

March 2012



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her close up!
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Josh Greene of Clarksville.

Portrait by
Courtney Zenner

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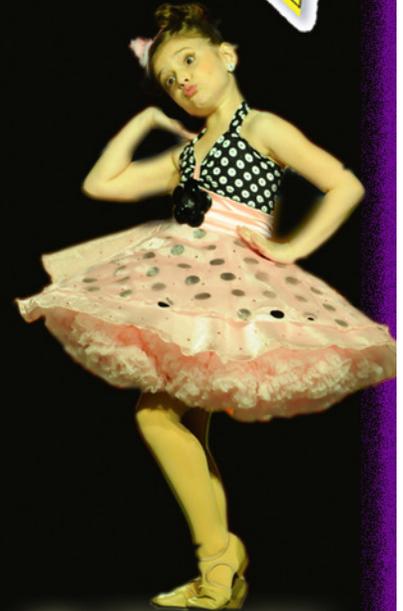


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Publisher's Message

I'm pretty cold natured, so I am thrilled that spring is almost here and with it, warmer weather. Even though winter has been pretty mild, I'm ready for some sun and green leaves.

My husband always picks on me about being cold natured. Our bedroom has seen more models of room heaters than I can count. None seem to satisfy me! They're either too loud, too weak, they don't let me set the temperature the way I want, they don't oscillate, they beep when they come on/off, etc. All of them get returned—leaving me with one that I've had for years that no longer oscillates, but at least heats the way I want without being too noisy.

We recently added a new pet to our household. We went to the local animal shelter and adopted a stray cat. He's pretty young, probably only six months old or so, but has an incredible personality—friendly, playful, yet considerate. I know that sounds weird, but even when he's swatting and playing with you it's like he is conscious to not accidentally scratch you. We're very happy with the little guy. We named him Xander Mews. (If *anyone* gets that reference I will be shocked!)

Speaking of adoption, there is a heart touching article from Taylor Lieberstein (page 6) about a local family's past and ongoing adoptions of children. The rest of this issue is full of many wonderful articles with advice to improve your health, attitude, relationships and even your home décor.

We hope you enjoy the issue. Have a wonderful March! Thank you for picking us up.

Sincerely,
Carla Lavergne



Clarksville Family

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

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PLENTY OF LOVE TO GO AROUND

by Taylor Lieberstein

God always has a way of working things out for his children, old and young aged alike. For Cassie and Brad Smith he has done remarkable things in the way of building the family they have always wanted. The Smiths have adopted two children since 2009 and the motions are being made for them to adopt their third child later this month.

With each adoption there are great emotional risks; but those are risks this family is willing to take. Case in point, there is a chance they may not get the new baby girl they are praying for. However, they have faith that God knows the final outcome and he will handle it.

First there were no children, just the couple. While they were dating, Cassie discovered she had Stage IV endometriosis, which would give her slim chances of conceiving on her own. Upon finding out this news the couple resorted back to an idea they had previously—adoption. From the start they had wanted to adopt alongside having their own children. Knowing what they now knew, adoption sounded like an even better option.

“I am thankful that adoption is a possibility, I have always had a heart for adoption,” said Cassie.

After all adoption options had been explored, the Smiths decided to try an

embryo adoption. They tried embryo adoption once and it did not take. Then in 2009 they tried again. They were cautiously optimistic the second time. The Smiths knew if it didn't take



that time around they might not be willing to try again because of the expense of the procedure.

Embryo adoption differs from domestic adoption in that rather than adopting a child who has already emerged from her mother's womb, this adoption allows the adopting family to begin the adoption journey with pregnancy and childbirth. (Currently there are over 600,000 frozen embryos in the United States.)

While the Smiths were waiting to see if the embryo transfer would be a success they got a call from some friends of theirs asking if they would be interested in domestic adoption of a three-year-old little boy. Cassie had an infant in her mind when

she thought of adopting a child, but when this opportunity arose they refused to turn it down.

“There is a three-year-old that needs a home and a family. Who are we to turn him down just because he is not an infant?” Cassie remembers thinking.

Plans began to be made to adopt three-year-old Aidan (which is the name she had always wanted for her first son and it just happened to be this boy's name). It all happened very fast. The Smiths met Aidan's mother on a Friday and they met Aidan later that same day. On Tuesday (and by Tuesday I mean four days later) the Smiths brought their son home. Aidan never asked where he was going or where he was when he arrived. He kept to himself in the beginning but seemed to be content with the changes being made. After being with the Smiths only two days Aidan referred to Cassie as mommy unexpectedly, she immediately burst into tears. He was her son and she was his mommy.

Aidan's birth mother told the Smiths that she “was not giving him up, she was giving him better.” And better is definitely what he was going to get from these nothing short of grateful parents.

They went from no children to a toddler in such little time that they were hardly prepared in the way of toys and clothes. People from church, co-workers, friends and family were all supportive of their new addition to their family. Bags of toys and clothes arrived on their doorstep unexpectedly and friends threw last minute showers to help the family out.

Back to the embryo adoption—this time they had a successful embryo transfer. One month after their toddler arrived the Smiths found out they had another baby on the way, Brady. Cassie was originally pregnant with twins but one of the embryos did not develop.

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your decision on. You receive short profiles for each embryo and they are sent out to many prospects at once. These profiles consist of limited information such as region, the parents' occupations and the parents' characteristics. After reading the profiles you want to make your choice as soon as possible so that you can avoid other prospective parents from picking them before you. It is safe to say Cassie and Brad are pleased with the embryo they chose.

With one son successfully adopted and one son on the way, Cassie and Brad were proud parents. Their second son was born in January 2010.

"It was a storybook ending really. We went from no kids to two kids in 10 months," said Cassie.

This month there is the possibility that another baby may be on the way. This time it would be another domestic adoption, but unlike with Aidan, this will be a newborn baby



when and if they adopt. The mother carrying this baby, due in March, is young and still not 100 percent sure about the decision to surrender her rights after birth. She has verbally agreed but nothing is in stone.

With the new baby situation up in the air the Smiths are not making many changes just yet. They have bought a car seat to bring the baby girl home in, if all goes well. The baby is due in mid March. The birth mother cannot legally surrender her rights until four days after the baby's birth. After she surrenders her rights she has 10 days to change her mind.

Since the mother has already agreed to the adoption the Smiths plan to be at the hospital later this month to bring home their new daughter. But everything is in the birth mother's hands.

"I attach very quickly, especially to children. There is always an emotional risk involved with adoption and it can be tough. I would love to have a third child but only God knows the final outcome and if he has other plans for our family then that is okay," said Cassie.

Fingers crossed, this time next year there may be a third, or even fourth child in the Smith family. Cassie has three children in mind; Brad is thinking more about an even four. Ultimately there is no limit on how big or small their family will eventually be. There are no doubts they both love taking care of children. Cassie is a school counselor at Rossvie High School and Brad is a Youth Minister at First Baptist Church.

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“Every situation is a different opportunity and we look at each on a case-by-case basis,” said Brad.

Aidan is now six and Brady is two, they are two of the happiest and well-mannered little boys I have ever been around.

Cassie and Brad keep no secrets from their boys. They cannot quite understand their life stories at their

age, especially Brady. Still, they were in the same room with us while I interviewed Cassie and Brad about their adoption experiences. The proud parents plan to always be open like this with the boys and never to throw their entire pre-adoption life story at them all at once. What Aidan does understand is that he may be getting a little sister and he is in full support of bringing her home.

“I want a little sister because I like one,” Aidan told me.

The family took a trip to Disney World this past October. Aidan quickly caught me up on what

I missed out on during the trip. If you need to know exactly what to expect from any Disney World attraction, especially the Star Wars-themed ones, ask Aidan. I also spent time with Brady. He knows the name of every single car from Disney’s movies *Cars* and *Cars 2* and he has the entire *Cars* toy set. Actually I think he has two of each car. He also can name the entire *Toy Story* cast and has a Woody, Buzz Lightyear, Jesse and a Bullseye doll.

God has done such wonderful things in this family’s life, not only for Cassie and Brad but for the boys as well. They have been paired with two parents who love them and feel no differently about them than if they were their own flesh and blood. As far as their parents are concerned both boys have been with them since birth.

Brad and Cassie are curious to see what their family will look like at this time next month. Will there be a new baby girl? Will life get even busier and more exciting for the Smiths? Let’s all pray there will be and it does.



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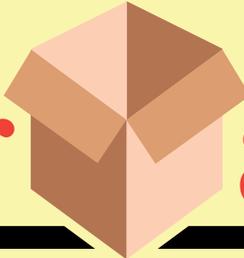
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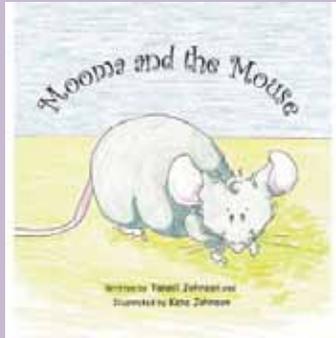
**MOOMA AND THE MOUSE:
LOCAL MOTHER COLLABORATES ON A CHILDREN'S BOOK**

by Pamela Magrans

A grandmother and a cozy cup of coffee—that is how the story begins. But what follows is a heartwarming tale of tolerance, pest control and self-control! For anyone who has ever tried to rid their house of a mouse, this book will certainly bring back memories. For those who have never had a mouse loose in their humble abode, the book is a fun depiction of the frustration such a small creature can cause.

A Family Tale

The newly published children's book, *Mooma and the*



Mouse, is illustrated by a local mother, Kate Johnson, and written by her mother-in-law, Tansill Johnson. The pair teamed up on the recent children's book and their book gives readers

a glimpse into the adventures of Mooma and that mouse.

First time author, Tansill Johnson, enjoyed telling her granddaughter stories at bedtime. Due to the never-ending requests for more stories,

Tansill drew from her life experience. Before long she had a large list of stories that her granddaughter enjoyed hearing. One such story was so memorable that Tansill's daughter in law, Kate, illustrated the story as a Christmas gift for Tansill one

year. Art was not entirely new to Kate; in addition to being a full-time mom, she works at Swirlz Art Studio on the weekends. She put her artistic talents to work alongside her mother-in-law's storytelling talents and the



end result was a newly published book named *Mooma and the Mouse*. Kate created illustrations using a combination of colored pencils, crayons and markers.

The 21-page picture book is based on true occurrences one winter when the author found an unwelcomed houseguest. The story is told from the grandchild's point of view and includes realistic dialogue and narrative.

The humorous events that follow remind readers that ridding yourself of a mouse in the house is not as easy as it may seem. The story chronicles the six days that Mooma and PaPa tried to rid themselves of a pesky mouse. Finally, Mooma

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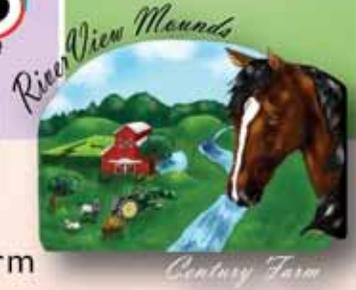


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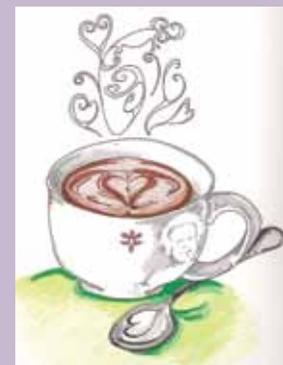
and PaPa realize that their futile attempts to catch the mouse are actually causing the mouse to stay longer. Once they realize what is keeping the mouse in their house, the problem is solved, but not before Mooma begins to miss the tiny creature.

Kate's colorful illustrations bring the true story to life as readers watch Mooma and PaPa's saga to trap the mouse. But, the mouse has a voice too, so readers begin to sympathize with the diminutive intruder. With each page flip children can see the mouse creep across



the pages through the book all the way to the end. Our gray antagonist bears a heart-shaped pink nose, reminding readers that we often learn to love that which annoys us the most.

As the tale ends, it becomes hard to know whom to root for in the skirmish of man versus mouse. The ending, like all good stories, leaves readers waiting for the next adventure.



Where to find Mooma and the Mouse

Mooma and the Mouse can be purchased locally at Artifacts on Strawberry Alley downtown. The book can also be purchased at www.amazon.com. The cost is \$12.95.



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- Be sure to include child's name, age, address, phone number, and e-mail so that winners may be notified.
- Mailed entries must be post marked no later than March 15th, 2012.

JUDGING:

- Entries will be judged on the basis of creativity.
- Four prizes will be awarded in four age categories: ages 0-2, 3-5, 6-8, 9-12

WINNERS:

- Winners will notified by the City of Clarksville and will receive a 15 second head start in Spring Eggstravaganza Easter Egg Hunt and a Chocolate Bunny.

Please see ad on page 21 for details of the Spring Eggstravaganza

IDENTIFYING YOUR ROLE IN CONFLICT

by Rachelle Franklin, LPC

In all good marriages, conflict exists. The couples that I have worked with that seem to have the most difficulty with conflict are those whose conflict has escalated out of control or who avoid conflict all together. Conflict can be very productive in marriages as it keeps us communicating openly, compromising, and using our relational skills in the home environment.

The major reason that anyone should seek professional counseling is to help develop awareness. At times, I encounter people who have a misguided perception of what counseling is and communicate to me that they expect me to fix their marriage and their children. I explain to all people who seek my services that therapy is really about the work they are willing to put into their own growth as individuals and as a couple.

In helping to teach couples to learn to navigate conflict successfully, I utilize homework that helps people to begin talking about their conflict, identifying their role in conflict, and examining underlying motives to the strategies that they use during conflict.

The following list of questions is designed to help you determine your role in conflict within your marriage. I encourage you to fill out the short list of questions, thoughtfully consider what you have written, and find an appropriate time to communicate your test results to your spouse.

1. What are the current ongoing conflicts that exist in your marriage (recurring themes are arguments): List the top 3-4.

2. What do you need to change about your behavior to improve your relationship?
3. During conflict, is your motivation to 1) approach, 2) avoid, or 3) attack?
4. Examine how committed you are to making the changes necessary to change the conflict dynamic in your relationship. Utilizing a scale of 1-10, with 1 being not committed and 10 being very committed, where does your commitment to self-change lie right now?

In evaluating your results, consider how you could change your approach if you find that in each of your major areas of conflict that your motivation is to avoid or attack. Finding new and constructive ways to approach conflict is a necessary part of every good relationship.



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CYSTIC FIBROSIS...DID YOU KNOW?

by Debbie McConnell

Great Strides: Taking Steps to Cure Cystic Fibrosis is the Cystic Fibrosis Foundation's largest national fundraising event. In 2011, almost \$38 million was raised. Over 90% of these funds go directly into research to improve the life of CF patients and to find a cure. Thanks to the dedication of the 2011 Clarksville Great Strides Walk, Clarksville will be a driving force in the search for a cure. We thank supporters Legends Bank, Gateway Medical Center, F&M Bank, US Army, Cook Children's Medical Center, Cumberland Bank & Trust, Starbucks and the many walk teams for helping make Clarksville's walk a huge success!

Clarksville is gearing up for an even bigger 2012. We welcome Legends Bank, Advantage Learning Center, Clarksville Guns & Archery, Clarksville Speedway, Eden Day Spa, Fleur de Lis, Flower Lily, Governor's Square Mall, Luster Salon, Mildred & Mables, St. Mary's, State Farm's Scott

Bryant, and Thomas Lumber as new sponsors. The 2012 Clarksville Great Strides will take place on May 19th at Legends Bank in the downtown square. Registration begins at 9:00 a.m. with the walk beginning at 10:00 a.m. Walkers, walk teams, and sponsorships are being formed now. You can register at www.cff.org/greatstrides. Please contact Tiffany Kerns at the Cystic Fibrosis Foundation's Nashville Chapter at (615) 255-1167 or locally, Debbie at (931) 980-8837 for more information.

Why do I walk? In my mother's family of six siblings, four had CF. My Aunt Lena lost her battle before I was born and my Uncle Robert when I was just seven. I never had a chance to know either of them. I lost my Aunt Janice when I was 16 and my Aunt Betty at 31. They had an endless line of doctors, hospital stays, and medications. Hope would spring up with each new treatment or medication. My aunts and uncle did

not live to see the end of this hunt for a cure, but it is coming. CF will stand for Cure Found and it will happen soon. It has to.

Cystic Fibrosis is a chronic and progressive genetic disease. There is currently no cure. In 1955, the life expectancy of a CF patient was just five years old. By 1985, the life expectancy had reached 25 years. Today, CF patients can expect to live into their late 30's or early 40's, with some patients living well beyond. In 2011, more than 45% of the CF population was over 18 years old. This continued rise in median age is due to improvements in the treatment and care of CF patients. The gene responsible for CF was discovered in 1989 making gene therapy a reality. Team that with drug development, airway clearance techniques, and nutrition advancements and it isn't hard to believe that we can see a cure for this fatal disease in our lifetimes.

