • 54**
Recycling
- THE FRIDGE • 56**
- CALENDAR • 58**
- FAMILY RESOURCE NETWORK • 64**
- COLORING CONTEST • 71**

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HELPING CHILDREN ONE STITCH AT A TIME

by Taylor Lieberstein

There is a group of ladies in our community knitting blankets to brighten the lives of children in need and to fulfill the mission of Project Linus, a nationwide non-profit.

Blankets are crafted, collected and distributed locally to children in hospitals, shelters, social service agencies, or anywhere that a child might be in need of a big hug. Typically the recipient is suffering from an emotional or medical crisis. A blanket is something they can cling to in a time of instability, a shelter from the scary things happening



around them. The Clarksville-Montgomery County chapter started in 2005. They strive to provide as many blankets as there are children in need.

What Does Project Linus Do?

Project Linus has two main goals. First to provide love, a sense of security, warmth and comfort to children who are seriously ill, traumatized, or otherwise in need through the gifts of new, handmade blankets and afghans, lovingly created by volunteer "blanketeers." Their second mission is to provide a rewarding and fun service opportunity for interested individuals and groups in local communities, for the benefit of children.



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Blankets are distributed locally to Ft. Campbell EMS, Fisher House, Children of Fallen Soldiers, Montgomery County EMS stations, Montgomery County Department of Children Services and American Red Cross. Infant-size blankets and afghans are donated to the Hope Pregnancy Center and the Healthy Start Program. Should the chapter hear of a child that is seriously ill, traumatized or otherwise in need of security, warmth and comfort they provide a blanket. All blankets are tagged with a label from Project Linus and are distributed by the local chapter coordinator and volunteers.

One of their priorities is the Family Survival Unit on Fort Campbell, which is a group that works with the families of the soldiers who do not make it back from overseas.

For the second year in a row the group has been asked by Bikers Who Care to make 35 twin-size blankets for Camp Rainbow attendees. Camp Rainbow is a summer camp for seriously ill children. Project Linus will set aside any twin-size blankets/quilts that are donated monthly for this project. On May 11, Make-A-Blanket Day will focus on making quilts for the upcoming Camp Rainbow. The campers will find their blanket on their beds when they arrive at camp and will be able to take it with them when they leave.

The chapter keeps a record of the number of blankets donated to various places/groups and a quarterly report submitted to the national headquarters in Bloomington, Illinois. All blanketeers (blanket makers) are volunteers. No one in

the local chapter is paid or reimbursed for their time or blankets. The group averages a distribution of 40-50 blankets per month. Last year Project Linus distributed 819 blankets, which included the 42 given to Camp Rainbow attendees.

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How Can You Help Project Linus?

The group meets from 1:00 p.m. to 3:00 p.m. at Cumberland Presbyterian Church on the second Sunday of each month except in May (which is Mother's Day). The blanketeers enjoy a potluck meal at each meeting followed by a "show & tell" of blankets members have made and brought to donate that month.

In May, they meet on the day before Mother's Day (a Saturday) from 9:00 a.m. to 3:00 p.m. for the annual Make-A-Blanket Day. It is a



full day get-together where blanketeers and members from other quilting groups/guilds get together to make blankets for the chapter. This year the focus will be to make twin-size blankets for Camp Rainbow attendees.

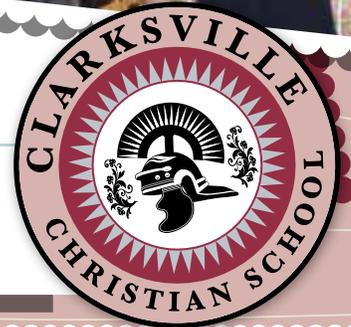
The more blankets that can be made to donate the better. If you can sew, quilt (machine or hand), crochet, knit, embroider, cross-stitch, color with crayons, or wash/cut/press fabric, you can be of assistance. Although there have been no men to show up at the meetings to date they are always welcome.

If anyone would like to help by working from home, Project Linus can provide you with yarn or blanket supplies. The ladies will even make arrangements to pick up completed blankets, if necessary. If you don't have the time but still want to help,

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Project Linus accepts supplies of yarn, cotton/cotton blend fabric, quilt batting, thread and monetary donations.

Monetary donations can be used to maintain the various projects. Normal expenses include: fabric, batting, yarn,

other blanket-making supplies, blanket labels, printing, office supplies, shipping, accounting and auditing.

Guidelines to Know Before You Sew:

- Blankets must be brand new and made with new

fabric. Some part must be handmade/hand-sewn/crocheted and all must be washable. Try to stay with cotton/cotton blend fabrics, fleece and flannel, which wash well. No polyester or polyester knit. No buttons or any embellishments that any child might choke on can be used. Afghans, knitted or crocheted, should be made with machine-washable/dryable yarn. No wool or wool blends. Blankets must come from a smoke free environment.

- When they say “handmade” or “homemade” it means something that is not commercially manufactured or purchased. Of course, home sewing machines, knitting machines, etc. are fine. It has always been the mission of Project Linus to donate only handmade blankets. The headquarters of Project Linus receive thousands of letters and thank you notes every year from children. Over and over they express how touched they are that a stranger would take the time to make something for them. They really know the difference. Purchased blankets are nice, but handmade blankets are from the heart.
- The majority of Project Linus blankets are about 40” x 60”, or what is called “crib size.” Blankets could be as large as twin size for teens.

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- There are no color restrictions but they do not use holiday fabrics (Halloween, Christmas, Hanukah, or Easter symbols). Anything red, white and blue is welcome and will be taken to Ft. Campbell for the Fisher House.

You can drop off finished blankets or supplies at Clarksville Sewing Center at 117 West Dunbar Cave Road.



For further information or questions contact Jean Marr (Chapter Coordinator) at (931) 358-0101; Joann Pollard at (931) 647-1827; Carol Ballard at (931) 645-8896; or Cindy Heiss at (931) 551-8130.



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THE APSU BAT PROJECT MONITORS THE SPREAD OF WHITE NOSE SYNDROME

by Pamela Magrans

The iconic archways greet visitors as they drive down Dunbar Cave Road. The water of Swan Lake reflects the white arches creating an illusion. A few turtles rest on a nearby log. A duck waddles up from the water ruffling its feathers. The ambiance of the Dunbar Cave landscape resonates peace and relaxation.

The sound of a child laughing echoes from the hiking trail farther up and through the light winter foliage, hikers can be seen trekking up the rugged paths. For local residents, there is something special about Dunbar Cave. Many

local residents have toured the inside of the cave, fished at Swan Lake and hiked the trails on the 110-acre state



park.

Dunbar Cave Natural area is rich in history and local lore. Some locals can recall the age of the Big Band and

attending concerts and dances at the entrance of the cave. Many locals can recall touring the cave, with flashlight in hand. Being led by a guide through the unlit cave was a humbling experience, as the ancient rocks echo a history we will never fully know. Native American cave drawings reveal that the cave has been used for thousands of years. The sound of water dripping down the rocks reveals the cave, like all of nature, is still changing.

Several types of bats inhabit both the inside and the outside of the cave, including the tricolored bat,



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little brown bat, big brown bat and the red bat. Bats are the world's only flying mammal and are vital in our ecosystem because they offer insect control. Many local residents recall visiting Dunbar Cave and seeing the bats hanging from the roof of the cave or fluttering near the entrance. Bats call Dunbar Cave home; yet, we are only visitors. A recently discovered disease is impacting the bats that live in Dunbar Cave. For this reason, the cave is now closed to visitors in an effort to protect this small, yet vital Dunbar Cave resident.

What is White Nose Syndrome?

In 2010, while APSU Biology students were conducting research for the Center of Excellence for Field Biology (CEFB) they discovered a bat in Dunbar Cave suffering from White Nose Syndrome (WNS).

White Nose Syndrome is a disease threatening bat populations in the eastern North American states. Bats with WNS have a white fungus on their muzzle and wings. The characteristic white fungus usually appears on hibernating bats and is often associated with abnormal behavior and high mortality rates. First documented in New York in the winter of 2006, WNS has spread rapidly and is blamed for 5-6

million bat deaths in North America. When a bat colony is affected by WNS, 90% of the bats may die within two years. Scientists believe WNS is primarily spread among bats; however, it may also be unintentionally transmitted

from one cave to another on shoes, clothing and gear of humans visiting caves.

Although much research is being conducted nationwide, scientists still do not fully understand why WNS is spreading rapidly or how it



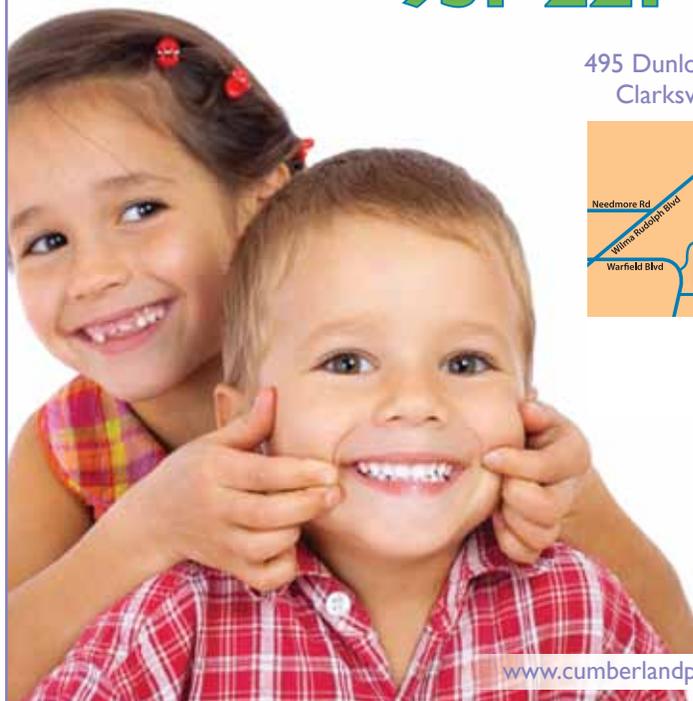
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can be prevented. In light of so many questions and the need for research, public cave systems in our region are being closed to visitors, until further information can be acquired about WNS.

In 2010 Dunbar Cave State Park officially discontinued all cave tours. In January 2013, WNS was also confirmed in a bat death in nearby Mammoth Cave, KY.

The APSU Bat Project

Recent cases of WNS have sparked research to determine how to protect this unique mammal and limit spread of the disease. Austin Peay State University (APSU) has long since been a force in studying the historical, geologic and natural elements of the local cave system.

Funded by the APSU Center of Excellence for Field Biology (CEFB), and led by Dr. Barrass, biology students have been entering Dunbar Cave for many years for the sole purpose of researching the bat population. Since the cave is officially closed due to spread of WNS, it now takes several permits to get permission to enter the cave. Permits from the Tennessee State Parks, Tennessee Wildlife Resources Agency, and the US Fish and Wildlife Agency are required before anyone can enter the cave. Currently, APSU is the only university in the Southeast authorized to conduct research inside a publically owned cave documented with WNS. They began studying bat populations in 2006, but since WNS was documented, the focus is now on learning more about that disease impacting our local bats. The CEFB funds the Bat Project and offers students an

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bat feeding behavior and the species using the Dunbar habitat.

“We wear boots, Tyvek suits, and headlamps into the cave, and quarantine them after exit. Everything that we use in the cave is quarantined and sterilized or cleaned as thoroughly as possible after we leave to prevent the possible transmission of white nose syndrome,” Lauren said.



“We do a routine survey of 10 cave rooms, gathering data about where bats are roosting within the cave, what the environmental conditions of those locations are, and the ages, sexes, species, and reproductive status of those bats, if possible,” said Lauren. In addition, the students examine the bats looking for any evidence of WNS.

“My favorite part of working with the Bat Project is knowing that I’m contributing something to science to solve a conservation dilemma,” said Lauren.

