

June 2010



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The Calhoun family, photographed at the Clarksville Greenway. From left: Bailee, 4, Tiffany, Heath, Brystal, 5, and Mason, 8.

Portrait by David Barbee.

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Publisher's Message

It's hard to believe that a month has gone by since the flood. Driving down Riverside brings it all back, as you see some businesses still cleaning, others abandoned (maybe forever), and a fortunate group who have managed to get back open again already.



Of course, the damage was not limited to just businesses along Riverside. Many have lost their homes, and more than that their cherished belongings and memories. Our thoughts and prayers are with all of those affected by the flood.

It's been stated by many already, but I have to say that I am so proud of how Clarksville has pulled together yet again to help all of those in need. This community of military, retirees, natives and many more never ceases to amaze me. In times of good and bad, so often it feels just like one big family.

On the topic of families, what a beautiful cover we have this month of the Calhoun family. (Thank you yet again, David Barbee!) Heath Calhoun is an international celebrity who has turned tragedy into triumph. You have to read Pamela Magrans' feature about him on page six.

The kids are off for the summer (and if these last few days are any hint...it's going to be a hot one). Be sure to check out this month's expanded calendar, starting on page 62, for many exciting things to keep them occupied.

Lastly, I want to mention that we will be holding contests throughout the month on our Facebook page to win free passes to Holiday World. If you haven't become a fan on Facebook yet, please do so by searching for *Clarksville Family Magazine*. (I know they've changed it to "like," but "fan" still makes more sense to me!)

Try to stay cool out there. Have a safe summer. Happy Father's Day to all the dads. Enjoy the issue!

Sincerely,

Carla Lavergne

Clarksville Family

Clarksville Family Magazine has 10,000 issues published and distributed monthly at over 150 locations across Clarksville and the surrounding area.

For advertising inquiries contact Rachel Phillips at (931) 216-5102 or rachel@clarksvillefamily.com.

For all other information:

Phone
(931) 338-2739

E-mail
info@clarksvillefamily.com

Fax
(931) 919-1234

Mail
PO Box 31867
Clarksville, TN 37040

Web
clarksvillefamily.com

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Owner/Publisher
Carla Lavergne

Editor
Cliff Lavergne

Graphic Designer
Carla Lavergne

Sales
Rachel Phillips

Staff Writers
Brenda Hunley
Pamela Magrans

Contributing Writers
Jessie Carter, PT
Lance Harrison, Jr., DDS
Mitchell D. Kaye, MD, FACS
John McDonald
Ryan Millard
Mark Mulznieks, MD
Twila Murasaki
Clint Patterson
Candace Pelfrey
Donna Pittman
Kendall Welsh
Dianne York

Special Thanks
Paul and Paula

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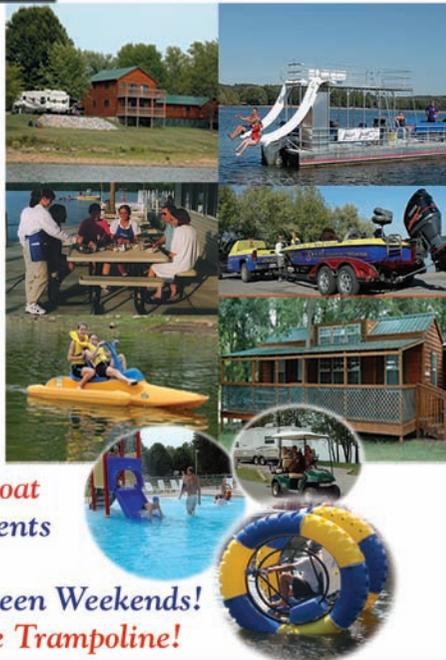
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HEATH CALHOUN: ONE FATHER'S STORY

by Pamela Magrans

This month we celebrate fathers. We celebrate the fathers and grandfathers who paved the way for generations to follow. We honor grandfathers in our past that built roads, bridges and countries. We celebrate fathers of the present who build homes and memories. We celebrate future fathers who whisper lullabies to unborn babies and who give toddling youngsters a target of open arms. We celebrate all the fathers who set examples that the rest of us want to follow—fathers who inspire us all to be stronger better people, both in public and private ways.

It is a fitting time to show our gratitude to one father and soldier; someone who, like so many others in our community, has faced challenges and overcome obstacles to be the father that sons and daughters need and communities admire.

As we celebrate Father's Day, this month we are honoring one father in our community—Heath Calhoun. He and his family appear on the cover this month photographed by David Barbee at the Clarksville Greenway near the Kenwood Complex. Heath, Tiffany and children, Mason, Brystal and Bailee were kind enough to celebrate Mother's Day at the photo shoot last month. Now

as we celebrate Father's Day this month, their story reminds us of all the reasons to be thankful for our soldiers, our fathers and our blessings.

The unexpected

At an early age, Heath decided that he wanted to follow his grandfather and father's tradition by serving in the military. After graduating from Grundy High School, he attended college and received his Associate's Degree. Then he took the next step in his life and enlisted in the U.S. Army.

He met his future wife, Tiffany, when he was stationed at Ft. Campbell. Tiffany, a graduate of Clarksville

High School, met Heath in Nashville. They soon married and became parents when their first child, Mason, was born. When Mason was a baby in 2003, Heath deployed to Iraq.

While in Iraq, a rocket-propelled grenade hit his Humvee. The accident killed a fellow soldier and left Heath fighting for his life and facing amputation of both his legs above the knee. Heath spent the next nine months recovering from the amputation at Walter Reed Medical Center in Washington, D.C. Eventually he was fitted with prosthetic legs. Learning to walk on the prosthetic legs did not come easy, but with

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time and encouragement eventually Heath learned to use the prosthetics effectively.

Redefining athletics...

Heath had always been competitive and athletic, so he already possessed the type of attitude necessary for competitive sports. However, he turned his vigor towards some new sporting venues. Encouraged by some fellow soldiers, he attended the Winter Sports Clinic in Aspen, Colorado and began skiing with a monoski. He quickly developed a passion for skiing and his skill level continued to increase. He eventually earned a place on the U.S. Paralympic Ski Team and competed in the 2010 Winter Games this past March in Vancouver. At age 30, as a bilateral above the knee amputee, Heath placed 8th in the world for the Super-G and 10th in the world for the Super Combined alpine skiing event.

Heath did not let anything stop him. In addition to skiing, he has pursued cycling, running, golfing, hiking and swimming. His physical stamina and perseverance is evident by the active lifestyle he maintains and the continued positive attitude he possesses. Just do a search on www.



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[youtube.com](https://www.youtube.com) for Heath Calhoun to see more about his inspiring accomplishments.

In 2005, he set out with two other men on an awareness bike ride across the United States. He rode a hand cycle from Los Angeles the entire 4,200 miles to New York. Since then, Heath, with two prosthetic legs, has accomplished more physically than most people accomplish their entire lives using the legs they were born with.



Image from www.heathcalhoun.com

Helping others...

He set an example for other wounded soldiers and soon he was working as a spokesperson for the Wounded Warrior Project. One of his proudest accomplishments is his

advocacy work towards the Wounded Warrior Bill that passed Congress in 2005. The bill, known as Traumatic Injury Protection, provides financial assistance for wounded soldiers and their families as they undergo the process of rehabilitation.

Heath and his wife, Tiffany, both work for the Wounded Warrior Project and actively continue to help other families who deal with the struggles that they had to overcome. Heath and Tiffany attribute much of their success to their families and the outpouring of community help immediately following Heath's accident. They had a strong extended family that provided support. "There are a lot of wounded warriors who don't have support and help," said Tiffany. This is what motivates Heath and Tiffany to continue their work with the Wounded Warrior Project—to lend a hand to others who might not have support to overcome the challenges alone.

After all the work they have both done with the Wounded Warrior Project to help other soldiers and their families recover from traumatic physical injuries, now Tiffany and Heath are on the receiving end of goodwill, as they prepare

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to move into a new home. The new home is being supplied by Homes for our Troops, a non-profit organization that helps supply severely injured veterans with homes conducive to the veteran's needs. The program is funded through donations and provides the home at no cost to the veteran.

Heath and Tiffany hope to be in their home by the end of the summer. To learn more about this program or to make a donation visit www.homesforourtroops.org.

Large and small victories...

In the past three months, Heath has met the President and First Lady in Washington, D.C. He carried the majestic U.S. flag for the Opening Ceremonies at the Vancouver 2010 Paralympic Games. In May he had a NASCAR race named after him, the Crown Royal presents the HEATH CALHOUN 400, held at the Richmond International Raceway in Virginia. But after all those events were finished, he returned home to Clarksville.

Now Heath and Tiffany enjoy all the blessings of parenthood—soccer games and practices, school functions and local



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outings. During soccer season they can often be seen at the Kenwood Complex soccer fields cheering on their son. Sometimes Heath can be seen at the YMCA. Sometimes they can be seen at East Montgomery Elementary

School where Mason attends school. In the fall, Tiffany will be among the teary-eyed moms dropping off her daughter for the first day of kindergarten.

Over the past years, Heath has traveled a lot, working

with the Wounded Warrior Project and training for the Winter Paralympics. Heath is looking forward to spending more time with his kids, but always wants to encourage his children to try new things. "I'd like to see our kids have something they really want to do and go for it," said Heath. "That first step is more than 50% of getting there," he said.

For inspiration his kids don't have to look far. "They have Heath to look up to," said Tiffany. "Everything Heath has ever wanted to do—he's done."

At first glance, the Calhoun family might look like any other Clarksville family, but it doesn't take long to realize they are more than that—they are an inspiration to our community, a testimony of perseverance and hard work, and a reminder that community and family play a vital role in making families great.

Heath is not defined by what happened to his legs that day in Iraq. He is clearly defined by what he is doing today—by the mountains that he climbs, the three children who hold his hand, and the many other wounded warriors who have found inspiration and hope in his story.

This Father's Day may we all learn a lesson from the Calhoun family—for there are many.

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LEISURE TIME AND NATURE

by Clint Patterson

When school is out for the summer, this doesn't have to mean that learning takes a vacation. In fact, the greater amount of time that is available to spend outdoors can stimulate learning.

The early Greek word for leisure was "scole." This word forms the root of the English words school and scholar. To the ancient Greeks, it was assumed that spare time...that time not devoted to working...would be used for learning.

This affinity for learning produced the first great thinkers of humankind, such as Socrates, Plato and Aristotle who famously taught their students under a tree. "Leisure time" produced the greatest mathematicians, architects, sculptors, artists, musicians, poets, athletes and military leaders that have ever lived.

For instance, Alexander the Great, perhaps the most brilliant military leader of all time, actually took along with him on his conquests naturalists to learn the geology and biology of the areas they were conquering. He even had them send plant and animal specimens all the way back to Greece for his teacher, Aristotle, to study.

In today's world, the omnipresence of technology increasingly isolates our young people from the natural world. Yet, it is the natural world, the real world, which inspires and provokes us to learn and to create. From Isaac Newton's apple tree to Ben Franklin's kite-flying, many of the great inventors began their journey of discovery with outdoor experiences.

Today's youth, with all their gadgets, you would think should never get bored. Whether at

school, at church, or at home, everything in our culture today seems to be geared toward their entertainment. Yet, it seems to me that they are more bored now than ever. Certainly, when I was growing up, I had none of these electronic stimulants, yet I can scarcely remember ever being bored.

Just as the original meaning of the word for leisure has become disconnected from learning, the word "bored" has entered our lives. According to Patricia Spacks, professor of English at the University of Virginia and author of *Boredom: The Literary History of a State of Mind*, boredom is a relatively new human phenomenon. In fact "being bored," as we would say, used to be known as "committing acedia." Acedia was considered a sin, and was viewed as the willful devaluing of the world and its Creator; hence the old saying "idleness is the devil's workshop."

Around our home, my children know better than to say, "I'm bored." It's practically a curse word at our house. "Hmm... that's interesting, sounds like you need some chores to do," is my normal response. They're liable to find themselves mowing the lawn, sweeping the floors, or doing a book report on a historic event if they don't use their own imaginations to come up with something to do pretty quick!

To their credit, we have found that the kids often prefer to help mow, cook, rake leaves, wash the car, and so forth, as long as we are doing it with them as a family. And, sometimes, we give them a few bucks for the larger chores. Consequently, I have sworn to never own a riding mower or leaf blower as long as they are

around. I wouldn't have them if someone gave them to me. These chores provide something for them to do and to get exercise, while providing a teaching tool for responsibility and earning money. My wife doesn't share my disdain for dishwashers, but I don't even let anyone (including myself) use the dishwasher when I'm around!

Before we moved to Clarksville, we lived in an old farm house on a few acres. We had a pond, chickens, a big garden, and no air conditioning, no high-speed internet, and we still only had one channel and Netflix for the television. I really think this was a great way to raise the kids, and helped them towards a life of wonder and a love of nature, learning and discovery.

Our son, Caleb, is especially inquisitive about his observations of nature, and from an early age has expressed a strong desire not only to learn what is known about it, but also to discover something new by himself. One day he was playing with a magnifying glass outside. After a few lead-up questions, he asked me "What is light made of?" He came up with this rather profound question on his own, which blew me away. "That's the very question Albert Einstein asked his teacher," I told him; "while trying to answer that question, he became one of the greatest scientists of all time." He got a big smile on his face, as well as a renewed love for learning, when he heard that.

Living in town, it can be a challenge to expose your children to nature and give them opportunities to explore the outdoors. Apartment living is especially difficult; particularly if there is no common yard or nearby parks to walk to. Even in

an apartment, however, house plants in a child's room, and a bird feeder hanging outside their bedroom window, can make a positive difference. Taking weekend trips this summer to state parks, Land Between the Lakes, etc., can offer valuable experiences that will provide lasting benefits.

Ideally, leisure time and formal study work together. Technology has its place too. The internet is a wonderful tool if used constructively. Google Earth, in particular, is a terrific resource for learning. If we only experience the world through the computer or television screen, however, we are only spectators, not participants, in life's journey.

How much better it is to spend the day exploring an old cemetery, a wooded trail, or a creek where we can feel the wind, smell the flowers, and hear the frogs? Then, we can go back home and look up what we have seen to learn more about it. Experiencing this type of leisure, once known as "scole," from whence our word for school is derived, is a great way to spend the summer.



Clint Patterson is Clarksville's City Forester.

He is responsible for administering the City's urban forestry program, which includes tree planting and maintenance, technical assistance, and community outreach activities.

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Santa Claus Land opened August 3, 1946; the theme park included a toy shop, toy displays, a restaurant, themed children's rides, and, of course, Santa. When Koch's son Bill returned from World War II, he was curious to see his father's project. After overcoming doubts

about the park's viability, Bill soon became the head of Santa Claus Land. In 1960, Bill married "Santa's daughter," Patricia Yellig; he remained active in the family business until his death in 2001. Bill and Pat had five children; the eldest, Will, is the park's president and CEO.

Over the decades, Santa Claus Land flourished. Children from across the country came to sit on the real Santa's knee and whisper their Christmas wishes. Guests included Ronald Reagan, who stopped by in 1955.

As the park grew, the Koch family knew Christmas was not the only theming possibility for the park. In 1984, Santa Claus Land expanded to also include the Halloween and 4th of July sections, and the park's name was changed to Holiday World.

In 1993, Splashin' Safari Water Park was added; it now includes 27 acres and features two wave pools, two action rivers, family raft rides, numerous water slides, plus several interactive family-waterplay complexes. The park also offers free sunscreen and free use of inner tubes and life jackets.

Holiday World introduced The Raven wooden roller coaster in 1995; it has been voted one of the world's top wooden coasters each year since it opened, as has The Legend

wooden roller coaster, added in 2000. That year, Holiday World became the first park in the world to provide free, unlimited soft drinks.

In 2004, the highly coveted international Applause Award was presented to Holiday World & Splashin' Safari, the smallest park to ever receive the award, which honors "foresight, originality and creativity, plus sound business development and profitability."

In 2006, the park celebrated its 60th Anniversary Season with the addition of a new holiday. The Thanksgiving section included a recording-breaking new wooden coaster, The Voyage, which helped catapult the park's seasonal attendance past the one-million mark for the first time ever. In 2007-2009 the readers of *Amusement Today* voted Voyage the #1 Wooden Coaster in the World; the parks, which now cover 120 acres, were also named the World's Cleanest for the tenth straight year in 2009.