A few facts about Cystic Fibrosis:

- Cystic Fibrosis is the most common fatal genetic disease in the U.S.
- More than 10 million people (1 in 31 people) are unknowing, symptomless carriers.
- There are more than 1,800 mutations of the CF gene.
- CF is a chronic disease that affects the lungs, making it difficult to breathe. It also affects the pancreas, so it is hard to digest the nutrients they need. Children with CF often have trouble gaining weight.
- CF leads to life-threatening lung infections requiring more than four hours a day on inhaled treatments and hundreds of pills per week.
- According to the CF Foundation's National Patient Registry, the oldest living person with CF is 76 years old.
- There are more than 550 CF patients in the state of Tennessee.

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The Cystic Fibrosis Foundation:

- The world's leader in the search for a cure for cystic fibrosis.
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 - Fuels dramatic improvements in research and care.
 - Invested over \$500 million in medical programs dedicated to advancing treatments and finding a cure for cystic fibrosis.
 - Pioneered an innovative and highly effective business model using the same results-driven approach of a for-profit company.
 - This business model has been recognized in Forbes, The New Yorker, Business Week, The New York Times, and the Wall Street Journal as a model for non-profits around the world.
 - For more than 20 years, the CF Foundation has been recognized as one of the most effective and efficient organizations of its kind.
 - The CFF is an accredited charity of the Better Business Bureau's Wise Giving Alliance.
- A timeline:**
- 1955 – The life expectancy of a CF patient is 5 years old.
 - 1961 – The CFF Care Center network begins with two centers devoted to treating CF patients.
 - 1962 – Thirty CFF Care Centers are now in operation. Median survival age is 10 years old.
 - 1978 – There are more than 100 CFF Care Centers.
 - 1985 – The life expectancy has reached 25 years old.



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- 1989 – The gene causing CF is discovered. CF Researchers achieve gene therapy as a possibility.
- 2006 – The median survival age is 37 years old.
- 2011 – Nearly 30 potential therapies are in the Foundation’s drug discovery and development pipeline.

- January 31, 2012 – FDA approves Kalydeco (VX-770), the first drug that targets the underlying cause of Cystic Fibrosis.

While this drug will not help all CF patients (it is targeted to the G551D mutation), the science behind this drug will lead to additional therapies to benefit more CF patients. This is a phenomenal step in the search for a cure.

Whether you have an hour or a day, we need your help! Whether you want to share your ideas or hear others, we need you. Whether you want to lead or support, we need you. Together, we can make CF stand for Cure Found. Join us today!

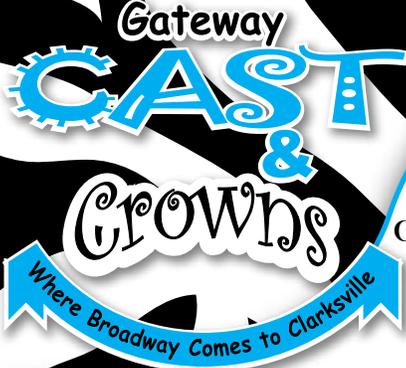
For More Information: Contact, Tiffany Kerns at (615) 255-1167 or Debbie McConnell at (931) 980-8837.

65 Roses—The Story

65 Roses is what some children with CF call their disease because the words are easier for them to pronounce. Mary G. Weiss became a volunteer for the Cystic Fibrosis Foundation in 1965 after learning that her three little boys had CF. Her duty was to call every civic club, social and service organization seeking financial support for CF research. Mary’s 4-year-old son, Richard, listened closely to his mother as she made each call.

After several calls, Richard came into the room and told his Mom, “I know what you are working for.” Mary was dumbstruck because Richard did not know what she was doing, nor did he know that he had cystic fibrosis. With some trepidation, Mary posed the question, “What am I working for, Richard?” “You are working for 65 Roses,” he answered so sweetly. Mary was speechless. She went over to him and tenderly pressed his body to hers. He could not see the tears running down Mary’s cheeks as she stammered, “Yes Richard, I’m working for 65 Roses.”

Since 1965, the term “65 Roses” has been used by children of all ages to describe their disease. But, making it easier to say does not make CF any easier to live with. The “65 Roses” story has captured the hearts and emotions of all who have heard it. The rose, appropriately the ancient symbol of love, has become a symbol of the Cystic Fibrosis Foundation.



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BACK AND NECK PAIN, DON'T USE DUCT TAPE!

by Dr. Dale Brown

Are you suffering from back or neck pain? Before you pop that pill, get stuck by that needle, or go under the knife you may want to read this.

33.3 million Americans report back and neck pain.

\$86 billion total spending on back and neck pain treatments.

65% rise in spending since 1997 (inflation adjusted).

20.7% of back patients with limitations in physical function in 1997.

24.7% of back patients with limitations in physical function in 2005.

Source: Journal of the American Medical Association, Feb. 13, 2008.

Though spending for the treatment of spinal pain has

significantly increased in the past decade, the results for patients are decreasing. The problem lies in the fact that the three most common treatments used are drugs, injections, and surgery, which fail to address the cause of the pain.

Pain medications, anti-inflammatory meds, and muscle relaxers may give a temporary relief, but they do not address the underlying cause of the pain or symptom. In turn, they often increase the risk of future injury as these medications inhibit tissue repair and allow the individual to continue with daily life while the problem progresses. This approach is comparable to using a piece of duct tape to "fix" a check-engine light in their car.

Injections are often used once medications fail. According to the Journal of the American Medical Association, "epidurals had no impact on day-to-day functioning, the need for surgery, or long-term pain control." Though injections are frequently used they were deemed completely non-effective after three months, with no long-term benefits. In fact, they have even been shown to increase the risk of progressing to the point of surgery. Again, this approach does nothing to address the underlying cause.

When only symptomatic treatment is applied it generally leads to further degenerative changes in the person's spine and many times ends in spinal

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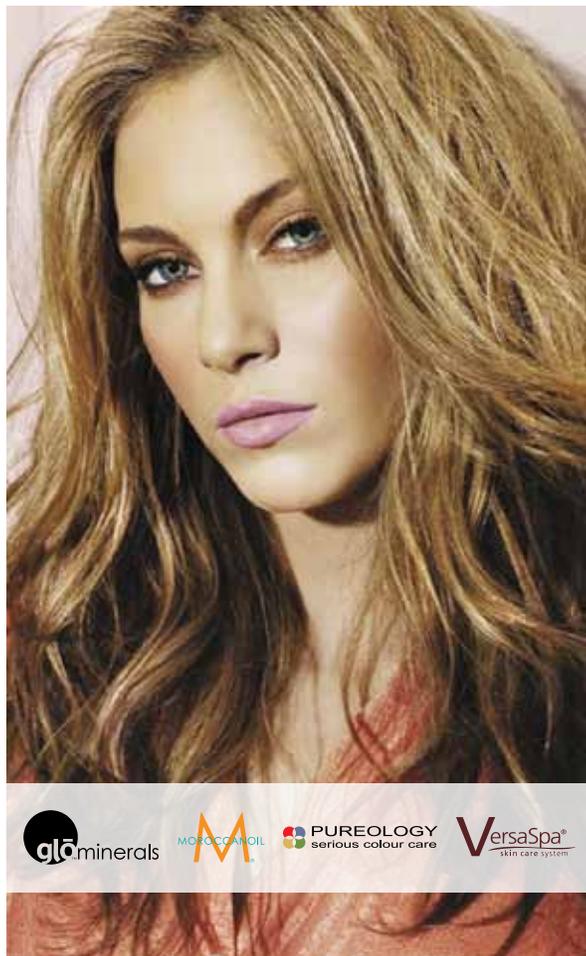
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surgery. Many experts even question the benefit of many spinal surgeries, with many estimating their long-term benefit to be less than 10% after 5 years, and for many the complications can cost them dearly.

Take for example, 52 year old Laura Held, who underwent spinal surgery in 2006. The operation paralyzed her left vocal cord making speaking and swallowing difficult for months. The neck pain returned after a year. In the three years following the surgery Held accumulated \$100,000 in medical bills and now faces the prospect of another operation to fix the problems caused by the first one. "She bought a bill of goods," said University of California's, Irvine spine surgeon Dr. Charles Rosen.

With the current understanding and fact that medical treatment for spinal pain does not render long term benefits for most, and merely masks the symptoms at best, it is sad that so many still follow the same path. It's especially sad when one alternative has been shown to be far superior and effective at correcting the actual mechanical issues of the spine that most often are the cause of spinal pain. Chiropractic care has been noted as one of the most effective treatments for combating back or neck pain and has been shown to have even lower risks than Aspirin.



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One study, published in the *Journal of Manipulative and Physiological Therapeutics* (May 2007;00:1-7), found that patients under preventive long term chiropractic care had a 62% lower rate of outpatient surgeries and an astounding 85% lower cost in their pharmaceutical spending.

The significant benefit of chiropractic care on spinal health and the reduction of pain is seen because a well focused chiropractor can locate and correct the most frequent cause of pain, which is spinal misalignments. These misalignments may occur from poor posture, repetitive

actions, traumas, and other various daily activities. As these misalignments go uncorrected they will begin to cause tissue damage in and around the spine. As this damage occurs it will often cause the pain that so many people feel throughout their lives. This damage accumulates over time leading to arthritis, degenerative disc disease, and even herniated discs. The good news is that if the underlying cause of your spinal pain is corrected through proper chiropractic care, the pain and damaging affects of these misalignments can be halted and prevented.

Dr. Brown's Action Steps:

When it comes to something as important as your spine and nervous system, this one is pretty simple... Locate and correct the cause, don't just cover it up! So if you are suffering with spinal pain visit your local chiropractor before using that proverbial piece of "duct tape."

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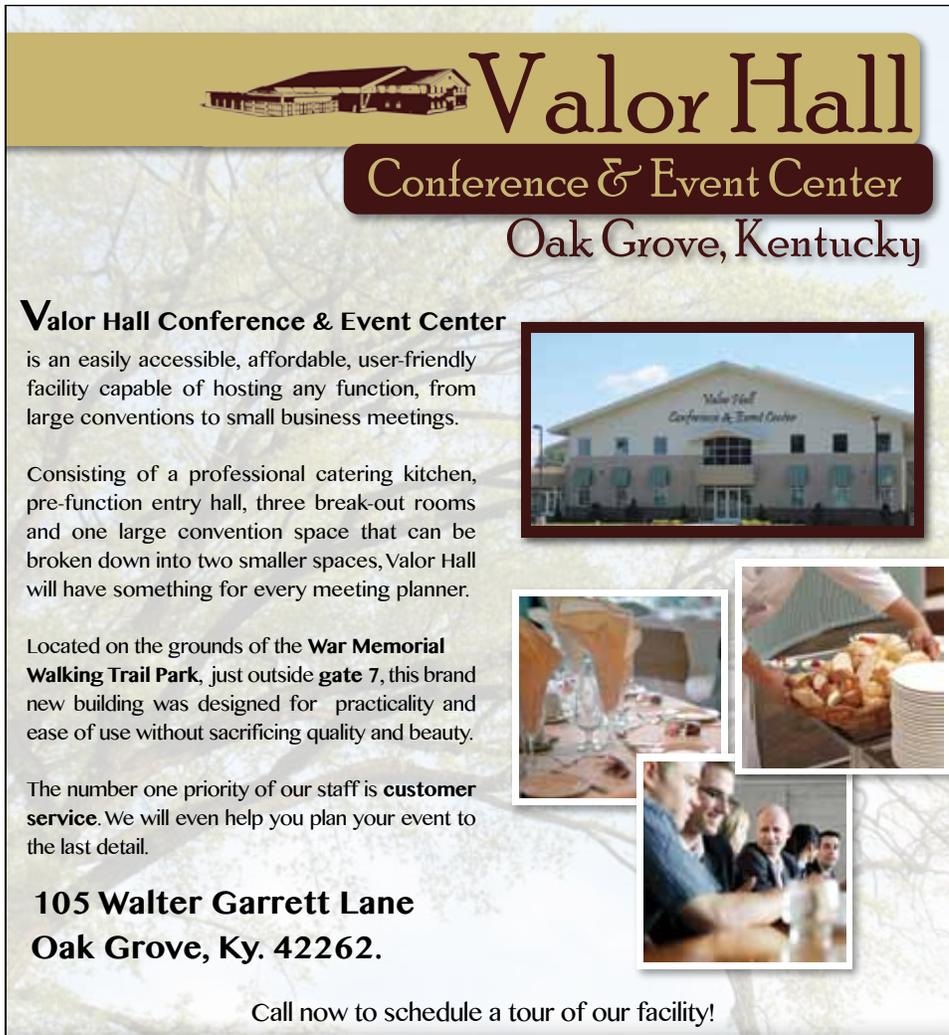
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<p>2pm 18  Owl Love you Kids</p>	<p>19</p>	<p>20</p>	<p>21</p>	<p>22  On the Fence</p>	<p>23  Wish</p>	<p>24  Tiny Dancer</p>
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2012 AUSTIN PEAY CANDLELIGHT BALL

by Taylor Lieberstein

Austin Peay's signature event, Candlelight Ball, will hold its 28th annual occurrence this month and everyone is invited. Anyone affiliated or that has a desire to be more involved with APSU and the Clarksville community should attend. As always a portion of all proceeds go towards scholarships for deserving students to attend Austin Peay. To date over \$320,000 has been raised for scholarships. The black tie event/ fundraiser will be held in downtown Nashville on Saturday, March 10th at the Hilton.

Following a tradition that began in 2011, two individuals will be honored and recognized for their outstanding achievement, contribution, or prestige they have brought Austin Peay. The Wendell H. Gilbert Award and the Spirit of Austin Peay award were given out at the beginning of last month at a ceremony. Both are very exciting and meaningful awards for the school and the recipients.

The winner of the Wendell H. Gilbert Award, Fred Landiss, is the senior vice president and director of marketing and public relations at F&M Bank. Early in his career, he served as director of alumni and director of placement at APSU. He formerly taught marketing



classes as an adjunct faculty member at APSU. Landiss has had active leadership roles in organizations and activities that support art, cultural diversity, education, economic development and health care. He was the 2002 recipient of the prestigious Montgomery County Citizen of the Year award presented by the Montgomery County Chapter of the American Cancer

Society, and he was named 2010 Clarksville Citizen of the Year for his volunteerism in the community.

The Spirit of Austin Peay Award went to Kyle Luther ('99), who is vice president of commercial banking at

Planters Bank in Clarksville. He joined Planters Bank in March 2003 as a senior credit analyst, having previously worked at Old National Bank in Clarksville. He has held leadership positions in the APSU Govs Club, the Downtown Kiwanis of Clarksville and serves on the finance committee for

United Way. Luther also is a member of the Pi Kappa Alpha Alumni Association and is a 2006 graduate of Leadership Clarksville. Currently, he is pursuing a master's degree in banking at Louisiana State University, where he is scheduled to graduate in June 2012.

These award recipients will be recognized again at the

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Candlelight Ball during a dinner and awards ceremony. Following that ceremony will be live music and dancing, the band is Burning Las Vegas, back this year by popular demand. Prior to the awards ceremony will be a cocktail hour and time to mingle.

Everyone is invited to this event. Although it is in Nashville, this is a great event to network within the Clarksville community and bring people together while having a good time and supporting deserving students that without these scholarships may not have a chance at an education.

There is a block of rooms available for Austin Peay. You can reserve yours by calling (800) HILTONS or (615) 620-2150. (Don't forget to mention APSU when you call.)

Co-Chairs for the event are Amy Wedemeyer and Haven Bowles, the committee includes Pam Loos, Mary Ellen Luther, Britney Campbell, Amy Donnellan, Andrea Goble, Cindy Greene, Debbie Aquino, Nicole Aquino, Nancy Ankoviak, Fran Jenkins, and Reverend Jimmy Terry.

For more information on APSU's Candlelight Ball, contact the APSU Alumni Relations Office at (931) 221-7979.



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GOING WITH THE FLOW

by Dr. Dino DeLaurentis, Board Certified Urologist

Many women can recall with a smile their teenage escapades and gossip sessions punctuated with giggling fits and the inevitable comment: "I laughed so hard, I almost wet my pants!" As we age, however, urinary incontinence is anything but a laughing matter.

Stress incontinence is a type of incontinence that involves involuntary leaking of urine from the bladder when it's under pressure. This condition can develop as the muscles that support the bladder and urethra become weaker due to the natural aging process, childbirth or certain medical conditions.

More than 15 million women in the United States have stress urinary incontinence. A 2008 Kaiser Permanente study funded by the National Institutes of Health found that one in three women experiences stress incontinence, and the percentage of affected women increases with age. The study

surveyed more than 4,000 women aged 25 to 84—the most extensive research on the subject to date.