Visit Dunbar Cave

Even though the cave is closed, there is still much to do at Dunbar Cave Natural Area. Families can enjoy fishing at Swan Lake and watching the ducks and geese. Hiking trails range from difficult to leisure and twist around the area that covers the cave.

There are three trails on the property. The Lake Trail is only .67 miles. The short Loop is 1.1 mile and the Recovery Trail is 1.9 miles. The trails are an excellent place to walk a dog or take a family stroll on a Saturday afternoon. The entire natural area is 110 acres and includes a visitor’s center and picnic tables.

The Friends of Dunbar Cave meet the second Thursday of every month and is dedicated to preservation and enhancement of Dunbar Cave. They are a group of volunteers who use Dunbar Cave and value its importance both in the history and the future of the Clarksville area. You can like them on Facebook. Anyone is welcome to join the Friends of Dunbar



Cave on March 23 from 9:00 a.m. to 12:00 p.m. to spread mulch on the trails.

On May 4 a Dunbar Cave Spring Fling will consist of specialized guided hikes and other activities. Call the Dunbar Cave Park Office at (931) 648-5526 or visit state.tn.us/environment/parks/DunbarCave/ for more details.

To read more about the APSU Bat Project visit www.apsu.edu/bat. To read more about other CEFB initiatives visit www.apsu.edu/field-biology.





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TAX REFUND CAN FIX ALL DEBT

by Allan Thompson

Most families should not use their tax refund trying to reduce or pay off one or even a couple of debts, when they can wisely use that tax refund to obtain Court protection from all their creditors. Usually paying down one or two debts does not provide a lasting solution to unmanageable debt. Protection from wage garnishment, repossession of vehicles and even a lawsuit can be obtained through either a Chapter 13 Petition or a Chapter 7 Petition. General Motors (GM) successfully did this, look what a success it was for them, and you can do this too.

The protections under each Petition are similar, but not identical. Under both Petitions all debt collections are suspended except for domestic support obligations. You are entitled to protect and keep specified amounts of property through exemptions. Homeowners can exempt a specified value in the home, which is called homestead. For example in a Chapter 7 (liquidation) a married couple with a minor child can exempt \$50,000 as homestead (home); and an additional \$20,000 in a combination of cash, cars, and personal items through personal property exemptions. With a Chapter

13 you can keep virtually all of your property, catch up missed payments on a home, and even slow pay back taxes to the IRS.

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effective the instant the lawyer pushes the button! You now have protection for your assets from bill collectors including credit card companies. Any repayment of unsecured debt like credit cards is at an interest rate of about 4% instead of the 20% or more you are currently paying.

A Chapter 13 differs from a Chapter 7 in that a Chapter 13 is for wage earners with income too high for a Chapter 7, and or who have a lot more property to protect.

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FATHER DAUGHTER BALL A BEAUTIFUL TRADITION

by Martha Evans



Hope Pregnancy Center will host its 9th Annual Father Daughter Purity Ball this year. When we first introduced the event, we never imagined the way our community would embrace it. In 2012, we had almost 900 in attendance. Amazing!

We love this event. It's such a privilege to provide local

fathers and other male role models this unique opportunity to help build strong foundations for purity and confidence in the lives of these precious young ladies.

Of course, it's a monumental task, creating a special atmosphere for nearly 900 fathers and daughters. From deciding a theme, developing promotional materials, and finding just the right speaker, to recruiting volunteers, decorating, and preparing refreshments, it's quite an undertaking. But I know everyone involved

would say the same thing..."It's worth it!"

The

anticipation surrounding this event is high. Many families have made it an annual tradition. Registration opens in November, dress shopping begins, and plans are made for the evening. Many couples

go out to eat together on the way to the Ball, often with a group of friends.

There is a wide range of attire—Dad might be in a shirt and tie, a suit, or military dress uniform. Daughters wear dresses of all lengths and styles—party dresses, holiday dresses, even pageant-style gowns. But what they're wearing isn't really that important. It's that expression of wonder, eyes lit with excitement, which makes each one look like the princess she really is.



My favorite part is watching the fathers, uncles, grandfathers and family friends who stand in for Dad for whatever reason. I love seeing these strong men, each escorting a young princess (or two or three!) to a fancy party with photos and dancing and dainty treats. For many, it's so far out of their comfort zone, it's almost funny. And yet, I have such respect for their willingness to step into their daughter's world—or the world of another young girl in their life—with the express

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purpose of showing her just how special she is. It brings tears to my eyes just thinking about it.

How like our heavenly Father. It boggles my mind that we serve a God who so desperately wanted to connect with His children that He left the glory of heaven to take on flesh and walk this dusty earth. Talk about leaving One's comfort zone! I can't think of anyplace else less comfortable than this world, when compared to the throne room of heaven. And yet, because of His great love for us, Jesus did exactly that. Wow.

This year's Father Daughter Ball will be held February 21, 22 and 23. With 900 people in attendance last year, we have completely outgrown our venue, and we're moving to a larger location—Valor Hall in Oak Grove, KY. It's a beautiful setting, and is sure to make for a memorable night.

Thursday and Friday nights are reserved for daughters in grades K through 5. Saturday night is for those in grades 6 through 12, or college-age. Each night will include dancing, dessert, door prizes, an age-appropriate purity message and a special gift for each young lady.

Registration is required for this event. Please visit Hope Pregnancy Center's website for details and to reserve your place at the Ball. Go to www.SpeakingHope.com and click on the link for the Ball. We can't wait!

Martha Evans serves as Executive Director at Hope Pregnancy Center. This medical pregnancy help center is committed to providing accurate information and quality services to those facing an unexpected pregnancy, as well as anyone struggling with a past abortion experience.

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CMCSS SAFETY PROCEDURES AFTER SANDY HOOK

by Taylor Lieberstein

Late last year a man gunned down 20 first-grade students and six teachers inside of Sandy Hook Elementary School in Newtown, Connecticut. It is ranked the second deadliest school shooting in United States history, second only to the massacre at Virginia Tech in 2007.

Following the tragedy at Sandy Hook public school systems across the country reevaluated their security procedures, all with a common goal of looking to heighten security to the maximum extent.

Thanks to support from city officials, CMCSS has worked out a collaborative security support plan with the Clarksville Police Department and the Montgomery County Sheriff's

Office. Under the plan, off-duty armed city and county law enforcement officers will be present in all elementary schools for the spring semester, effectively immediately.

Director of Schools Dr. B.J. Worthington said school administrators spent the days following the school tragedy meeting with local law enforcement reviewing current practices and procedures and looking at what improvements could be made both in the short term and in the long term. Al Ansley, Clarksville Police Chief, expressed full support of CMCSS and their efforts saying he "will do everything he can to help keep the students safe."

"There was never a question of us continuing to do business

as usual, even though we have had numerous external and internal reviews of our safety procedures. What happened in Connecticut changed the world's perspective of school safety," Dr. Worthington said.

The outcome of all the discussion is that CMCSS has placed off-duty officers in all elementary schools using funds available from energy and fuel savings, as well as funds allocated for textbooks which were unspent due to an unusually lower than projected student enrollment this year. However, the funding will be sustainable for a limited time, requiring other resources to fully fund the plan. The plan is only in place for the spring semester since the

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State General Assembly has indicated possible legislation related to school safety may be forthcoming.

Sheriff John Fuson emphasized his concern for the safety of “our children” and reassured that their safety is his number one priority. “We will certainly do what is necessary to be proactive and work to prevent a tragedy from occurring in our community.”

Both Montgomery County Mayor Carolyn Bowers and Clarksville Mayor Kim McMillan agree that their top priority is going above and beyond to protect our children and educators.

“Even in tight budget times, we have to do what we know is right. This is a national issue and we need to work together to take care of our community. A collaborative effort in times like these is key to providing our students and educators with a learning environment where they can feel safe,” said Montgomery County Mayor Bowers.

Clarksville Mayor McMillan said, “This is a practical response to a very challenging issue. The only way we can increase safety in our elementary schools right now is to work together. I appreciate the steps that CMCSS has already taken and believe we should do everything possible to protect our children.”

CMCSS administrators also reviewed the current safety protocol and what might be done to enhance practices already in place. The most immediate response taken in December was the visibility and

presence of law enforcement at elementary schools in the system.

The following are safety-related activities CMCSS already has in place:

- Building entry buzzer systems or building design to route visitors to office depending on building design.

- Multiple surveillance cameras at every location.
- School Resource Officers (SROs) at each middle and high school location.
- Required safety drills including building lockdown drills are practiced at every

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school a minimum of four times yearly, along with monthly fire drills.

- Emergency Response Tabletop Drills sessions providing “mock emergency scenarios” are conducted by the Risk Management/Safety Department, assisting schools to put emergency plans into action.
- School safety protocol and procedures required at every school.
- Individual School Crisis Plans. The implementation and training is ongoing for the School Crisis Plans, which are available to all local emergency response agencies.

- CMCSS Staff members have completed 650 NIMS (National Incident Management System) compliant training courses.
- Classroom Emergency Response Guides are in each classroom.
- Transportation Emergency Response Guides are on each school bus and Maintenance vehicle.
- School Emergency Information for Parents & Guardians booklets have been provided.
- School Emergency Management teams are established at every location.
- A School Nurse is assigned to each location.
- District Level Emergency Response Tabletop

Sessions conducted by the Risk Management/Safety Department.

Schools across the nation have added on-site officers to patrol their hallways on a full-time basis. Every sector of communities across the nation is doing their part to make sure securities are heightened within schools in hopes that this type of tragedy doesn't happen again.

The placement of off-duty officers in the CMCSS elementary schools is at this point only to get us through the spring semester. By the start of the next school year state legislation may put in place a more permanent solution for the tightening of security procedures.



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<p>Most classes are 7pm-9pm* unless otherwise noted online Check-in begins 30 minutes before class starts *some classes may run past 9pm</p>					 28 Hearts-a-Bloom		



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Buying chocolate strawberries can be expensive, but it's easy to make them yourself. High-quality dark chocolate and crushed almonds make these chocolate strawberries healthy and delicious.

Ingredients

- 2 oz dark chocolate chips
- 1/2 tsp olive oil
- 10 strawberries
- 1 oz almonds (about 10), crushed

Preparation

In a microwave-safe bowl, combine chocolate chips and olive oil. Microwave on high for 20 seconds, stir, and continue to microwave at 10-second intervals until melted.

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Transfer the melted chocolate to a small plastic freezer bag. Close the bag and cut the tip off one end of the bag.

Place strawberries on a plate lined with parchment or foil. Drizzle chocolate in a zigzag motion over strawberries by squeezing chocolate down in the bag. Sprinkle strawberries with crushed almonds.

Cool in refrigerator for at least 15 minutes, or until chocolate is set.

Yield: 10 servings

Nutrition Facts (per serving): Calories: 55; Fat: 3g; Saturated Fat: 1g; Cholesterol: 1mg; Sodium: 4mg; Carbohydrates: 5g; Fiber: 1g; Protein: 1g

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THIS MONTH'S HEALTH TIP: HEART ATTACK WARNING SIGNS

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Besides the classic, textbook symptoms such as shortness of breath and a tightness or fullness in the chest, women may have other, less common warning signs of heart attack, which may include:

Atypical chest, stomach or abdominal pain

Nausea or dizziness

Pain or discomfort in one or both arms, the back, neck, jaw or stomach

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Palpitations, cold sweat or paleness

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Visit www.TodaysGateway.com/heart to learn more about heart disease, assess your risk, and gain valuable preventive tips.

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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Thursday, March 7:
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Volunteers Shop Half-off Sale 4:00pm
Consignors Shop Half-off Sale 5:00pm
New Momma's Shop Half-off Sale 6:00pm-7:30pm

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WHO AM I?
by Kim Edmondson

Just in case you are wondering, I am not a big fan of movies. My husband, Chris, on the other hand, is a huge fan of movies. If I watch a movie, I am pretty picky about the content. He loves movies of all types

and topics. I am constantly asking questions throughout the movie, wondering what will happen next. Chris loves every twist, every turn and each moment of suspense. I feel I could be accomplishing so much

during the two hours of time that passes as I sit watching a movie. To him, watching a movie is a time to escape, relax and hang-out.