In 2007, *Consumers Digest* named Holiday World the nation's "Top Value Park." In 2009, the World's Tallest Water Ride, Pilgrims Plunge, opened; taking riders 13 stories up in an open-air elevator then down a record 131-foot drop. In 2010, the World's Longest Water Coaster—Wildebeest—opened in Splashin' Safari. The one-third-mile-long ride flies up and down seven hills, beginning with a ride-up conveyor lift hill.

Throughout its existence, Holiday World has set high standards for the theme park industry, with a steadfast adherence to the values established in the company's cornerstones: safety, service, cleanliness and friendliness. It is well worth the three-hour drive from Clarksville to experience it all this summer.

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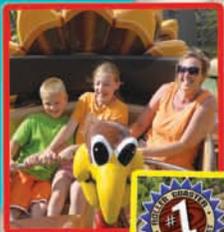
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13.1 OR BUST: A LITTLE GUIDANCE CAN HELP YOU GO A LONG WAY

by Donna Pittman



Have you noticed all the 13.1 stickers on the backs of vehicles traveling around Clarksville's roads lately? If you don't know what that little sticker stands for, it means the driver has crossed a finish line after running or walking 13.1 miles, also known as a half-marathon or mini-marathon. Half-marathons have exploded in popularity in our

country over the last five years, and the face of running itself is changing. In 2009, more than 10 million women across the country identified themselves as regular runners, a statistic evident at the starting line of races all over the country, especially half-marathons.

Why this boom in women's running? Why are all these minivan-driving mommies choosing to run? Well, as a woman, a runner, and a mother, I can attest that running makes me feel better physically, mentally, and at times, even spiritually. It allows me to set goals, systematically work toward them, and achieve them. Running has shown me an inner strength I didn't know was there. Most of all,

it is something that I do just for me, and THAT makes me a better wife and mother. Sarah Bowen Shea, co-author of the newly released *Run Like a Mother*, says this of why she runs, "[sometimes] I need to get out and just be me, not the time-out giver, snack-bestower, or boo-boo kisser. I want to be merely a woman in a running skirt, sweating out the stress so I can return ready for another trip to the playground."

Whether you want to run 3.1 miles (a 5K) or a 13.1-mile half-marathon, it helps to have some **guidance** to get started. For example:

- Twice per year, the Clarksville YMCA offers a Couch to 5K introduction to running class. The classes begin in August and February and focus on training for local 5K races in October and May. No athletic or running experience is necessary!
- The Clarksville YMCA will also be offering a training group for first-timers or experienced half-marathoners wanting to run the Clarksville Half-Marathon on October 30 called *13 weeks to 13.1* beginning August 2. A certified running coach will be guiding runners throughout the entire training process. Participants need to be able to run four miles prior to the first class. You can start building a running base now!
- The Clarksville Running Club is sponsoring a 16-week training group for a new event—the *Women's Running Magazine Women's Half Marathon* in Nashville, on September 25. This group will be open to club members (new members will get a special rate of \$10 to join) who would like to have supported group long runs, team t-shirts, speed work sessions on the APSU track, and a pre-race pasta dinner. This group will begin in early June. Contact crcmembership@yahoo.com for more information on this training or visit the website at www.clarksvillerunningclub.com. The CRC is made up of



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both new runners and seasoned marathon veterans and is a great resource for Clarksville's running community.

- Our local specialty-running store R-3 offers training programs through Team R-3,

including running programs for children. Visit www.r3running.com for more information.

Whether you already identify yourself as a runner, or hope to someday, it's tough to do it alone. Take advantage of the resources and opportunities mentioned above for Clarksville runners!

Donna Pittman is a Road Runners Clubs of America certified running coach employed by the Clarksville YMCA, Secretary of the Clarksville Running Club, a mom of three, and an avid runner.

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HOW DOES DIABETES AFFECT ORAL HEALTH?

by Dr. Lance Harrison

It is estimated that up to 20 million people have diabetes, but only two-thirds of these individuals are diagnosed. Studies have shown that diabetics are more susceptible to the development of oral infections and periodontal (gum) disease than those who do not have diabetes. Oral infections tend to be more severe in diabetic patients than non-diabetic patients are. In addition, diabetics who do not have good control over their blood sugar levels tend to have more oral health problems. These infections occur more often after puberty and in aging patients.

How are gum disease and diabetes related?

Because diabetes reduces the body's resistance to infection, the gums are at risk for gingivitis, an inflammation usually caused by the presence of bacteria in plaque. Plaque is the sticky film that accumulates on teeth both above and below the gum line. Without regular dental check-ups, gum disease may result if gingivitis is left untreated.

It also can cause inflammation and destruction of tissues surrounding and supporting teeth, gums, bone and fibers that hold the gums to the teeth.

What other types of problems could I experience?

Diabetics may experience burning mouth syndrome and fungal infections, such as thrush and oral candidiasis. Dry mouth (xerostomia) also may develop, causing an increased incidence of decay. To prevent problems with bacterial infections in the mouth, your dentist may prescribe antibiotics, medicated mouth rinses and more frequent cleanings.

How can I stay healthy?

Make sure to take extra good care of your mouth and have dental infections treated immediately. Diabetics who receive good dental care and have good insulin control typically have a better chance at avoiding gum disease.

Diet and exercise may be the most important changes that diabetics can

make to improve their quality of life and their oral health. Diabetic patients should be sure both their medical and dental care providers are aware of their medical history and periodontal status. To keep teeth and gums strong, diabetic patients should be aware of their blood sugar levels in addition to having their triglycerides and cholesterol levels checked on a regular basis. These may have a direct correlation on your chances of avoiding gum disease.

What is the best time to receive dental care?

If your blood sugar is not under control, talk with both your dentist and physician about receiving elective dental care. Dental procedures should be as short and as stress free as possible. Also, make morning appointments because blood glucose levels tend to be under better control at this time of day. If you have a scheduled appointment, eat and take your medications as directed. See your dentist on a regular basis, keep him or her informed of your health status and keep your mouth in good health.

For more information, visit the Academy of General Dentistry website at www.agd.org.

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Dr. Lance Harrison Jr. graduated from Howard University College of Dentistry in Washington, D.C. Due to his research training, Dr. Harrison has published in the journals of Brain Research and Pharmacology Biochemistry and Behavior. He is currently one of the dentists at Clarksville Dental Spa.

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WHEN “OUT” IS “IN”

by Dianne York

Being “left out” is not a feeling that is comfortable or appealing, but being “**out**” may be the best place to be, especially when dealing with your child and the decision to home school. Being **out** of the traditional chaos, **out** of the cycle of bad behavior, and **out** of the environment that keeps hindering your child from learning; just might be the place for you. Homeschooling is now the “**in**” place to be: **in** with positive values, enrichment, and quality family time.

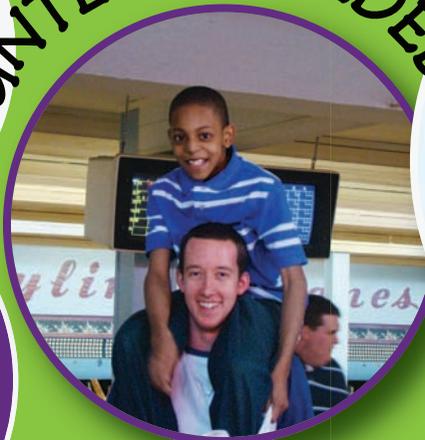
Homeschooled children are thriving in ways that were once unimaginable. Colleges are accepting their applications

in droves, communities are benefitting from their service projects, and creative children are able to move beyond their peers. The opportunities are greater than ever for students pursuing a homeschooled education. They are offered the same admission standards into private and public universities. This includes the Dual Enrollment programs available to Juniors and Seniors through colleges and universities. Homeschooled students may now take advantage of meeting and exceeding the minimum standards set by high schools since they can accumulate additional credits during their four years. Many students complete high school with over

24 credit hours and many have college credits if enrolled in Dual Enrollment programs.

Universities, such as Harvard and Purdue, are eager to accept homeschooled students. While researching several universities, I came across responses from two of the nation’s top institutions. Marlyn McGrath Lewis, Director of Admissions for Harvard College, says, “We receive a good number of candidates every year with all or part of their education from a homeschool background. Homeschooling is broader than some people realize. We are looking for the strongest candidates in the world and we

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find some of those among homeschoolers." Mitch Warren, Senior Associate at the Director Office of Admissions at Purdue University confirms that his school is also welcoming to homeschoolers. "I would give homeschoolers the same advice as other applicants," says Brown. "Be involved in outside activities, either in the community, or in connection with a school. Have strong academic credentials and take the SAT or ACT twice, first in the spring of your junior year, and again in the fall of your senior year. Purdue uses the better score on the tests—whatever helps the applicant the most." You can view more information at www.homeschool.com.

Younger students are exposed to community service, as well as a variety of curricula not offered in traditional schools. A middle school student may begin foreign languages, along with enrichment in science, math and other subjects of interest. They are able to pursue interests in sports, civic affairs, as well as the arts. The idea of having your child's education not only compliment their interests, but be adapted to enrich their possible career goals, is priceless. An overwhelming number of families are beginning to

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see that their child's interests and their education should be closely intertwined rather than trying to fit both into the hectic schedules. Mothers of athletes and music celebrities realize the importance of the homeschool option. They are able to include academics while building careers at an early age. At homeschooling.suite101.com many celebrity parents were highlighted as homeschooling their children.

"Venus and Serena Williams, known the world over for their remarkable tennis playing abilities, were home-schooled by their father from middle school on. As part of

their education, they put on tennis clinics for underprivileged children and spoke in inner city schools. NASCAR racer Darrel Waltrip is a homeschooling celebrity. Darrel might not be a movie star or famous singer, but for homeschoolers and racing fans, he's also an example of a celebrity who homeschools. Will Smith and Jada Pinkett-Smith have kept their children away from institutionalized education as well. Their children, Jaden and Willow, are homeschooled. The Smiths follow a classical

education model and employ tutors. Jaden starred in *The Pursuit of Happyness* with his father. Celebrity Lisa Whelchel, of the 1980's TV series *The Facts of Life*, is a homeschooling mother and Christian women's ministry evangelist. She has even published a book designed to help families decide whether or not they should homeschool, entitled *So You're Thinking About Homeschooling* [Multnomah Books, 2005]. Students relate to young artists like Miley Cyrus and Taylor Swift, as well as the Jonas Brothers. These students are among the many celebrities that are homeschooled, allowing them to pursue their careers while continuing their educations. These students also have the opportunity to incorporate the real life lessons, such as from business, and experience first hand the geography and the psychology of interacting with many different types of people and places."

Homeschooling is now the cool "in" for many families when looking for options that work best. It allows families to be *in* with values, quality family time, and flexibility. Parents also enjoy the fact that they are more *in* control



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of their children and their education.

Values are much easier to teach and model when you have a choice in the environment they are placed in each day. Often, parents search for small tutorial classes where students are exposed to social settings that coincide with their family's values. Having this peace of mind is a priceless asset to the homeschooling role. Students take advantage of small group instruction while allowing the parents to oversee and assist with homework. It also allows students to be involved in civic and church related activities. What a great way to reinforce the values and morals you desire to pass on to your children.

While education is always expected to receive a top priority, it is nice to be *in* a position to improve quality family time. The time spent on school assignments does not have to dominate the entire day. Students work in the mornings and have time in the evenings to interact with the family. Traditional students have very little time in the evenings after completing extra-curricular activities and homework. If everyone makes it through the homework hour(s) without tears it is time for bed, or at least some quiet time for all. Quality time can also be enhanced by

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the fact that family vacations may be enjoyed more often and with less stress. Homeschooled students have the ability to take their work with them on family vacations. This allows families to schedule vacations during off seasons, or simply visit family out of town on a more regular basis, since their work travels with them. Most co-op programs and tutorials will make necessary arrangements when given advanced notice. Students exposed only to textbook assignments lack the enrichment gained from firsthand travel experience. Homeschooled students are encouraged to learn from everyday experiences and

apply the academics to their daily ventures.

The quality of homeschool education has preserved the educational vitality of these students. All too often, students in the traditional settings have lost the love of learning. They are test-oriented and have lost many of the creative aspects of learning. Although they may be experts at choosing **a, b, or c**, they fall short in self-expression and the desire to take on a challenge and tackle it in a unique and creative way. Nurturing this vitality for learning is the most valuable gift a family can give their children; look for the program that suits your

child. Homeschool tutorials offer a variety of options for academics as well as incorporating the arts. Family co-ops allow parents and students to interact throughout the curriculum and serve many children well. Whatever the route you choose, be “**out**” with a situation that is not working well and get “**in**” to a program that encourages your child to think, act, and reinvigorate their educational vitality.

Dianne York is owner/
director of Advantage
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IS YOUR CHECK ENGINE LIGHT ON?

by Jessie Carter, PT

I consider my minivan an extension of myself. I know what kind of sounds it makes, the way it handles, and when something is wrong. When the gas light comes on, I know that it can brighten and dim at least six times before I REALLY need to start looking for a gas station. While probably not the smartest method, it hasn't failed me—until recently.

My minivan turns nine years old this year so it's not a spring chicken. It has been through a lot. It has moved us three times, taken us on vacation, hit numerous potholes, and been my accomplice receiving more

speeding tickets than I want to admit. It has seen our family through a lot.

One time, I almost drove it off a cliff. Okay, not a cliff but the hill at the intersection of Ted Crozier Boulevard and Warfield. Somehow I got the van hung up sideways on the edge of the parking lot at the top of that hill with all three kids inside. Some passing drivers saw the whole thing play out and came to our rescue. The van was literally teetering on the curb at the edge of the parking lot—if I shifted my weight towards the hill, the van lurched. We all escaped without injury but the van sustained a dented

gas tank, some undue strain on the frame from a very creative towing job, and undetermined micro-damage to the axles. Did I mention that I love my van?

Ever since that near-death experience, the van has had its quirks. The tire pressure light comes on sporadically even though we've tried to reset it over and over. During our last trip to get the vehicles aligned, we were told that the van "for some reason" wouldn't align correctly. Hmmmm—that would be me ;-) Then there is the check engine light.

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After burning up a head gasket (whatever that is) on my last car, I've learned to pay attention to both the check engine light and my temperature gauge. This past winter, I scheduled the van for maintenance the day my check engine light came on. Spark plugs were the culprit and we were back in business—I thought. Then the light came on again a week later after we were assured by our mechanic that everything checked out.

This time I put it in my husband's court. I was a little miffed that we had just gotten it out of the shop with a clean bill of health so I thought

he could take care of it over his Christmas break. Well, Christmas break became the end of January and my light was still on.

Remember those bitter cold days we had this past winter? Well, on one of the coldest mornings my engine decided to quit while I was stopped at the traffic camera light at Exit 4. Luckily, I was first in line so I very slowly rolled off to the side. I took my pick of problems because all three lights were on—check engine, tire pressure, and gas. My gas light had only come on three times thus far so I

placed my bet on that check engine light my husband had been ignoring.

After jogging to the nearest station in my hoodie and spending over \$20 for a gas container and a couple of gallons, I froze my hands off trying to force fuel in the tank with my van on an incline. I turned the key—nothing. Then I cried. Then I prayed. After repeating that sequence multiple times, my husband was in the doghouse. The tow truck came and \$50 later my precious minivan was on its way back to the shop. It was actually worth it to me at that point to have someone else take it in for maintenance.

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Looking back, this scenario reminds me so much of how we respond to our bodies. Our bodies are our vehicles—we rely on them to take us places and experience life. Yet, we ignore the warning signs when it comes to our health. Whether it's weight gain, higher than normal blood pressure, or an abnormal test result—we avoid the check engine light. Quite honestly, we deny that routine maintenance is important. We ask more and more of our bodies but do less and less to keep them operating at an optimal level. We put in a little more fuel, keep driving, and push and

push until our engine just stops. At times, we even blame others for our own lack of action.

Why do we wait for something serious to happen to change our habits? Exercise, healthy eating, and regular checkups are the best medicine. Plus, preventative maintenance is much cheaper than a major repair! Maintenance doesn't have to be hard or inconvenient—it just needs to be regular and deliberate.

The shop called my husband the next day to break the news about what they had found. The catalytic

converter was old which was triggering the check engine light—no repair necessary. They were able to fix the main issue quickly. It was nothing that \$10 worth of gas couldn't solve.



Jessie is a physical therapist at High Pointe in Clarksville. High Pointe offers preventative maintenance in the form of physical therapy, personal training, fitness, and massage services. Check out Jessie's GRAVITY Experiment on her blog at jessiecarter.wordpress.com. For more information, call (931) 920-4333, visit www.highpointetn.com or become a fan of High Pointe Rehab, LLC, on Facebook.