Stress incontinence occurs when pressure is placed on the abdominal area by physical activity such as coughing, sneezing, laughing, exercising or lifting a heavy object. When the muscles that hold the bladder and control the flow of urine don't function properly, accidents can happen—especially if the bladder is full. Stress incontinence affects more women than men, and can range from an occasional problem to a medical situation that affects your daily routine by limiting your participation in social, work or exercise activities.

The most common cause of female stress incontinence is damage to tissues or nerves in the pelvic floor area during childbirth—which may show up immediately after having a baby, or several years later, after menopause. The condition is common among women who have

multiple vaginal births and whose bladder, urethra or rectal walls protrude into the vaginal wall, a condition known as pelvic prolapse.

Age-related changes in the strength and function of muscles can make a woman more susceptible to developing stress incontinence. At menopause, the loss of estrogen means that the tissues of the vagina and urethra are more fragile.

Other medical conditions and lifestyle habits can affect the form and function of the bladder and lead to stress incontinence: urinary tract infections, diabetes, chronic bronchitis or asthma, chronic constipation, previous pelvic surgery (such as a hysterectomy), and obesity. Contributing lifestyle factors include excess caffeine or alcohol consumption, smoking—and therefore, frequent coughing—medications that increase urine production, and high-impact exercise.

More than 60 percent of women with stress incontinence put off discussing the condition with their doctor for a year or more, due to embarrassment, anxiety or lack of knowledge about available treatments. Many women assume that the condition is simply something they must deal with as part of the aging process.

Years ago, surgeries for incontinence were more invasive and painful, involving a long recovery period. The good news is today, there are a variety of treatment options. More than 85 percent of female incontinence cases are treatable, according to five-year data gathered in the United States, Europe and Australia and published last year in the International Uro-Gynecology Journal.

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training exercises or medications. You may also be referred to an urologist for further evaluation and treatment including surgery.

Non-surgical treatment includes lifestyle changes—limiting caffeine, losing weight or quitting smoking—or exercises that strengthen the pelvic floor, known as Kegel exercises. Electrical stimulation and biofeedback help revitalize injured or tired muscles. Hormone creams can restore tissues to their former thickness and renew their support capabilities.

Surgery is an option to provide support or lift the urethra and/or bladder back to a normal position, which aids in urine control. Newer minimally invasive outpatient surgeries give women many more treatment options than ever before. Remember, you do not have to live with urinary incontinence or prolapse. There are many forms of treatment available no matter

how severe the case or how long you've struggled with the condition. If you would like to learn more about the treatments available for incontinence or pelvic prolapse, call Dr. DeLaurentis at (931) 553-2800 or talk to your physician about referring you to an Urologist.

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. Dino DeLaurentis, D.O., F.A.C.O.S., is a board certified Urologist who received his medical degree from Midwestern University in Downers Grove, IL. He has specialized training and interest in treating incontinence and pelvic prolapse. He completed his urology residency at the world-renowned Cook County Hospital in Chicago, IL.



Dr. DeLaurentis has practiced urological surgery since 2005, served as the urology residency program director at Cook County Hospital, and in 2010 relocated to Clarksville from Chicago. He is a fellow of the American College of Osteopathic Surgeons and a member of the American Urological Association. Dr. DeLaurentis is accepting new adult and pediatric patients and can be reached at (931) 553-2800. His office is located at 800 Weatherly Drive, Suite 100 L off of Ted Crozier Boulevard.



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EXTREME FURNITURE MAKEOVER REFURBISHING FOR CUSTOM DECORATING

by Pamela Magrans

Maybe it's your grandmother's dresser drawer with its scratched personality, faded stain, and tarnished knobs—the one she purchased at an antique store three generations ago. Maybe it's your old coffee table, equipped with marker scribble and scuffs from years of being used as a racetrack for Hot Wheels. Or maybe it's your daughter's crib, that you really want to pass on to your granddaughter, but it's christened with teeth marks on the sidebar. Maybe the color scheme just does not match current décor—or the wood finish screams the 1970's.

The problem—those pieces of furniture are slightly banged up from use. Like anything, time has taken its toll, and the furniture is lacking the luster of its earlier days.

What do we do with wood furniture that just does not fit our current decorating needs? Do we donate it? Do we throw it out? Do we chop it up and use it for firewood?

When finances are tight and good solid furniture is hard to find, a growing choice is refurbishing.

Furniture refurbishing is less expensive than buying new wood furniture and can be achieved in two ways: hire a professional for custom refurbishing based on your desires, or refurbish it yourself. Two local women have discovered this functional art, and are not only enjoying it as a hobby, but are sharing their skill with others.

Meet Kathy and Sara

Kathy Owen and Sara Minor both love furniture refurbishing. For this reason, they paired together in this shared passion. Sara Minor runs You Never Know, a store located on College Street, which houses 24 vendors. Kathy Owen runs Petticoat Junktion, a store located within You Never Know. Together they refurbish furniture that they find at garage sales, salvage yards, flea markets, and from time to time—even the trash! If they find an antique piece of furniture that can be refurbished to its original quality and color—they do so. However, often the furniture



needs a new personality. To meet today's decorating themes, often a new coat of color replaces wood stain and gives the furniture a modern look.

As I progressed through the furniture selections at You Never Know, a pink hutch caught my eye.

The price tag says only \$220. Kathy refurbished it with an aged pink color and added stenciled circles. I imagine what it looked like before she painted it pink and I'm confident this new color will cast a pleasant and radiant glow on a young girl's bedroom.



I found a desk too, with an unbelievable price tag of only \$89. The chair is painted black, the desk an aged white tone. New red and black knobs gave the desk color, but the aged color retained the vintage nature of the desk. Chalk paint was used on the pull out drawer to provide a fun writing surface.

Each piece of furniture had a personality all its own, equipped with stencil, colored handles or knobs and a color scheme that would bring energy to any room. Refurbishing furniture becomes an artistic process, as Kathy and Sara apply their own ideas to making a one of a kind piece of furniture. They find old furniture and give it a new look by adding their own creative flare.

In addition to refurbishing pieces and selling them at Petticoat Junktion, Kathy also does custom work. Give her your dusty, aged



china cabinet and she can create any color scheme or theme you want.

Kathy and Sara use Caromal Colours—paint endorsed by Country Living Magazine inspired

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by Carol Kemery. These paints can be purchased at You Never Know. The paint sticks to any surface, is versatile and non-chipping. Petticoat Junktion is the only retailer in middle Tennessee for this specialty paint.

Furniture up-cycling workshops

For the artistic minds that would rather do the refurbishing themselves, Kathy and Sara offer furniture refurbish workshops that teach custom furniture painting, using metal leaf, stencils and other techniques to refurbish furniture. The workshop includes how to give furniture an aged look while still maintaining a modern colorful result. At the end of the workshop, participants have the



knowledge to go home and begin painting their furniture. Workshops are offered every other Thursday morning from 8:30 a.m. to 10:30 a.m. at Petticoat Junktion inside of You Never Know. Workshops are also offered every other Sunday from 1:00 p.m. to 3:00 p.m. The cost of the 2-hour workshop is \$50 and includes paint

needed to refurbish a small item (such as a frame) that participants bring with them that day.

You Never Know is located at 1218 College Street in

the Riley Hardware building just past the APSU campus. Visit Sara Minor's You Never Know

blog at youneverknowboutique.blogspot.com or call (931) 809-

8234 for details. The store is normally closed on Sunday, Monday and Tuesday.

Visit Kathy Owen's website at www.petticoatjunktion.com for workshop dates and details or to have a look at some of her inspirational furniture makeovers.

There are a variety of photos posted at her website.

You never know what new look might be lurking underneath that dreary brown dresser drawer. What some are calling "furniture up-cycling" is nothing more than a new way of looking at something old. So next time you want to toss out or hand down that worn out wood furniture, consider giving it a make-over instead.



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HOME DECORATING IDEAS

by Kathy V. Terrell

Many times people look at a decorating project as daunting a task as a college math problem. This is one area in life where there is not a correct, absolute answer if the final result reflects the lifestyle and personality of the resident. Trends come and go, but if you can think of the five colors that you have always been drawn to, this is a great place to begin. Keep in mind the basic fundamentals that apply to design and have fun with it.

Scale, proportion, balance, and harmony should always be considered when selecting furniture and accessories; their size should be compatible with the size of the room. So many homes now have tall ceilings and grand scale features, that small furniture and too many small objects in the room seem miniature. Why not try fewer, larger pieces placed evenly throughout the room? To achieve a feeling and look of harmony from one room to the next, keep the style and colors flowing.

If you don't have the tall ceilings, here are some ways to trick the eye. Visually raise the height of a room by incorporating vertical lines. Hang drapery panels high and make use of the wall space above the window casing. You may also use striped wallcoverings, long mirrors, artwork,

or tall columns. Before you run out to purchase a new sofa that may appear on its own too small, plain, and out of proportion, try a grouping of art on the wall over it for height and add colorful pillows to each side to appear wider. Add a tall lamp or a vase to a low table.

Area rugs draw the eye down and anchor a room as well as being warm and inviting. Rugs also help a great deal with acoustics in a room of otherwise hard surfaces and big spaces by absorbing sound, thus cutting down on an echo and the empty feeling of a space. When shopping for a rug, make sure you draw a diagram or have a photo with dimensions of your space. In the dining room, leave 18" to 24" of rug on all sides for chairs to be pushed back. In a bedroom, either choose a rug for each side of the bed or if using one large rug, there needs to be at least 18" of rug on each side of the bed.

Color can instantly change the feeling and décor of a room and is the least expensive way to add pizzazz and personality to an otherwise uninteresting space. Play with different tones and shades of the same color. When using more than one color, stick with the same intensity.

Introduce pattern to energize your room. Avoid using more than one pattern of similar scale. Pair a large floral, toile, or paisley with a smaller print, plaid, stripe or geometric. To add to the character of a room, mix textures. For example: smooth, hard surfaces such as granite, tile, glass, and stainless go well with bamboo, cork and hardwood floors, woven wood window shades, damasks, silk, linen, and brocade window treatments and sisal, cut loop, carved or wool rugs. Think about adding some leather-upholstered furniture with some side chairs or pillows in fabrics.

Window treatments are the icing on the cake when it comes to decorating. They are the finishing touch that make a house feel and look like a home. There are many benefits of using them such as providing light control, cutting out the glare on a computer screen or television. For naptime, those who work by night and sleep by day, or for the home theater there are blackout and room darkening shades. Protecting your floor covering and furnishings from harmful UV rays by as much as 99% is very important and now available to custom fit your windows. This ensures privacy and sets the mood to whatever degree you need



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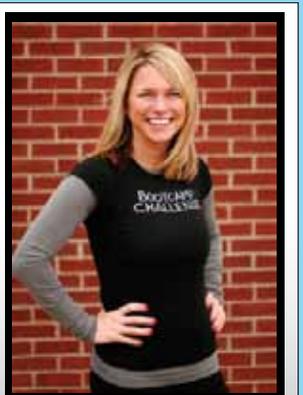
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and reduces energy cost by as much as 50%. Window coverings are also the best way to absorb sound and reduce noise in a room.

Understand color and how it affects our moods. Red is stimulating and a good choice for a dining room, as lively conversation is key at the dinner table. Did you ever notice why so many restaurants have red tablecloths and décor? Red also stimulates the appetite. While it is warm and inviting, red demonstrates power, confidence, intensity, and boldness.

In a large room with vaulted ceilings, use warm colors that appear to make the room inviting and cozy. Cool tones and neutrals appear to recede and make a small room seem larger. Blue is one of the best ways to bring in the serenity and beauty of nature indoors. Blues and violet are regal and passionate. Green is another cue from nature and is restful and calming. Yellow is lively, cheerful, and refreshing. Neutral color schemes can be sophisticated, clean, airy, and dramatic.

To get started with your decorating project, declutter and minimize for a clean-lined, orderly feeling. Identify your style by visiting showrooms, looking through magazines, and watching home décor shows. Have fun and always keep it a work in progress by keeping an open mind, being creative, and finding that perfect treasure along the way.

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GETTING OUT OF A FUNK

by Chris Edmondson

A few weeks ago, I was talking with a friend named Terry, a personal trainer who has been pushing me to get physically fit. He shared with me about a friend who decided to take his own life, and he asked me this question, "I can't imagine how bad life must get that you would want to take your own life." I responded, "Well, Terry, there was a time that I considered it..."

Awkward pause. "But you're a pastor?" Yep. I sure am. But there was a time in which my identity got so wrapped up in what I did, that when I lost my job, I lost my identity.

I think a lot of guys struggle with identity issues, because we

tend to blur the line of *who we are* and *what we do*. It was just a fleeting thought in my mind that



my family would be better off if I was not around since I couldn't support them. All of us get into seasons of *the funk*.

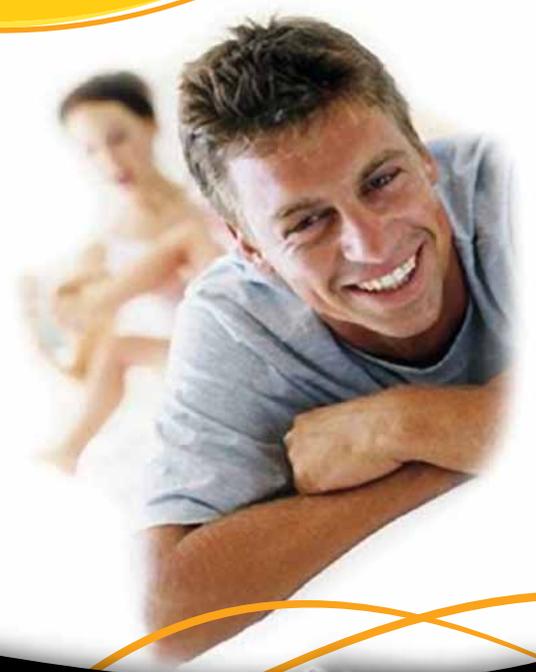
You know what I mean, don't you? No matter what line of work you're in or how much you love it. No matter how good you are at what you do. Sooner or later, you're going to get into a **funk**.

It's inevitable. And it happens to everyone. The best authors experience seasons where they hate writing and are lucky to have one good sentence in a hundred pages. The most passionate musicians have days where they don't even want to pick up their instrument. Every salesperson goes through a slump where they couldn't sell candy to kids.



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It happens to all of us. We get into *slumps*. *Funks*. *Depression*. *Doldrums*. *The pits*. And though funks are unavoidable, we don't have to live there forever. When you and I get the blues, how we respond can make all of the difference in the world.

1. Don't predict your future based on your funk.

A natural tendency is to think that your funk is permanent. It's a sign of a major change in performance or motivation that will never correct itself. It's not. Don't mistake momentary moods for permanent paradigm shifts. Your funk is only a small part of your story. Just turn the page and start your next chapter. You won't stay in this funk forever.

We see a lot of biblical characters go through seasons of funk and pits in their lives. Moses wandered in a funk for 40 years before God spoke to him and he found his purpose in life—at 80 years old! Joseph was thrown into a pit by his brothers. Paul spent over a decade by himself in the desert of Arabia. This funk won't last forever.

I waited patiently for the LORD to help me, and he turned to me and heard my cry. He lifted me out of the pit of despair, out of the mud and the mire. He set my feet on solid ground and steadied me as I walked along. He has given me a new song to sing, a hymn of praise to our God. Many will see what he



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has done and be amazed. They will put their trust in the LORD.

Psalms 40:1-3

We have to wait patiently and realize the funk isn't forever...only a season.

2. Give yourself the advice you'd give someone else.

As a pastor, I hear people's problems all the time. I counsel anywhere between 20-30 couples a month, and I always try to listen and give godly advice from God's Word. But what happens when I get in a funk? Who counsels the preacher?

Many times we know just what to say to other people when they're in their own funks. "Go outside for a while." "Change your patterns of thinking—read

something different to get a different perspective." "Escape from the prison of your own mind and emotions and do something nice for someone else." "Exercise and get outdoors." And these things worked for them. That's because they work for everybody. Including you. Including me. Take your own advice.

3. Don't make excuses for your funk.

If you let the same stories of funk repeat themselves, your overall story will never progress. Talk to a counselor or a pastor to get over the pains of your past, but remember, your past is in your past. Paul said that he wasn't perfect, but he didn't let his past define him.

I don't mean to say that I have already achieved

these things or that I have already reached perfection. But I press on by focusing on one thing: Forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race. That's where Jesus is, calling to us from the finish line.

Philippians 3:12-14

God's power is always bigger than your past. God doesn't want our past to paralyze us. So stop making excuses about your anger issues, blaming them on your dad. You are now in your 30's—take responsibility for your own actions. The reason you are the way you are is because of choices you have made.