So, when we find a movie we both enjoy, it is a reason to celebrate!

Recently, Chris went to see *Les Misérables*, and when he came home giving it a glowing review, I knew I had to see it. And I have—twice! The film did not disappoint!

As a private voice and piano teacher, there were many musical elements of the film that I enjoyed. However, beyond the music is an amazing message of hope and new beginnings. The song that continues to resonate with me after seeing the film is “Who Am I?” It is a song and a theme that the main character of the film deals with several times. As a criminal, who has received parole, and then an undeserved pardon, after trying to steal some silver from the home of a priest, he is confronted with the choice to decide who he is going to be. Is he going to revert to stealing and the life of a criminal, or is he going to turn from his past and his crimes and live his life for God? He asks himself, “Who am I?” “Am I a criminal or will I be a man of honor, a man who seeks what God has intended for him?”



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Or what about trying to fulfill the identity of what our culture says we should be? Do more, be more, have more. The identity of being able to do it all and have it all in a society scrambling to accept all ways of life and all people.

Unfortunately, if I am honest with myself I embrace that call of culture and accepting the identity it says I should have far too easily. Rather than keeping my focus fixed on my true identity in Christ, I allow my heart and mind to wander, and live in such a way that

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reinforces what culture says I should be. After all, the things this world calls me to identify with are tangible. I can measure success, I can see an increase or decrease in my relationships, and I can buy the latest techno gadgets and wear the newest fashion trends.

My identity in Christ is more of a challenge. It involves a relationship. It involves time. It involves seeking after the things that seem just the opposite of what the world says I need. But what I have learned about the identity that culture calls me to, is that in

order to measure whether or not I am “achieving” it all, I must compare myself to others. How can I tell if I am keeping up with the standard unless I look at others around me who are trying to accomplish the same thing? Ultimately, this type of living drains my joy, shatters my self-confidence and is just plain tiring!

2 Corinthians 5:17 puts it this way:

This means that anyone who belongs to Christ has become

a new person. The old life is gone, a new life has begun.

So now I ask the question... “Who am I?” or maybe the better question is “Whose am I?” Do I belong to the world? No. Do I belong to myself? No. I belong to Christ. And therefore, I need to work hard to resist the call of culture, the call of my own selfish heart and my circumstances to find the person I am in Christ. I must be determined to seek Him and His best for me. I will be faithful in spending time with Him, reading the Bible and putting into practice what His

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Word calls me too. This will ultimately draw me closer to the Lord, and fill my life with His purpose, His peace and His identity for me. Then I can truly know "Who I Am."



Kim Edmondson is a pastor's wife, mom, friend and teacher. She has been married to Chris for 19 years and they have 3 amazing boys. Kim is a private voice and piano instructor at Mary's Music store. She enjoys running, decorating, time with friends and a great cup of coffee.



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VALENTINE'S DAY DEBUNKED LESSONS FROM OUR EMBARRASSING PAST

by Pamela Magrans

“What’s love got to do with it?” asked Tina Turner in her 1984 song. Asserting that love is a “sweet old fashioned notion” and asking “who needs a heart when a heart can be broken?” she left a generation of women at odds with tradition. What’s love got to do with it, Tina? Well- EVERYTHING OF COURSE!!

This month we celebrate Valentine’s Day and the spirit of romance bleeds deep at the florist, restaurants, perfume counters and lingerie stores. The much-avoided chocolate becomes a staple gift of love. Flowers double in price and we all feel a pressure to make one night as romantic as

possible. Romance becomes a business and this holiday just another way to market an intangible ideal.



America commercializes everything, so this is no surprise. For us, separating the

fantasy of love and the reality of love is not always an easy task, as Tina’s song implies.

What is Valentine’s Day anyway?

February has long since been associated with fertility and romance—fertility being the focus in antique times! A February ritual of fertility dates back to pagan times (before the birth of Christ) with the Roman festival of Lupercalia. Early rituals included goat sacrifices and then the local women were beat with the bloody goatskins; the beating was considered a blessing of sorts—ensuring fertility for the upcoming year.

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The Lupercalia festival was to honor pagan gods in hopes of fertility for the town. Eventually, the goatskin beatings were abandoned and later Lupercalia festivities included a tradition of pairing young couples. Young girls and boys, who were normally kept apart, wrote their names on slips of paper. Then a random drawing “paired” young couples who were free to be partners during that week of Lupercalia,

which usually occurred between February 13-15. The “pairings” often ended up in long-term relationships, but not always. Nonetheless, the intent was a celebration of fertility in order to cleanse the city from evil spirits. The fertility celebration was considered an act of purification and a holy practice, although today we would consider such



random sexual pairings rather primitive and immoral. We must remember that their ritual was not based on love as we define it today. They were celebrating fertility, which is altogether different—if you know what I mean!

Later, the Catholic Church wished to Christianize Lupercalia, as they did for most pagan festivals. When you can’t alienate a tradition, the next best thing to do is to assimilate it! In doing so, the Catholic Church adopted the process of honoring Saints, instead of the Roman gods and loveless fertility rituals. They kept the usual week of celebration and picked a date in the middle of Lupercalia, the date of February 14. The Catholic Church substituted names of young women with the names of saints and asked young men to pick a Saint and emulate that saint for one year. The sexual pairings slowly became obsolete and were replaced with an effort to be more “saint-like.” Eventually, several martyred Saints were attributed to be the real life “St. Valentine.” However, even the Catholic Church could not completely redefine an age-old

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tradition and society seemed to cling to the original idea of the ritual—that of sexual partnership.

The most enduring story is of the St. Valentine who performed marriages during wartime when such marriages were prohibited. (It was feared that being married would be a distraction to the young warriors). Despite the ban on marriage, St. Valentine secretly wed young lovers and landed himself in jail as a result. While in jail, as the legend goes, he fell in love with his jailor's daughter. Ironically, he was executed on February 14 for his nuptial crimes, but he left

an enduring letter to his young love signed with the valediction, "Your Valentine."

Thus a new tradition was born from the pagan festival of Lupercalia. Now the Christians finally had a martyr that could be the hero of their holiday! The legend of St. Valentine and his ultimate sacrifice soon replaced the shameful pagan traditions of the past. People stopped talking about the pagan rituals and history buried that which they did not want to remember. Soon the tradition of exchanging handwritten love notes became popular and "your valentine" became the valediction of young lovers everywhere. Coupled with the

birth of romance that emerged in the Middle Ages and the related romantic literature that accompanied it—our modern notion of courtly love focuses on two lovers wooing one another with gifts and acts of service. Our present day focus on romanticism breeds the Valentine's Day market.

It is estimated that Valentine's Day generates \$14 billion annually. \$36 million is generated from heart-shaped candy alone. Another \$180 million is generated by the sales of red roses.

We try to celebrate love with the giving of gifts, but perhaps we too have manipulated Valentine's Day. How has love become so defined by what money can buy? So we must quote Tina and honestly ask, "What's love got to do with it?"

To reach deep and search for meaning in such a commercialized holiday, we must recognize the roots of the holiday we celebrate. Those who do not know their past are doomed to repeat it! In doing so we see the nonsense and the brutality that can be used by societies who let common sense fall by the wayside, or who let ignorance dominate tradition. Who in their right mind whipped women with goatskins to promote fertility? Well, our ancestors did of course! Lack of knowledge seems to be the key mistake there!

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Love, romance and passion are like all other human tendencies—they evolve and change. Thank goodness, we can all get roses and chocolate from our husbands, rather than a goatskin slashing! With that said, how are love, fertility and romance changing even now and how do we choose to honor true lasting love?

So where do we go from here? It's February 2013—time to celebrate love, just how do we do that?

What's Cupid got to do with it?

As the Christian church tried to assimilate the pagan Festival of Lupercalia, two very different

images became important. On one hand we have the Roman god Cupid, the winged matchmaker from Greek mythology. On the other hand we have the biblical angels sent from God, often called cherubs. Those two images fused into the chubby "Cupid" we now find on Valentine's cards and candy boxes. The real Cupid was man-size and a strong archer. His love story with Psyche demonstrates how all lovers face obstacles. It is not the presence of problems that threatens love, rather what the lovers do with problems that separates romantic love from true lasting love. The Greek mythological story of

Cupid and Psyche chronicles the love chase that occurs as two lovers wound one another and then seek forgiveness and reconciliation. It is a love story that exists still today in many Disney fairy tales and neighborhoods around the world!

The Christian cherubs were not at all cute and plump either. They were images of strong renown, gatekeepers of Eden, watchers and fiery messengers of the apocalypse. But, for the purposes of Valentine's Day, tradition has changed angels into fragile arrow aiming harbingers of love. We rename that which we cannot understand.

Armed with this knowledge that perhaps even Valentine's Day has a bloody past, what do we do? Do we opt to buy the heart shaped candy with a drawing of a cute turtle instead of the chubby Cupid, in fear that we are honoring something fake and pagan? Can we reconcile our past with our present?

What's love again?

Tina's song echoes, "What's love but a second hand emotion?" She is right about that one; love is a powerful emotion and it ticks along excessively like the second hand on a clock. Like time, we can't stop it and we can rarely control

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it. Like time—it too is often squandered. To truly honor love we must decide for ourselves what love really is.

Dr. Helen Fisher has spent years studying the science of love, examining brain activity in lovers. She outlines three types of love: sex, romance, and attachment. Each type of love is different and can exist independent of the other two. We use the word “love” so casually yet it can have many different meanings. I love cheesecake, but I love my children. Clearly, those are different types of love. The English language fails us all, because it gives us only one word for a multifaceted emotion.

The problem we face this Valentine’s Day is deciding how we will celebrate love. Valentine’s Day will only be what we make it. Love is not a symbol contained in tradition or requiring a loan at the jewelry store. Instead, it is what author and psychologist Robert Johnson states in his book *WE: Understanding the Psychology of Romantic Love*.

Love is different from what my culture has led me to expect, different from what my ego wants, different from the sentimental froth and inflated ecstasies I’ve been taught to hope for; but love turns out to be real; it turns out to be what I am, rather than what my ego demands.

Turns out maybe our culture, like so many before us, might have twisted the notion of love. If your husband comes home with nothing this Valentine’s Day but a long kiss and a hug that makes your toes tingle, maybe he has the right idea! He would probably be more than satisfied with the same instead of a bottle of cologne. Maybe instead of letting him think you want that new diamond necklace, just set the story straight—that help with the dishes and laundry would be even more appreciated.

Love is worth celebrating in all its forms, but it won’t be found in chocolate, or roses, or a sleek negligee. Even enemies can exchange Valentines. “What’s love got to do with it?” Move on over Tina Turner, love is a “sweet old fashioned notion” that must be lived, not bought.

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MORE ON BECOMING A MASTER OF RELATIONSHIPS MANAGING CONFLICT

by Rachelle Franklin, MA, MM, LPC

Conflict management is a hot topic for most couples. In fact, the majority of couples that I meet want to start their therapy with decreasing conflict in their marriage. I understand why, as I would like the keys to uncovering simple ways to resolve conflict in relationships as well. Unfortunately, they don't exist. What does exist is good research that teaches us about forming a friendship in marriage that develops an overall positive perspective of the marriage.

Having a positive perspective of marriage enables couples to develop

good conflict resolution behaviors that are respectful and honor one another's differences. The research has found that the couples that have successful, long-term, happy marriages learn how to repair (or make amends) as a natural part of their relationship. **Reportedly, most couples will not experience these things in their marriage unless they have worked on building a friendship with their spouse first. Understanding this is the key to maintaining your marriage.**

Many people who go to doctors often get frustrated

and say, "he/she's just putting a band aid on it and not really addressing the real health issue." If a couple comes into my office and asks to "learn how to stop arguing so much" or "to learn better communication skills," these quick-fix skill-building exercises tend to become the equivalent of band aids in therapy. What these couples often find is that if they are unwilling to get to a deeper level of friendship and intimacy with one another, then learning communication skills and how to de-escalate arguments does not produce

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lasting change because too much negativity exists in the relationship.