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by Ryan Millard

One of the principles that I have learned over the past few years in parenting is that I am influencing my children in more ways than I am aware. It's not always intentional, but it is very evident in their lives that they are being lead by my example in many different ways. Now when I say being lead or influencing I don't mean in the way I discipline or the fact that we attend church on a regular basis.

Of course, there is an aspect of influence in that area. Most parents have a basic understanding of the fact that they are responsible for the overall big picture of their children's life. What we are often unaware of is how what we do in everyday life and conversation is in some way speaking to them. Usually that is one of the biggest ways we influence them. We have to decide at the start whether that is positive or negative.

For example, my oldest daughter has become very sarcastic. She is hilarious in so many ways. Not

coincidentally I am a very sarcastic person. I try not to be hurtful to others in any way, but I do find myself leaning towards sarcasm in many circumstances. My eight year old has really picked up on that. There are some advantages to that in my mind. The huge disadvantage to it though, is that in many ways over the years my sarcasm has hurt some of my relationships. That's the hard part of sarcasm, *you* know how you meant it, but everyone else doesn't always know. This is not necessarily a trait I want Makayla to pick up. I wasn't parenting with the end in mind. I never sat down and said to myself "in my perfect world, where do I want my children to be as people when they leave the nest to go and start their own lives and family?"

My daughter also has a huge heart. She loves people and loves to be with people. She hurts when others around her hurt and she defends for those who will not defend for themselves. She is very

relationally-intelligent for her age and very aware, in most cases, of the people around her. She has a lot of compassion for other people. I would love to take credit for that, but I think my wife and I have to share that honor. Probably more so my wife than me. I can definitely tell you that it was never intentional though. It was just the process of her watching us over her years of life. We influenced her but it was not intentional.

We began to wonder what would happen if we were strategic about the way we parent and the specific things we teach and instill in our kids? So not that long ago my wife and I sat down and discussed where we want our children to end up if we have our way. We know that life is a race but we no longer want to run as though we don't know where the finish line is, or if it even exists. We don't want our children's goal to be just finishing their race. We want them to win and make an impact on this planet. We

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want to point them in the direction that we feel like they should go. We talked with each other about it for a while and came up with these three things.

Love Jesus

We want our children to know and love Jesus with all they have. We want them to know what it is to have an authentic relationship with their Creator and Savior. We want them to experience the beauty of God in their lives.

Love People

We want our kids to cherish and love people. We want them to understand that the same God creates us all and

He loves us more than mere words can express. The flip side of that is that we as people are who deliver that message; not by words but by our actions. We want our kids to see people as God sees them. We want them to love people as God loves them.

Change the World

We don't have any ideas of grandeur for our kids to be president or overthrow governments. I only know that if they allow the love of God to be shown through them, that love will unquestionably change their world and the world of the people around them. Every impact changes

the world in some way. We just want them to make their impact as big and meaningful as possible.

Here is the trick though. These are all really nice and cute things to say. I mean we could even make a little cheer or something. Have a special little handshake that only we know where we say these key phrases so that they are ingrained in our kids' minds. But if we never lead them to live this principle out then they will spend the rest of their lives running around saying a lot of cool cheers and know all the right answers but they won't live like they can. They will not even begin

to tap into their potential. If our influence does not point them in that direction, chances are, they will go their own way.

My wife and I have discovered that if we want them to live for those things then we have to be intentional in leading them there throughout their life. We have to parent as though we know where we are going. Our actions right now have to be in alignment with where we want to finish.

If we want our kids to love Jesus then we have to love Jesus. More than that, we have to be willing to be real and let our children see us hurt and struggle. Let them see us happy and

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sad. Don't doubt that when we let children see that life can be rough, but at the end of the day God is still good and in control that it speaks into their lives. Our children will most clearly see God through our ups and downs if we let Him work. Those times will be spiritual markers for their lives where they saw God show Himself true.

If we want them to love people then we have to display that we love people. We have to be intentional about giving them opportunities to love those around them. Talk is cheap to kids in this culture. If you love people, they will know it. If you do not love people, they will know it.

If we want them to change the world then we have to show them they can. God has a huge story and He wants all of us to be a part of it. I have to show my children that it is okay for them to risk and let God do what He does. If we let them see that God can use them to accomplish huge things then they will. They will change the world.

Sit down and decide what you want to see in you children's lives and then figure out how you are going to get them there. All the words in the world don't matter if you are not strategic about where you are taking them. Parent with the thought of where the end is and you will ultimately succeed. This is a much harder task than you might think. Deciding where you end up with your children and picking the destination is such a difficult thing to process through, but the advantages seriously outweigh the disadvantages.

What are the things you want for children when they become adults?

Ryan Millard
Family Pastor @ oneChurch.tv

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HAVE YOU HAD YOUR FILL(ER)?

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

The widespread use of skin fillers has been the biggest change in plastic surgery over the past ten years. Excluding Botox®, there are over 500,000 filler injection procedures in the U.S. per year! What makes this choice so popular? Fillers offer a combination

of non-surgical treatment of wrinkles, lines, and facial shape with the ease of an office procedure, minimal downtime, flexibility of product selection and affordability. A person's facial features can be literally morphed with the skillful use of the proper filler, and it is

done without surgery. Let's look at the current choice of filler products and their use in different areas of the face.

In general, the ideal filler would be completely biocompatible, inexpensive, easy to inject, moldable to some degree and could be used in any part of the face. We are not there yet, but with proper product and patient selection, we are getting close. The first modern fillers were collagen-based products derived from either human or animal sources. They had some problems with allergic reactions in some people, required pre-testing, and tended to last only a few months. They have been replaced almost completely with the naturally produced hyaluronic acid products such as Juvederm® and its near twin Restylane®. These do not require pre-testing. This allows the person to have the injection performed on the initial visit. They are particularly good for adding volume to the lips, deep creases around the mouth, between the cheeks and mouth (nasio-labial folds), deep creases between the eyebrows, and for filling in defects around the face. They will last about four to six months depending on the area injected and the individual being treated. They are moldable to some degree.

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than the hyaluronics and lasts a few months longer when injected into the naso-labial folds. It produces a soft natural appearance and texture if used properly. It should not be used in the lips or between the brows.

Sculptra® is an interesting product that is essentially a powdered form of a suture material that has been used safely in millions of people since the 1960's. When it is resuspended in liquid and injected, it induces the body to form new collagen or connective tissue. It is different from the products mentioned above in that it does not just add volume, it produces new tissue. It takes the body several weeks to make the new collagen and typically Sculptra® is injected in two to four sessions spaced out over several weeks each. It takes a while to see the results but larger areas of the face such as the cheeks, chin and temples can be "re-volumized" to recreate the curves in the face that are seen in one's youth. The effects can be quite dramatic. Typically, the results last about two years or longer making it an economical choice in the longer run.

Fat is a logical choice for filler since most people have enough, or too much, and it is natural and cheaper than a synthetic substance. While all of this is true, fat presents some challenges. The fat that is harvested by liposuction can be fickle, and only some of it will survive when transplanted to the new area. How much is the real question, and it can vary from about 1/3 to 2/3 of the injected amount. This makes precise correction hard to predict and it is very common to require additional sessions to fine-tune. It can produce superb results in some cases and should be considered as a possible choice for larger volume replacement. It can cause problems with prolonged swelling in some people and it can produce too much lumpiness to give a nice result in the lip area.

Medical grade silicone liquid injections are a possibility but they are very "unforgiving" since the injected material never goes away and the body's reaction to it can be unpredictable to some degree. It is permanent filler, unlike all the above materials, and requires a true expert in the technique to get a safe and good result. Only the

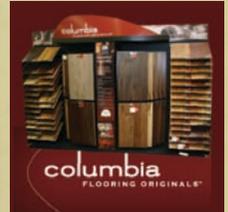
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proper type of medical grade silicone liquid should be used for obvious reasons.

A good surgeon can make this experience much easier for the patient by using numbing medicines with the injections as well as good and gentle technique. I usually show the person the results as we go along with a mirror and their anxiety typically changes to joy as they see their face changes literally before their eyes. Aftercare is minimal and downtime really is too.

I hope that this little article makes this somewhat confusing subject a little clearer. The benefits and ease of the technique have made a "lunch hour mini-facelift" a reality for hundreds of thousands,

and the trend will do nothing but expand in the future. It is important to remember that this is still a medical technique, and the best and safest results are in the hands of trained and experienced surgeons who know the anatomy of the area as well as the proper use of these amazing filler materials.

If you have a question or concern about cosmetic fillers or other cosmetic procedures we encourage you to submit your question to info@mdkaye.com. Type "Clarksville Family" in the subject area.



Dr. Mitchell D. Kaye performs an array of cosmetic surgery services. He is a fellow of the American College of Surgeons, American Board of Facial Plastic & Reconstructive Surgery, and a member of both the American Academy of Cosmetic Surgery and the American Society of Cosmetic Breast Surgery.

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FOUR LOCAL GIRLS FIND A FAVORITE PASTIME IN HORSEBACK RIDING

by Pamela Magrans

There's something about a horse. The very image of a horse brings both thoughts of gentleness and strength. It is both wild and tame; instinctive yet domesticated. What is it about a horse that draws our attention and makes us stop to watch those galloping legs powerfully glide farther than we could ever go alone? Maybe it's all those westerns that show the horse majestically carrying the hero in triumphant gallop. Maybe it's the image of a knight in shining armor carrying the young maiden to safety aboard the back of a stately



"My horse, Stella, has soft brown eyes that seem to sparkle. She is the greatest joy in my life."
Samantha Black, student at Coopertown Middle School

mare. Maybe it's the contrast of rustic with regality, romance and realism. Maybe it's the sleek velvet-looking coat,

course and smooth at the same time. Maybe it's the distinctive amble or the rhythmic gallop. Maybe it's the deepness in their large eyes that makes us see something familiar there. Probably, it's all that and much more.

With a snort they nose a bystander—wanting attention or a snack. They have their own unique way of communicating. Domesticated horses have had a major role in the advancement of human kind. Their future and past are closely knit to ours.



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There's just something about a horse that is both fascinating and beautiful.

It is no wonder, that there are some local youth who have found a friend, and so much more, in a horse.

It's more than just horsing around...

I recently met with four girls who love riding horses. Each has their own story of why they enjoy it. Each has their own reasons for beginning and continuing. These are students at local schools who balance their homework, having friends and doing their



"I like to ride because it gives me adventure. It allows me to bond with my horse and to enjoy him as a friend and companion. My horse, Mystery, is my friend and works with me to learn correct riding techniques."

Hannah Byard, student at Norman Smith Elementary

chores. They are like every other youth, eager to get their work done so they can play. However, these girls enjoy a unique form of both recreation and skill—they ride horseback. Their first choice for free time is a drive to where their horse is waiting patiently in a stable—waiting for her to saddle up and ride.

These four girls are officers in a Youth Riding Club at Locust Run Stables where they take riding lessons. For them and many other youth riders who ride in trails and courses across Montgomery County, riding a horse turns into a habit,



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a passion and a skill. Whether they are riding for fun or in a competitive show, youth riders can benefit in many ways. For Erica, Hannah, Jennifer, and Samantha, horseback riding has challenged them in a way that nothing else has and it has provided them with lessons that will certainly help them in many ways.



“My greatest reward from riding is being able to relate to an animal that understands. It is good knowing there is always someone to rely on that will always be there. My horse is there staring at me, ready to listen.”

Erica Smalley, student at Richview Middle School

Immeasurable benefits

There are a number of physical and emotional benefits of horseback riding. First of all, riding a horse is a great way to spend time outdoors. In today’s technology driven society, children are spending less and less time outdoors. As a result of declining time outside, the medical profession is seeing a variety of health related issues. Riding a horse takes a child outside to breathe fresh air, to experience nature and to bond with an animal. However, there are also emotional benefits of horseback riding. The act of riding takes physical energy and demands patience, self-discipline and responsibility to



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maintain control over the horse. There is no video game or television show that can rival that.

Riding a horse can eliminate stress. For those moments on a horse, nothing else matters except the rider and the horse. The bond between a horse and its rider can be strong and can help a child feel loved and needed. Some youth riders own their own horses, while others train on horses that are owned by a local stable. Either way, it is important for riders to learn how to care for a horse. The hours of maintenance remind riders that any relationship takes time and care. The

act of taking care of a horse promotes responsibility. Stalls must be cleaned, water must be filled up, food must be supplied, the horse must be put out to pasture, then placed back safely in the stall. Many basic needs must be preformed to care properly for a domesticated horse. It takes education and work.

For those who ride competitively, an entire new advantage appears—that of sport. Many youth riders in the Montgomery County



“After we finished our first jumping class, I was filled with joy and excitement at our accomplishment. After that, Zippo and I began to work in sync with each other and have overcome many hurdles since.”

Jennifer Slate, student at
Rossvie High School

Riding horses has also been proven scientifically to be therapeutic. Recent studies have indicated that children with autism and cerebral palsy benefit from horse therapy. There are a number of social, emotional and physical benefits of horseback riding for both children and adults.

As I spoke with Erica, Hannah, Jennifer, and Samantha, it became clear that the benefits cannot be measured—not yet anyway. As they talked of their horse riding adventures, challenges and memories, and laugh among themselves, it is clear that they have found a passion for something that might be a lifelong pleasure.

area travel to other cities and states with their horses and compete in shows. This experience takes horseback riding to another level, as the rider and the horse must train to prepare for shows. However, they reap the great reward of showcasing their relationship in a public way.

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SUMMER AT THE ROXY

by John McDonald

Our Parks and Rec summer theatre program is about to begin its 22nd year. The program runs June 7 through July 16 on Mondays, Tuesdays, Wednesdays and Thursdays from 1:00 p.m. until 3:00 p.m. It ends in what we call an “informance,” a chance for parents and friends to see what the summer’s hoopla has been all about.

“Last summer was the best summer of my life. I loved Parks and Rec. I honestly loved every part of it. I gained so many fond memories and became friends with some truly incredible



people. I couldn’t have asked for a better way to spend my break. I love theatre and want to learn as much as I possibly can about it. Last summer I learned so much and would like to add to that experience.”

Michelle Lebkuecher

This is an exhilarating time for the Roxy. It’s a precursor to what greater activities the new Center for Arts and Education will generate on the corner of Franklin and First: Young people coming and going, taking classes, taking in the sun while having lunch or waiting for a class to start or end or continue in one of the studios. Experiencing art, music, dance and drama—all under the same roof. Seeing a touring production, attending a ballet class, or even watching the professional company rehearse. Even being a part of the professional company.

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“As a young person, I am still a little confused about what I want to do with my life. I do know that I want to be in the field of entertainment. Acting has taught me to come out of my shell and stop caring about what other people think. Acting has made me free-spirited and open to many things. Along the way to becoming myself, I’ve made connections with some amazing people; people that I never would have had the courage to ever talk to. Those people

have helped me and loved me and accepted me at all times.”

Leannah Carmona

Starlene Shackelford set in motion a momentous and ever-growing endeavor, giving young people a chance to express themselves, use a skill, hone a talent, broaden their experience and to interact with other young people who are also interested in theatre and the performing arts. Life is good here in Clarksville, Tennessee’s Top Spot, in more ways than one.

“Summers, for me, are never boring. I love to come to the Roxy. The

Roxy is something I can never forget, and I want to keep building memories here and see others do the same. I guess you can say I want to hold on to my youth for just a little longer before entering the vast world of theatre as an adult.”

Humberto Figueroa

Until the new Center for Arts and Education is built, it will be no more than 100 young people, ages 10 to 16, along with ten or so interns who will bag-lunch under the marquee and be amazed at the new faces who come to find out all they can about this business

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“I love coming to the Roxy. I love coming to a place where the people are like you. I’ve made so many memories. I love the Roxy and being there, and I want to be able to spend my summer there.”

Amy Wyer

The summer program is not a linear one, which means that participants can come and go at will. So, as other opportunities arise for a child in the summer—family vacations, camp, Vacation Bible School, etc.—we cannot be strict about attendance.

Each class starts with a dance warm-up, a choreographed piece which will be part of the final “informance.” In addition, I workshop a script which will end up being performed by our professional company, ending each day with a series of improvs which are meant to

encourage thinking on your feet and editing as you create.