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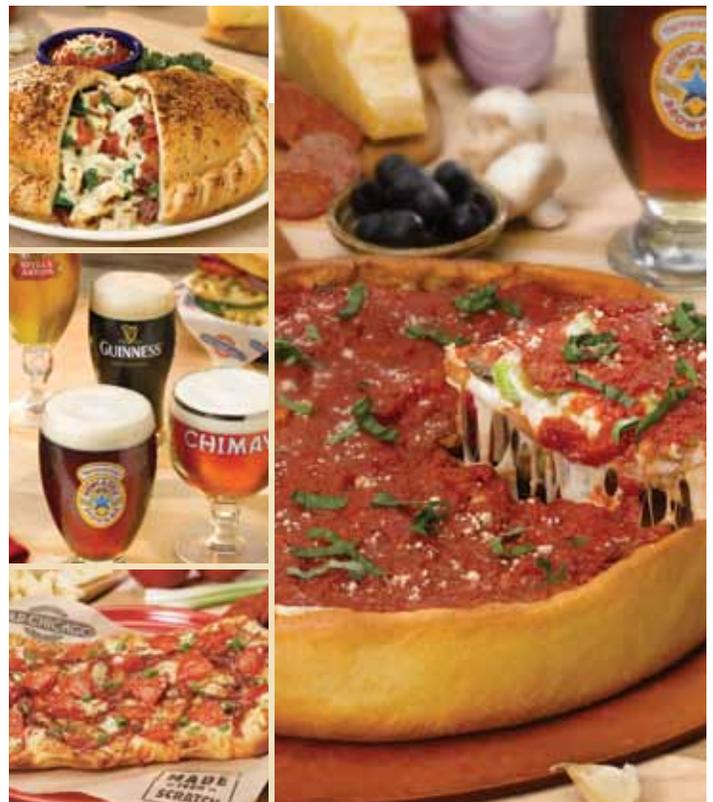
4. Don't stop—press on.

You don't have to stay there. If you find yourself living in a pit, don't hang up pictures or throw out a welcome sign. Beth Moore says this about being in the pits...

“Maybe you're the noble type trying to make the best of your pit. You keep wondering why you can't get satisfied there. But have you considered that the pit is one place where you're not supposed to be content? Quit trying to make the best of it. It's time to get out. When Jesus said, “Follow Me,” inherent in His invitation to come was the invitation to leave. You can't go to one place without leaving another.”

Realize that emotion is created by motion. You want to change your emotions? Then do a different motion. You can't get back the work you missed out on while you were waiting to feel motivated to do it. If you're in a funk right now, stay faithful to the work God has given you today.

Wise sage Will Rogers once said, “When you find yourself in a pit, then stop digging!” If you



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find yourself in a funk, I would encourage you to do these four things...

1. Go see a doctor—get a physical. As Christ followers, we must realize that God made us with bodies and souls. Sometimes we need to work on the soul part (going to a counselor and working through issues of anger, bitterness, and forgiveness). But sometimes we need to go see a doctor and just get a check up. Don't underestimate the power of our bodies. When our bodies are out of whack, it can throw everything else out of whack. Go see a doctor and let him draw some blood. There may be something out of whack chemically.



2. Get outdoors—start moving. The more vigorous you can move the better. Go for a run, a bicycle ride, or simply a walk—preferably outdoors. Get out to the Clarksville Greenway. This stimulates your blood flow and gets oxygen to your whole body. If you do it long enough, your brain will release endorphins that elevate your mood.

3. Stop looking only at yourself—become others focused. We think we have it bad. Most of us have first world problems. *My cookie is too big to dunk in my milk. Our smartphone only has one camera. The elevator was broken so I had to take the stairs. Someone left dishes to soak overnight and now I have to put my arm elbow-length in cold, filthy water. It was so cold this morning that my car's keyless remote wouldn't work; I had to use an actual key to unlock my car!* (Check out more of these on twitter @firstworldme.) Now, let's put our problems in perspective with second and third world problems. *I don't have enough food to feed both my child and me. The water that I drink*



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is contaminated. I live in a country where my family is exploited. My village suffers terribly from diseases that have been eradicated in the first world for 50 years or more. Across the world, 3,000 children die daily from malaria. Let's start focusing on others, and our problems will start to look pretty silly in comparison. Jesus calls us to serve other people. To care for the orphans and widows. To put others first. To turn the other cheek. Maybe if we start living like Jesus said for us to live and putting others first, we'll actually experience the joy He said we will experience.



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IT'S TIME TO "FACE" THE FACTS...

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

Mary Ann S. is a 44-year old mother of three who spends most of her time taking care of her family. She knows the inside of her mini-van the way Tiger Woods knows his golf clubs. Despite her obvious lack of time, she is well put together and she wants to stay that way. She came in to see us because "people always say I look tired, even when I'm not." She is a high-energy person, even without the three cups of morning coffee, and "I want to look the way I feel," she says this with conviction.

After the initial meeting in the consult room, we went to the exam room and looked together in the mirror. She did look tired, in spite of well-done makeup. She had deep creases beneath her eyes, making them look hollow and dark. When she first called us, Leslie, our friendly patient care coordinator, asked her to bring in photos of herself from a time when she liked her face better. These photos showed us that she had lost the youthful fullness in her cheeks and

around her mouth. This left the extra skin and deep creases that she now disliked so much.

I like to think of the face in layers. It is important to see the surface (skin) as healthy and smooth. However, it is the next layer that is Mary Ann's problem. She has lost volume beneath the skin. Think of a grape and a raisin. A nice smooth beautiful grape becomes a raisin when it loses volume. In her case, the tissue lost is fat and to some degree collagen or connective tissue. She doesn't have so much an excess of skin, as a lack of what's underneath. If we compare her to her 16-year old daughter Emily, she has lost the smooth curve that runs from the lower eyelid to the cheek as well as the projection of the cheek. This allows us to see the bones around her eye (the deep hollow) and the extra creases around her mouth as everything sags. We now see hills and valleys with their shadows, instead of a smooth flowing surface.

In my opinion, the correct way to improve this situation is not to do a lifting or tightening procedure to the face unless adequate volume replacement does not correct the problem. Often times it does, particularly in a younger patient.

Facial Plastic Surgeons now have a wide array of materials for this purpose to meet their patients' needs. These include commercial fillers such as Juvederm™, Restylan™, Sculptra™ and Radiesse™. Each is a tool with specific strengths and weaknesses. One of the best options for a person who wants a complete facial volume solution is their own fat, which can be taken from one part of the body such as the hip or belly and transferred in an office procedure to areas in the face. The results can be amazing. It is economical compared to commercial fillers, comes from their own body, and it can be done as needed over many years as necessary. It usually lasts for several years. Most people have enough fat

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somewhere on their body for this purpose. A quick trip to the office for commercial filler is great and only takes a few minutes, but for a more complete rejuvenation of the entire face, fat transfer can be hard to beat.

So, in summary, the answer to facial aging is what is beneath the skin to a large degree, and it pays to consider that option as part of the treatment plan. For many people it may be the entire plan itself. By the way, I really like raisins and grapes.

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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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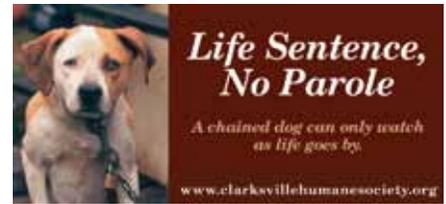
by Carmen Hunter

“A chained dog can only watch as life goes by.” This is the title of a nationally known animal welfare flyer that is mailed to homes every day across the country in an effort to educate people on proper dog care.

In Clarksville-Montgomery County you can drive down almost any street in town and

find at least one dog living on the end of a chain or in a less than adequately sized pen. One of the worst forms of punishment for humans is solitary confinement, and the same is true for dogs.

A dog has a few basic needs. One is to have a pack, and in modern day times part of that pack is his human family.



Another need is to have a den—a warm or cool place (depending on the season) to safely lay his head, free of feces and urine, safe from possible enemy attacks. This den is his family home. Far too many dogs are being denied these basic needs, and right here in our own community the suffering continues.

One of the Humane Society of Clarksville-Montgomery Co.'s (HSCMC) many programs includes its Anti-Tethering & Chaining Program (ATCP), which provides educational materials and counseling regarding the dangers and inhumanity of chaining and penning dogs 24/7. Last month, the HSCMC successfully recruited dozens of Clarksville's brightest, most creative artists—and we had to look no farther than Rossvie Elementary School! A simple instruction sheet was provided to participating classes and the kids used their own personal creativity and compassion to design individual Valentine's Day cards for over 70 chained or penned dogs in our community. The messages and images returned to us clearly showed that even Clarksville's youngest have no difficulty understanding that dogs deserve better than a restricted life isolated from its family. As we browsed through the Valentines, we were quite simply overwhelmed by the beauty of the images drawn, the clarity of the messages, and the unmistakable emotions



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expressed toward these dogs in need. This project has certainly given us so much HOPE for the future of animal welfare in our community!

Included with each Valentine was a coupon redeemable for FREE dog treats as well as a FREE voucher to get the dog spayed or neutered. Ultimately, through gentle education, some of these families will decide to do better for their dog. If we could have packaged a hug or a pat on the head, a long walk, or a game of fetch for these dogs...we would have, because that is likely what they really long for. But for now, a Valentine made by these wonderful kids will have to do.

If you know a dog that spends his days and nights on the end of a chain, or if your family chains or pens your dogs, please visit the links provided for information on better and safer options. Bringing your dog inside or reporting a dog that is being chained or penned without regard for county guidelines is the first step to making life more humane for a dog "living" in less than ideal situations.

To learn more about pet-related resolutions in Montgomery County or to report violations of pet laws, including neglect, visit www.mcgtn.org/animal-control or call Montgomery Co. Animal Control at (931) 648-5750.

For more information on helping chained dogs in our community, visit clarksvillehumanesociety.org/anti-tethering/. Contact us at humanesociety@clarksville.com or (931) 648-8042 to request a free brochure that provides alternatives to chaining as well

as simplified explanations of current chaining and penning guidelines in Montgomery County.

Carmen Hunter
Board Member
Humane Society Clarksville
Montgomery County

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GLENELLEN STUDENTS HELP THE COMMUNITY

by Taylor Lieberstein

A new project is underway at Glenellen Elementary School and a select group of students are working hard on it. This project isn't for a grade; it comes with an even bigger reward. In this case the students'



reward is the good feeling they get while helping other students and people in their community.

Some of the teachers at Glenellen saw a need for more interaction between students and special education students. The teachers

along with Assistant Principal Patti Koloski formed a small group of willing students to visit with special needs children during their own recess time each day. This group of sweet girls agreed to give up their favorite time of the school day in order to lend a hand in the special education classes. The group was born and they developed a schedule so that everyone could put in their share of time with the special education students.

Not long after, the group had a unanimous vote that they wanted to do more in the way of helping others, because it made them feel good. So the girls, with the help of Koloski, took their community service club to the next level. For their first community service project they collected toys and clothes for the SafeHouse in Clarksville. A SafeHouse representative came out and explained to the group what their need was and the girls relayed the

wish list to their peers. The asked and they received. Students and teachers collected enough toys to fill an SUV in a short time. Those toys were donated as Christmas gifts for children at the SafeHouse.



The small group is made up solely of fifth-grade girls, although boys that have shown interest have been given some opportunities as well. For instance a fifth grade male student



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asked if he could help out and he was assigned the job of spending time in the fifth-grade life skills class on a weekly basis.

“When a fifth grade boy is coming to you and asking to give up their recess to help others something good is happening somewhere,” said Koloski.



All the girls of the group pitch in and do different jobs as their free time allows. They take turns visiting the special education classes each day to do things such as play a game or help with a lesson. Other times the girls are busy making posters to promote fundraisers or making appearances on the morning video announcements to get other students involved. Each Monday the group meets during their lunchtime to

brainstorm and discuss new ideas and progress being made.

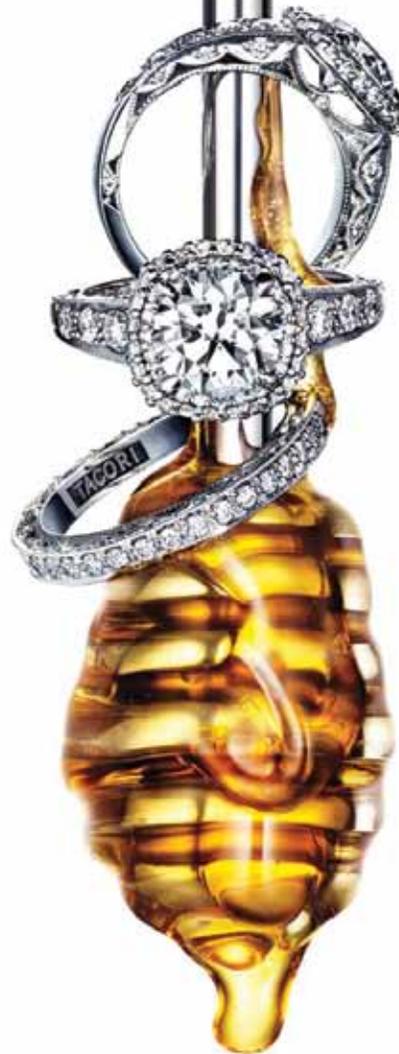
Right now the group is working on Pennies for Paws for the Humane Society. They have gotten the entire school excited about being involved. Kindergarten through fourth grade has a decorative bucket and the goal is to fill the bucket as full as they can with money. The money will be donated to the Humane Society to help them open a spay-neuter clinic. As for the fifth-graders, each classroom has their own money collection jar and they are competing for a pizza party. After the contest wraps up the Humane Society will be coming to speak with the students and bring the pizza party to the first place class, as promised.

The girls have some ideas for future projects. Visiting nursing homes and gathering supplies for the Salvation Army's shelter house are all in the works. They will maintain working with the special education classes, as it was the reason this generous group formed to begin with.

The group members include Breanna Rowe, Dulcie Gilmore, Keyanna Taylor, Skyler Henson, Cydne Brown, Kimia Carter and Makaya Adkins. They all agree that they love what they have been doing for others this school year. One of the girls said she feels like “more than just a fifth-grader” when she's helping in the special education classes.

The students have to keep their grades and class participation high to continue working in the community service group. All of them said they already worked hard on their schoolwork before, but now they have an even more important reason to do well in class.

The girls have been so busy they have not even had time to give themselves an official club name, but that's not important to them. They just want to make a difference in their school and their community. The group would like to invite you to make a difference with them by participating in their current fundraiser, Pennies for Paws. Donations can be made to the Humane Society on behalf of Glenellen Elementary. Contact Glenellen at (931) 920-6158 for details on how donations can be made on their behalf.



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ARE YOU SICK AND TIRED OF BEING SICK AND TIRED?

by Casey Sasser, NP

"I am exhausted all the time." "I could sleep all day." "I don't have the energy to do anything anymore." Does this sound familiar? Well you aren't the only one. This is a common concern that people ask me about almost every day. Although I openly admit I cannot always give people an exact diagnosis as to why they are tired, there is a process of elimination that I go through to try and determine its origin.

1. Medical There are a number of medical reasons that are commonly known to be responsible for chronic fatigue. The most often ones seen in the outpatient setting include:

- Abnormal thyroid function
- Anemia
- Vitamin deficiencies
- Infectious diseases such as mononucleosis, HIV, hepatitis, Lyme disease, Rocky Mountain Spotted Fever, and cytomegalovirus
- Diabetes

- Chronic Heart Disease
- Fibromyalgia
- Cancer
- Diseases resulting in abnormal cortisol levels such as Addison's and Cushing's disease

2. Sleep problems An often-overlooked area of medicine is sleep quality. According to the Center for Disease Control and Prevention, in 2009 as many as 70 million Americans reported having a sleep or wakefulness disorder. Most commonly seen in the outpatient setting is insomnia. Insomnia can be attributed to both medical and psychological illnesses; however its origin is often left unidentified. Whatever the case, sleep deprivation can pose serious health risks. People are at an increased risk for being involved in motor vehicle accidents, workplace injuries/accidents, decreased ability to concentrate, and making occupational errors. They are also

more likely to suffer from chronic disease such as elevated blood pressure, obesity, diabetes, and depression.

Equally important to sleep deprivation is a common medical condition known as sleep apnea. Sleep apnea occurs when a person periodically stops breathing during sleep. These periods can range from just a few seconds to a minute and can occur repeatedly throughout the night. Most often the person is unaware that this is occurring. Symptoms associated with sleep apnea most commonly include: loud snoring, excessive daytime fatigue, night sweats, waking up with a gasping or choking sensation, headaches upon awakening, and elevated blood pressure. Left untreated, sleep apnea can cause a multitude of health problems such as high blood pressure, elevated blood sugar, weight gain, and memory loss.