As we discussed in our last article about building a Positive Perspective, couples with different styles of relating can make it successfully for life as long as their positive interactions outnumber their negative interactions five to one. You get to this ratio by building a friendship with your partner.

Good conflict management is a by-product of friendship. When two people are friends, it seems that they tend to look for the positive in their current situation and are open to receiving feedback and influence from one another on the subject. Masters of relationships have been observed laughing together and displaying open, positive body language even during arguments. This is something that occurs when people are actively addressing issues and repairing hurtful experiences in an intimate relationship. These are people who are not carrying around resentment and it shows in how they sit, talk, and act.

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When two people are not connected through friendship, they often find themselves looking for the bad in the situation and unable to accept feedback and influence from one another. The research has found that many couples who are not successfully practicing friendship experience multiple ongoing arguments that never seem to get resolved and that the majority of arguments between them will naturally become unsolvable (“gridlocked”). They are unsolvable because the research has found

that people are not really arguing about what they are saying out loud. Ongoing, unresolved problems are signaling deeper personal issues that are not resolved in the individual partners and in the marriage as a whole.

Many research participants reported feeling unimportant, unappreciated, unknown, and unfulfilled. Not only did their spouse not know what their hopes and dreams were, often times they themselves did not know. Imagine feeling that you haven’t achieved your goals in life, followed your dreams, or accomplished much with the

time you’ve had on earth. Add to that, feeling invisible as a person in your marriage and that your own hopes and dreams were unimportant to your spouse. How can two people honestly share a life together if this is how each feels on a daily basis?

Our ongoing arguments are important in so much as they should clue us in to deeper issues that need to be addressed individually and in the relationship. If they are not, unfortunately, these “gridlocked” arguments turn into total disengagement as a couple. This is sad when you realize that two people need





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only to stop, take a step back, stop defending, and focus on the same goal for the marriage—building a friendship.

So many people could have had a vibrant, fulfilling life with their ex-husband or ex-wife if only they could have stepped back and taken a different perspective. Let's take a stand together against creating more divorce statistics. Please join me at www.facebook.com/rachellefranklinmarriageadvice to learn more about managing conflict in marriage. I will share with you the information I have learned through Dr. Gottman's research and help you to understand how to begin identifying your "gridlocked" arguments and working through the issues to get to the stuff underneath. Until next month, when we talk about making life dreams come true, blessings upon all of your relationships.



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WHY ASTHMA ATTACKS

by Dr. Dale Brown

Sarah, an active teenage girl who has participated in soccer, cheerleading, and track, has been in and out of the hospital and doctors' offices maybe a hundred or more times over the years. Sarah is one of the star players on the soccer field, but often finds herself sidelined due to her asthma. One time Sarah was on a breakaway and had the opportunity to score the winning goal against her school's rival but was taken down because she couldn't breathe. Luckily, this asthma attack only cost Sarah's team the game and not her life.

Sadly there are far too many children in America that can relate to Sarah's life. In America, asthma is one of the most common chronic disorders in childhood, currently affecting an estimated 7.1 million children under 18 years and causing over 1.5 million emergency room visits, about 800,000 hospitalizations, and around 5,500 deaths annually. The annual direct healthcare cost of asthma is approximately \$50.1 billion; indirect costs (e.g. lost productivity) add another \$5.9 billion, for a total of \$56.0 billion dollars. Asthma

is one of the leading causes of school absenteeism. In 2008, asthma accounted for an estimated 14.4 million lost school days in children with asthma.

Fast acting inhalers and other asthma medications have saved thousands of lives in the emergency situation but very little attention has been placed on correcting the underlying cause of asthma.

In 1931, Francis Rackemann, MD, a pioneer in the study of asthma, described asthma as being "like a loaded gun with a great variety of triggers



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that can fire the charge.” The sad thing is, medicine waits till the trigger is pulled before intervening. At best medicines try to suppress firing of that gun, yet no one is removing the bullets. Drugs do not address or correct the cause of asthma. Is there any disease, for that matter, that is caused by the lack of a medication, drug, or pill in a person's body? Of course not.

God did not forget to add or leave something out when designing our bodies. We all were created with everything we need to be

healthy and well. But if there is something interfering with our bodies' normal function and healing processes such as toxic chemicals, poor nutrition, or nerve pressure then disease can and does occur.

It has long been known by well-educated physicians and researchers that asthma is a neuropathic disorder. This means that asthma is caused by an imbalance or interference in a person's nervous system. The pathogenesis (CAUSE) of asthma is easily explained. When there is interference

between the brain's communication with the lungs, our nervous system loses its ability to properly control the immune system and surrounding structures such as the opening and closing of our airways. The airways become hypersensitive, reacting to environmental factors like pollen, dust, and temperature that would not cause problems in persons without this same interference. This dysfunction in the communication between the brain and the body then causes the hyper-reaction of the immune system and

tissues within the lungs to become inflamed and begin to constrict. Thus an individual or child has an asthma attack.

Chiropractic could be the greatest “discovery” for a child or parent of a child suffering with asthma.

Chiropractic is not a treatment for asthma but rather a treatment for what can cause asthma. Asthma is merely a symptom of an improperly functioning nervous system, and with chiropractic being shown to correct imbalances and allow for the proper communication between the brain and the body, it can and does help asthma sufferers every single day.

Several studies have been published within medical literature that have shown that correction of spinal

misalignments resulted in improvements in asthma patients. Studies showed not only improvement in the symptomatology of asthma but gains in immunological capacity, decreases in immunosuppressant cortisol, and various other improvements in the immune system. With these significant improvements and benefits in the patient’s health, reductions in the incidence and severity of pathogenic invasion of the airways are seen. In simplest terms, when the body is functioning and healing properly by the control of the nervous system, asthma doesn’t “attack.”

What is amazing to me is that there is nothing “medicine” can offer to deliver the same result as specific corrective chiropractic care.

Had Sarah’s parents only known about chiropractic, maybe she could have scored that winning goal and had a joyful memory that would have lasted her a lifetime.

So here’s the major dilemma. Thousands of children are suffering with asthma and their parents are unaware that there is a possible alternative to the medications. Recently the FDA cited studies that showed an increased risk of hospitalization and even death, particularly among children, with the use of many asthma medications. Sadly without the millions of dollars that pharmaceutical companies use in the advertising of their medications, this possible alternative has been

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If you have read this article and know someone that has a child or they themselves suffer with asthma, it is time for you to take action! We must reach out to those around us and give them a chance to discover the amazing benefits of a properly functioning nervous system through Maximized Living Chiropractic care.

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CLARKSVILLE YOUNG PROFESSIONALS

by Taylor Lieberstein

There are more reasons than you think to join a Young Professional Organization. Their membership is organized around the theme of being young and motivated to advance professionally, a great quality not only to possess but also to be surrounded by. These organizations present an opportunity to leverage relationships naturally, something that should always be capitalized upon. Most importantly, Young Professional Organizations give you extensive knowledge and insight into your personal business community. Want to join? The Clarksville

Young Professionals (CYP) is an active and growing organization and is always accepting new members.

Roughly five years ago a group of local young professionals and the Clarksville Chamber of Commerce formed a much-needed arm of the Chamber to help the next generation of leaders build their network and develop their peer groups. With the help of several sponsorships from local businesses the organization spread its wings. Over the next few years CYP tried its hand at everything



Chairman of CYP, gave the organization a much-needed makeover. After making some changes and bringing the organization back to their original focus (professional business development) attendance is increasing.

“This is not your father’s civic club or your mother’s garden club,” states their website. “We are dedicated to providing a launch pad of ideas, resources, and a united voice from our young professional community through innovative programs, projects, and social events.”

from civic duties, to sporting events, philanthropic fundraisers, and professional development seminars to social events.

Clarksville Young Professionals started with a bang, more than 200 were in attendance at their inaugural membership meeting. Attendance quickly took a downward spiral. Recently Brandi Bryant,

Conceived as an initiative of the Business Development Committee of the Clarksville Area Chamber of Commerce, CYP is dedicated to the advancement of our community through community service, professional development, and networking opportunities, for emerging community and business leaders ages 21-45.

Of all the original members, a handful of young professionals rose to the top and took on all the responsibility while the excitement of a new organization lost its sparkle. Those few dedicated individuals, a steady stream of sponsorships, and renewed memberships kept the organization going. The

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memberships seemed to be a resume builder for most, and while the group retained plenty of members, most were inactive and meetings averaged about 10-15 people. This was not just a local problem, but one experienced at a national level as well. Young professional groups across the nation were losing memberships at an increasing rate.

When Bryant came on board as the chairman she was determined to stop the membership decline and get the CYP back on track.

“Clarksville Young Professionals needed a facelift. As a group, CYP was trying to be too many things to too many people, a recipe for failure. I turned the focus back to business relationships and professional development. Once we master those skills then we can expand our focus again,” said Bryant.

Some of the professional development series that CYP has completed were in the areas of growing as a leader and the benefits of community involvement. Future series include professionalism overall,

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NERIUM INTERNATIONAL EAST COAST SPRING BASH
MARCH 14-16TH AT THE GAYLORD OPRYLAND HOTEL

Agenda: Opportunity Overview/Real Results Presentation, **Thursday evening, March 14th** 7:30 pm (attendance is free)
Friday the 15th from 10am-10pm General Session and 10pm-12am Cocktails and Desserts
Saturday the 16th from 10am-5pm General Session, 8pm-12am Nerium International Party (attendance is free)

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Dawn Lewis
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professional appearance and ways to stand out to enhance your business career.

In addition to the development series Bryant created focus groups within the organization so that CYP can target specific needs for each group in different levels of business and industry, "Ultimately my goal is to help people grow together as business professionals while helping the businesses to maximize profits. Someone that owns their own business is going to have different needs than someone who just entered the career field. The

focus groups are to support other members in similar situations," said Bryant.

In their focus groups they can bounce ideas off each other and it is all relative to each member because they have similar careers.

Since the organization's makeover membership is up and the meetings attendance is averaging between 70-80 members. Current members are in a variety of stages in their careers, from business owners and CFO's to entry-level professionals.

CYP meets monthly, the first Wednesday of each

month at noon. Meetings are sponsored and catered, a new addition for this fiscal year.

Their next meeting is on February 6 at noon in the community room of the Chamber of Commerce. Anyone is welcome to drop in to get a feel for the organization. You can also sign up online. Since CYP is an arm of the Chamber there are really no "requirements" other than being involved in the business/community and being between 21-45 years of age. Any restriction questions can be answered by email at bbryant@tccpas.com.



THE Grab Bag Event

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Sunday - February 17th
Monday - February 18th

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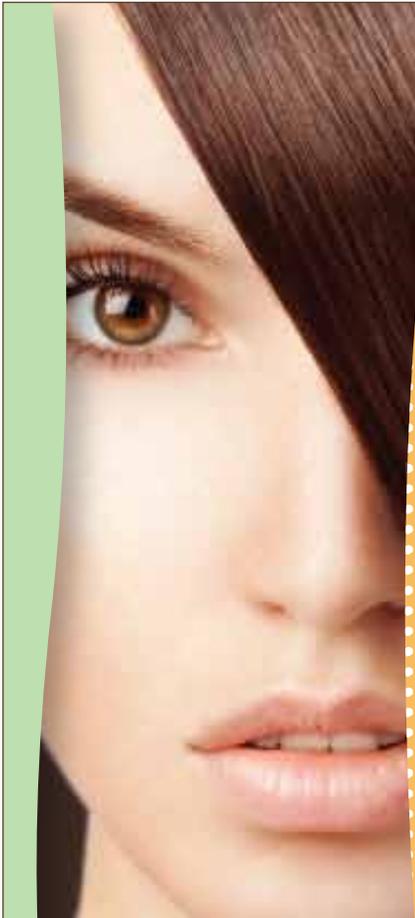
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Each meeting has a guest speaker. APSU President Tim Hall and WSMV sports director Rudy Kalis spoke at recent meetings. Besides the monthly meetings CYP also has the opportunity to network at the Chambers' monthly Business After Hours. Occasionally there will be a recreational event such as the recent kickball tournament CYP hosted to raise funding for the Imagination Library. In April, CYP will be hosting the Chamber's Business After hours in conjunction with the Rivers and Spires Festival. They are also taking part in helping in the preparation and planning of the first night of festival.