The only caveat in all this good is that we can house, handle and deal with just 100 young people, and you must sign up at the Parks and Rec office on Public Square, between the hours of 2:00 p.m. and 4:00 p.m. The cost for the entire six-week program is \$30.

“I like to act, and I like learning about the theatre. I like working backstage, writing scripts, singing, dancing and improv.

It is an experience which sticks with you for the rest of your life.”

Jacob Ritchart

To be even a small part in making a difference in a child’s life is a great gift and a heavy obligation, which I do not take lightly; wanting to encourage creative growth within a structure that is not constricting,

nor does it limit the individual artist’s uniqueness. It’s all about lauding differences and encouraging the individual’s gifts and talents.

“My journey began last summer when I started at the Roxy ... memorizing, practicing and just acting in general. I am devoted to working hard and keeping up my grades so I can do this. I came to the Roxy as a boy, and I hope to leave as a man. When I come to the fork in the road, I will take it.”

Patrick Long

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HEAD TRAUMA: HOW TO AVOID HARD KNOCKS AND POTENTIAL BRAIN INJURIES

by Mark Muiznieks, M.D., Emergency Physician

Most adults have a nostalgic childhood story about bike rides with no helmets, family car trips with no seat belts, and other death-defying tales from their “tougher” generation in simpler (and more dangerous) times. Those who survived the occasional bump on the head with no negative outcome probably weren’t tougher—just lucky.

With the arrival of summer and abundant outdoor activities, it’s critical to make sure you and your family have a safe summer by protecting your heads.

Head injuries can happen to children and adults, athletes and non-athletes, during strenuous physical activity or a simple slip or trip. The potential health

effects of a brain injury can be devastating, ranging from cognitive or motor impairments, to disability or death.

A head injury is an injury to the scalp, skull or brain and can result in a traumatic brain injury (TBI). The most common type of head injury is a concussion, most often sustained during sports activities. A concussion is actually a mild TBI, and happens when the brain is jarred or shaken hard enough to hit the side of the skull. Interestingly, a concussion doesn’t always involve a direct hit to the head; it can be caused by impact to any part of the body that is hard enough to jar the brain.

Concussions can be mild or severe, and can temporarily—or

permanently—affect the brain’s function. Other brain injuries include a contusion (a bruise and/or swelling), a hematoma (bleeding that forms a clot), and a skull fracture.

Of the TBIs reported each year, 75 percent are concussions or other mild forms of TBI. Sometimes, brain injury symptoms can be subtle, and won’t appear until days or weeks after the original injury. Long-term effects of a head injury can include permanent changes in the function of the brain or motor skills, epilepsy, and increased risk for age-related brain disorders like Alzheimer’s disease and Parkinson’s disease. That’s why it’s important to seek immediate

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medical care after a head injury. Even if you think the injury isn't serious, it is important that you discuss the injury with your physician.

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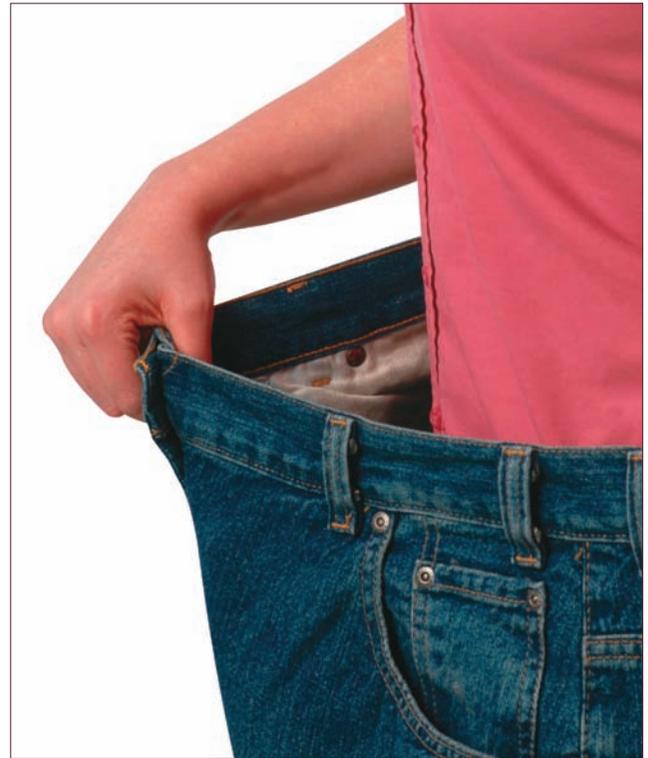
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- Loss of sense of smell or taste
- Ringing in the ears

If you or a loved one has any of the above symptoms or a TBI is even slightly suspected, quick action is critical: get medical help right away. Proceed to the nearest E.R., where physicians will administer a physical exam as well as test visual, verbal and motor skills. They may refer the patient to a brain injury specialist, or use other diagnostic methods to include X-rays or a CT scan to determine the nature of the injury and appropriate treatment.

Source: Centers for Disease Control and Prevention

The Centers for Disease Control ranks the leading causes of brain injuries as falls, motor vehicle crashes, and impact-related events, in which the brain is struck by another object. TBIs range from "mild," in which the person experiences a brief change in mental status and possibly, unconsciousness, to "severe"—an extended period of unconsciousness or amnesia. Children under age five and teens ages 15 to 19 are at the highest risk for being involved in an activity that could result in a TBI.

Certain sports-related activities carry a high degree of risk. According to the Brain Injury Association of America, cycling, football,



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basketball, baseball/softball, and riding recreational vehicles result in the highest number of head injuries. The organization also ranked the top five activities responsible for concussions in children from ages five to 18: cycling, football, basketball, playground activities, and soccer.

Often, sports-related concussions and their symptoms go unrecognized. A 2008 study by Washington University School of Medicine found that a concussion diagnosis was widely linked with a loss of consciousness while other symptoms, such as a mild headache or confusion, were overlooked.

Know the signs and symptoms of a TBI—and don't wait to seek help if an injury does occur.

Watch a head injury victim for signs that a suspected concussion or mild TBI may be something more serious, such as change in pupil size; clear or bloody fluid draining from the nose, mouth or ears; a drop

in blood pressure; changes in behavior; sudden sleepiness; or convulsions.

More than 1.4 million U.S. residents suffer a Traumatic Brain Injury each year. It is the number-one cause of death and disability in children and young adults.

It's important to remember, however; that head injuries don't happen only during sports activities. The chief culprit for head injuries among the elderly are slips, trips and falls.

Besides knowing the signs of a brain injury, take precautions to stay safe.

- Always buckle up in an automobile.
- Always wear a helmet and other protective gear during sporting activities, bicycling or riding recreational vehicles.
- Install window guards to keep young children from falling out of open windows.
- Make sure the area

surrounding your child's playset has a shock-absorbing material such as hardwood mulch or sand.

Keep the people you care about safe this summer and year-round. For more information, visit www.todaysgateway.com

and click Health Resources for health tips about symptoms of a concussion or head injuries, or take an interactive quiz to test your knowledge on sports safety, car safety, balance disorders and headaches.

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



Dr. Mark Muiznieks, Emergency Physician, received his medical degree from the University of Tennessee, Memphis, and completed his residency at Palmetto Richland Memorial Hospital, Columbia, SC. Dr. Muiznieks is a member of Emergency Physicians of Montgomery County and practices at Gateway Medical Center.

Sources: Brain Injury Association of America, www.biausa.org; Centers for Disease Control and Prevention, www.cdc.gov; WebMD, www.webmd.com.

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THE WONDERFUL WORLD OF CO-SLEEPING

by Twila Murasaki

Baby Talk

I am a confirmed co-sleeper. It wasn't, however, something I had originally planned.

I was 19 when my eldest son was born and the idea of sleeping with a newborn baby was terrifying. What if I rolled on the baby? Apparently that's a very common concern and something most people, when taking proper precautions wouldn't have to worry about.

I first started sleeping with my newborn in the hospital. The nurse had left him with me in the hospital bed and at some point, as a new and exhausted mother, I fell asleep. I woke up terrified when I realized the baby was in my arms while I had slept.

However, after the original terror subsided, I looked at my sleeping infant and something inside gave way. In that moment, I had an epiphany. If I could be deep asleep in a high hospital bed without hurting my baby, I could manage quite well in my bed at home.

I could not imagine it any other way now. I get more rest, the baby is happier and sleeps better, and I feel more secure than I would have been leaving the baby alone for eight hours in the night while I slept. It feels right.

Soon after my second son was born, I had a bad experience with an older pediatrician who lectured

me on the dangers of co-sleeping and how they have an increased risk of SIDS (sudden infant death syndrome) when sleeping in a family bed. The SIDS statement was completely false and the concern over the danger unnecessary when using common sense and research. I found the pediatrician's out of date education and lack of information very upsetting. Of course, I found a different pediatrician that was better informed on holistic care very quickly after that.

There are many benefits to co-sleeping; one of the main reasons being there is less crying during sleeping

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hours. The baby tends to feel more relaxed when sharing the same bed as the parent, feeling their warmth and knowing that they are near. It was also found, in a study of childhood co-sleeping, that babies who were made to sleep alone had a much stronger need for a security object and were much more likely to be upset without the favored object than co-sleepers. (Source "Babies co-sleeping with parents," *Midwives: Official Journal of the Royal College of Midwives* by Davies.) Not to mention, co-sleeping makes life even easier for breast feeding mothers. There's nothing like

snuggling the baby close to you to feed him, while the baby never had to cry and you never had to lift an eyelash to manage it.

As for the pediatrician's outmoded concerns; when you use common sense the dangers to co-sleeping are slim to none.

- Arrange the bed so that there's no chance of the baby falling out. You can put the bed flush against the wall, use a mesh guard rail or use a specialty co-sleeper crib. Make sure there are no crevices for the baby to fall between and you're set.

- For the first few months, the baby should stay beside the mother but not in between the mother and father. This is due to most fathers not being as instinctively aware of their babies at first.
- Co-sleepers should use a large bed or a specialty co-sleeping crib. The co-sleeping crib should be able to clamp firmly to the side of the bed and be flush to the mattress.
- There's no need to overdress the baby to provide warmth, as being snuggled against the mother will provide what the baby needs.

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- Don't have heavy comforters or pillows near the baby.
- Do not co-sleep on overly soft surfaces (e.g. couch, waterbeds, etc.).
- Do not sleep with the baby if you smoke in bed, as secondhand smoke increases the risk of SIDS in any infant.
- **ABSOLUTELY IMPORTANT:** Do not co-sleep when severely sleep deprived, morbidly obese or under the influence of drugs, alcohol or medication.

If you're concerned about the supposed dangers of co-sleeping and SIDS, James McKenna, a medical anthropologist, who has done

many studies on the subject of co-sleeping, believes that co-sleeping also alters other risk factors of SIDS, such as environmental temperature, infant sleeping position and dangerous bedding. Using established polysomnographic recording guidelines, McKenna recorded the sleep and breathing patterns of mothers and their two to four month old infants co-sleeping in a laboratory. He also recorded the same information for infants and mothers sleeping alone in rooms next to each other for two nights, and then sleeping together for a third night. The hypothesis that

the influence of co-sleeping on the infant's cardiovascular systems, respiratory patterns, and central nervous system may have a protective effect appear quite valid (source "Infant-Parent Co-Sleeping in an Evolutionary Perspective: Implications for Understanding Infant Sleep Development and the Sudden Infant Death Syndrome," by McKenna, J., Thoman).

Interestingly enough, in a study conducted in 1994 about physiological development, infant sleeping, and SIDS risk in Asian infants, Petersen and Wailoo found that although the Asian babies had several increased physiological risk

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factors for SIDS, the SIDS rate is much lower in this population. The authors noted that perhaps this was due to the increased stimulation the infants received because of how the Asian culture commonly provided care for infants. These practices include co-sleeping, carrying, and other activities that involve the child more in household life. SIDS rates in Asian countries, where co-sleeping is often very common, are significantly lower than those in western society. (Source "Interactions Between Infant Care Practices and

Physiological Development in Asian Infants," by Petersen, S. A., & Wailoo, M. P.)

In my opinion, the most important benefit of co-sleeping is the reductions in the occurrence of SIDS.

Many mothers find it simple to co-sleep with their child; mothers tend to be more alert and can feel the child next to them as they are sleeping. Many of us feel anxious as new parents and it is up to each individual to make the choice on whether or not they wish to co-sleep with their child.

Looking at the facts, I'd say there are many more benefits for a child that is co-sleeping

with their parents and caregivers than not. There are always exceptions and various reasons why co-sleeping might not be suitable for some and each case should be determined individually.

On a final note, if you decide co-sleeping just isn't for you it is still beneficial to the baby to put the crib in your room to offer that added benefit of giving almost immediate comfort to the little one throughout the night.

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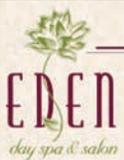
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PUT THE LIFE BACK INTO YOUR SKIN

by Candace Pelfrey, Licensed Aesthetician

Those wrinkles, lines, dark spots, enlarged pores, and facial veins didn't just appear overnight, but it can sure feel like it. There are a plethora of non-surgical options to refresh the skin quickly and effectively as more people are looking to have a youthful, blemish-free complexion. It is now a choice whether to live with these signs of aging. No longer do we have to let our skin tell our age. The damage may not have occurred overnight, but with advances in aesthetic medicine, we have exciting and innovative therapies to put life back into your skin.

Intense Pulsed Light (IPL)

Intense Pulsed Light (IPL) technology is proven safe and effective as a non-invasive treatment suitable for all skin

types, age, and hair color. It allows the light to penetrate the skin in pulses and specific wavelengths according to what condition is being treated. Once the light reaches the targeted skin cells, heat energy is produced strong enough to permanently disable the hair follicle or rejuvenate the skin, depending on the selected application.

Photofacial therapy uses light energy to improve the skin's appearance and reduce signs of aging. This IPL treatment is ideal for treating brown spots or uneven skin texture; and it reduces pore size while stimulating collagen production. It can also treat facial vein irregularities (broken capillaries) typically found around the nose, cheeks, and mouth areas along with rosacea redness.

Unwanted hair, especially on the face, is inconvenient and embarrassing. Short-term solutions such as shaving and waxing can be painful and time-consuming. IPL treats most areas of the body including the face. IPL treats a much larger area of skin per light pulse than traditional lasers. It is an excellent option for permanent hair reduction.

Laser Skin Resurfacing

Laser skin resurfacing (fractional) is a procedure that corrects damaged skin by removing the outer layers which prompts new skin cells to generate. The result is fresh, healthy skin. This treatment corrects wrinkles, sun damage, acne scars, and tightens skin.



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a series of four to six treatments. Post-op instructions for ablative resurfacing call for plenty of rest and limited activity to ensure proper healing. The skin will appear red for approximately five days and some discomfort should be expected.

Botox® Cosmetic

Botox® Cosmetic is a purified protein injection used to reduce temporarily the activity of the muscles that cause fine lines. It is FDA approved to treat moderate to severe lines between the eyebrows (glabella). Other areas treated include crow's feet around the eyes, and forehead lines. Results may last up to four months.

Facial Fillers

Fillers are a non-surgical alternative to permanent facial

implants. Restylane®, Juvederm®, and Prevelle Silk® are made of hyaluronic acid, a naturally occurring substance in the skin that provides moisture, fullness, and elasticity. As we age, the hyaluronic acid can decrease and lead to wrinkles, skin folds, and thinning lips. These fillers restore volume loss and augment lips. Typical results for these fillers depend on many factors including age, skin type, lifestyle and muscle activity. Because fillers are not permanent, you have the option to be retreated as you desire.

Restylane® and Juvederm® work with your body to add volume to the areas that have thinned and wrinkled over time. Both have the unique ability to bind with water and eliminate

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Prevelle Silk® is a colorless gel that when injected into the skin provides fullness to wrinkles and folds. It contains a local anesthetic for a more comfortable experience. Prevelle Silk® lasts about three months and most patients do not experience any bruising or swelling following a treatment. This advantage of Prevelle Silk® allows you to have the treatment before a major event without worrying about downtime. Because it lasts only three months, it is a great option for those new to dermal fillers.

Radiesse® has a unique formulation of calcium hydroxylapatite that stimulates natural collagen production to smooth out the signs of aging and replenish lost volume instantly. Radiesse® is FDA approved for mixing with lidocaine to enhance patient comfort. This procedure is simple and convenient with immediate results lasting up to a year or more.