3. Neurologic diseases The word "neurology" refers to diseases and disorders of the nervous system. The nervous system is composed of the brain, spinal cord, and peripheral nerves that branch from the spinal cord throughout the body, so it is easy to connect fatigue to an abnormality involving the nervous system. Commonly seen neurologic disorders that cause fatigue include:

- Narcolepsy
- Multiple Sclerosis
- Parkinson's
- Patients that have suffered a stroke or traumatic brain injury
- Chronic migraine headaches

4. Medication Certain medications being used to treat other conditions can have side effects causing fatigue or sluggishness. Those commonly reported are medicines used to treat: elevated blood pressure, seizure disorder, psychiatric medications such as those used to treat anxiety and bipolar disorder, muscle relaxants, and anticancer medications.



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5. Psychiatric Many times the first thing that physicians think of when a patient complains of chronic fatigue is a psychiatric illness. Although it is true that there are psychiatric illnesses that cause fatigue, this train of thought can sometimes cause physicians to overlook more common areas and misdiagnose the problem. Nonetheless, psychiatric illnesses such as depression, bipolar disorder, anxiety, eating disorders (anorexia and bulimia), and drug and alcohol abuse can all be causes for fatigue.

Treatment of chronic fatigue should be focused on identifying the root cause. Most medical conditions can be found by having blood work done, and improve with appropriate treatment fatigue levels.

Sleep disorders are not so easily identified. To diagnose sleep apnea, patients typically go to a local sleep lab and have a polysomnography or "sleep study" done. There are also new devices that patients can take home with them that record breathing patterns and can identify periods of apnea. Many patients like the convenience and comfort of sleeping in their own bed; however the accuracy of these devices is debatable among sleep experts. Once identified, sleep apnea can be treated with several different options to include: CPAP which is an acronym for continuous positive airway pressure. This device is a small motor that attaches to a face mask that fits over the patient's nose and/or mouth and blows a small, continuous amount of air to keep the airway open. Other options for treating sleep apnea include oral appliances to prevent airway closure, and surgical correction.

Neurologists who have received specialized training in how to treat these complex problems usually manage neurologic disorders. It is usually best to see your primary care physician first who will refer you to a neurologist if he or she thinks it is appropriate. As with medical problems, the goal of neurologic problems is to identify the underlying cause that is responsible for the symptom of fatigue.

Medication induced fatigue is probably the easiest to correct. In most cases medications can be safely switched to something different that is still affective. However, I strongly advise patients to always speak with their doctor before abruptly stopping medication, and never, ever take someone else's medication.

Psychiatric disorders associated with chronic fatigue are treated in several different ways. Medication is the most common, however alternatives include cognitive behavioral therapy, professional counseling, hypnosis, animal assisted therapy, and even acupuncture.

Regardless of the underlying cause, I always tell my patients that I know it is old fashioned and boring, but there really is no substitute for a good healthy diet and routine exercise plan in battling fatigue. Then if you still feel poorly, address your concerns with your doctor. Who knows? You just may have something that is taking the pep out of your step.



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CO-PARENTING “BUSINESS MEETINGS” WITH THE EX, HELPING CHILDREN THRIVE AFTER DIVORCE

by Tammy Daughtry, MMFT

I have been a co-parent for 11 years now; Angelia was two when her father and I divorced. One of the best decisions we made early on was to NEVER discuss co-parenting issues in front of her during the transition time. We don't discuss schedule issues, financial issues or even discipline concerns. We reserve these discussions for a private conversation between us when she is not present. Over the years we have met for coffee at a local restaurant or we have planned conference calls in the evenings after she is asleep. It has taken hard work to make these meetings possible, but what we have done is given Angelia a

peaceful experience when we are both present, with no worry or concern about anything uncomfortable for her.

Unfortunately, many children of divorce truly dread the transition time because their parents argue and discuss difficult topics in front of them. Many angry ex's use this as a time to try and get back at the other parent, but the person who gets hurt the most is always the child. If you are a co-parent or you know someone who is, consider trying to have co-parenting meetings away from the children's hearing or sight.

In my book, *Co-parenting Works! Helping Children Thrive After Divorce*, we call

these TEAMM Meetings: The TEAMM acronym stands for The End Adult Matters Most. We have to put aside our past, our emotions, and find a way to coordinate schedules and life details so our children can have the very best life possible, even though they are being raised between two homes. We compare this to being “CO-CEOs” of a business. There are thousands of details to manage, financial obligations, long-range planning as well as immediate crisis management at times. It is critical that co-parents work together for the

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sake of their children. Come learn more about co-parenting and how children can truly THRIVE even after a divorce.

Please consider joining me for a FREE co-parenting seminar at the Clarksville Area YMCA on Thursday, March 22nd. It is open to the public and begins at 6:30 p.m. and will conclude by 8:00 p.m. The YMCA will also provide childcare with an advanced registration. For more information contact Susanna Powers at (931) 647-2376 or email: spowers@ymcamidtn.org. Please register by March 20th.

This seminar is for single parents, stepparents, counselors, educators, grandparents and anyone who cares about children being raised between two homes. Books, CDs and DVDs will be available at the seminar.

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THE IDES OF MARCH AND OTHER LIES WE TELL...

by Pamela Magrans

My grandmother was born on the Ides of March 1915. She viewed that as a lifetime omen, continually telling me that it was bad luck to be born on such a day. I wish my grandmother had been born two days later on March 17; therefore, claiming a lifetime of luck from St. Patrick instead.

But as “luck” would have it—she was not born on St. Patrick’s Day. Instead, she was born on the anniversary of Julius Caesar’s violent murder conspiracy—one of the darkest days in recorded Roman history. The day itself has become a symbol of predestination, treachery and political chaos.

As we enter into March, it is a turning point for us all. It marks the end of winter and the beginning of spring. It marks the first blooms of springtime and the last snows of winter. It is a mixed bag. It rains a lot. In terms of weather, or luck, you just never know what you’ll get from March. March shaves off an hour of our day, as we

spring forward an hour to observe daylight savings time. No one really understands why we must lose an hour, but given the much anticipated spring skies, we don’t seem to really care.

My second son came into the world in March and I’ve struggled with birthday party ideas ever since. Sometimes his party brings a blizzard of four inches of snow; sometimes the skies are clear and the temperature warm. Still others bring a monsoon or tornado sirens. You just never know what you’ll get from March.

I guess that’s represented well by March 15 the Ides of March—the historical omen of political slaughter and betrayal, placed in the same month with St. Patrick’s Day—the celebration of all things Irish, carefree, lucky and green. And to think those two historical events are only two days apart! Talk about contradiction!

Which should we claim? Bad or good luck? Is there really such a thing?

In the years that my boys were very young, I worked at a local preschool part-time. For five years I worked in either the two year old or three year old class. It was the hardest job I’ve ever had. Anyone who has ever cared for multiple youngsters (who are not your own) knows the emotional and physical strain of that work. It was also the most rewarding job I’ve ever had. There is nothing in the world like the love of a child. Small children don’t know how not to love. They smile, hug and love naturally. For that reason, there is an eternal memory of each of those innocent childhood faces in my mind.

But I must confess, I lied to those children. Those lovely little innocent faces believed everything I said and, from time to time, I took advantage of that to make them behave.

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And every March, as tradition would have it, I told them a story at circle time. And like all good stories—it was fiction! I told those radiant little eyes and ears that there was a leprechaun loose in the preschool and that when we walked down the hall to music class we must look for that troublesome little character. I told them it was good luck to catch the fiendish creature and we were making leprechaun traps at art time just to try!

As we walked down the hall to music class, the children were rather puzzled, looking around each corner, peering in fear of the little green monster man. When we entered our room again later in the day and they all saw the ransacked room, tables turned over, blocks where the dolls should be, toilet paper where the paper towels should be, and even worse, crayons mixed in with the markers, those little children were actually afraid. I had to quickly make a joke that the leprechaun was friendly and he was just looking for his lost gold. That he really was our friend and if we could only catch him he would give us a tasty gold chocolate coin.

We inspected the traps we had made at art time. No unlucky leprechauns were inside. After we cleaned his mess, which the children didn't understand or think was fair either, a gold chocolate coin found its way into each child's backpack and they hesitantly showed it to their parent as they left that day.

Was it good luck that the leprechaun messed up our organized classroom? Not really. Was it good luck that he left chocolate candy for preschoolers? Equally disturbing. So I'm not sure what I should feel about good luck, leprechauns and stories we tell.

It's like the Ides of March and my grandmother spending her life thinking she had bad luck because she was born on the day Julius Caesar was stabbed to death.

This March I will resist the temptation to believe there is anything as good or bad luck—just the reality we make for ourselves.

Rainbows are splendid to look at, but there is no pot of gold at the end. If you've ever had to run down the street to chase a toddler who wants to touch the end of the rainbow—you understand my next point. Whatever we chase becomes a moving target.

Recently my son and I were outside after a light rain and a perfect rainbow arched across the sky. Every color was visible and the entire arch could be seen from horizon to horizon. My camera could not even contain it, as I tried to take a picture. My son looked at the rainbow scientifically and said, "I know why we can't see the end of the rainbow. It's because the earth is round and the rainbow circles the earth." I agreed with his logic.

Our view of a rainbow, like our view of luck, is both based on and limited by our perspective.



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To all those adorable two and three year olds who are in elementary school now—I'm sorry I lied to you. There is nothing lucky about a green intruder and there is definitely nothing good about foil wrapped chocolate either. My apologies.

But I don't think I'm the only one who has ever played along with the luck theory anyway. Just last week I wished my niece "Good Luck" before her volleyball game. As soon as I said the words, I realized the folly of my message. But it was too late—my words were out there—enticing her to rely on some abstract trickery rather than her own talents.

I see this in life, as I assume many of you probably do too. It seems the more stock we put in trying to explain good or bad luck, the more we dismiss ourselves as actors in our own story. We try so hard to justify why bad things happen to us, and



those around us, it just becomes easier to blame a leprechaun for the mess we made ourselves.

Playwright Tennessee Williams once said, "Luck is believing you're

lucky." My youngest son said to me recently, "Luck is when God answers your prayer." How's that for perspectives from people who happened to be born in March!

As for my grandmother, she lived to be 85 years old and she was a woman of God. She read me the Bible and taught me to pray. She found a way to overcome what she thought was bad luck—by wrapping it in good tidings. She overcame the Ides of March, not with four leaf clovers and wishing wells, but with a steady life, a daily routine, and a strong constitution. And when bad luck seemed to be knocking at her door, she got out the broom and swept that little green monster away.

So to March I must say, "Bring on the flowers and showers, but leave the luck to the leprechauns!"

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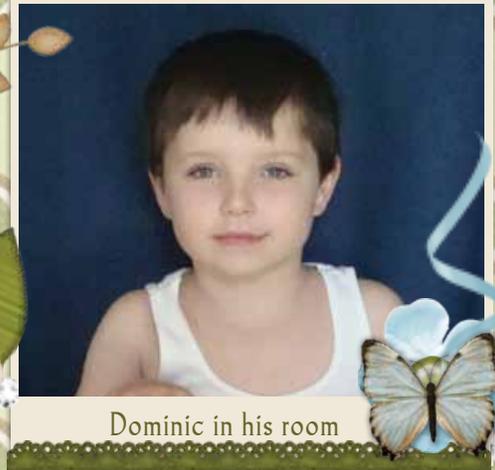
Logan Darnell
Ready to ring in the New Year!!



Happy little cousins
Elli 2, Reagan 4, & Chloe 3



Mommy & little!!!



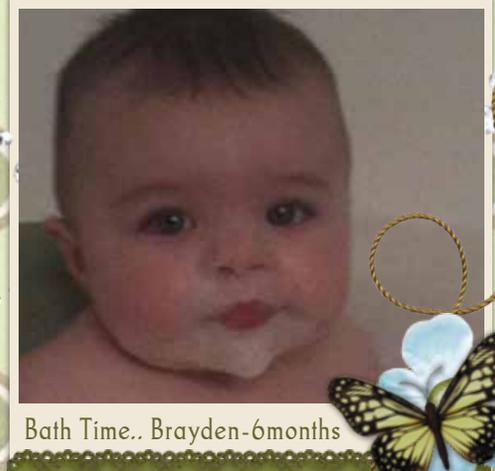
Dominic in his room



Cousins & best-friends!



Clowning around at the Circus!



Bath Time.. Brayden-6months

Email photo to candid@clarksvillefamily.com by March 15th.

“DUDE, THAT’S MESSED UP!”

by Brenda Hunley Illustrated by Willie Bailey

“The Lincoln Memorial was designed by an American sculptor, Daniel Chester French who carved it back in 1922,” Ranger Bill read.

“How awesome is that? A famous Chester!” exclaimed Dart.

“That is pretty cool. It must have taken a long time! This thing is huge!” said Boomer, as he climbed up onto Lincoln’s knee.

“Are you named after him?” asked Lily.

“I bet you are!” added Dart.

“Yeah, he is...” Boomer said, rubbing his paws together.

“What?” asked Chester.

“You are named after that artist. I know these things!”

“Boomer—you make things up as you go along!” Chester said, shaking his head.

“Do you know why your mom and dad named you Chester?” asked Ranger Bill.

“Yeah, as your best friend, I should know these things,” Dart said, cocking his head to the left and then the right.

“Hey! Did Clyde and Earl come up with your name? They sure were into helping your mom name your twin sisters!” said Lily.

“I don’t know. Mom never told me.”

“Well, that will give us something to ask your mom and dad about later,” Ranger Bill said.

Chester was feeling uncomfortable, so he changed the subject.

“Take our picture, would you?” he asked the ranger, as he climbed up next to his brother. As the group was riding back to the hotel, the Ranger showed the friends the pictures he had taken during their day of touring the city.

There were pictures of them with the President and First Lady, pictures of them in front of the White House, and pictures from the hotel room. Some pictures were taken next to the Vietnam Veterans Wall, exploring Union Station, and at the Washington Monument. There was even a picture of Boomer falling into the water in front of the Monument, as well as Lily shopping at the mall. The ones taken of the group in a photo booth making silly faces were the favorites so far.



“Good memories, huh guys?” asked Ranger Bill.

“YEP!”

“I’m going to send these back to the ranger station, so they can show everyone back home,” Ranger Bill said.

“Lily, what’s next on the agenda?”

“We have to get back to the hotel, our plane leaves for St. Louis in a few hours.”

Everyone took a short nap on the flight to St. Louis. It was a good thing, because they flew in on a little plane that let them out on the tarmac and they got to walk back to the terminal.

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Stopping for a few snacks, the friends watched as Ranger Bill found another taxi to take them to their hotel. It was just starting to get dark and the lights of the city were so beautiful. It was a quiet ride all the way in, as the group just absorbed their new surroundings.

Inside their rooms was a copy of their schedule for the next week.

“Okay guys, I know we are all tired, but let’s get a quick shower before bed. Tomorrow morning we are scheduled to go visit the Arch.”

“What time do we have to be there?” yawned Lily.

“8:00 a.m. The convention starts at noon. It will be meetings until 3:00 p.m.” answered the Ranger, taking off his shoes.

“Do we go to that part?” asked Dart.

“Yes, we will have lots of new people to meet. Folks are going to have questions for us about the cave and our park. Everyone needs to be fresh and clean for tomorrow.”

“Sounds good to me!” said Chester, as he stretched out on the bed.

“I get first shower!” shouted Dart, as he flew toward the bathroom.

“No fair!” squeaked Boomer.

Everyone stopped and looked at Boomer. “No fair?” asked Ranger Bill. “Since when do you want to take a shower, especially the first shower?”

Boomer blushed, “Just cause!”

“Boomer!” urged Ranger Bill.

Slowly Boomer turned around and lifted up his shirt.

Looking closer, the Ranger saw that there was a wad of gum stuck just under Boomer’s arm. “Oh boy! That will be fun to get out of your fur!”

Rolling his eyes, Chester asked, “Boomer, why is there gum under your arm?”

“Because the guy at the airport said to carry all your belongings with you, and not to leave anything behind.”

“You could have thrown it away!” laughed Dart.

“I didn’t know you had any gum with you,” Ranger Bill said, as he looked over the sticky mess.

“I didn’t.”

“You didn’t? Then whose gum is it?”

“I don’t know.”

“You don’t know? Where did you get it?”

“I’ve been collecting it since we left Nashville. I saw a man stick it under his chair. We had to hurry so once I had it, I had to put it somewhere.”

“So you hid it under your arm?”

“Uh huh. Then I found some on the plane by the bathroom, then more in the cab, and some at the park, and at the pizza store...”

“Yuck! Boomer!” Lily said, wrinkling her nose.

“Dude...that’s messed up,” Chester said shaking his head.

“It’s not like I ate it! I just kept it.”

Taking a deep breath, Ranger Bill shook his head silently and went back to slowly and carefully peeling and picking the gum out of Boomer’s fur. Once everyone was clean and fluffy the Ranger looked around the room at his sleeping friends. It had been a long day. Now it was time for rest.

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

brenda@clarksvillefamily.com.

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

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

HAPPY BIRTHDAY!



Happy 1st Birthday Brooklyn!!
Love Mommy and GiGi!