The goal of the CYP is to help young professionals understand the business world, educate them on our community, provide opportunities for them to get involved, and develop professionally into being Clarksville's premier group of tomorrow's leaders.

To ask any questions or to express interest in Clarksville Young Professionals email bbryant@tccpas.com or visit their website at www.clarksvilleyps.com.



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SAY YES TO THE DRESS
A SPECTACULAR CLARKSVILLE WOMEN'S EVENT

by Dr. Holly Benedict

The Women's Ministry at First Baptist Church, Clarksville, will be hosting a wedding event for all women. Single, divorced, married, widowed, regardless of your current relationship status, Christian women share a common relationship with Christ as our eternal bridegroom. The festivities occur on Saturday, February 23 from 2:00 p.m. to 4:00 p.m.

The event will begin in the Faith Sanctuary at First Baptist Church, with Elizabeth Riley as the guest speaker. Afterwards there will be a reception celebration including a bridal fashion show modeling vintage and modern wedding dresses, scrumptious hors d'oeuvres, and a delicious wedding

cake and cupcakes. There is also free childcare at this event.

Guests are invited to bring their own wedding photos or album to share with other guests. If you would like your wedding photo entered into the slide show to be viewed during the reception, please email them to women@fbct.org.

Tickets will be available beginning Sunday, February 3 through Sunday, February 17. The cost is \$10.

Megan Brewer, Coordinator of the FBC Women's Ministry states, "Our goal is to reach women in the community to share the love of Jesus. Our Lord loves us so much; so let's celebrate His love together. I encourage you all to join us. You will be blessed."

For tickets, simply order online at www.fbct.org. If you have questions about the event contact the Women's Ministry at (931) 572-1508.

The event is designed around Isaiah 61:10:

I delight greatly in the Lord; my soul rejoices in my God. For He has clothed me with garments of salvation and arrayed me in a robe of righteousness, as a bridegroom adorns his head like a priest, and as a bride adorns herself with jewels.

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CANDID Clarksville



Xavier James getting ready for his 1st birthday.



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Mitey Mite
Ravens Football



Me and my RC,
Happy Birthday baby!!



La'Miya, 4 loves being a BIG sister to her new little brother Deuce, 1 month old!!!



Baby Grace



Jackson and Jacob
Handsome Fellas



Enjoying an unusually warm January day in our back yard



Nathan 3
Levi 3 months
Halloween 2012
Little Monkey



Love, Uncle Russ,
Aunt Tracy + Brittany



Sweet Caelyn



Love,
Grandmama + Papa



Welcome home little brother!!!
Alexandra and Frey JR.

RECYCLING

by Brenda Hunley Illustrated by Willie Bailey

For the last several weeks Chester the Chipmunk and his friends have been watching families drive into the parking lot by the Ranger's office, take their Christmas trees out of their trucks and leave them there in a big pile.

When Chester and Boomer Chipmunk's curiosity got the best of them they carefully made their way down to the Ranger's office. Peeking in the window, Boomer looked back at his brother. "All clear!"

Chester and Boomer pushed open the door to Ranger Bill's office.

"Hey guys!" smiled Ranger Bill.

"Hi!" squeaked Boomer, climbing up on the chair in front of the desk.

"What are you two up to?"

Chester climbed up onto the chair next to his brother. "We see the trees in the parking lot. There are a lot of trees!"

Ranger Bill nodded. "Yes, folks have been dropping them off for three weeks now. We will start mulching them this week-end. Then the Scouts will come out here and help us spread the mulch along the trails."

"That's recycling!" shouted Boomer. "We learned a lot about recycling at school."

"Remember when you guys helped sort the trash?" asked Ranger Bill.

"Yes, we put all the plastic stuff in one bin and the paper stuff in another," Chester added.

"Cans. We bagged up all those cans we found in the ditch along the road!" interrupted Boomer waving his paws about.

"I'm glad you boys are so excited about recycling. It is nice having you and your friends around to help," Ranger Bill said, moving some papers around on his desk.

"This is our home. Whatever we can do to take care of it," Chester said climbing up onto the desk.

"How about tomorrow you guys meet me here in the office, say after lunch, and we will walk the trails together and map out which areas need it the most."

"All right!" shouted Chester.

"Whoo-hoo!" clapped Boomer. "Is there anything else we can do?"

"Well, after the mulch gets spread, we have to clean up any trash that has been thrown off into the woods."

"May we help with that?" asked Chester.

"Sure, that would be great!" answered Ranger Bill.

"Do the garbage cans need to be sorted through?" asked Boomer.

"No, not today. The Rangers did that yesterday. Would you boys be looking for something to do?"

"Yes, if you have anything," Chester answered.

"We are bored," whined Boomer.

"Bored, huh?" laughed Ranger Bill.

"Well, how about you guys go out in the lobby and sort this box of brochures. The information station is a mess."

"Okay!"

"Here is the box. It is quite heavy. I will go sit it out there for



you." Ranger Bill got up from behind his desk and reached down and picked up a box and carried it to the door.

"Thank you, Sir," Chester said.

"No problem."

A couple hours later the chipmunk brothers were back in Ranger Bill's doorway.

"We are finished!" beamed Chester proudly.

"Wanna come see?" asked Boomer.

"Sure!" said Ranger Bill, getting up and walking out of his office.

Looking around the lobby he noticed that the dry leaves had been swept out as well as the brochures lined up neatly on the display.

"Good job boys. This looks great!"

As Ranger Bill walked around his smile grew bigger. They had done a great job.

Chester and Boomer were very proud of themselves.

The Ranger thanked them again for their work and held the door open for them again. "It's starting

to get dark, and it is going to be another night of freezing temperatures. You guys need to get home. I will see you tomorrow.”

“Yes, Sir!” Chester said, wrapping his scarf tightly across his neck.

“Bye!” said Boomer, as he closed the door behind him.

“Bye, boys. Have a great evening!”

As the brothers scampered home they noticed Dart the bluebird was flying overhead. Seeing his friends below, Dart circled the tree pile one more time before joining them on a nearby bench outside the Ranger’s office.

“Hey!” Dart said, as he fluttered to a stop.

“Hey,” Chester answered.

“Whatcha doing?” asked Boomer.

“I wanted to see how many trees had been brought in today,” Dart said, as he used his beak to pick through the feathers on his wing.

The Chipmunk brothers watched quietly as Dart ruffled and re-ruffled his feathers until

he finally looked at them and cocked his head. “You are staring.”

“Yes, I guess we were; sorry,” Chester said, scratching his head.

“So, how many trees did you count?” asked Boomer.

“Well, yesterday there were 78. Today I counted 115!” Dart answered.

“WOW!” exclaimed Boomer, with his mouth in the shape of a little circle.

Dart laughed. “It’s a lot, huh? Um, it’s getting dark. We need to get home.”

Chester agreed with his friend. “That is a lot of trees, but we will need more than that to make enough mulch to cover both trails.”

“How long until they grind the trees down?” asked Dart.

“Ranger Bill said this weekend.”

“Oh, okay.”

“We get to help Ranger Bill map out where the mulch needs to go. Wanna help?” asked Boomer.

“Sure!”

“Okay, we are meeting Ranger Bill tomorrow after lunch. Meet us at our house and we can go together,” Chester suggested.

Dart flapped his wings and said, “Sounds good.”

“Okay, see ya!” Chester said, while waving goodbye.

“Chester, do you have any hot chocolate left?” asked Boomer.

“Yep! Let’s go home and have some!”

“How about marshmallows?” asked Boomer.

“Yep, marshmallows too.”

“Race ya home!” giggled Boomer.

Chester laughed, “I’m right behind ya!”

Want to be a part of Storytime with Chester? Submit your plot ideas to brenda@clarksvillefamily.com.

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

HAPPY BIRTHDAY!



Happy 1st Birthday Aubrielle!!
We love you so much!!
Love Daddy, Mommy & Amari



Happy 1st Birthday!
We love you, Daddy,
Momma, Chandler, and Taylor



Happy 1st Birthday Eboni!
Mommy loves you!



Happy 1st Birthday Katelyn!
We love you so much!!
Mommy and Daddy



Happy 1st Birthday, Maddox



Happy 1st birthday to our soon to
be big brother, Ricky! Love Mommy,
Daddy, and big brother Drew.



Voughn is 1, YEAH!
Happy Birthday,
Love Mommy and Family



Happy 1st Birthday
Xavier J. Freeman, GOD Bless
You and we all Love you.



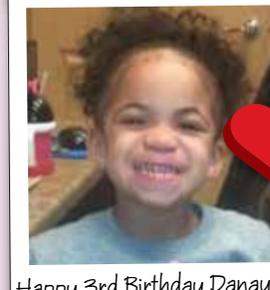
Happy 2nd Birthday Arianna!
Mommy loves you!



Happy 2nd Birthday Bilee Kaye!
We love you so very much!
Mama, Daddy, & Brother.



Happy 2nd Birthday Nadalia Anabelyna!
Love, Mami & Daddy



Happy 3rd Birthday Danaye,
Grandma Loves you.



Happy 3rd Birthday Zachary!
Love, Mommy, Daddy, & Austin



Happy 4th birthday Amy!



Happy 4th Birthday Ava!
Mommy & Daddy love you!



Happy 4th Birthday Kai!!
Mommy And Daddy Love You



Happy 4th Birthday Kayden!
Love, Mommy, Daddy & Aniya



Happy 5th Birthday Nausikaa,
Grandma Loves you



Happy 5th Birthday Rebecca!
We love you so very much!
Dad, Mom and Layla!



We Love You Squeaks!!!

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

HAPPY BIRTHDAY!



Happy 6th Birthday Bella!
Love mama and papa



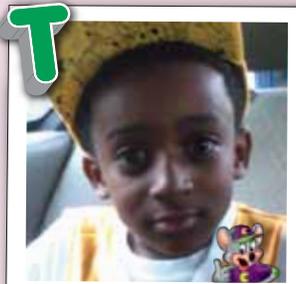
Happy 6th Birthday Emily!!!
Love Mommy, Daddy & Alexis



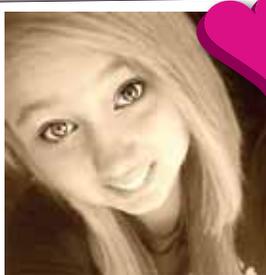
Happy 9th birthday Daniella!
We love you so much!
Mama and papa



Happy 9th Birthday Megan!
Love, Mom, Dad, Madison & Logan



Happy 9th Birthday TJ! January
26th! We ALL love our big eyed
baby sooooo much!



Happy sweet 16



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
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(look for  on the winner's
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The winning birthday boy & girl's
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First Church of the Nazarene
Community of Hope
150 Richview Road
(931) 648-0110

Tuesday nights with a meal and fellowship at 5:45 p.m., praise and worship at 6:30 p.m., continuing with small groups at 7:30 p.m. Come share your hurts, habits, and hang-ups in this Christ Centered 12 step program! Release your anger and hurts as you learn to rely on Gods' power and strength!

Fellowship United Methodist Church
2201 Peachers Mill Road
(931) 920-0127
www.fellowshipumc.com

CLARKSVILLE CHESS CLUB

6:30 p.m. Thursday evenings.

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

CLARKSVILLE GIRLS SOFTBALL ASSOCIATION FAST PITCH SIGN-UPS

For ages 5-18. See ad on page 42.

February 23 from 10:00 a.m. to 2:00 p.m.

February 24 from 12:00 p.m. to 3:00 p.m.