Physician Directed Skincare

Skincare lines are not all created equal when it comes to achieving desirable results. Medical grade skincare lines are based on scientific research and are proven to enhance the skin's appearance while effectively treating skin conditions such as acne, rosacea, sun damage,

and aging. Because medical grade skincare is dispensed under the supervision of a physician, the percentage of active ingredients is much higher than over-the-counter products purchased at your local department store. A proper skincare regimen is essential to achieving overall healthy skin and ensures optimum results for many facial procedures.

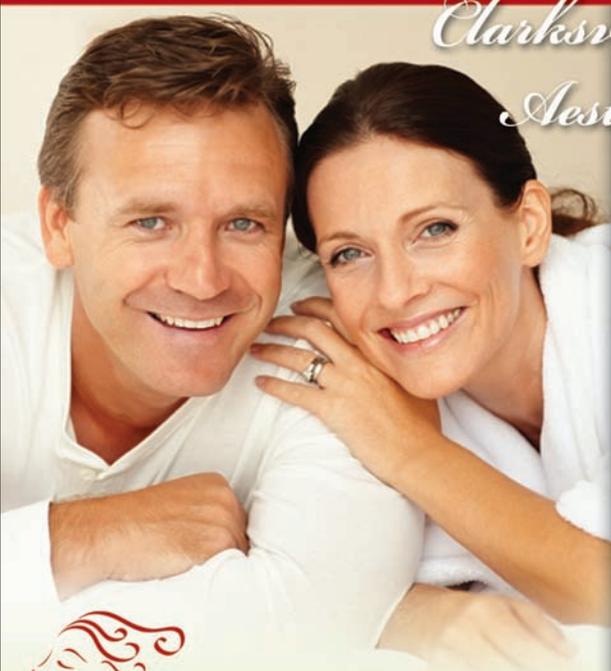
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Candace is a Licensed Aesthetician and Certified Laser Technician at Cumberland Aesthetic Laser Center, 2285 Rudolphtown Road, Suite 200, Clarksville, TN, 37043.

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SUMMER VACATION MEMORY BOOK

by Kendall Welsh

Did last summer fly by without your family doing the things you wanted to do? Did you find the vacation was over before you knew it? I know that has happened to me many times—I don't want to let another opportunity for summer fun get away from me.

So, in an attempt to fix this problem, we had a family meeting. We sat down together to brainstorm all the things our family wanted to do this summer. We ended-up with a huge list, so we had to come up with a way to make it more organized so we can get it all done.

I came up with the idea of giving each week a theme. Such as: Water Week, Museum Week, Fairy Week and more. I was able to put almost all the ideas that we had come up with during the family meeting under one of these categories.

Next, we made a book, and assigned two pages to each theme. Then we listed all the activities grouped under that theme. In the book we will put photos, tickets, and other items that will remind us of our very active and productive 2010 Summer Vacation.

Here are some examples of what our summer themes are, and the activities we will include each week:

Bubble Week

- Make our own bubbles
- Go to bubble room at Custom's House Museum
- Learn to blow bubbles with bubble gum

Museum Week

- Customs House Museum
- Ft. Campbell Museums
- Adventure Science Center
- TN State Museum

Animal Week

- Go to the Nashville zoo
- Visit a farm
- See Charlotte's Web at The Children's Theatre in Nashville
- Work in garden

Cooking Week

- Cook breakfast
- Cook lunch
- Cook dinner
- Cook desserts

Have A Ball Week

- Go bowling
- Play Putt-Putt
- Play soccer
- Play tee ball

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- Run the sprinkler
- Go to pool
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- Visit all Clarksville water spots (rivers, fountains, creeks, etc)

Fairy Week

- Make fairy wings
- Make fairy masks
- Have a fairy party
- Make fairy houses

History Week

- Clarksville monuments
- Clarksville driving tour
- Trail of Tears
- Nashville monuments



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Step 2

Place 14 sheets of construction paper on top of the cardboard. Punch a hole through the cardboard and the construction paper.



Step 3

Pull a ribbon, string, or pipe cleaner through the hole, and tie. This will keep the pages together.



Step 4

Decorate the cover. Then start decorating the inside based on the themes your family comes up with at your family meeting.



Step 5

Get going and have a great time with your family making memories that will last forever in this memory book.

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BUILD AND GROW AT LOWE'S

by Twila Murasaki

A few days ago I was meandering through Lowe's imagining what I'd do to my home if I were wonderfully wealthy when I saw a sign posted for children's build and grow workshops every Saturday. This got me excited as it seemed fun, educational, and fabulously free (free being one of my favorite parts). I knew my son was going to love it. So we checked out the website and signed up online. We arrived at 10:00 a.m. sharp, ready to make our See It Grow planter.



The workshop area was overflowing with children, families of the children, and all of the fore mentioned hammering away on their projects. We handed over our registration paper we had printed off when we signed up online and they handed my son an apron, a mini hammer, goggles and his little See It Grow planter kit



(all of which were his to keep).

I had been hoping for a little more "how to" help from the employees of Lowe's, as I am hopelessly lost as to what to do with which end of the hammer. Luckily for my six year old son, a wonderful family came to my rescue as I clumsily started to help my son stick the big nail into a hole meant for the tiny nail. The kit had pre-drilled holes in it, and with a little help from my rescuers, my son was able to hammer the nails into place. With two boys of their own, it made sense that they were experts. Of course, I do think it helped the husband was in construction. This project turned out to be perfect for any child that has an interest in building things.

My knowledgeable rescuers even allowed me to step back and do something that even I could handle...I snapped a million and one pictures of the



event! What an adventure the workshop at Lowe's turned out to be!

My son may have been a little uncertain at first, but

after a couple of nails going in like they should, he started hammering away like a pro. We even learned about the importance of following the instructions, instead of just sticking nails where they look like they should go. It was a great hour spent and we both learned a lot.



There is no doubt, I plan on going back each Saturday that workshops are available for my little man to make new and interesting things. This is a great

way to help imbue young children with the confidence that can only be gotten from being able to say, "I made that."

For more information on scheduled workshops you can visit www.lowesbuildandgrow.com.

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Mexican Lasagna



Alternative flavor tips:

- Spread refried beans on 1st layer of tortillas.
- Add an extra layer: (tortillas/beans and beef, cheese & salsa, tortillas, beef, tortillas, taco sauce and cheese)
- Really good with some sour cream, guacamole and/or hot sauce on top or on the side!

Ingredients:

- 1 pound lean ground beef
- 1 (1 ounce) package taco seasoning mix
- 1 (14 ounce) can peeled and diced tomatoes with juice
- 10 (6 inch) corn tortillas
- 1 cup prepared salsa
- 1/2 cup shredded Colby cheese

Directions

1. Preheat oven to 350 degrees.
2. In a large skillet over medium-high heat, brown the ground beef, and stir in the taco seasoning and tomatoes.
3. Spoon the beef mixture into the dish, then top with the remaining tortillas.
4. Spread salsa over the tortillas and sprinkle with the cheese.
5. Bake at 350 degrees F for 20 to 30 minutes, or until cheese is melted and bubbly.



Candid Clarksville



email your photos to: candid@clarksvillefamily.com

A BIRD'S EYE VIEW

by Brenda Hunley Illustrated by Willie Bailey

Storytime

Chester the chipmunk and his family were so busy with the new twin baby chipmunks that they didn't come out of their home for the first couple of weeks in May. They didn't know that their Dunbar Cave friends and neighbors had been experiencing lots of rain and flood waters. The Chipmunk home is quite a way up the bluff, so they stayed nice and dry. Today Dart the bluebird stopped by to visit the new babies and he filled the Chipmunk family in on some of the happenings around their city.

"Seriously, the water crossed the road!" Dart said with his wings spread as far as they would go. "Now there is dried mud everywhere! Bridges had water rushing over them, kids all over town were out of school, and many homes are under water!"

Chester's eyes were as big as saucers. "What about my home? Did the water get to my home?"

Dart stopped talking and looked at his worried friend. "I went by there and when you

didn't answer I checked to see if you were here. I was right! Here you are!"

"Did it have water around it?" Chester asked.

"Not that I saw. I will go with you to look if you would like," Dart offered.

Mom Chipmunk suggested the friends go together. "It will be good for you boys to get out for awhile."

"Yay!" squeaked Boomer, who quickly covered his mouth with his paws. Poor Boomer was having a hard time getting used to his new baby sisters. He was so excited over spending some time out of the house; he accidentally spoke his thoughts out loud.

"Mom, I'm sorry," Boomer said, hanging his head.

"Aww, Boomer it's okay. Besides, Dad and I can handle this."

Chester playfully shoved his brother toward the door. "We will



come back to visit this weekend, okay? Come on; let's go see what our home looks like."

Doc Owl was the first one they met on the walking trails. "Hi, Doctor Owl!" the boys chimed in together.

"Hello boys. How are you?" he said, looking at them over his glasses.

"I'm taking Chester and Boomer home to see if they have any damage," answered Dart.

Clearing his throat Doc Owl suggested a different kind of tour. "Why don't you two chipmunks

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climb up and sit on my back. Dart, you come too. Let's show the boys what this looks like from the air."

Chester and Boomer eagerly climbed up on the owl's back and each grabbed a handful of feathers. They were ready. Once in the open sky Doc Owl and Dart showed the brothers around. The boys had never been so high up off the ground. While it was fun, Chester was plenty ready to be back on solid ground.

Boomer however couldn't seem to get enough of the flight.

"Can we dive? What about a barrel roll? Can you go any faster? Can we touch the clouds?"

Doc Owl laughed. "I'm a little old to be playing in the sky like that, besides I don't want to drop you two."

"Doc, will you please take us home?" asked Chester.

"Sure can. I think I got a bit carried away. We will be there in a flash," said Doc Owl, as he

picked up speed. The wind rushed past Chester's ears as they sailed past trees and landed right in the bottom branches of Chester's tree.

Doc Owl said goodbye as the chipmunk brothers and Dart looked in and around Chester's home. Everything seemed to be in order, even Chester's treasure room.

Going back outside to look around the tree, Dart asked, "So, Chester, how did you like your first flight?"

"I was scared at first, but then it was so interesting that I ended up having fun. I am glad to be on the ground though."

"Umm...your mom didn't say, what did they name the babies?" asked Dart.

"We don't know," answered Boomer.

Chester shook his head and laughed, "I never even asked!"

"Never asked what?" asked a voice from behind the tree.

Chester hopped up on top of a nearby log while Boomer and

Dart peeked around the side. The friends discovered Clyde and Earl, two old geese sharing some food.

"You are so nose!" said Clyde bumping Earl out of the way.

"Hey, it's the Chipmunk brothers and that loud little bluebird," observed Earl.

"I'm loud?" asked Dart cocking his head to the side.

Chester smiled. Most of the animals in and around Dunbar Cave avoided these two as they argued all the time. But Chester liked both of them.

"Hi guys!" squeaked Chester. "I hear that we missed quite a mess around here."

"Yes, you did. What were you doing while we were all working to save our homes?" mumbled Clyde, ruffling his feathers.

Chester jumped down amongst his friends. "Mom and Dad had twin chipmunk babies."

"So we helped," added Boomer.

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Clyde looked at the friends. "So, what are their names?" A few moments passed as the boys looked at each other and shook their heads.

"They are girls," grumbled Boomer kicking a stray stick.

"Girls, huh?" teased Earl, noticing Boomer's discomfort.

"What's so funny about that?" asked Dart.

"Nothing...nothing at all," said Earl, waddling back toward the water. "Girls are fun too. I just think it's funny that Boomer is scared of his sisters."

Boomer didn't answer so Earl turned and looked at Clyde. "Ok, I'm bored and hungry! Let's go, Clyde."

Clyde turned to go with his friend to the pond, but stopped and looked at the group again. "When will we get to see the little darlings? What were their names again?"

"We don't know yet, but we will tell you when we see ya again," answered Chester.

"Hmmpf! Where did that old goose go? He'd better not be eating without me!" Clyde grumbled, as he rounded the corner.

Taking a deep breath, Chester turned and headed toward his home with his brother and his best friend.

"Chester! Welcome home!" called Lily.

"What are you doing here?" asked Boomer.

With a slight giggle, Lily the dragonfly dropped a small package at Chester's feet.

"Wow! What is this?" asked Chester.

"It's a gift for the babies!"

"Thanks! But I won't be back to Mom and Dad's until the weekend," said Chester.

"That's okay. We have missed you, Chester! How are the babies? When can I go see them? What are their names?" Lily was full of questions.

Chester laughed. "Would you guys like to come inside and hang out? We could pop some popcorn!"

As Chester closed his front door behind his friends, he looked around the room at his dear friends. He was so glad to be home.

Twins Naming Contest

Congratulations to Katie Morse for submitting the winning entries in last month's contest to name Chester's twin sisters.

The winning names are **Hazel** and **Coco**.

Katie and her family will enjoy free summer pool passes from the Clarksville Parks & Rec department.

Summer is here! Visit the Parks & Rec offices at 102 Public Square to get your pool passes today.

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Wanna be on the Fridge?: Email photo to: fridge@clarksvillefamily.com by June 15th. *Please include the name of who is in the photo & a preferred short caption* (optional).

HAPPY BIRTHDAY!



Happy 1st Birthday Braxton!
Love, Dad, Mom, Sydney & Kirk



Happy 1st Birthday Brodey!
Love Mommy, Daddy, Skye & Josh



Happy 1st Birthday, Boo!
Love, Mama, Daddy & GiGi



Happy 1st Birthday Le Le!
Love, Mom, Dad & Zay



Happy 1st Birthday Lilianna!
Love, Mommy & Daddy



Happy 1st Birthday Savanna!



Happy 2nd Birthday Garrett!
Love, Mommy & Daddy



Happy 2nd Birthday Noah!
Love, Mama & Dada



Happy 2nd Birthday Savannah!
Love Mommy, Daddy, & many more!



Happy 2nd Birthday Piper!
Love Daddy, Mommy & Nana!



Happy 3rd birthday Colby!
Love Uncle Jason, Aunt Diana, Saige & Lance!



Happy 3rd Birthday Levonte!
Love Mommy & Sisters



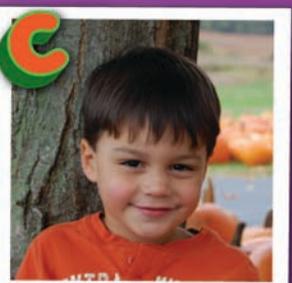
Happy 3rd Birthday Elenore
Love, Mommy, Daddy & Mia



Happy 3rd Birthday, Bryant!
We Love You!



Happy 4th Birthday Easton
Love Daddy, Mommy, & Ella



Happy 4th Birthday Clay!
Love, Mommy, Daddy & Bennett



Happy 4th Birthday Jack!
Love Mommy & Daddy



Happy 4th Birthday Lauren!
Love, Mommy & Daddy



Happy 4th Birthday Rachele!
Love Daddy & Momma



Happy 4th Birthday Raegan!
We love you, Momma, Dada, & Clay

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

HAPPY BIRTHDAY!



Happy 4th Birthday, Megan!
Love, Mom, Dad, & Lauren



Happy 5th Birthday Destiny
Love Momma, Daddy & Cole



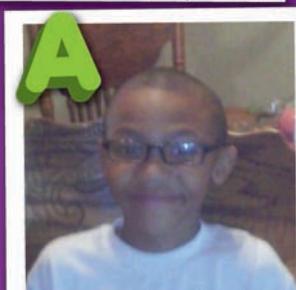
Happy 5th Birthday Hayden!
Love, Mommy, Daddy, & Brayden



Happy 5th Birthday, Bryleigh!
Love, Mommy, Jeff, Bentlei & Dylan



Happy 6th Birthday Alyssa!
We love you bunches!



Happy 6th Birthday to
Mommy's Man, Amare!



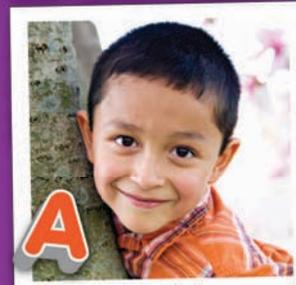
Happy 6th Birthday Brody!
Love you, Mommy, Daddy, Noah & Holden



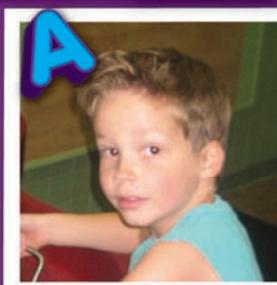
Happy 6th Birthday Sammy!
We love you, Mommy, Daddy, & Ellie.