Carson 11 months.
Love you mama and daddy



Happy First Birthday Isa
Mommy and Daddy loves you



Birthday Lucas Malone Stroud!!!
Love, Mommy and Daddy



Happy 1ST Birthday Skylith!
Aunt Crystal Loves You!



Happy 2nd Birthday Adyson!



Happy 2nd Birthday Allee!!
Love, Mommy and Daddy



Happy 2nd Birthday Aveleen Marie!
Mama and Daddy love you so much!



Happy Birthday Ethan Tanner!
love Dad, mom, Nana&Papa



Happy 2nd Birthday Hadley!
We love you!



HAPPY 2ND BIRTHDAY KENTLEY!!
WE LOVE YOU! DADDY,
MOMMY, KENDER, & CAMDEN



happy 2nd birthday Layla!
Love Mommy, Daddy,
Lilly, and Audriana



Amy is 3
& cute as can be!



Happy 3rd Birthday Cody Bug!
We love you bunches!
Love your friends & family



Happy 3rd birthday Damion
We love you!



Happy 3rd Birthday Deandre!
Love Mommy and Daddy!



Happy 3rd Birthday Madalyn!
We love you Maddie



Happy 3rd Birthday Savannah.
Love, Mom & Dad



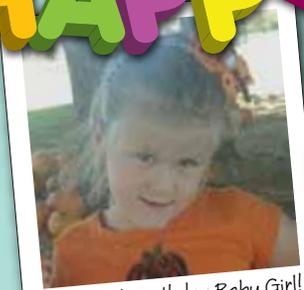
Happy 4th Birthday Ethan!
Love, Mommy, Daddy, and Colin



Happy 4th birthday Olivia!
Love Daddy Mommy & Kennedy!

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

HAPPY BIRTHDAY!



Happy 5th Birthday Baby Girl!!
Mommy and Daddy Love you!



Happy 6th Birthday Anna!!
Love You Like a 1,000, Momma



Happy 6th Birthday Austin!
Love, Mom and Dad



Happy Birthday Princess Daijah
Love, Mommy, Daddy & Isaac



Happy 6th Birthday Jade!!
Love, Daddy, Mommy and Sissy



Happy 6th Birthday Mallory!
Love, Mommy, Daddy, and Allison



Happy 7th Birthday Dominic
We Love You Mommy,
Gramma & Papa



Happy 8th Birthday, Kayleigh!
We love you!



HAPPY 8TH BIRTHDAY KENDER!!
WE LOVE YOU BUNCHES!
DADDY, MOMMY, CAMDEN, & KENTLEY



Happy 8th birthday Layla!
Love, Daddy, Mommy, Matthew, & Lexie



Happy Birthday March 11th to
Rylee "8" • We Love You!!!!



Kyle is turning 9
Happy Birthday Kyle!



Happy 9th Birthday, Olivia



Happy 9th birthday Zach!
Love, Mom, Dad and Macey



Happy 10th Birthday, Jackson!
We love you!



Happy 10th Birthday Kaity!
You're such a blessing to us.
Love, Daddy, Mommy and Cason



HAPPY 11TH BIRTHDAY DEMARI.
WE LOVE U!
Mom, Daddy Mike, and Shemar



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

CELEBRATE RECOVERY

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

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

CLARKSVILLE CHESS CLUB

6:30 p.m. Thursday evenings.

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

CLARKSVILLE GIRLS SOFTBALL ASSOCIATION FASTPITCH SIGNUPS

Saturday, March 3 from 10:00 a.m. to 2:00 p.m.; and Sunday, March 4 from 12:00 p.m. to 3:00 p.m.

Swan Lake Sports Complex
2002 Sanders Road
(931) 801-0865
www.clarksvillegirlsoftball.com

ENCHANTED YARN CLASSES

Tuesdays at 11:00 a.m. Knitting Beyond the Basics, \$25. Learn to increase and decrease, pattern reading and demystify abbreviations and symbols.

Thursdays at 11:00 a.m. Knitting in the Round on Two Circular Needles, \$25. NO Seams! We will teach you to join your knitting and create hats, purses, etc.

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FAMILY LIFE CENTER ACTIVITIES

Monday through Friday, 5:30 a.m. to 9:00 p.m. (except Wednesday, 5:30 a.m. to 5:00 p.m.), Saturday, 7:00 a.m. to 4:00 p.m. This family-oriented facility sports a walking track, basketball courts, weight room, cardio deck, racquetball court, group fitness, game room, and a luxurious senior-adult social room. It is open to the entire Clarksville community and offers a variety of membership options such as walking pass member, group exercise member, and single-, couple- or family-memberships. Classes include step aerobics, sculpting, Zumba, circuit, senior fit aerobics and beginner step (all classes are \$3).

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

GATEWAY TO STARDOM AUDITIONS

March 10, 17, 24 and 31. Are you between the ages of 3 and 30? Do you have talent? Are you ready to be a star?

Singers and dancers from all across Tennessee and Kentucky will be vying for a coveted spot at the annual Rivers and Spires showcase held each year in Historic Downtown Clarksville. The Winners of will receive a cash prize of \$2,500 provided by Daymar Institute. The Winner's Academic School will receive

\$500 provided by Mathews Nissan Suzuki for their Arts Department and the Winner's Vocal Coach, Dance Studio or Performing Arts School will also receive \$500 to put into their program. Trophies for the Winner, the Academic School and the Arts School or Teacher will also be provided by DBS Engineering.

Auditions are by appointment only. Entrants must provide accompaniment music CD (without vocals) or any musical instrument needed. A CD player, guitar amp and microphones will be provided.

Kelly Maselli
(931) 320-7368
Samantha Maselli
(931) 278-7264
Facebook: Gateway to Stardom

HEAD START ACCEPTING APPLICATIONS

New Providence Outreach
207 Oak Street
March 6, 9, 12 and 13 from 10:00 a.m. to 3:00 p.m.

Learning Center North
Northwest High School
800 Lafayette Road
March 15 from 4:00 p.m. to 6:30 p.m.;
March 17 from 10:30 a.m. to 1:30 p.m.;
and March 22 from 4:00 p.m. to 6:30 p.m.

Clarksville-Montgomery County Public Library
350 Pageant Lane
March 21 from 10:00 a.m. to 3:00 p.m.

HOPE RIDERS BIKER CHURCH
Church every Sunday morning at 9:30 a.m. Bible Study every Friday at 6:30

Chick-fil-A Governor's Square
2801 Wilma Rudolph Boulevard
(931) 645-5144

Spirit Nights
1 THURSDAY 5:00 p.m. to 8:00 p.m.
Rossvie Elementary

8 THURSDAY 5:00 p.m. to 8:00 p.m.
Barkers Mill Elementary

p.m. at 1140 Gratton Road. Ride each Sunday at 11:00 a.m. Hope Riders is a full-fledged Biker Ministry and all bikers are welcome.

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

INDOOR AQUATIC CENTER OPENING SEASON

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

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

JUNIOR TEAM TENNIS LEAGUE

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

FUNDRAISER SPIRIT NIGHTS!

at Chick-fil-A in Governor's Square Mall

Thur 3/1: Rossvie Elementary 5-8pm

Thur 3/8: Barkers Mill Elementary 5-8pm

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All games are played at Heritage Park Baseball Fields.

\$35 PER CHILD { INCLUDES A SHIRT & HAT }

February 6 - March 30: REGISTRATION
April 16, 17, & 19: Coach/Team Pick Meetings
May 7: Practices Begin
June 2: Opening Ceremonies
June 4: League Play Begins

REGISTER ONLINE
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KIDS-N-PLAY EVENTS

All events are included with normal admission.

Tuesday, March 6 @ 12:00 p.m., Paper Plate Rainbow craft class.

Wednesday, March 7 @ 12:00 p.m., Paper Plate Rainbow craft class

Tuesday, March 13 @ 11:00 a.m., Preschool Bingo

Wednesday, March 14 @ 12:00 p.m., Lucky Shamrock Handprint Craft

Thursday, March 15 @ 12:00 p.m., Lucky Shamrock Handprint Craft

Tuesday, March 20 @ 12:00 p.m., Caterpillar Handprint craft class

Wednesday, March 21 @ 12:00 p.m., Caterpillar Handprint craft class

Kids-N-Play
525-B Alfred Thun Road
(931) 896-1328

LITTLE LAMBS & IVY CHILDREN'S CLOTHING 15TH ANNUAL SPRING/SUMMER CONSIGNMENT SALE

Consignors only Tuesday, March 6 from 5:00 p.m. to 7:00 p.m.; Thursday, March 8 from 6:00 p.m. to 8:00 p.m. Open to the public Wednesday, March 7 from 7:00 a.m. to 6:00 p.m.; Thursday, March 8 from 7:00 a.m. to 6:00 p.m.; Friday, March 9 from 7:00 a.m. to 6:00 p.m.; and Saturday, March 10 from 7:00 a.m. to 12:00 p.m.

121 Union Hall Road
(931) 358-3979 (not past 9:00 p.m.)
www.tnconsign.com/lii.htm

FOSTER PARENT INFORMATIONAL MEETING

Right now, there are around a half a million kids in the foster care system. More than half of them will stay in foster care only for one or two years, but there are never enough safe foster homes available for them. Unless you can help. Free informational sessions are held every Monday, Tuesday and Wednesday @ 5:00 p.m. Other times are available if needed.

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

FURNITURE UP-CYCLING WORKSHOP

Sunday, March 4 and 25 from 1:00 p.m. to 3:00 p.m.; Thursday March 8 and 22 from 8:30 a.m. to 10:30 a.m. You Never Know provides classes on how to up-cycle furniture using the Caromal Colours paints and accessories. Learn how to paint, distress, or age that favorite piece of old furniture that you have. Classes also include stenciling and foiling demonstrations. You will never look at a piece of painted furniture the same way again. Instead of thinking "Wow, I wish I could do that," you will say, "Wow, I can do that!"

Classes are \$50 and include the workshop, paints and supplies. Please bring a frame or small cabinet door for your paint project. Don't forget this is a hands on workshop, so wear your painting clothes and "get a little paint on your socks!"

You Never Know
1218 College Street
(931) 809-8234

Looking for something **creative** for your group of school age kids to do this Summer?

Swirlz
art studio



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**Certain restrictions apply, please see our website for all the details.*

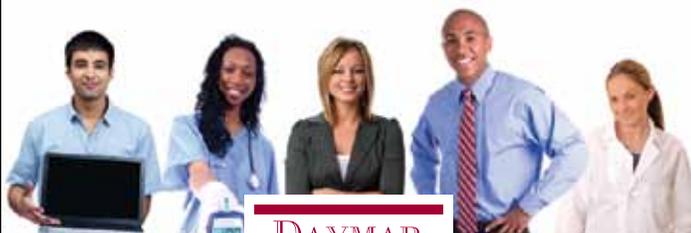
Visit our summer web page for all the details and let your kids **unleash** their inner artist!



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GOVERNOR'S SQUARE MALL

March Events

Spring, Home Based Business Show March 3, 1pm-5pm, Mallwide

Get the latest ideas in crafts, home parties, decorating your home and gift ideas. Want to be a vendor? Please call the Mall Management Office 931-552-0289

Sunburst Beauty Pageant March 17, 4pm, Food Court

Be discovered! Visit the Customer Service Center or www.ModelSearchContest.com for details.

Easter Bunny Arrival March 24, 10am, Easter Egg Display

Bring the kids out between March 10 - 23 to our Easter Egg Display at the Customer Service Center. Each child may guess how many eggs they think are in the display. The child who guesses the closest will **WIN** an Easter Prize Package. Please be sure to come on March 24 for the arrival of the Easter Bunny as he announces the winner!

All events subject to change or cancellation without notice. See Customer Service Center for complete details.



10am to 9pm, Mon.-Sat. • 11am to 6pm, Sun.
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Chick-fil-A Madison Street

1626 Madison Street
(931) 648-4468

Spirit Nights

1 THURSDAY 5:00 p.m. to 8:00 p.m.
Norman Smith

8 THURSDAY 4:00 p.m. to 8:00 p.m.
Sango

13 TUESDAY 4:00 p.m. to 8:00 p.m.
Moore Magnet

15 THURSDAY 4:00 p.m. to 8:00 p.m.
Barksdale

19 MONDAY All Day
Manna Cafe Ministries

20 TUESDAY 4:00 p.m. to 8:00 p.m.
East Montgomery

Events

12 MONDAY 6:00 p.m. to 8:00 p.m.
Lydia Walker Concert and Food Drive for Manna Cafe

way to feed you baby. We offer snacks, good conversation, and breastfeeding education for all in the community—especially breastfeeding families!

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

3 SATURDAY MONTGOMERY COUNTY BEEKEEPING ASSOCIATION MEETING

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

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

SPRING HOME BASED BUSINESS SHOW

1:00 p.m. to 5:00 p.m.
Center Court
Governor's Square Mall
2801 Wilma Rudolph Boulevard

6 TUESDAY FREE BREASTFEEDING CLASSES

11:00 a.m. Open to community. Covers techniques for initiation and tips to maintain successful, comfortable breastfeeding. Includes discussion on pumps, how to overcome challenges, and common concerns. All family members welcome to attend.

Montgomery County Nutrition Education Center (WIC)
Breastfeeding Room
1850 Business Park Drive #103
(931) 551-8777

8 THURSDAY BIG BROTHERS BIG SISTERS BOWL FOR KIDS' SAKE

Call or go online to register.

Banker's Challenge
The Pinnacle
430 Warfield Boulevard
(931) 647-1418
www.bbbsclarksville.org/registration

10 SATURDAY AUSTIN PEAY STATE UNIVERSITY'S 28TH ANNUAL CANDLELIGHT BALL

Cocktail hour at 6:00 p.m.; dinner and awards ceremony at 7:00 p.m.; dancing at 8:00 p.m. to the music of Burning Las Vegas. Block of rooms available (ask for Austin Peay block). See article on page 26.
Hilton Nashville Downtown
121 4th Avenue South
Nashville
(615) 620-2150 for reservations.
(931) 221-7979 for tickets and information.

13 TUESDAY WEBINAR: "NUTRITION TRUTHS"

Learn how to remove toxins that prevent you from losing weight and get in the best shape of your life by focusing on building health through The 5 Essentials. Register online at www.maximizedlivingdrcbrown.com.

[com](#) to get the link to listen to the webinar online in the comfort of your own home!

15 THURSDAY ADVANCED TALK: "NUTRITION"

6:00 p.m. Dr. Brown will speak about how to achieve and maintain healthy nutrition by applying The 5 Essentials to your life. You don't want to miss this event! This is a free event and everyone is welcome.

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

16 FRIDAY SCI-FI @ THE LIBRARY

7:00 p.m. to 10:00 p.m. The program will include art and costume contests, games, crafts, hands-on displays and demonstrations by members of the community. Activities and demonstrations will be available for all age groups. Costumes are encouraged. This event is free and open to the public.

Clarksville-Montgomery County Public Library
350 Pageant Lane
Martha Hendricks
(931) 648-8826 x61400
www.clarksville.org/scifi.htm

5000 YEAR LEAP

Class time from 7:00 p.m. to 8:00 p.m.; refreshments and discussion from 8:00 p.m. to 9:00 p.m. The Church of Jesus Christ of Latter-day Saints invites you to a class on Cleon Skousens' book *The 5000 Year Leap: A Miracle That Changed the World*. Please join us to gain a

March

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

11:00 a.m. to 1:00 p.m. the first Thursday of each month. Bring your whole family to our breastfeeding support group! Come hang out with friends who encourage breastfeeding as the best and healthiest

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CUSTOMS HOUSE MUSEUM & CULTURAL CENTER
200 South Second Street • (931) 648-5780 • www.customhousemuseum.org

EXHIBITS:

Richard LeFevre: The Civil War Series

LeFevre's paintings from the collection of UT Knoxville document the important battles of the Civil War, including those at Gettysburg, Chattanooga, Vicksburg, Shiloh, Chickamauga, and Knoxville.

Through March

Assemblages: The Art of Sandra Paynter Washburn

This exhibit features mixed media paintings, sculptural pieces and jewelry by nationally known artist Sandra Paynter Washburn.

Through March 11

A-B-C: Items from the Collection

Various objects from our collection represent the letters of the alphabet.

Through April 1

Form: The Art of Annamaria Gundlach

Professional clay artist Annamaria Gundlach creates wall reliefs and standing sculptures rooted in the female form.

Through April 29

The Words of Women

A Women's History Month exhibit that marries vintage ladies' items with an original story or poem written by a local or regional female author about that object.

Through May 6

Quantum Confusion: An Installation

by Denise Stewart Sanabria

Artist Denise Stewart Sanabria explores the idea of portals with eleven full scale charcoal portraits on cut-out plywood.

March 15th through May 20th

ACTIVITIES:

Writer's Hour

Thursday, March 8th, 6:30 p.m. – 8:00 p.m. Free admission. Local writers read from their work in the gallery. Refreshments served.