March 2 from 10:00 a.m. to 2:00 p.m.

March 3 from 12:00 p.m. to 3:00 p.m.

Swan Lake Sports Complex
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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
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Allegra.Gunn@YouthVillages.Org

HAUTE TOTS CHILDREN'S CONSIGNMENT SALE

See ad on page 29.

Chick-fil-A Wilma Rudolph

3096 Wilma Rudolph Boulevard
(931) 552-5511

SPIRIT NIGHTS

12 Tuesday
Kenwood Elementary
4:00 p.m. to 7:00 p.m.

14 Thursday
Glenellen Elementary
4:00 p.m. to 7:00 p.m.

19 Tuesday
Rossvie Elementary
4:00 p.m. to 7:00 p.m.

26 Teusday
Barkers Mill Elementary
4:00 p.m. to 7:00 p.m.

SPECIAL EVENTS

7 Thursday
FAMILY NIGHT
5:00 p.m. to 7:00 p.m.
Decorate heart cookies and a valentines craft

21 Thursday
BREAKFAST AT NIGHT
5:00 p.m. to 8:00 p.m.
Serving all breakfast that evening.

Feb. 15: DEADLINE FOR VIP TAGGING

March 3-4 Consignor Drop-Off

March 5: Pre-Sale:
Volunteers Shop at 3:00 p.m.,
Consignors Shop at 4:30 p.m.
New Momma's Shop at 6:30 p.m.

March 6: Open to the Public 9:00 a.m. to 7:00 p.m.

March 7: Open to the Public 9:00 a.m. to 7:00 p.m.

Volunteers Shop Half-off Sale 4:00 p.m.

Consignors Shop Half-off Sale 5:00 p.m.

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Hosted by Hope Pregnancy Center

February 21 & 22, 2013:
daughters in grades K-5

February 23, 2013
daughters in grades 6-12
and college-age

Registration required
Register online at:
www.SpeakingHope.com
or call 931.645.2273

New Momma's Shop Half-off
 Sale 6:00 p.m. to 7:30 p.m.
 March 8: Half Off Day on MOST
 items 9:00 a.m. to 6:00 p.m.
 March 9: Consignor Pick-up 8:00
 a.m. to 9:30 a.m.

ALL SALES ARE FINAL. Major
 Credit Cards Accepted!

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 303 Fairview Lane
www.hautetotstn.com

HOPE RIDERS BIKER CHURCH

Church every Sunday morning
 at 9:30 a.m. Bible Study every
 Friday at 6:30 p.m. at 1140 Grattan
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 a.m. Hope Riders is a full-fledged
 Biker Ministry and all bikers are
 welcome.

Epicenter (Youth Building)
 First Church of the Nazarene
 150 Richview Road
 Contact: Pastor Ron
 (931) 801-0379

INDOOR AQUATIC CENTER SEASON

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. Pool passes can be
 purchased for the Winter Season
 as well as Year Round.

New Providence Pool
 166 Cunningham Lane
[www.cityofclarksville.com/
 parks&rec/swimming.php](http://www.cityofclarksville.com/parks&rec/swimming.php)

LITTLE LAMBS & IVY CONSIGNMENT SALE

See ad on page 62.

March 7-9: Receiving Dates
 March 12: Presale for Consignors
 March 13-16: Open to the public

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

February

2 SATURDAY AUDITIONS FOR ASPIRE TO STARDOM TALENT SHOW

Auditions will be held from 10:00
 a.m. to 4:00 p.m.

The talent show will be on April
 19th and again on April 20th from
 5:00 p.m. to 9:00 p.m. during
 Rivers & Spires. Participants must
 be between the ages of 3-20 at
 the time of show. Dress Rehearsal
 is April 13 from 10:00 a.m. to
 3:00 p.m. Participants must be
 available for the entire duration of
 dress rehearsal and shows.

Prizes: \$1,500 for 1st, \$750 for
 2nd, \$250 for 3rd. Trophies for
 1st, 2nd and 3rd. \$500 to 1st Place
 Winner's Academic School plus
 trophies for 1st, 2nd and 3rd. \$500
 to 1st Place Winner's Vocal, Dance
 or Performing Arts School plus
 trophies for 1st, 2nd and 3rd.

This event will be televised.
 Judging by Celebrity Performers,
 Talent Scouts, Talent Managers
 and Producers.

Gateway Realty
 A+ Property Mgt
 124 Franklin St
 Samantha Maselli
 (931) 278-7264
 Kelly Maselli
 (931) 320-7368

4 MONDAY PARKS & REC YOUTH LEAGUE REGISTRATION BEGINS

Registration open until Friday,
 March 22. Blastball®, T-Ball and
 Baseball Leagues open to ages
 3-14. Games begin Monday,
 June 13. \$40 per child, includes
 a t-shirt, hat and award. Register
 online at recpro.cityofclarksville.com.

NRA 1ST STEPS PISTOL CLASS

5:00 p.m. to 7:00 p.m. This class
 is everything the beginner needs
 to know about safe gun handling
 and basic marksmanship. It
 includes the four rules of
 gun safety, shooting on the
 range, loading and unloading,
 manipulating the guns' safeties,
 basic cleaning instructions,
 and much more! COURSE WILL
 COVER 1. Introduction to Pistol
 Safety, Parts, and Operation 2.
 Introduction to Ammunition
 and the Fundamentals of Pistol
 Shooting 3. Introduction to Pistol
 Shooting from the Standing
 Position 4. Introduction to Pistol
 Cleaning, Storage, and Training
 Opportunities Students will get

the NRA's The Basics of Pistol
 Shooting handbook and quick
 practical lessons on the safe use,
 cleaning, and storage of their
 pistol. Course Fee \$50

Clarksville Guns & Archery
 1690 Golf Club Lane
 (931) 802-8912
clarksvillegunsandarchery.com

6 WEDNESDAY PLEASANT VIEW BLOOD DRIVE

2:00 p.m. to 7:00 p.m.

The Event Hall in the Livery
 Stables
 1104 Main Street
 Pleasant View, Tennessee
www.redcross.org

7 THURSDAY ART&WALK

5:00 p.m. to 8:00 p.m. Major
 exhibits of art by local artists in
 downtown Clarksville.

Strawberry Alley
info@artwalkclarksville.com
artwalkclarksville.com
 (931) 614-0255

SHINE

6:00 p.m. to 8:00 p.m. Join The
 Lantern Ministry for a night of
 worship, discussion, and teaching
 that encourages military wives
 to conquer the challenges that
 come with the military life
 through growing in relationships
 with each other and with the
 Lord. Snacks and free on-site
 childcare are provided. Doors
 open at 5:45 p.m.; arrive early
 for childcare, to check in and to

BOOT CAMP CHALLENGE
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 WORKOUTS & NUTRITION**

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- We generate **CHANGE**

**LET US HELP YOU REACH
 YOUR FITNESS GOALS!**

931-896-5929 • mondaysmorningfitness.com

**Clarksville Cumberland
 Presbyterian Church**

Sunday		Wednesday	
Fellowship	9:00 a.m.	Dinner	5:15 p.m.
Sunday School	9:30 a.m.	Programs for All	6:00 p.m.
Worship	10:30 a.m.	Adult Choir	7:00 p.m.

Steve Louder, Pastor • Lisa Martin, Discipleship Minister

1410 Golf Club Lane • 931.648.0817 • www.clarksvillecpc.com

Chick-fil-A Madison Street

1626 Madison Street
(931) 648-4468

Spirit Nights

1 FRIDAY

Clarksville Adoption Group
from 4:00 p.m. to 8:00 p.m.

5 TUESDAY

Sango Elementary from 4:00 p.m. to 8:00 p.m.

7 THURSDAY

Carmel Elementary from 5:00 p.m. to 7:00 p.m.

12 TUESDAY

Moore Magnet from 4:00 p.m. to 8:00 p.m.

14 THURSDAY

Norman Smith from 5:00 p.m. to 8:00 p.m.

19 TUESDAY

East Montgomery Elementary from 4:00 p.m. to 8:00 p.m.

21 THURSDAY

Barksdale Elementary from 4:00 p.m. to 8:00 p.m.

Carry Permit. This class consists of six hours classroom time, and two hours range time. Students will need pistol (semi auto or revolver), hip holster, 100 rounds of ammo, hearing protection, and safety glasses. Students should bring paper for note taking. **MUST BE ON TIME FOR THIS CLASS. ANY LATE COMERS WILL BE RESCHEDULED. COURSE FEE: \$65**

Clarksville Guns & Archery
1690 Golf Club Lane
(931) 802-8912
clarksvillegunsandarchery.com

11 MONDAY NRA 1ST STEPS PISTOL CLASS

5:00 p.m. to 7:00 p.m. This class is everything the beginner needs to know about safe gun handling and basic marksmanship. It includes the four rules of gun safety, shooting on the range, loading and unloading, manipulating the guns' safeties, basic cleaning instructions, and much more! **COURSE WILL COVER 1. Introduction to Pistol Safety, Parts, and Operation 2. Introduction to Ammunition and the Fundamentals of Pistol Shooting 3. Introduction to Pistol Shooting from the Standing Position 4. Introduction to Pistol Cleaning, Storage, and Training Opportunities** Students will get the NRA's The Basics of Pistol Shooting handbook and quick

practical lessons on the safe use, cleaning, and storage of their pistol. Course Fee \$50

Clarksville Guns & Archery
1690 Golf Club Lane
(931) 802-8912
clarksvillegunsandarchery.com

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

18 MONDAY NRA 1ST STEPS PISTOL CLASS

5:00 p.m. to 7:00 p.m. This class is everything the beginner needs to know about safe gun handling and basic marksmanship. It includes the four rules of gun safety, shooting on the range, loading and unloading, manipulating the guns' safeties, basic cleaning instructions, and much more! **COURSE WILL COVER 1. Introduction to Pistol Safety, Parts, and Operation 2. Introduction to Ammunition and the Fundamentals of Pistol Shooting 3. Introduction to Pistol Shooting from the Standing Position 4. Introduction to Pistol Cleaning, Storage, and Training Opportunities** Students will get the NRA's The Basics of Pistol Shooting handbook and quick practical lessons on the safe use, cleaning, and storage of their pistol. Course Fee \$50

Clarksville Guns & Archery
1690 Golf Club Lane
(931) 802-8912
clarksvillegunsandarchery.com

19 TUESDAY

OPEN HOUSE

5:00 p.m. to 7:00 p.m. See ad on page 8.

Clarksville Christian School
505 Hwy 76
(931) 647-8180
ClarksvilleChristianSchool.org

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. For more information contact Registered Dietitian Diana Smith at 502-1692.

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

21 THURSDAY 9TH ANNUAL PURITY BALL

Through Saturday, February 23. Sponsored by Hope Pregnancy Center. See article on page 20.

Valor Hall Conference and Event Center
105 Walter Garrett Lane
Oak Grove, Kentucky
www.speakinghope.com

socialize. For more information and to register for childcare email thelanternclarksville@yahoo.com.

St. Bethlehem Christian Church
280 Dunbar Cave Road

9 SATURDAY HANDGUN CARRY PERMIT CLASS

7:30 a.m. to 4:00 p.m. Certification for Tennessee State Handgun



\$10 off any purchase of \$50 or more

\$5 off any purchase of \$25 or more

Please use by February 28, 2013

RHYTHM RAGS & MORE

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Like us on Facebook to stay plugged in to all our latest info and new product lines!

23 SATURDAY SWINGING 50'S PAGEANT

Sign up before February 19 and do entire pageant for \$135. Registration 9:00 a.m.; pageant 11:00 a.m. See ad on page 62.

Hilton Garden Inn
2631 Highwood Blvd
Smyrna, Tennessee
Andra Kimberly
(931) 627-3795
GoldenRosePageantry.com

LADIES SOCIAL EVENT

1:00 p.m. to 3:00 p.m. Join The Lantern Ministry for a ladies craft day! Spend the afternoon with other military wives while making chalkboard picture frames. Snacks and on-site childcare are provided. Please email thelanternclarksville@yahoo.com for more information and to register.