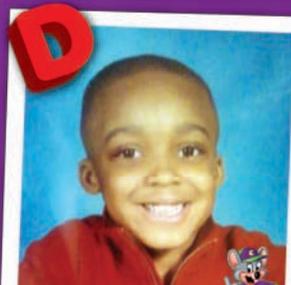
Happy 6th Birthday T'Sifira!
Love Daddy & Mommy



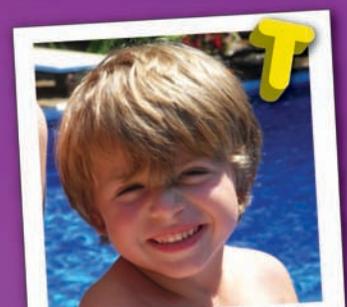
Happy 7th Birthday Aaron!
Love Mommy, Daddy, & Orion



Happy 7th Birthday Austin!
Love, Daddy & Mommy



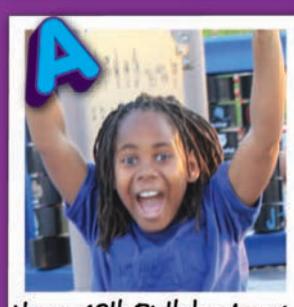
Happy 7th birthday Darius!
We love you so much!



Happy 7th Birthday Ty!
We Love you!



Happy 7th Birthday Willow!



Happy 10th Birthday Amani
From your Dad, & little sis



Happy 10th Birthday Emilyne!
We all love you XOXO



Happy 13th Birthday, Richie
Love Mom, Dad, Scottie, & Sammy



Happy 15th Birthday Mason
Love Mom & John



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

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

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

Ongoing

ACTION GYMNASTICS SUMMER DAY CAMPS

9:00 a.m. to 2:00 p.m. daily, June 7-11, June 21-25, July 12-16 and July 26-30, at Action Gymnastics & Cheer Centre, 221-B Dunbar Cave Road. Attend by the day or week, \$25 a day. For ages four and up. Members, non-members and all skill levels welcome. Call (931) 920-3111 or visit www.action-gymnastics.com for information.

ADVANTAGE LEARNING CENTER SUMMER ENRICHMENT SCHEDULE

Until July 30, New Student Registration. Call to make an appointment.

June 6-8, ACT Camp.

June 7-24, Classes for upcoming 1st through 12th graders. Kindergarten readiness for upcoming kindergarten students.

June 8-10 or June 22-24, ACT camp for upcoming grades 10 through 12.

July 7-30, STEM (Singing Together, Educating Minds) music program for nine months through 10 year olds. Parents accompany younger students.

July 13-15, CAST (Clarksville's Artistic Show Troupe) Showcase Camp, mini camp for all performing arts.

July 17, ALC 10 Year Anniversary Celebration, grand opening of CAST performing arts program. Join us for food, fun and activities. Open to the public.

CANINE FLYBALL CLUB

The Queen City Road Runners meet most Sunday afternoons at 2:00 p.m. Indoor training facility (call in advance).

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

CLARKSVILLE DOWNTOWN MARKET

8:00 a.m. to 1:00 p.m. every Saturday through October 23 on the Public Square in downtown Clarksville. The Market will feature fresh, locally grown produce, nursery stock, handmade craft items and other commodities available on a seasonal basis. You can also find baked goods, home decor, seasonal flowers and much more.

Vendors wishing to sell products for future market dates are welcome to review the market guidelines and

return the vendor application that can be found on www.cityofclarksville.com. Vendors from outside Clarksville are also invited to participate.

Want to stay informed on what's "fresh" each Saturday at the Clarksville Downtown Market? Follow us on Facebook by searching Clarksville Downtown Market and stay "in the know." You can also visit our website at www.clarksvilledowntownmarket.com. For more details please contact the Clarksville Parks and Recreation at (931) 645-7476 or visit www.cityofclarksville.com.

CLARKSVILLE FIRST CHURCH OF THE NAZARENE HOPE RIDERS

1:15 p.m. every Sunday afternoon at 150 Richview Road, weather permitting (temperature above 50 and no rain). Hope Riders is the name of our full-fledged Biker Ministry. All riders welcome. For more information contact Pastor Ron at (931) 648-0110 or visit www.hoperiders.blogspot.com for upcoming rides and events.

CLARKSVILLE IMPACT SOCCER TRYOUTS

6:00 p.m. to 7:15 p.m. for U5-U14; and 7:15 p.m. to 8:30 p.m. for U15-18 on Tuesday, June 1, Thursday, June 3, Tuesday, June 8 and Thursday, June 10 at Barksdale Elementary. 9:00 a.m. to 10:30 a.m. for all age groups on Saturday, June 12 at Heritage

Chick-fil-A Governor's Square

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June Business Days

Employees/students with I.D. get a free Chick-fil-a chicken sandwich with purchase of medium drink and medium fries.

Every Monday is Military Monday to all military and family with proper ID.

2 WEDNESDAY TRANE

3 THURSDAY APSU STUDENTS AND STAFF

4 FRIDAY WORLD COLOR

9 WEDNESDAY FLORIM

11 FRIDAY SPEAR

16 WEDNESDAY METALPHA

23 WEDNESDAY GATEWAY HOSPITAL

25 FRIDAY AKABONO BRAKES

June Spirit Nights

17 THURSDAY ROSSVIEW CHEERLEADERS SPIRIT NIGHT— 5:00 P.M. TO 8:00 P.M.

Park. For more information call Director of Coaching, Tony Sonnabend at (931) 217-9172.

DANCE FORCE SUMMER CAMPS

July 14-18, July 19-23 and July 26-30 at The Dance Force, 1955

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FAMILY LIFE CENTER ACTIVITIES

Monday through Friday, 5:00 a.m. to 9:00 p.m. (except Wednesday, 5:00 a.m. to 5:00 p.m.), Saturday, 7:00 a.m. to 4:00 p.m. at 250 Old Farmers Road in Sango. This family-oriented facility sports a walking track, basketball courts, weight room, cardio deck, racquetball court, group fitness, game room, and a luxurious senior-adult social room. It is open to the entire

Clarksville community and offers a variety of membership options such as walking pass member, group exercise member, and single-, couple- or family-memberships. Classes include step aerobics, Pilates, sculpting, Zumba, circuit, chair aerobics for seniors and beginner step (all classes are \$2). Visit hbcfamilylife.blogspot.com for more information.

MIKE JOHNSON VOLLEYBALL CAMP AT APSU

All skill and individual camp July 8-10; youth camp July 12-15. For more information contact Elizabeth Johnson at (253) 951-0701 or email apvballcamps@gmail.com.

June

4 FRIDAY NATALIE'S DANCE NETWORK RECITAL "FOOTLOOSE"

7:00 p.m. on Friday, June 4; 6:00 p.m. on Saturday, June 5 and 3:00 p.m. on Sunday, June 6 at APSU Mass Communication Building. The show will consist of dancers ages three and up performing routines in ballet, tap, jazz, lyrical, hip hop, musical theatre & pointe. Tickets are \$10 in advance or \$12 at the door.

The Roxy Regional Theatre

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DISNEY'S BEAUTY AND THE BEAST JR.

Music by Alan Menken. Lyrics by Howard Ashman and Tim Rice. Book by Linda Woolverton.

A tale as old as time... The beautiful Belle yearns to escape provincial life and her brute of a suitor, Gaston. However, Belle finds more adventure than she wanted when she becomes a captive in the Beast's enchanted castle! Dancing flatware, menacing wolves, and singing furniture fill the stage with thrills in this beloved fairy tale about very different people finding strength in one another and learning how to love. Presented by the Roxy Regional School of the Arts. 6:00 p.m. May 21, 22, 26, 27, 28 & 29. June 2, 3, 4, 5, 9, 10, 11 & 12.

FOREVER PLAID

Book by Stuart Ross. Musical Continuity Supervision and Arrangements by James Raitt.

This deliciously goofy revue, featuring some of the great nostalgic pop hits of the '50s, centers on four young, eager male singers on the way to their first and last big concert. June 11, 12, 16, 17, 18, 19*, 23, 24, 25, 26 & 30; July 1, 2 & 3.

RUGRATS: A MUSICAL ADVENTURE

Created by Arlene Klasky, Gabor Csupo and Paul Germain.

The Rugrats' world is one that exists below our knees; here mundane things and events turn into grand, comic adventures. In Nickelodeon's live theatrical production, the Rugrats, in their usual offbeat fashion, turn a typical

rainy afternoon into an adventure of the imagination while Chuckie learns he can survive scary things through his own courage and the help of his "bestest" friends. Presented by the Roxy Regional School of the Arts. 6:00 p.m. July 2, 3, 7, 8, 9, 10, 14, 15, 16 & 17.

INTO THE WOODS

In James Lapine and Stephen Sondheim's fractured fairy tale, when a Baker and his Wife learn they've been cursed with childlessness by the Witch next door, they embark on a quest for the special objects required to break the spell, swindling, lying to and stealing from Cinderella, Little Red, Rapunzel and Jack (the one who climbed the beanstalk). What begins as a lively irreverent fantasy in the style of "The Princess Bride" becomes a moving lesson about community responsibility

and the stories we tell our children. July 16, 17, 20, 21, 22, 23, 24*, 27, 28, 29, 30 & 31; August 3, 4, 5, 6, 7, 10, 11, 12, 13, 14, 17, 18, 19, 20, 21, 24, 25, 26, 27 & 28.

Curtain Times

7:00 p.m. Wednesday and Thursday evenings, 8:00 p.m. Friday and Saturday evenings.

*2:00 p.m. matinee on selected Saturday afternoons. (Program and times are subject to change.)

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Individual Play Ticket Prices
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Jr. Musicals: \$10; Other Space: \$10
Group discounts available, call box office for details, Student rush \$5.00 (every performance student tickets will go on sale for \$5.00 at 5 minutes prior to curtain for remaining seats)



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5 SATURDAY

JUNE BOOM

8:00 p.m. at The Lodge Sports Pub, 3025 Mr. C Drive. Experience fireworks display, live entertainment and more. Allen's Fireworks Presents the 2nd Annual June Boom over

Clarksville. Join the Eagle 94.3 & Q108 as they broadcast live. Win free fireworks, concert tickets & other great prizes.

6 SUNDAY

SADDLE RIDGE RANCH VBS

6:00 p.m. to 8:30 p.m. Sunday, June 6 through Wednesday, June 9 at Mt. Hermon Baptist Church, 2204 Jarrell Ridge Road off Hwy 12. Welcome cowpokes! Ages 3

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BAGELS & BARBEQUE: THE JEWISH EXPERIENCE IN TENNESSEE

A joint project of the Tennessee State Museum in collaboration with the Jewish Federation of Nashville and Middle Tennessee, Jewish Community Federation of Greater Chattanooga, Knoxville Jewish Alliance, and Memphis Jewish Federation, with the participation of other Jewish communities around the state. It is circulated by the Traveling Exhibits Program of the Tennessee State Museum. The exhibit's statewide tour is supported in part by a grant from Humanities Tennessee, an independent affiliate of the

National Endowment for the Humanities. Through June 27.

CALL TO ARMS

Call to Arms celebrates the service and dedication of this country's veterans. See uniforms, photographs, and artifacts from the Civil War, Spanish-American War, World War I, World War II, Korean War, and Vietnam War. Read the stories of some of Clarksville's soldiers who have fought for freedom here, and around the world. Through August 27.

GONE FISHING

Housed in the two-story Crouch Gallery, this regionally themed show features an assortment of "eye candy" for the fishing enthusiast. Working with local collectors and experts, Terri Jordan, Exhibits Curator, has amassed a variety of antique lures,

rods, traps, and tackle boxes that will please viewers of all ages. Through August 8.

THE MECHANICS OF MOTION

Explore how and why motion happens. Discover concepts like friction, gravity, circular motion, and inertia. Test pendulums, pulleys, scales, and other fun interactives. An interactive exhibit of household science in the Kimbrough Gallery. Through July 31.

OUR WATERS, OUR LIFE

In collaboration with our Gone Fishing exhibit, the Customs House Museum is proud to present Our Water, Our Life. This collection of photos by Jim Hancock captures the beauty of regional waterways.

"In January of 2010, I set out to document the innate beauty

and subtle artistic elements of our waters. When selecting and organizing images for this show, my goal was to inform the viewer about both our present water environment and its relation and significance to our past," says Jim Hancock. Through June 29.

Museum Hours: Tuesday through Saturday 10:00 a.m. to 5:00 p.m., Sundays 1:00 p.m. to 5:00 p.m. **The museum will be closed May 9th for Mother's Day, and May 31st for Memorial Day.

Admission: adults \$5, senior citizens \$4, college ID \$2, ages 6 - 18 \$1, ages 5 and under free, Sundays free. Museum members are admitted free of charge.

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**10 THURSDAY
NARFE CHAPTER 870
MONTHLY MEETING**

Lunch at 11:00 a.m., meeting at 12:00 p.m. at the Golden Corral Restaurant, 2811 Wilma Rudolph Boulevard (see Family Resource Network for group details). Call (931) 358-4855 for information.

FAB AUDITIONS

4:00 p.m. at Center Court, Governor's Square Mall. Do you have what it takes to be a member of the Fashion Advisory Board at Governor's Square Mall? If you are 14 years old and in high school with a minimum GPA of 3.0, then you are well on your way. The Governor's Square Mall's Fashion Advisory Board is a great way to meet new people; be a part of something that is not only fun but something that gives back. Members of FAB are ambassadors of the Mall and the community. Not only do they serve as the models for mall fashion shows but they also participate in community activities...all to earn points. Stop by Customer Service and pick up your information packet, then bring it with you to the auditions along with a copy of your most recent report card.

11 FRIDAY

BIKE SHOW

1:00 p.m. to 5:00 p.m., through Sunday, June 13, mall wide, Governor's Square Mall. Featuring the latest models and accessories.

12 SATURDAY

**LANA'S DANCE CENTRE
DANCE RECITAL**

6:00 p.m. at APSU. The public is welcome and tickets are available at both Lana's Dance Centre studios, 1808 Ashland City Road, (931) 503-8050; or 1919 Tiny Town Road, (931) 494-5312.

**MOVIES IN THE PARK: THE
NOTEBOOK**

At dark in Heritage Park, 1241 Peachers Mill Road. Fun pre-movie activities begin an hour prior to movie. Free to the public. Presented by the City of

Clarksville Parks and Recreation Department.

**14 MONDAY
ALZHEIMER'S
CAREGIVERS SUPPORT
GROUP MEETING**

6:30 p.m. at Clarksville-Montgomery County Public Library, 350 Pageant Lane.

**15 TUESDAY
NORTH TENNESSEE STATE
FAIR**

Through, Saturday, June 19. Gates open at 5:00 p.m., events begin at 7:00 p.m. at Clarksville Speedway, 1600 Needmore Road. Visit northtnstatefair.webs.com for more information.

**20 SUNDAY
FATHER'S DAY**

**21 MONDAY
SUMMER SOLSTICE**
First day of summer.

**24 THURSDAY
DADDY DAUGHTER DATE
NIGHT**

4:00 p.m. to 7:00 p.m. at Chick-fil-A at Governor's Square Mall. Enjoy a very special evening for

dads and daughters with reserved seating, table service and activities. Contact Angela Huff or Britney Lee at (931) 645-5144.

SEE PINK MEETING

6:30 p.m. at Exit Realty off Exit 1. Led by breast cancer survivors, Kelly Blevins and Lynne Woodson. Meetings help women who have gone through, or are currently going through treatment. Guest speaker will be a nutritionist. Email www.seepink2@gmail.com for more information or visit seepink2.blogspot.com.

**26 SATURDAY
BULLY BUSTER AND
WOMEN'S SELF-DEFENSE
CLASS**

3:00 p.m. to 4:00 p.m. at Baize Martial Arts, 388 Warfield Boulevard Court. Free to first 30 people that sign up. Call now to register, (931) 647-9990.

CUTEST PET CONTEST

Showtime at 7:00 p.m., Borders Court, Governor's Square Mall. Use entrance next to Zales. All pets must be on a leash at all times. Prizes for winning pets.

\$10 fee will benefit the Humane Society. Registration begins at 6:00 p.m.

**MOVIES IN THE PARK: THE
BLIND SIDE**

At dark in Heritage Park, 1241 Peachers Mill Road. Fun pre-movie activities begin an hour prior to movie. Free to the public. Presented by the City of Clarksville Parks and Recreation Department.