"Let's Find Faces"

March 7th & 8th, 10:30 – 11:30 a.m.

Children 3 – 5 years old and their grown-ups are invited to explore the museum from a child's perspective.

After looking for faces in wood, stone, paintings, and photographs, we will read a story and make a craft. This activity is free to museum members. Non-members pay the regular adult admission of \$7, plus \$2 per child. Siblings are always welcome. For more information, contact Sue Lewis at (931) 648-5780.

Art & Lunch Film: Mary Cassatt

Enjoy viewing a free film screening about artist Mary Cassatt. **From the Great Women Artists Series. Wednesday, March 14th, 12:05 p.m. in the Turner Auditorium.**

Free admission; bagged lunches welcome.

The Power of Women

Saturday, March 17th. Tickets \$25; Museum members \$15.

This Women's History Day celebration will feature educational sessions, panel discussions, and a brunch catered by the Choppin' Block, served from 10:00 a.m. to 1:30 p.m. in the museum's U.S. Bank Dining Room. There will also be a performance by Thandiwe Shihrah, a multi-disciplinary artist who has published many books, including *Leftover Light: Poems* and *Don't Make No Sense: A Creative Response to Your Life's True Calling*. For more information contact Terri Jordan, Exhibits Curator, at (931) 648-5780.

Sunday Family Fun - "A Collage about Me!"

March 25th, 1 – 5 p.m.

A collage is a work of art made by using pieces of paper, pictures, and words glued to a sheet of paper. Visit the museum to create a collage that tells something about you. You may bring a picture of yourself to include in your collage. Pre-school children may choose to make a collage with pictures of animals. This activity is free with paid admission or your museum membership. For more

information, contact Sue Lewis at (931) 648-5780.

Spring Break Activities

March 27th, 28th, & 29th, 10:00 a.m. - 1:00 p.m., and March 30th, 12:00 - 3:00 p.m.

Although the Explorers' Gallery may still be closed, there will be fun things to do at the museum while the kids are out of school this week. The model trains will be running and there will be a variety of craft activities available in the classroom. We hope you come have some fun while enjoying the new exhibits. These activities are free with paid admission or museum membership.

Museum Hours

Tuesday through Saturday

10:00 a.m. to 5:00 p.m. Sundays
1:00 p.m. to 5:00 p.m.

Admission

Adults \$7, senior citizens (65+) and college ID \$5, ages 6-18 \$3, ages 5 and under free.

Free admission the second Saturday of each month. Free parking is available behind the museum.

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

Just for Me Story Time

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

Busy Bees

This program is designed for children from 18 months through three years old, to be an interactive program for parent and child. It is important that the child stay on their parent's or caregiver's lap, or cuddle near them during the program. Books with brightly colored pictures, songs, finger plays, and music are used to make this time as rewarding and instructive as possible. Parents and their children ages 18 months through

three years old should attend this program without older or younger siblings. **NO OLDER OR YOUNGER CHILDREN IN THIS PROGRAM PLEASE!**

Baby and Me Lapsit

For infants up to eighteen months will enjoy our "Lapsit" program. This program brings parents and infants together in the library and offers them an opportunity to enjoy a special sharing time together. Infants sit on their parent's lap and interact with them while enjoying songs, finger plays, and books

designed with babies in mind! **NO OLDER CHILDREN IN THIS PROGRAM PLEASE!**

Family Story Time

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

Pajama Story Time

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

The Roxy Regional Theatre

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

I LOVE YOU, YOU'RE PERFECT, NOW CHANGE

BOOK AND LYRICS BY Joe DiPietro; MUSIC BY Jimmy Roberts
 "Say, what are you doing Saturday night?" A hilarious musical revue pays tribute to those who have loved and lost and to those who have fallen on their face at the portal of romance. This celebration of the mating game takes on the truths and myths behind that contemporary conundrum know as "the relationship."
 March 1, 2 & 3.

reunited—both physically and spiritually—through the power of forgiveness. A jealous king nearly topples his own kingdom when he falsely accuses his queen of adultery with his childhood friend. In his foolishness and rage, he loses his wife, his son, and his baby daughter. The cycle of life and the power of true love come alive onstage, in a world filled with magic, wonder and prophecy.
 March 9, 10, 16 and 17*

horrors of The Civil War. Telling of the experience of war from the point of view of an ordinary soldier, Stephen Crane's tale of heroism is considered the first modern war novel. The second production in our four-part series celebrating the Sesquicentennial of The Civil War.
 March 30 and 31; April 6 and 7*

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

THE WINTER'S TALE

BY William Shakespeare
 In this, one of Shakespeare's most beautiful romances, a king, a queen, and their daughter are

THE RED BADGE OF COURAGE
 ADAPTED FOR THE STAGE BY John McDonald FROM THE NOVEL BY Stephen Crane
 Henry Fleming's illusions are shattered when he comes face to face with the bloodshed and

Curtain Times
 7:00 p.m. Wednesday and Thursday
 8:00 p.m. Friday and Saturday
 * Saturday matinee at 2:00 p.m.
 6:00 p.m. School of the Arts Productions

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

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greater knowledge of the constitution. Babysitting will be provided during class time.

801 Lafayette
On Facebook: "The 5000 Year Leaps"
www.5000yearleaps.com

17 SATURDAY ST. PATRICK'S DAY

CLARKSVILLE SPORTS FESTIVAL
9:00 a.m. to 4:00 p.m. This event will feature demonstrations, mini-clinics, give-a-ways and more, all celebrating sports and athletics in our local and surrounding communities. Free and open to the public.

Foy Fitness Center
Austin Peay State University
Marion Street
(931) 645-7476

SUNBURST BEAUTY PAGEANT
4:00 p.m. Be discovered, \$3,000,000 in prizes and awards yearly! Girls: ages 0-27 years; boys: ages 0-3 years. You may enter one hour before the contest starts. Pick up information at the Customer Service Center prior to event date! Or visit the pageant web site: www.ModelSearchContest.com.

New Food Court
Governor's Square Mall
2801 Wilma Rudolph Boulevard

PATTY'S DAY PLUNGE
6:00 p.m. to 8:00 p.m. Come celebrate St. Patrick's Day at the "dome" with refreshments, games and more! Dive to the bottom of the pool to collect a "Blarney Stone" for prizes. Free and open to the public. Participants must pre-register at the Parks & Rec Main office or online at recpor.cityofclarksville.com.

Indoor Aquatic Center
166 Cunningham Lane

Parks & Recreation
102 Public Square
(931) 645-7476

BIG BROTHERS BIG SISTERS BOWL FOR KIDS' SAKE
Call or go online to register.

The Main Event
The Pinnacle
430 Warfield Boulevard
(931) 647-1418
www.bbbsclarksville.org/registration

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

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

**23 FRIDAY
INITIALLY STITCHED GRAND OPENING**
10:00 a.m. Register to win a \$100 gift card.

Initially Stitched
141 Kender Rhea Court, Suite B
(931) 552-0225
www.initiallystitched.com

**24 SATURDAY
EASTER BUNNY ARRIVAL AND PHOTOS**
Arrival at 10:00 a.m. in Center Court. Bring the kids out between March 10 and March 23 to our Easter Egg Display at the Customer Service Center. Each child can guess how many eggs they think is in the display. The child who guesses the closest will win an Easter Prize Package. Please be sure to come back on March 24 at 10:00 a.m. for the arrival of the Easter Bunny where he will announce the winner. Each child that visits the Easter Bunny will receive a FREE gift from Governor's Square Mall.

Monday-Friday 11:00 a.m. to 8:00 p.m.
Saturday 10:00 a.m. to 8:00 p.m.
Sunday 11:00 a.m. to 6:00 p.m.

Center Court
Governor's Square Mall
2801 Wilma Rudolph Boulevard

**31 SATURDAY
ARTS AND CRAFTS SHOW**
8:00 a.m. to 4:30 p.m. FREE and family friendly with over 30 vendors. Bring a can good for our local food bank for a chance to win a prize. Crafts people and artisans from all over the area. All proceeds and donations go to fund various Ladies Club charity projects. Breakfast and lunch available for purchase, along with baked goods.

Indoors
Marie Young
St. Francis of Assisi Catholic Church
1489 Donelson Parkway
Dover, TN
(931) 627-0534
marieyoungdesigns@hotmail.com

ENTER JERUSALEM
11:00 a.m. to 2:00 p.m., rain or shine. See ad on page 14.

Christ Lutheran
425 Kirkwood Road
(931) 358-0888
www.christlutheranclarksville.org

WETTEST EGG HUNT
2:00 p.m. to 4:00 p.m. This is not your typical egg hunt- all of the eggs will be either floating or sunk to the bottom of the pool. Dive in for prizes. Event will include refreshments and a visit from the Easter Bunny. Open to ages 1-12. Participants must pre-register at the Parks & Rec Main office or online at recpor.cityofclarksville.com.

Indoor Aquatic Center
166 Cunningham Lane
Parks & Recreation
102 Public Square
(931) 645-7476

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

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Thursday, April 12 • *Moms 8AM - 12 NOON

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PUBLIC SALE:
Thursday, April 12 • NOON - 7PM, Friday, April 13 • 10AM - 7PM
Saturday, April 14 • 8AM - 8PM

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(931) 221-7508 or csa@apsu.edu, or visit our website at www.csa.apsu.edu.

com call (352) 262-0627 or e-mail swimeagleky@yahoo.com. All participants must pass a swim test.

it; WIC can help! Montgomery County WIC, 1850 Business Park Dr, Suite 103, (931) 551-8777.

ADOPTION & FOSTER CARE

CLARKSVILLE FAMILY ADOPTION GROUP

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

CARING CHOICES OF CATHOLIC CHARITIES

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

OAK PLAINS ACADEMY

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

OMNI VISIONS INCORPORATED

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

PHOENIX HOMES

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

YOUTH VILLAGES

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

ARTS, CRAFTS & HOBBIES

COMMUNITY SCHOOL OF THE ARTS AT APSU

Provides lessons and classes in music and the visual arts for the general community. From Kindermusik classes for infants and toddlers, through lessons and performing ensembles for school-age students, and continuing with adult classes in photography, ceramics, and piano, the CSA strives to serve community members of all ages and ability levels with high quality year-round instruction in the arts. For information contact JoAnn McIntosh at

MONTGOMERY COUNTY WATERGARDEN SOCIETY

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

ATHLETICS

BUDDY BALL SPECIAL NEEDS ATHLETIC LEAGUE

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

CANINE FLYBALL CLUB

The Queen City Road Runners meet most Sunday afternoons at their indoor training facility (call in advance for times). Private lessons also available. Flyball is a fun family sport where a relay team of four dogs races another team, jumping a series of four hurdles, trigger a spring loaded box to release a tennis ball, and race back to the handler. The Road Runners Club teaches the sport using a positive approach, emphasizing the human/canine bond. Family members of all ages welcome. The sport is open to any breed. Call (931) 220-4907, email icflyball@earthlink.net, or visit www.flyballdogs.com/qcrr for more information about this exciting canine sport.

CLARKSVILLE IMPACT SOCCER CLUB

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

EMMANUEL FAMILY LIFE CENTER

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

SWIMMING EAGLES

We are a Fort Campbell based competitive swim team open to non-military families. For more information please visit www.swimmingeagles.com

TEAM CLARKSVILLE YOUTH WRESTLING

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

WARRIORS SPECIAL NEEDS CHEERLEADING

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

YOUTH WRESTLING PROGRAM

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

CHILDBIRTH & PARENTING EDUCATION

ALPHA CHRISTIAN CHILDBIRTH PREPARATION

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

BREASTFEEDING EDUCATION AND SUPPORT (WIC)

We offer breastfeeding classes for everyone in the community twice per month, as well as hold a support group for breastfeeding families once a month. Nutritionists and a breastfeeding peer counselor are also available to answer questions via phone during business hours. Please call for future class and support group schedules or look in the Calendar section of this month's issue for upcoming events. Breastfeeding is one of the most important life-lasting gifts you can give to your baby. You can do

FAMILY BIRTH CENTER

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

GATEWAY MEDICAL CENTER

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

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

HEALTHY START

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

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

We meet on the first Wednesday of every month at 10:00 a.m. at the Clarksville-Montgomery County Public Library meeting room, except in July on the 5th and in November on the 8th. We have an additional meeting at 6:00 p.m. at Fort Campbell Army Post's Family Readiness Center (FRC) on March 21st, and every third Wednesday after that. Expectant and nursing mothers are all welcome to attend! Babies are always welcome at meetings. For information, support and to answer questions email BreastfeedTN@gmail.com or call (931) 444-7087.

NINE MONTHS & BEYOND

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

YOUR BIRTHING BODY

Extensive Childbirth Education utilizing The Bradley Method® and offering training in what to expect during pregnancy, labor, and birth, as well as consumerism of childbirth, nutrition, exercise, communications, breastfeeding, knowledge of procedures, interventions and complications, knowledge of newborn procedures, postpartum preparation and care, and assistance in creating a birth plan. Offers training not only for the expectant mother, but also trains a labor coach of her choice to serve as her own personal doula/labor support. I also offer my own personal doula

services to my students at discounted rate. For more information contact Jade Chapman at (931) 802- 9869 or visit www.yourbirthingbody.com.

CHILD CARE

CHILD CARE AWARE

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

MID-CUMBERLAND CHILDCARE RESOURCE AND REFERRAL

At 128 North Second Street, provides childcare free referrals and information to parents, training and on-site consultation to childcare providers, and a lending library full of resources for the community. (931) 648-3695 or (866) 446-6006.

MONTGOMERY COUNTY CHILD CARE PROVIDERS BY AREA

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

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

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

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

PARENT INFORMATION NETWORK

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

PROGRESSIVE DIRECTIONS

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

TENNESSEE NUTRITION & CONSUMER EDUCATION PROGRAM (TNCEP)

Provides nutrition education programs that help limited-resource individuals and their families improve their diets. When you participate in TNCEP programs, you will learn: how to stretch your food dollars, how to prepare good and nutritious food, how to plan a balanced diet, how to get kids to eat nutritious food, the importance of a good diet and physical activity, and how to use a variety of foods. TNCEP delivers programs in many ways, including: school programs, food demonstrations, group classes, hands-on learning experiences, educational displays, handouts, and newsletters.

For more information contact Tamera Adjei at (931) 648-5725 or tadjei@utk.edu.

CHILD PROTECTION & DOMESTIC CRISIS SERVICES

AL-ANON & ALATEEN

Support for families of alcoholics. Call for more information and meeting times. Grace Lutheran Church, 2041 Madison Street, Joyce at (931) 358-9515; or Ajax Senior Citizens Building, 953 Clark Street, Kim at (931) 647-0566; or Community Church, Jack Miller Boulevard & Airport Road, Kim at (931) 647-0566. www.middlemalanon.org.

CLARKSVILLE RAPE AND SEXUAL ABUSE CENTER

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

CHAP PROGRAM OF CATHOLIC CHARITIES

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

DEPARTMENT OF CHILDREN'S SERVICES

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

LEGAL AID SOCIETY

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

MONTGOMERY COUNTY CHILD SUPPORT SERVICE

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

SAFEHOUSE

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

CHILDREN'S GROUPS

4-H YOUTH DEVELOPMENT

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

BOY SCOUTS OF AMERICA

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

GIRL SCOUTS OF MIDDLE TENNESSEE

331 A-1 Union Street, (931) 648-1060 or www.gsmidtn.org. Girl Scouts build girls of courage, confidence and character who make the world a better place. Email bkelly@gsmidtn.org for more information.

COMMUNITY OUTREACH

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

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

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

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

Screaming Eagles together; regional and unit-based chapters throughout the country; magazine and website for information and use by all units/ members.

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

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

ALL NATIONS BIBLICAL STUDY CENTER

Offers tuition-free Bible courses to the community in the major fields of biblical research. Spring Courses include How to Study the Bible, Paul and His Letters: The Later Years, New Testament (Koine) Greek II and A Journey Through John. Classes meet for 1 ½ hours weekly, beginning January 30. Four online courses are also available. Visit www.studythescrptures.net or call (931) 648-8844 for more information, class schedules, and to register.



He may need your foot steps to follow.

Volunteers Needed

Providing quality mentoring for Clarksville's Youth.

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

Little Moments Big Magic Big Brothers Big Sisters

931.647.1418 • Peachers Mill Rd. • Clarksville, TN

APSU EXTENDED EDUCATION

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

ARMY COMMUNITY SERVICE

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

ASERACARE HOSPICE

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

CLARKSVILLE-FT. CAMPBELL CHRISTIAN WOMEN'S CONNECTION

We meet regularly on third Tuesday of each month (unless there are conflicts with Thanksgiving and Christmas, when we move to second Tuesday). No membership fees are required. We meet at the Clarksville Country Club on 334 Fairway Drive. Program consists of special features, singers, and a speaker who gives her personal testimony. Lunch is served at 11:00 a.m. The price is \$14 and the meeting concludes at 1:00 p.m. For reservations, call Heidi at (931) 648-8353.