St. Bethlehem Christian Church
280 Dunbar Cave Road

MONEY MATTERS AT ANY AGE WORKSHOP

Free workshop provided by Fun Accounting for Preschoolers. We need volunteers to teach money management to 20 children and their military families.

USO Fort Campbell
2577B Kentucky Ave
Fort Campbell, Kentucky
maria@AccountingForPreschoolers.com
(931) 552-7704

C.A.R. SOCIETY MEETING

2:00 p.m. to 4:00 p.m. Open to boys and girls from birth until age 22, Clarksville's Sevier Station Society of the Children of the American Revolution (C.A.R.) trains good citizens, develops leaders, and promotes love of the United States of America and its heritage among young people. Email us for membership information.

Clarksville-Montgomery
County Public Library
350 Pageant Lane
sevierstation@yahoo.com

25 MONDAY TWRA HUNTERS ED CLASS (PART 1)

6:00 p.m. to 9:00 p.m. TWRA Hunters Ed class. This class will fulfill all requirements to obtain your TWRA Hunters Safety card. Note: This class is not for those who have taken the class online. Those who have taken the class online must attend a TWRA Field Day to complete certification.

Clarksville Guns & Archery
1690 Golf Club Lane
(931) 802-8912
clarksvillegunsandarchery.com

28 THURSDAY MONEY MATTERS AT ANY AGE WORKSHOP

Free workshop provided by Fun Accounting for Preschoolers. We

need volunteers to teach money management to 20 children and their military families.

Learning Center
343 Pageant Lane
maria@AccountingForPreschoolers.com
(931) 552-7704

March

2 SATURDAY TWRA HUNTERS ED CLASS (PART 2)

8:00 a.m. to 1:00 p.m. This is part 2 of the TWRA Hunters Ed Class. You must have attended part 1 (Feb. 25th) to attend this class. For more information, contact Clarksville Guns and Archery, 1690 Golf Club Lane, www.clarksvillegunsandarchery.com (931) 802-8912.

Clarksville Speedway
1600 Needmore Road

READ ACROSS AMERICA

2:00 p.m. to 4:00 p.m. Sponsored by the Clarksville Montgomery County Education Association. Celebrate Dr. Seuss's birthday as we emphasize the importance of children's literacy. There will be guest readers, choir performers, STEM presenters, crafts and more. Join in on the fun because you're never too old, too wacky, too wild, to pick up a book and read with a child!

Clarksville Montgomery County
Public Library
350 Pageant Lane

4 MONDAY TIMELESS MOMENTS ADOPTION BANQUET AND DINNER

7:00 p.m. to 9:00 p.m. Sponsored by the Clarksville Family Adoption Association. Whether you are interested in adoption, have adopted or were adopted, you will enjoy an evening of great food and connection with the local adoption community. You will hear true adoption stories from all sides of the adoption triad. Learn more at adoptionbanquet.eventbrite.com/

9 SATURDAY ST. FRANCIS SPRING ARTS AND CRAFT SHOW

9:30 a.m. to 3:00 p.m. Bring a canned good or other non-perishable grocery item to enter a drawing for a doorprize.

St. Francis of Assisi Catholic
Church
1489 Donelson Parkway
Dover, Tennessee

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

Every child should feel good about school.

Our highly personalized approach builds the skills, habits and attitudes your child needs to succeed in school and in life.

- Develops independent work habits
- Improves attitudes
- Motivates learning
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GET STARTED FOR \$95

Stop in today for a \$95 Sylvan Assessment

Valid at participating centers only. May not be combined with other offers.



Sylvan Learning of Clarksville
220 Forbes Ave.
Clarksville, TN 37040
931-647-5811
sylvan1011@sylvanclarksville.com

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WWW.GATEWAYCREDITUNION.COM

The Roxy Regional Theatre

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

ALWAYS ... PATSY CLINE

A tribute to the legendary country singer who died tragically at age 30 in a plane crash in 1963, this show is based on a true story about Patsy Cline's friendship with a fan from Houston named Louise Seger, who befriended the star in a Texas honky-tonk in 1961 and continued a correspondence with Cline until her death. This beloved

musical features over 25 unforgettable hits, including "Walkin' After Midnight," "I Fall To Pieces," "Crazy," "She's Got You," "Your Cheatin' Heart" and more!

8:00 p.m. February 8 & 9**, 15, 16*, 22, 23 and March 1 & 2

7:00 p.m. February 14, 20, 21, 27 and 28

2:00 p.m. February 16

** "MARTINIS WITH PATSY" AT 6:30 P.M. (TICKETS \$50)

* WINE & THEATRE NIGHT AT 8:00 P.M. (TICKETS \$40)

Tickets \$25 (adults) and \$15 (13 and under)

ROMEO & JULIET

Rediscover one of Shakespeare's most famous plays, the tragic love story about "a pair of star-crossed lovers" from rival families.

Performed simply and honestly, this production celebrates the captivating language and enduring characters of Shakespeare's masterpiece.

8:00 p.m. March 8, 9, 15, 16.

2:00 p.m. March 16

All tickets \$10

Clarksville-Montgomery County Public Library

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

Our Foster Grandmother, "Grandma Louise" is in the Children's Library most mornings Monday to Thursday to do simple crafts, give sage advice and most importantly, give hugs!

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.

Lego Program

Held on the second Saturday of the month from 2 p.m. to 3:30 p.m. Families with kids of all ages are encouraged to grab a tub of Legos and have fun being creative and building something special while making new friends.

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.



Bring your Newborn to size 14 Children's Clothing Infant Equipment, Toys & Maternity Clothing to the

16th Annual Spring/Summer Consignment Sale

RECEIVING DATES: March 7-9
(by appointment only)

Call or go on-line to schedule your drop-off time!

<p>SALE DATES:</p> <p>PRE-SALES: (Sorry, NO CHILDREN ALLOWED at pre-sales)</p> <p>Tuesday March 12th 5:00 - 7:00 PM CONSIGNORS ONLY 7:00 - 9:00 PM CONSIGNORS AND GUESTS WITH PASSES</p> <p>Thursday March 14th 6:00-8:00 PM **50% DISCOUNT PRESALE FOR CONSIGNORS ONLY (NO GUESTS)</p> <p>Find us on Facebook!</p>	<p>OPEN TO THE PUBLIC:</p> <p>Wednesday March 13th 7:00 AM - 6:00 PM (REGULAR PRICE)</p> <p>Thursday March 14th 7:00 AM - 6:00 PM (25% discount, unless marked "No Discount")</p> <p>Friday March 15th 7:00 AM - 6:00 PM (50% discount, unless marked "No Discount")</p> <p>Saturday March 16th 7:00 AM - NOON (50% discount, unless marked "No Discount")</p>
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Sale Location:
121 Union Hall Road
Clarksville, TN

CONTACT: Jeannette Smith, Phone 931-358-2979,
Please no calls after 9pm or email
littellambsandivy@gmail.com

For complete details & instructions go to: www.tnconsign.com

The Golden Rose Pageantry presents: 

The Swinging 50's Pageant

Enter for a chance to win:

- Cash
- Prizes
- Real 24k Gold Rose

February 23rd, 2013

Registration 9am • pageant at 11am
Hilton Garden Inn • 2631 Highwood Blvd

Sign up before February 19th & do
the ENTIRE pageant for \$135!



Andra Kimberly, 931-627-3795 | goldenrosepageantry.com

CUSTOMS HOUSE MUSEUM & CULTURAL CENTER

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

EXHIBITS:

Reflective: The Art of Miranda Herrick

Artist Miranda Herrick creates hand-drawn patterns and recycled pieces made with aluminum and nails. See her work through March 3rd.

Forest and Field: Paintings by Patty Halbeck

Patty Halbeck communicates intensely felt emotion through her colorful landscape paintings. Through February 25th.

Hunt Slonem: New to the Collection

Painter Hunt Slonem has donated new pieces to the Customs House Museum collection. His charmingly childlike depictions of rabbits and his famous birds are on display through March 4th.

Eat Well, Play Well

This highly interactive exhibit encourages healthy living by teaching the science of

making healthy food choices and helping children and adults discover that there are many fun and interesting ways to stay active. Hands-on components teach appropriate serving size, test your flexibility and balance, and more! Through May 5th.

Beyond the Abyss: Phil Crouch and the Bathysphere Adventure

See photographs, drawings, models, and documents relating to the historic bathysphere, a spherical device used by divers to study marine life in the 1930s. Through February 28th.

ACTIVITIES:

Winter Film Fest: An Affair to Remember

February 9th, 2:00 p.m. Free Admission.

The Winter Film Fest continues with the showing of *An Affair to Remember*, a poignant and

humorous love story starring Cary Grant and Deborah Kerr.

Let's Find: Patterns

February 13th & 14th, 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 patterns. Our first stop will be Miranda Herrick's exhibit "Reflective." 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 \$1 per child 3 years and older. Siblings are always welcome.

Sunday Family Fun Day:

Recycled Art
February 24th, 1:00 – 5:00 p.m.
Artist Miranda Herrick has turned trash into beautiful art, using even the bar codes from aluminum cans. You are invited to bring your imagination to the museum and see what

you can make from our trash and recyclable objects. This event is free with your paid admission or museum membership. For more information contact Sue Lewis at 931-648-5780.

Art & Lunch: David Hockney: A Bigger Picture

February 21st, 12:05 p.m. Free Admission (to film only)
Filmed over three years with unprecedented access, this documentary follows painter David Hockney as he returns to England after 25 years in Hollywood. In conjunction with the exhibit Forest and Field: Paintings by Patty Halbeck.

The Museum will be closed February 18th for Presidents' Day.



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 37042

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.

OK 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

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@hotmail.com, 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.

CLARKSVILLE TENNIS ASSOCIATION

Open to all who love tennis. A great group of people who bend over backwards to provide fun tennis tournaments and matches for people who are competitive or just play for fun. We encourage all levels and age groups. The President is Preston Howle and he can be reached at PrHowle@aol.com for all who are interested. Visit www.clarksvilletennis.usta.com.

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.

CLARKSVILLE BIRTH COMMUNITY

A place for families in the Clarksville/Fort Campbell area to find resources for pregnancy, birth and beyond. Join us for monthly playgroups and gatherings. We have a lively discussion group on Facebook where women can ask questions and get answers from fellow moms and professionals such as childbirth educators and doulas. We want to be sure our members know that all moms are welcome here. Our primary goal is that you make *informed* choices for your pregnancy, birth and newborn care. Events posted at fortcampbelldoulas.webs.com or find us on Facebook at www.facebook.com/groups/clarksvillebirthpros/.

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

La Leche League offers mother-to-mother breastfeeding information and support in meetings and via phone and email. All breastfeeding and expectant mothers and their children are welcome to attend either or both monthly meetings! Meetings are on the first Wednesday of each month at 10:00 a.m. at Clarksville's Montgomery County Public Library in the large meeting room and also on the third Wednesday of each month at 6:00 p.m. on Fort Campbell Army Post. The evening meeting is also open to your support person. Please check our Facebook for location each month www.facebook.com/LLLClarksville. If you have breastfeeding questions please contact one of our local group's leaders at BreastfeedingTN@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, babymoon vacation and spa packages, and birth plan consultations. Micky Jones, BS, CLE, CLD, CHBE, CAPPA Lactation Educator Trainer at (931) 451-3223 or ninemonthsandbeyond.com.

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 Options 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.middlemalanon.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.

LEAP ORGANIZATION

Provides youth development services such as mentoring, case management, counseling, community service, and

career development targeted at ages 12 to 18. (931) 378-0500, info@leaporg.net, www.leaporg.net.

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 free Bible courses to the community in the major fields of biblical research. Spring Semester classes begin this month. Online Courses are offered year-round. Visit www.studythescriptures.net or call (931) 648-8844 for more information, class schedules and to register.