**27 SUNDAY
BENEVOLENT LODGE #210
OF PORT ROYAL ANNUAL
DAY**

2:00 p.m. at Mt. Zion Baptist Church, 3310 Hwy 76, Adams. This 129 year old organization will honor its oldest member who is 95 years old. All are invited!

To have your event included for free e-mail it to events@clarksvillefamily.com. Please have it to us by the 15th of the month to be included in the next issue.

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This year's FREE Summer Youth Program begins June 7th with the opening of gymnasiums and will finish up on July 16th. Gyms are staffed with Directors and Assistants five days a week to offer leadership and assistance in play activities and instructional classes. School gymnasiums are modified to a "Community Center" setting with table games, tournaments, arts and crafts, and special activities. All children ages 6-16 are welcome to attend for free. Parents must register their children on site the first day of attendance. Parent's permission is required for participation in the Summer Youth Program. The program begins at 9:00 a.m. and ends at 3:00 p.m. Children must be picked up prior to closing. Program sites will be closed on July 5th in observance of Independence Day.

PROGRAM GYM LOCATIONS

Burt-Cobb Community Center, Crow Community Center, and Kleeman Community Center are Summer Youth Program sites as well as Barksdale, Burt, Glenellen,

Hazelwood, Liberty, Minglewood, Northeast, St. Bethlehem, and Byrns Darden Elementary Schools. The Housing Authority at Summit Heights and Caldwell Lane have also provided sites for the Summer

Youth Program. Caldwell Lane will be open Monday-Friday from 10:00 a.m. to 2:00 p.m. All other sites are open 9:00 a.m. to 3:00 p.m., Monday through Friday.

FREE SWIM PROGRAM

Free Swim Fridays are offered to each participant in the Summer Youth Program. Each site will be designated a pool where they can swim from 9:00 a.m. to 11:00 a.m. each Friday morning. There is no charge for this activity. Details will be available at each site. Requires parent's permission. Transportation to the pool is provided from the gym sites. Parents may also pick up and drop off their children at the pool.

POOLS OPEN

Pool passes are on sale now! Call (931) 645-7476 or visit www.cityofclarksville.com/parks&rec for more information.

SUMMER PLAYHOUSE

The Roxy Regional Theatre will offer a six-week theatre workshop June 7 through July 15. Actors will learn about the theatre and participate in a special performance on July 15 from 1:00 p.m. to 3:00 p.m. The program is offered to ages 10-16. Classes are Monday through Thursday from 1:00 p.m. to 3:00 p.m. at the Roxy Theatre, 100 Franklin Street, (931) 645-7699.

Registration will require a \$30 fee which can be paid now at the Parks and Recreation office from 2:00 p.m. to 4:00 p.m. You may also register anytime after June 7, but the fee remains the same.

TENNIS LESSONS

A six-week tennis instruction session will begin on Monday, June 7 at Swan Lake Tennis Complex. Classes will be offered on Monday/Wednesday or Tuesday/Thursday depending on child's age. Pre-registration and parent's permission are required. Register at Swan Lake Tennis Complex on June 1 from 9:00 a.m. to 11:00 a.m. This instructional class is offered for FREE. Classes for ages 6 to 10 will be held on Mondays and Wednesdays. Classes will be held on Tuesdays and Thursdays for ages 11 to 16.

ON-SITE INSTRUCTIONAL CLASSES

Instructional classes in gymnastics and karate will also be offered for FREE! Registration must be completed at each Summer Youth Program site and requires parent's permission to participate.

FIRST TEE PROGRAM

The First Tee of Clarksville offers programs that focus on developing life skills using the game of golf as its vehicle. Participants must

be between 8-17 years old to participate. This is a two-month long program beginning in June and ending in July. Registration for Par, Eagle, Birdie levels will begin May 1 from 9:00 a.m. to 6:00 p.m., Monday through Friday and 9:00 a.m. to 4:00 p.m., Saturday and Sunday at Iron Workers Practice Club. Player level registration will begin May 1 from 9:00 a.m. to 5:00 p.m., Monday through Friday at Mason Rudolph Golf Course. Cost for the program is \$40 per level. Call 931-362-4353 for details.

ARCHERY

Archery class will be offered June 21 through June 25 from 9:00 a.m. to 11:00 a.m. for ages 10-16 at Billy Dunlop Park. The cost will be \$10 per person for the entire week. Register at the Parks and Recreation Main Office from 2:00 p.m. to 4:00 p.m. beginning May 24.

FREE LUNCH PROGRAM

The Clarksville Parks and Recreation Department participates in the USDA Summer Lunch Program. All youth registered at the Summer Youth Program sites will be offered a free lunch (including milk and/or juice) each day of the program.

Class Reunions

CLARKSVILLE HIGH SCHOOL CLASS OF 1975

Mixer at 6:30 p.m. on July 30 at Front Page Deli; Golf at 11:00 a.m. on July 31 at Swan Lake; Social at 7:00 p.m. on July 31 at Clarksville Country Club. To R.S.V.P. by July 10, go to our Facebook page:

Clarksville High School 1975 Reunion.

gnavberry@yahoo.com.

CLARKSVILLE HIGH SCHOOL CLASS OF 1990

July 23 at Front Page Deli, July 24 at Clarksville Country Club. Contact Leslie Stumphf Elliot at (931) 320-2998, (931) 906-1163 or

NORTHEAST HIGH SCHOOL CLASS OF 1984

July 9, 10 & 11. July 10 at Clarksville Country Club, other dates TBD. Contact Kitty Cochran Barran at (954) 817-3434 or kittsue@yahoo.com.

NORTHEAST HIGH SCHOOL CLASS OF 1990

June 26, 6:30 p.m. at Waterstreet Events Center. Contact Carla Phillips Lavergne at (931) 338-2739, carlalavergne@gmail.com or visit eagles1990.blogspot.com.



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Clarksville-Montgomery County Public Library

2010 Summer Reading Program

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

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

"Tadpoles and Tagalongs" programs are for all children not yet in school (under age five) and their parents or care giver, on Tuesday and Friday at 10:00 a.m., 10:30 a.m., 2:00 p.m., and 2:30 p.m. On Friday, we will repeat Tuesday's program. At each program, a limited number of tickets will be given out on a first come, first served basis.

The Summer Reading Program, "Make a Splash, READ!" for elementary age children (five years and up) will be held on Tuesday at 10:00 a.m. and 2:00 p.m., and Friday at 10:00 a.m. and 2:00 p.m. Children should be old enough to attend this elementary age program without parental supervision. Parents should wait in the library for their children until the program is finished.

On Monday at 2:00 p.m. there will be a "Tween Scene" program for children that are 10-12 years old. On Thursday at 4:00 p.m. there will be a "Make Waves at Your Library" program for teens that are 13-18 years old.

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

Each participant will receive a "Reading Log" to track books read or total hours read. Participants may count the amount of time or the number of books read to them if they are listeners. Older children who read picture books to younger children may count the time spent reading to the younger child but not the number of books read.

Participants are responsible for keeping track of the books they read or the hours that they spend reading. "Reading Logs" should be filled out completely. For every eight books read or two hours of time spent reading, participants will be eligible to receive an incentive. Please use one log for hours read and one log for the number of books read. Please do not ask for preference of incentives. Types of incentives are subject to availability and "special" requests will not be honored.

All participants in the "Make a Splash, READ!" program will receive their own "Make a Splash, READ!" Passport. This is an attendance booklet that the child should

have stamped once a week when they attend a program. The CHILD named on the "Make a Splash, READ!" passport is required to present the booklet to be stamped. You may attend as many programs per week as you wish, but only one stamp will be added each week. "Make Waves at Your Library" Teens and Tweeners will complete a Reader's Prize Card to be eligible for a prize.

At the end of the Summer Reading Program, if the participant has attended one program per week for at least three of the five weeks and has received three stamps in their Passport, they will receive a book of their choice at no charge. Children will surrender their passport to select their book. The "Make a Splash, READ!" Passport will not be replaced if lost. Prize books will not be replaced or exchanged.

Please encourage your child to be on his/her best behavior. Children who are misbehaving or causing a disruption to the program will be asked to leave the program.

Please be on time! If you are late, enter the program only when there is a break in the activity so you will not create a disturbance. Once a program has begun, please do not disrupt the program by leaving the room.

WEEK ONE

Monday, June 7, 2010 2:00 p.m. "Make Waves at Your Library" Tween Scene Program - "Grossology Program."

Tuesday, June 8, 2010 10:00 a.m. and 2:00 p.m. "Make a Splash, READ!" Special Guest: Chris Rumble, Author, Illustrator and Musician.

Tuesday, June 8, 2010 10:00 a.m., 10:30 a.m., 2:00 p.m., and 2:30 p.m. "Tadpoles and Tagalongs"

Thursday, June 10, 2010 4:00 p.m. "Make Waves at Your Library" Teen Program - "Library Survivor."

Thursday, June 10, 2010 7:00 p.m. "Pajama Story Time" Ocean Adventures.

Friday, June 11, 2010 10:00 a.m. and 2:00 p.m. "Make a Splash, READ!" Special Guest: Urban Safari with Safari Greg, Magician and Wildlife Biologist.

Friday, June 11, 2010 10:00 a.m., 10:30 a.m., 2:00 p.m., and 2:30 p.m. "Tadpoles and Tagalongs"

WEEK TWO

The Scholastic Book Fair will be held Monday through Friday from 9:00 a.m. till 5:00 p.m. (Late night Thursday until 8:00 p.m.) Please support the Summer Reading Program by visiting the Book Fair. All profits from the Book Fair will be used for next year's Summer Reading Program.

Monday, June 14, 2010 2:00 p.m. "Make Waves at Your Library" Tween Scene Program - "Are You a Wimpy Kid?"

Tuesday, June 15, 2010 10:00 a.m. and 2:00 p.m. "Make a Splash, READ!" Special Guest: Magician Matt Fore.

Tuesday, June 15, 2010 10:00 a.m., 10:30 a.m., 2:00 p.m., and 2:30 p.m. "Tadpoles and Tagalongs"

Thursday, June 17, 2010 4:00 p.m. "Make Waves at Your Library" Teen Program - "Pirate Plunder"

Thursday, June 17, 2010 7:00 p.m. "Pajama Story Time" Fancy Nancy and Super Heroes.

Friday, June 18, 2010 10:00 a.m. and 2:00 p.m. "Make a Splash, READ!" Special Guest: Mr Bond the Science Guy with Keith Trehy.

Friday, June 18, 2010 10:00 a.m., 10:30 a.m., 2:00 p.m., and 2:30 p.m. "Tadpoles and Tagalongs"

WEEK THREE

Monday, June 21, 2010 2:00 p.m. "Make Waves at Your Library" Tween Scene Program - "Hawaiian Luau @ the Library!"

Tuesday, June 22, 2010 10:00 a.m. and 2:00 p.m. "Make a Splash, READ!" Special Guest: Elizabeth Rose, Storyteller.

Tuesday, June 22, 2010 10:00 a.m., 10:30 a.m., 2:00 p.m., and 2:30 p.m. "Tadpoles and Tagalongs"

Thursday, June 24, 2010 4:00 p.m. Teen Program - "Make Waves at Your Library" - "Twilight/Eclipse Program"

Thursday, June 24, 2010 7:00 p.m. "Pajama Story Time" Fairy Tales

Friday, June 25, 2010 10:00 a.m. and 2:00 p.m. "Make a Splash, READ!" Special Guest: Kentucky Down Under, live Australian animals.

Friday, June 25, 2010 10:00 a.m., 10:30 a.m., 2:00 p.m., and 2:30 p.m. "Tadpoles and Tagalongs"

WEEK FOUR

Monday, June 28, 2010 2:00 p.m. "Make Waves at Your Library" Tween Scene Program - "60 Second Challenges." Can you win it?

Tuesday, June 29, 2010 10:00 a.m. and 2:00 p.m. "Make a Splash, READ!" Special Guest: Patrice Heiken Puppets.

Tuesday, June 29, 2010 10:00 a.m., 10:30 a.m., 2:00 p.m., and 2:30 p.m. "Tadpoles and Tagalongs"

Thursday, July 1, 2010 4:00 p.m. "Make Waves at Your Library" Teen Program - "Beach Party."

Thursday, July 1, 2010 7:00 p.m. "Pajama Story Time" Pirate Adventures.

Friday, July 2, 2010 10:00 a.m. and 2:00 p.m. "Make a Splash, READ!" - Special Guest: Michael Shoulders, Author.

Friday, July 2, 2010 10:00 a.m., 10:30 a.m., 2:00 p.m., and 2:30 p.m. "Tadpoles and Tagalongs"

WEEK FIVE

Monday, July 5, 2010 Library Closed for Independence Day.

Tuesday, July 6, 2010 10:00 a.m. and 2:00 p.m. "Make a Splash, READ!" Special Guest: Kevin Kidd, Musician.

Tuesday, July 6, 2010 10:00 a.m., 10:30 a.m., 2:00 p.m., and 2:30 p.m. "Tadpoles and Tagalongs"

Thursday, July 8, 2010 4:00 p.m. "Make Waves at Your Library" Teen Program - "Lolita Tea Party."

Thursday, July 8, 2010 7:00 p.m. "Pajama Story Time" - Crazy Socks, wear yours!

Friday, July 9, 2010 10:00 a.m. and 2:00 p.m. "Make a Splash, READ!" Special Guest: Crystal Miller, Ventriloquist.

Friday, July 9, 2010 10:00 a.m., 10:30 a.m., 2:00 p.m., and 2:30 p.m. "Tadpoles and Tagalongs"



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ADOPTION & FOSTER CARE CARING CHOICES OF CATHOLIC CHARITIES

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

OAK PLAINS ACADEMY

1781 Oak Plains Road, Ashland City. We serve children of all ages with therapeutic services, and have several foster homes in Clarksville. Karen Henderlight, (931) 362-4723, karen.henderlight@uhsinc.com.

OMNI VISIONS INCORPORATED

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

PHOENIX HOMES

1781 Wilma Rudolph Boulevard, offers treatment foster care and services. (931) 645-7711, (931) 645-7742 or www.phoenixhomes.org.

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.

ATHLETICS

BUDDY BALL SPECIAL NEEDS ATHLETIC LEAGUE

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

CLARKSVILLE IMPACT SOCCER CLUB

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

EMMANUEL FAMILY LIFE CENTER

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

IRON KNIGHTS YOUTH WRESTLING CLUB

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

WARRIORS SPECIAL NEEDS CHEERLEADING

A competition cheerleading squad for children with special needs and disabilities or handicaps. We give kids a chance to cheer year around in a competitive setting, but where they will not be judged. We welcome children ages four to 18. For more information call

SWIMMING EAGLES

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

YOUTH WRESTLING PROGRAM

The Hawks wrestling club will be taking registrations for boys and girls ages 7 through 14 years old (Elementary - Middle school) starting in November 2009. Space will be limited. Our season will run from November 2009 through March 2010. We are also looking for experienced volunteer wrestling coaches and coordinators. For more information, please contact wrestling coach Rafael Gonzalez at (931) 320-5042 or e-mail at taniagon@charter.net.

CHILDBIRTH & PARENTING EDUCATION

FAMILY BIRTH CENTER

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

GATEWAY MEDICAL CENTER

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

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

HEALTHY START

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

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

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

NINE MONTHS & BEYOND

A comprehensive source for pregnancy, birth, breastfeeding and early parenting education and resources. Offers birth tub rentals, breastpump rentals, babyroom vacation and spa packages, and birth plan consultations. Micky Jones, BS, CLE, CLD, CHBE, CAPPA Lactation Educator Trainer at (931) 451-3223 or ninemonthsandbeyond.com.

TENDER GIFT DOULA SERVICES

A doula is a "woman who serves." I am a labor support person who attends to the emotional and physical comfort needs of the laboring woman and her family to smooth the labor process. I offer several prenatal visits, childbirth education, phone support, and one postpartum meeting to ensure the mother is well informed and supported. Doulas have been shown to reduce labor time, and the need for labor augmenting drugs, and pain medication, while increasing the mother's satisfaction with her birth. For more information call Katie Bulger at (931) 378-7233 or visit www.MyTenderGiftDoula.com.

CHILD CARE

CHILD CARE AWARE

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

MID-CUMBERLAND CHILDCARE RESOURCE AND REFERRAL

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

MONTGOMERY COUNTY CHILD CARE PROVIDERS BY AREA

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

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

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

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

PARENT INFORMATION NETWORK

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

PROGRESSIVE DIRECTIONS, INC.

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

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.middleetalanon.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) 648-8725 or mkoon@utk.edu.

BOY SCOUTS OF AMERICA

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

GIRL SCOUTS OF THE USA

1300 Madison Street, (931) 648-1060 or www.girlscouts.org.

COMMUNITY OUTREACH

ALL NATIONS BIBLICAL STUDY CENTER

Offers tuition-free Bible courses to the community. Spring Semester 2010 courses begin in January. Course titles include The Synoptic Gospels, The Book of Revelation and Apocalyptic Literature, Illustrated Parables, Biblical Hebrew, and New Testament (Koine) Greek. Classes meet for 1 1/2 hours weekly. Six online courses are also available. Visit www.studythescriptures.net or call (931) 648-8844 for more information, class schedules, and to register.

APSU EXTENDED EDUCATION

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

ARMY COMMUNITY SERVICE

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

ASERACARE HOSPICE

Hospice team provides medical, emotional and spiritual support to terminally ill patients and their families. (931) 551-4100.

COMMUNITY SCHOOL OF THE ARTS AT APSU

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

CRISIS CALL LINE

Offers crisis intervention, suicide prevention and referral. (931) 648-1000.

GATEWAY HOME HEALTH & HOSPICE

700 North Riverside Drive, Suite C-9. Serving the Clarksville area for 25 years. Offering nursing care, wound care, ostomy care, infusion therapy, home health aides, physical therapy, occupational therapy, speech therapy, hospice care, chaplain, social work, bereavement services and volunteer services. Servicing Montgomery, Cheatham, Robertson, Stewart, Dickson, Houston and Davidson counties. Call (931) 552-9551.

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

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

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

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

HOPE CENTER

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

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.associacionlatina.info.

LOAVES AND FISHER

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 a free monthly class. (931) 551-8777.

PREVENT BLINDNESS TENNESSEE

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

RADICAL MISSION

Meets Tuesdays and Thursdays from 10:00 a.m. to 3:00 p.m. at Clarksville First Church

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

TENNESSEE REHABILITATION CENTER AT CLARKSVILLE

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

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

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

UNITED WAY

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

VETERANS UPWARD BOUND

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

COUNSELING, SUBSTANCE ABUSE & MENTAL HEALTH ASPERGER/AUTISM CENTER

800 Tiny Town Road, serves children and adolescents with Asperger and Autism Disorders. Services include: individual counseling, group counseling, family education and counseling, and psychiatric services. For further information regarding our programs, please contact Julee S. Poole, Ph.D., Program Director at (931) 431-7580 or juleespoolephd@aol.com.

BRADFORD HEALTH SERVICES

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

CELEBRATE RECOVERY

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

CENTERSTONE

810 Greenwood Avenue, (931) 920-7330.

1820 Memorial Circle, (931) 920-7300.

Crisis Walk-In Center, Gateway Medical Center at 651 Dunlop Lane, (931) 502-2025.

511 Eighth Street, (931) 920-7200.

FAMILY CENTERED SERVICES

901 Martin Street, (931) 503-4600.

THE FAMILY GUIDANCE TRAINING INSTITUTE

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

HOPE (HOMELESS OUTREACH PARTNERSHIP AND EMPOWERMENT)

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

LIFESOLUTIONS - ASPIRE & JOBLINK

611 Eighth Street, (931) 920-7210.

MENTAL HEALTH COOPERATIVE

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

OAK HILL RESIDENTIAL

118 Union Street, (931) 647-8257.

PASTORAL COUNSELING CENTER

The Pastoral Counseling Center at 516 Madison Street, is a ministry of professional care dedicated to healing and growth in human life and relationships. In partnership with local congregations the centers are committed to providing clinical and education services

to all who need these services. When you or someone you love is troubled by depression, marital or relationship problems, substance abuse, or a vague sense that your life is adrift, we can help. Professional support is available with fees based on your ability to pay. (931) 648-9009 or www.pastoralcounselingctr.org.

THE PATH LIFE COACHING

The Path Life Coaching is a branch of the Family Guidance Training Institute located at 800 Tiny Town Road. Life Coaching is a new and rapidly growing profession that is profoundly different from consulting, mentoring, advice, therapy, or counseling. Think of a Life Coach as YOUR PERSONAL coach that will help you to improve, change, and develop as the person you desire to be. Your Life Coach through Life Coaching guides you towards focusing on how to move you forward toward your specific personal goals, aspirations and dreams. We will examine the steps you have made and the obstacles that are keeping you from moving forward. We will create and put into action strategies, brainstorm options, and you will make decisions that will lead to an action plan. In Life Coaching, an action plan is developed with specific goals and objectives to guide you as you walk forward on your chosen PATH. A Life Coach continues to provide you direction and motivation to stay to the PATH in order to achieve your goals and dreams. For additional information please contact Julee S. Poole, Ph.D. at (931) 431-7580 or email at juleespoolephd@aol.com.

REGIONAL INTERVENTION PROGRAM

404 Pageant Lane, (931) 920-2347 or (931) 920-2348.

VIVIAN HOUSE

125 Vivian Street, (931) 920-7235.

WEEMS ACADEMY

812 Greenwood Avenue, (931) 920-7370.

INTERNATIONAL ORGANIZATIONS

MISS TENNKY AREA AFS VOLUNTEER LEADERSHIP TEAM

The Miss Tenny Area AFS Volunteer Leadership Team manages the AFS high school students going abroad on international foreign exchanges to one of their 50 partner countries and those AFSers who are hosted in the team area. This includes TN, MS, AL and southern KY. AFS has been the leading, most valued, reputable and experienced international high school student exchange for more than 60 years. Nearly 13,000 students, young adults and teachers choose AFS for their study abroad experience each year.

Currently, in the USA there are over 5,500 registered volunteers. To find out more about AFS go nationally to www.afs.org/usa and click

Crisis

2

1

1

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

on going abroad, hosting or volunteering. Locally, you may contact Becky Heywood at AFSbecky@comcast.net for volunteering and sending. To find out more about hosting locally contact Jackie Smiley at AFSjackie@gmail.com. The local web site is www.misstennky.org. You may also contact locally Dr. Barbara Y. Willis for general information and how you may be involved here in the Clarksville area at AFSPR@misstennky.org or (931) 378-7258.

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 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 those who have chosen to educate their children at home. Monthly meetings for parents and children are held the last Monday of each month at Hilldale Baptist Church Family Life Center, 250 Old Farmers Road. Additional activities are held throughout the year. For further information visit www.orgsites.com/tl/chara or e-mail charatin@charter.net.

HOPE@HOME (HELPING OTHER PARENTS EDUCATE AT HOME)

An online Christian support group for home schooling families in the Clarksville/Montgomery County area. Members have access to info on area activities, co-ops, classes, small groups and much more. For basic information and to join visit groups.yahoo.com/group/ClarksvilleAreaHomeSchoolNews/

HOPKINSVILLE SAHM MEETUP GROUP

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

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

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

MOMS CLUB OF CLARKSVILLE

Come meet other stay at home moms at the MOMS Club®! The MOMS Club® is an international non-profit, non-religious, non-political organization specifically designed to support stay at home moms (including those that may work part time or have a home based business). Join us for one of our Open House meetings the first Friday of every month at 10:00 a.m. at Madison Street United Methodist Church. Enjoy breakfast while getting to know more about MOMS Club and meeting local MOMS. Activities include speakers and discussions, park days, field trips, cooking club, and activity groups like playgroups, walking, arts & crafts, and a monthly MOMS Night Out. We also do service projects for children and families in our community. Yearly dues are \$20. Most activities are during the day, when moms need the support most. Children are welcome at all daytime activities. For more information call (931) 472-5218 or visit: www.momsclubofclarksvilletn.com. See following block for this month's events.

MOMS Club of Clarksville Calendar

- Friday, June 4th—**General Meeting** at Madison Street United Methodist Church. Join us for food, fun and conversation as the little ones play and participate in an art activity. We will be accepting baby items that will be donated to a local charity.
- Tuesday, June 8th—**Rock Quarry Tour**
- Saturday, June 12—**Family Day** at Destiny Park
- Monday, June 14—**Park Day** at Airport Park
- Wednesday, June 16—**Free Movie Day** at Great Escape Theaters on Tiny Town
- Tuesday, June 22—**Lunch Bunch** at Gatti's Pizza
- Thursday, June 24—**Member Appreciation Picnic** at Billy Dunlap Park
- Monday, June 28—**Breakfast Bunch** at IHOP
- Wednesday, June 30—**Park Day** at McGregor Park

M.O.P.S. (MOTHERS OF PRESCHOOLERS)

MOPS International is an organization for moms who are expecting or have children ages birth to 5 years of age.

CLARKSVILLE MOPS

Meets at First Baptist Church downtown, 435 Madison Street, on the 2nd and 4th Thursdays of the month. Each meeting begins at 9:30 a.m. and childcare is provided. Contact our 2009-2010 Coordinator, Carrie Abraham, at achilcott@hotmail.com or (931) 431-2533, or visit us on Facebook under MOPS at First Baptist Clarksville.

FT. CAMPBELL MOPS

Free child watch is available 9:15 a.m. to 12:00 p.m. MOPS meets the 1st and 3rd Wednesday of the month at Memorial Chapel Church on Fort Campbell. Contact Kathryn Wohfeil at (931) 378-7359 or ftcampbellmops@yahoo.com.

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 Valerie Gill at vgill4513@charter.net or visit www.orgsites.com/hilldalemops/tl.

SPRING CREEK BAPTIST CHURCH MOPS

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

PARENTS OF MULTIPLES

A support group for parents of twins, triplets and more. Meets 6:30 p.m. on second Thursdays at Hilldale United Methodist Church. Call Kelley Corley at (931) 358-0127 or e-mail vp@clarksvillemultiples.com, or visit clarksvillemultiples.com.

PARENTS REACHING OUT

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

SHARE (SECULAR HOMESCHOOLERS: ANY RELIGION, ECLECTIC)

SHARE is a non-religious home school group for Clarksville and the surrounding areas. All homeschoolers are welcome to join this

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

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) 651-8777 for more information. No reservations needed.

RETIREMENT GROUPS

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

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

SUPPORT GROUPS

ALZHEIMER'S CAREGIVERS' SUPPORT GROUP

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

ARMY COMMUNITY SERVICE

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

AUTISM SUPPORT GROUP

Donna Richardson at (931) 503-2315.

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) 852-1486 or Mary Nell Wooten at (931) 647-8904.

CLARKSVILLE OSTOMY SUPPORT

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

CLARKSVILLE PARENT SUPPORT GROUP

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

GRIEF & LOSS

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

NAMI (NATIONAL ALLIANCE OF THE MENTALLY ILL)

Some one you love has a mental illness. This local support group meets the 4th Monday of the month at The First Church of the Nazarene, 150 Richview Road, from 6:30 p.m. to 8:30 p.m. For more information call Melanie at (615) 477-8369, Betty at (931) 647-8775, 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 Sharea at InfantLossProject@yahoo.com or call the chaplain's office at (270) 798-8777.

SEE PINK

Lead by breast cancer survivors, Kelly Blevins and Lynne Woodson. Meets twice a month for the purposes of helping women who have gone through, or are currently going through treatment. E-mail www.seepink2@gmail.com for more information or visit seepink2.blogspot.com.

TENDERPAWS PET THERAPY

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

WARRIORS OF HOPE

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

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

Coloring Contest Winners!

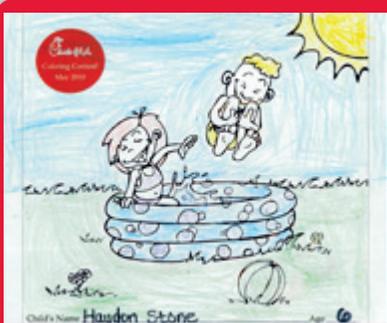


Lainey Jones
age 3, Cunningham, TN

**Ages
0-3**

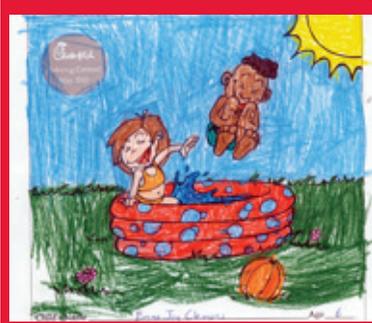


Madalynne Brunner
age 3, Clarksville, TN

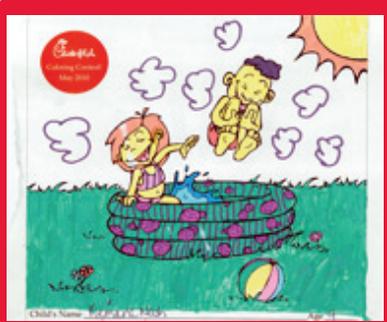


Haydon Stone
age 6, Clarksville, TN

**Ages
4-6**

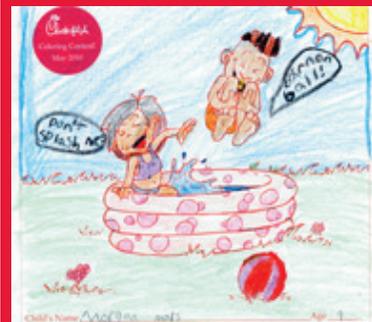


Emma Clemons
age 6, Clarksville, TN

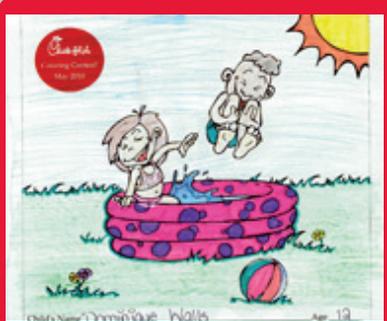


Kemara Nash
age 9, Southside, TN

**Ages
7-9**

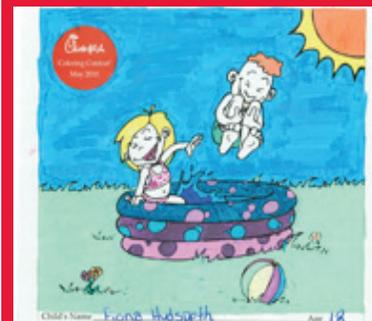


Morgan Mars
age 9, Clarksville, TN

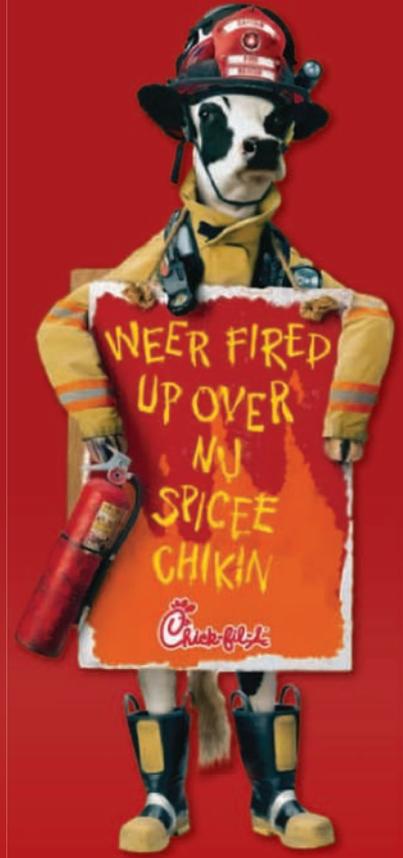


Dominique Walls
age 12, Clarksville, TN

**Ages
10-12**



Fiona Hudspeth
age 12, Clarksville, TN



NEW
Spicy Chicken
Sandwich.*



* Have a Large Drink
Handy on June 7.



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

THANK YOU!

THE CITY OF
CLARKSVILLE
TENNESSEE'S TOP SPOT

These past weeks have been tough on our community, yet everyone in Clarksville stepped up and helped one another. Neighbors helped neighbors, Churches got past denominational labels and worked together, and organizations focused on what really matters and not on the bottom line. I pray that all of us banding together to serve our community is the NEW NORMAL here in Clarksville... the church earning the right to be heard by serving other people.

To say, "Thank You" to everyone in Clarksville, oneChurch is partnering with Cheeseburger Charley's and is giving away a little something that should brighten your day. Because in the end, what's really important isn't our stuff, but each loving each other and loving God.
(Matthew 22:37-39)

Photos by Daniela White



onechurch.tv

Meets every Sunday at
North East High School

9:00am & 11:00am
www.onechurch.tv



To Say "Thank You" to the people of Clarksville
**Free Hand Cut Fries
and Soft Drink**