APSU EXTENDED EDUCATION

Develop a new skill, explore a new idea, learn a new language or seek a new career with one of the classes from Austin Peay State University's Center for Extended and Distance Education. Register early and receive a 10 percent discount on selected courses. Preregistration is required for each course. New online classes start every month. Melony Jones at (931) 221-7868, jonesma@apsu.edu or www.ed2go.com/apsu.

ARMY COMMUNITY SERVICE

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

ASERACARE HOSPICE

Hospice 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. 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.

FRIENDS OF THE BLUEWAY

A group dedicated to keeping Clarksville's Blueway beautiful and directly involved with the new access point park on Tiny Town. We will have clean up days, fundraisers, events and meetups. This group is passionate about outdoor activities, including kayaking and canoeing. The Parks and Rec department works closely with this group and gives insight on future access points to the rivers. Visit our facebook at facebook.com/FriendsoftheBluewayClarksvilleTN for more information and sign up for email updates at outdoorclarksville.com.

FRIENDS OF ROTARY PARK

A volunteer group that is diligently working to improve the trail network and playground areas at the park.

Those interested in joining Friends of Rotary Park can do so by contacting Chad Eaton at (931) 624-7787 or chadeaton@hotmail.com. Or visit www.facebook.com/FriendsOfRotaryPark to keep in touch with other members and events at the park. Dues are annual at \$15 for individuals / \$25 for a family / \$50 business membership.

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.

GOOD NEWS CLUBS

After-school Bible clubs that meet one day a week at school for several hours right after school. Students learn about Jesus through a Bible lesson, Scripture memory, meaningful songs and missionary stories and lots of FUN! Adults and teen volunteers are needed for each club. Find us on Facebook at CEF Greater Clarksville, our website at www.reachingkindsforsesus.com or call us at (931) 241-8202.

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.

HUI HAWAII O TENESI HAWAIIAN CIVIC CLUB

Chartered by the Association of Hawaiian Civic Clubs in Hawaii, the club's goal is to perpetuate the Aloha Spirit and the Hawaiian Culture throughout the state of Tennessee and the surrounding area. Because of our close proximity to Fort Campbell, we are able to contact many native Hawaiians who are stationed here or have decided to retire in the local area. Many soldiers and their families have been stationed in Hawaii and also elect to join us and partake in the activities. Membership is open to everyone, and we love our times to meet and share the Aloha Spirit and the "local grinds" that everyone learns to love. For more information, please call Marlene Livesay at (931) 572-0804 or visit our website at www.huihawaiiotn.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.

LOAVES AND FISHES

At 215 Foster Street, provides a hot meal Monday-Saturday 10:30 a.m. to 12:00 p.m. Also provides a distribution center for food donated to agencies

that feed hungry people on Tuesday and Friday from 1:00 p.m. to 2:00 p.m. (931) 645-9020.

MEALS ON WHEELS

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

MONTGOMERY COUNTY WIC CLINIC

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

PREVENT BLINDNESS TENNESSEE

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

RADICAL MISSION

Meets Tuesdays and Thursdays from 10:00 a.m. to 3:00 p.m. at Clarksville First Church of the Nazarene, 150 Richview Road. A Compassionate Ministry Center, founded by Clarksville First Church of the Nazarene, seeks to creatively address issues of suffering and brokenness particularly pertaining to poverty and basic human needs. We provide food, furniture, clothing, financial counseling, assistance with utilities and friendship. For more information contact Pastor Brett Smith or Emmen Chapman at (931) 648-0110.

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. Sitton, 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 ALCOHOLICS ANONYMOUS

Do you or a member of your family, or perhaps a friend, have a problem with alcohol? We can help. Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem with alcohol. The only requirement for AA membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses or opposes any

causes. Our primary purpose is to stay sober and to help other alcoholics achieve sobriety.

AA 24 Hour Hotline: (615) 647-831-1050

Clark Street AA Hotline: (931)-647-0255 (11:30 a.m. to 12:15 p.m.; 5:30 p.m. to 9:15 p.m.)

Alanon/Alateen Family Hotline: (888) 425-2666

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

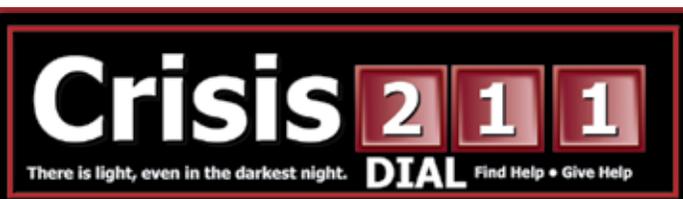
Bradford Health Services at 231 Dunbar Cave Road, Suite A, creates effective and affordable substance abuse programs through a variety of innovative services. (931) 542-9816.

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



Crisis 211
There is light, even in the darkest night. **DIAL** Find Help • Give Help

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

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

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



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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.pastoralcounselingctrs.org.

THE PATH LIFE COACHING

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

REGIONAL INTERVENTION PROGRAM (RIP)

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 HOSTING AND SENDING TEACHERS AND STUDENTS ON INTERNATIONAL EXCHANGES

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 and January, they leave at the end of June.

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-USA needs people who enjoy international folks and want to learn more about becoming a registered volunteer as a liaison or aunt/uncle, driving, writing, doing public speaking, organizing festivals, interviewing, chaperoning, becoming hosting or school coordinators, etc. Go to www.afsusa.org/volunteer or e-mail AFSBecky@comcast.net for more details and to begin registration.

Anyone interested in learning about sending a student on an exchange should go to www.afsusa.org/going-abroad or contact Becky Heywood at AFSSending@misstennky.org, and for being a host family in the future go to www.afsusa.org/hostfamily or e-mail AFShostcommittee@misstennky.org. You may also call (800) 876-2377 x127 to see the availability of students and to fill out a preliminary hosting application. The local Miss Tenny Area AFS Team web site is afsusa.org/misstennky/.

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/

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

La Leche League offers mother-to-mother breastfeeding information and support in meetings and via phone and email. All breastfeeding and expectant mothers and their children are welcome to attend either or both monthly meetings! Meetings are on the first Wednesday of each month at 10:00 a.m. at Clarksville's Montgomery County Public Library in the large meeting room and also on the third Wednesday of each month at 6:00 p.m. on Fort Campbell Army Post. The evening meeting is also open to your support person. Please check our Facebook for location each month www.facebook.com/LLLClarksville. If you have breastfeeding questions please contact one of our local group's leaders at BreastfeedingTN@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 on select Fridays every month throughout the school year from 9:15 a.m. to 12:00 p.m. at First Baptist Church downtown, 435 Madison Street. Childcare is provided for members. For more information on visiting a meeting or joining please contact Liz Coop, Membership Coordinator, at (615) 686-8008 or clarksvillemops@gmail.com. We look forward to meeting you!

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 Amanda Wiley at mrs.wiley2006@gmail.com or (210) 846-4501.

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/mops or look for us on Facebook under Hilldale Baptist Church MOPS or call the church office at (931) 648-8031.

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 11:30 a.m. and childcare is provided. For more information contact Ashleigh Goss at ashleighgoss7@yahoo.com. Find us on Facebook at [Spring Creek MOPS](https://www.facebook.com/SpringCreekMOPS).

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.

TNSHARE (SECLAR 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: www.facebook.com/#!/groups/tnSharehomeschool/

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 on the 2nd Tuesday of each month at 10:00 a.m. at Hilldale United Methodist Church, 1751 Madison Street. We are affiliated with the National AARP and to become a member of the local chapter, you must be an active member of the national chapter. The local dues are \$5 per year. Our motto is "To Serve and Not to Be Served" in our communities. We have guest speakers monthly who reflect on services to our seniors. We welcome guests at all our meetings, and have light refreshments after each meeting. We need your support so that we can continue to influence the needs of seniors by our voice in local, state, and federal government. For additional information, please contact The Rev. Dr. W. Ira Wilson, President at (931) 920-3983 or email wira.wilson@yahoo.com.

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 11:00 a.m. at the Senior Citizen's Center at 953 Clark Street. Patsy Shell at (931) 648-1884.

ARMY COMMUNITY SERVICE

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

ASMT (AUTISM SOCIETY OF MIDDLE TENNESSEE)

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

AUTISM SUPPORT GROUP

Donna Richardson at (931) 503-2315.

CLARKSVILLE ASSOCIATION FOR DOWN SYNDROME (CADSTN)

Where individuals, families and the community come together to enrich, educate and support one another. Contact Patricia Hanna at (931) 645-1261 or cadstn@hotmail.com. Visit www.cadstn.org.

**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/
CAREGIVER SUPPORT
GROUP**

Are you the parent or caregiver of a child exhibiting challenging behaviors? Do you sometimes have feelings of frustration, anger, helplessness, guilt or isolation? Do you live in the Ft. Campbell/Montgomery

County area? Join us at Thursday Nights, 5:00 p.m. to 7:00 p.m. at the Grace Nazarene Church, 3135 Trenton Road. Free child care and food—please call Monica to reserve child care. For more information contact: Monica Causey at (615) 269-7751 ex. 133 or mcausey@tnvoices.org, Jennifer Allen at (615) 854-2165 or jallen@tnvoices.org; or Felicia Johnson at (615) 852-9728 or fjohnson@tnvoices.org.

**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.

FOCUS AUTISM NOW

Online support for parents with children and youth with Autism. We serve the community from Clarksville since 2009. Contact us for information, resources, support, advocacy and leadership tools. Hablamos Español. www.focusautismnow.com

**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
MINISTRIES SMALL
GROUPS**

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 e-mail info@clarksvillefamily.com.

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**GOVERNOR'S
SQUARE MALL**
VALENTINE'S DAY
Sweet Deal!

Present \$75 in Governor's Square Mall receipts, dated February 1-14, 2013, at the Customer Service Center and receive a...

\$10 VOUCHER
Valid off a \$25 purchase at
Old Chicago Pizza!

Offer good only when redeemed at Governor's Square Mall's Old Chicago Pizza February 8-22, 2013. Voucher is not legal tender. Certificate may not be exchanged for cash. Entire certificate amount must be spent at restaurant. Only good on purchase of \$25 or more. No change or consideration will be given.

Home & Garden Expo, presented by Furnish 123
March 9-10

The Easter Bunny Arrives
March 16

www.GovernorsSquare.net

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10am to 9pm, Mon.-Sat. • 11am to 6pm, Sun.
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All events are subject to change or cancellation without notice. See Customer Service for details.

Madison St. Chick-fil-A Coloring Contest Winners!

<p>Amy Eisemann age 3, Clarksville, TN</p>	<p>Lanley Jones age 6, Cunningham, TN</p>	<p>Malachi Harpel age 7, Ft. Campbell, KY</p>	<p>Kayla Morris age 12, Clarksville, TN</p>
<p>Ages 0-3</p>	<p>Ages 4-6</p>	<p>Ages 7-9</p>	<p>Ages 10-12</p>
<p>Anna Linek age 3, Clarksville, TN</p>	<p>Abby Boggs age 4, Clarksville, TN</p>	<p>Anna Thomas age 9, Clarksville, TN</p>	<p>Lili Alvarez age 10, Clarksville, TN</p>

Winners **must** claim their prizes at the **Madison Street Chick-fil-A** location along with an accompanying parent or guardian with valid identification.

What's going on in February at Chick-fil-A Madison Street!

Join us for Kid's night Every Monday Night from 5-7 pm



Check the Clarksville Family Calendar for our Spirit Night Dates!



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

(revised)

The Bible is full of stories.

Stories of **shame**.

Stories of **condemnation**.

Stories of **judgment**.

And stories of **fear**.

But when Jesus enters these stories, shame turns to **hope**.

Condemnation is **erased** by forgiveness.

Judgment is replaced by **grace**.

Fear is overcome by **faith**.

When Jesus enters a story,

He changes **everything**.

Join us in February at oneChurch as we begin a new teaching series called **(revised)**, and find hope that your story can **really change**.



C¹ **onechurch.tv**

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

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