CRISIS CALL LINE

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

FREE CAKES FOR KIDS FORT CAMPBELL

Serving Clarksville, Ft. Campbell, Oak Grove & Hopkinsville. We believe that every child deserves a birthday cake. Help us make the world a better place, one cake at a time! Free Cakes for Kids Fort Campbell is a volunteer run and supported organization that provides customized birthday cakes at no cost to children. We provide these cakes specifically to the children whose parents are experiencing financial difficulties and are unable to provide a birthday cake for their child. We simply ask though, if you use this service, that you are truly in need. Volunteer bakers are always welcome. No special talents or formal training needed, only a love of baking, a passion in your heart and a desire to bring a little sunshine into a child's day. If you do not bake or don't have time to bake, then you are welcome to donate store bought cakes.

To learn more about our organization or ways you can help, check us out on facebook www.facebook.com/pages/Free-Cakes-for-Kids-Fort-Campbell/198841293467082. Find

out more about how Free Cakes for Kids began by checking out: www.people.com/people/archive/article/0,,20221814,00.html.

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

GATEWAY HOME HEALTH & HOSPICE

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

HABITAT FOR HUMANITY AND RESTORE

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

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

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

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

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

HOPE CENTER

A community service branch of the Family Guidance Training Institute, Inc. provides a number of community activities to include summer camps

for seriously emotionally disturbed children, S.T.E.P. into the Light, a women's holistic wellness group, and Women's Share community. The Hope Center also offers a multitude of workshops for community organizations. For further information regarding our programs, please call (931) 431-7580.

HUMANE SOCIETY OF CLARKSVILLE-MONTGOMERY COUNTY

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

LATINA ASSOCIATION

A nonprofit organization with the mission of unifying the Hispanic community within, and then unifying them in the community where they live, by being the center point of resources and education to strengthen family values. English as a Second Language classes are offered, in partnership with Adult Basic Education as well as How to Start Your Own Business seminars, offered in Spanish or English, in partnership with Your Spanish Link and Concept Training. Donations of any kind are welcomed. (800) 431-8364 or www.asociacionlatina.info.

L.E.A.P. ORGANIZATION

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

LOAVES AND FISHES

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

MEALS ON WHEELS

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

MONTGOMERY COUNTY WIC CLINIC

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



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

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

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

PREVENT BLINDNESS TENNESSEE

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

RADICAL MISSION

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

REFORMERS UNANIMOUS

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

SUNCREST HOME HEALTH

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

TENNESSEE REHABILITATION CENTER AT CLARKSVILLE

1575 Corporate Parkway Boulevard (past John Deere and Clayton Homes), a county/state agency, the TRC provides counseling, vocational evaluation, work adjustment, and job

placement services for graduating high school students and adults with disabilities. (931) 648-5560.

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

The Two Rivers Association for the Education of Young Children, TRAEYC, (pronounced tray-see), is one of the fastest growing affiliates in the history of the statewide associations. TRAEYC members have a passion for young children and are committed to their education. The Tennessee Counties represented by TRAEYC are Benton, Dickson, Henry, Houston, Humphreys, Montgomery and Stewart. We invite you to join us in exciting upcoming professional growth opportunities. Contact Dr. Linda A. Sitton, TRAEYC President, at (931) 221-7308 or visit www.traecy.org.

UNITED WAY

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

VETERANS UPWARD BOUND

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

COUNSELING, SUBSTANCE ABUSE & MENTAL HEALTH ASPERGER/AUTISM CENTER

800 Tiny Town Road, serves children and adolescents with Asperger and Autism Disorders. Services

include: individual counseling, group counseling, family education and counseling, and psychiatric services. For further information regarding our programs, please call (931) 431-7580.

BRADFORD HEALTH SERVICES

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

CELEBRATE RECOVERY

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

CENTERSTONE

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

FAMILY CENTERED SERVICES

901 Martin Street, (931) 503-4600.

THE FAMILY GUIDANCE TRAINING INSTITUTE

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

and drug treatment and education services. For further information call (931) 431-7580.

HOPE (HOMELESS OUTREACH PARTNERSHIP AND EMPOWERMENT)

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

LIFESOLUTIONS - ASPIRE & JOBLINK

611 Eighth Street, (931) 920-7210.

MENTAL HEALTH COOPERATIVE

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

OAK HILL RESIDENTIAL

118 Union Street, (931) 647-8257.

PASTORAL COUNSELING CENTER

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

Don't Forget to ask about our
CLARKSVILLE FAMILY DISCOUNT

Burkhart
Lawn Care
landscaping, mowing, & more

931.980.3939

Licensed & Insured burkhartlawncare.com

Commercial & Residential Services

Free Estimates

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



THE PATH LIFE COACHING

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

REGIONAL INTERVENTION PROGRAM (RIP)

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

VIVIAN HOUSE

125 Vivian Street, (931) 920-7235.

WEEMS ACADEMY

812 Greenwood Avenue, (931) 920-7370.

INTERNATIONAL ORGANIZATIONS MISS TENN KY AREA AFS VOLUNTEER LEADERSHIP TEAM

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

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

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

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

PARENT GROUPS CLARKSVILLEMOMMIES.COM

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

CHARA (CHRIST-CENTERED HOMESCHOOLERS APPLYING RIGHTEOUSNESS ACADEMICALLY)

CHARA is a support group for families who have chosen to educate their children at home. Monthly meetings for parents and children are held at Hilldale Baptist Church, 2001 Madison Street. Additional activities are held throughout the year. For more information visit www.orgsites.com/tn/chara or e-mail clarksvillechara@gmail.com.

CLARKSVILLE HOMESCHOOL NETWORK

CHN is a member-led, inclusive homeschool network with the goal of connecting independent home educators and members of existing groups through a common virtual meeting place in order to encourage discussions, dialogue, and face-to-face meetings where members can share resources, learn together and build a sense of community. For more information, please visit www.chn.proboards.com. There is not a fee to register with the group. You must post an introduction to the group within one week of joining.

FIRST BAPTIST CHURCH HOMESCHOOL GROUP

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

HOPE@HOME (HELPING OTHER PARENTS EDUCATE AT HOME)

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

ClarksvilleAreaHome

SchoolNews/

HOPKINSVILLE SAHM MEETUP GROUP

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

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

Provides information, encouragement and support to mothers who wish to breast feed their babies. We meet on the first Wednesday of every month at 10:00 a.m. at the Clarksville-Montgomery County Public Library meeting room, except in July on the 5th and in November on the 8th. We have an additional meeting at 6:00 p.m. at Fort Campbell Army Post's Family Readiness Center (FRC) on March 21st, and every third Wednesday after that. Expectant and nursing mothers are all welcome to attend! Babies are always welcome at meetings. For information, support and to answer questions email BreastfeedTN@gmail.com or call (931) 444-7087.

MOMS CLUB® OF CLARKSVILLE

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

We offer weekly activities that are during the day and child friendly, so you can get out and meet new people and give your child a chance to play with new friends. Visit www.momsclubofclarksvilletn.com for more information.

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



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Local Information
and News Coverage
www.clarksvilleonline.com

gmail.com for East Clarksville or clarksvillemomsclub@yahoo.com for West Clarksville.

MOPS AT FIRST BAPTIST CLARKSVILLE

Meets throughout the school year at First Baptist Church downtown, 435 Madison Street. Each meeting begins at 9:15 a.m. and childcare is provided. For more information, please contact our 2011-2012 Coordinator, Kat McNeal at katmcneal@hotmail.com or (931) 802-6373, or visit us on Facebook under MOPS at First Baptist Clarksville.

FT. CAMPBELL MOPS

Free child watch is available 9:15 a.m. to 12:00 p.m. MOPS meets the 1st and 3rd Wednesday of the month at Memorial Chapel Church on Fort Campbell. Contact Ashley Whorley at ftcampbellmops@gmail.com or (703) 986-9705.

HILLDALE BAPTIST CHURCH MOPS

Meets most 1st and 3rd Fridays from 9:30 a.m. to 11:30 a.m. starting in September going through May. Childcare is provided and your first meeting is free. Come meet great moms and join in the fun. For more information contact Heather Lopp or Diane Carroccia, Co-Coordinators, email hilldalebaptistmops@gmail.com, visit www.hilldale.org look for "MOPS" under Children's Ministry, or look for us on Facebook under Hilldale Baptist Church MOPS.

SPRING CREEK BAPTIST CHURCH MOPS

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

PARENTS OF MULTIPLES

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

PARENTS REACHING OUT

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

SHARE (SECULAR HOMESCHOOLERS: ANY RELIGION, ECLECTIC)

SHARE is a non-religious home school group for Clarksville and the surrounding areas. All homeschoolers are welcome to join this group, regardless of religious beliefs, race, homeschooling methods, or family lifestyles. An online support and information network is available as well as bi-monthly meetings. This group is

a community in which we all play an important role in deciding and implementing the activities we want for our children. For membership information please visit: groups.yahoo.com/group/tnSHARE/

TENNESSEE EARLY INTERVENTION SYSTEM (TEIS)

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

WIC NUTRITION EDUCATION CENTER

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

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

Meets on the 2nd Thursday of each month at the Golden Corral Restaurant, 2811 Wilma Rudolph Boulevard. We gather to eat at 11:00 a.m. with the business meeting starting at 12:00 p.m. We have a private area reserved, always have

a speaker, and guests are always welcome. NARFE's mission is to preserve and protect the earned benefits of all Federal Employees and Retirees. We are the ONLY organization that works to protect the earned benefits of ALL Federal Employees, Retirees and their families. If you are now receiving, or expect to receive, a federal retirement annuity, then you should join us as a member and help us actively preserve our federal benefits. We need your support to increase our overall membership numbers. NARFE works on the national and state levels in Congress to propose and oppose legislation in the interest of the federal employee and retiree. With over 300,000 members nationwide and over 4,400 in Tennessee, we are a strong voice in Washington, DC. Please contact JC Whitney at (931) 358-4855 or e-mail at jcwhitney@cdelightband.net for more info.

SUPPORT GROUPS ALZHEIMER'S CAREGIVERS' SUPPORT GROUP

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

ARMY COMMUNITY SERVICE

At 5661 Screaming Eagle Boulevard, Fort Campbell, "Family Readiness" is

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all skill levels

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



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

ASMT (AUTISM SOCIETY OF MIDDLE TENNESSEE)

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

AUTISM SUPPORT GROUP

Donna Richardson at (931) 503-2315.

CLARKSVILLE ASSOCIATION FOR DOWN SYNDROME (CADSTN)

Where individuals, families and the community come together to enrich, educate and support one another. Meets the second Tuesday of every month at Clarksville-Montgomery

County Public Library from 6:00 p.m. to 7:00 p.m. (or close of library). Contact Patricia Hanna at (931) 645-1261 or cadstn@hotmail.com.

CLARKSVILLE MONTGOMERY COUNTY MULTIPLE SCLEROSIS SUPPORT GROUP

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

CLARKSVILLE OSTOMY SUPPORT

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

CLARKSVILLE PARENT SUPPORT GROUP

At Emmanuel Life Center, 301 Fairview Lane, sponsored by Tennessee Voices for Children, a place for parents/caretakers and

family members of children ages 0-23 who experience emotional, behavioral, and mental health issues to receive help. Meets monthly (3rd Thursday of the month). Childcare is provided but call to verify. Monica Causey at (931) 801-0895 or (800) 670-9882.

DIABETIC SUPPORT GROUP

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

JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)

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

NAMI (NATIONAL ALLIANCE OF THE MENTALLY ILL)

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

PARENTS HELPING PARENTS

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

TENDERPAWS PET THERAPY

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

Some of this information was obtained through community and Internet sources. We apologize for any errors. For corrections or to include your group's information call (931) 320-9869 or e-mail info@clarksvillefamily.com.

What's going on in March at  Madison Street!

What Goes Best With Breakfast?



FREE Coffee Fridays!

No purchase necessary, one per customer.



Fundraiser Nights Spirit Nights:

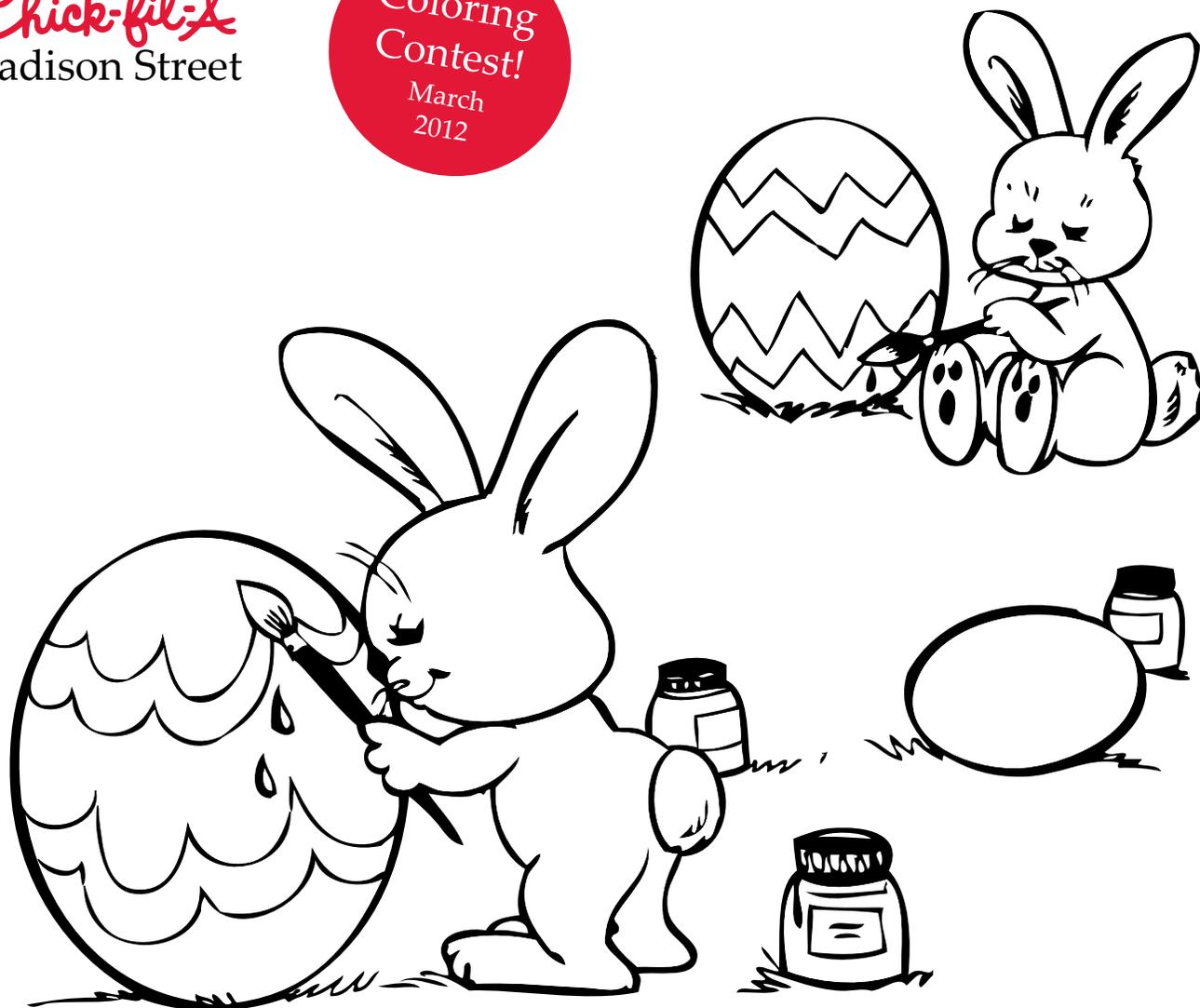
- Thur. 3/01: Norman Smith Elem. 5-8pm
- Thur. 3/08: Sango Elementary 4-8pm
- Tues. 3/13: Moore Magnet Elem. 4-8pm
- Thur. 3/15: Barksdale Elementary 4-8pm
- Mon. 3/19: Manna Cafe Ministries All Day
- Tues. 3/30: East Montgomery Elem 4-8pm

Lydia Walker Concert & Food Drive for Manna Cafe!

Monday, March 12th 6-8pm

 (931) 648-4468

Order online at www.chickfila.com/madisonstreet



Child's Name _____ Age _____

Parent's Name _____ Phone# (____) _____

Parent's Signature _____ Email _____

Mailing Address _____ Apt. # _____

City _____ State _____ Zip _____

What you can win:

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

ENTRY:

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

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

Coloring Contest
PO Box 31867
Clarksville, TN 37040

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

Contest ends 3/15/12

JUDGING:

- Entries will be judged every other month, and prizes will be awarded accordingly.
- Entries will be judged on the basis of creativity.
- Eight prizes will be awarded in three age categories: ages 3 and under, ages 4-6, 7-9 and ages 10-12.
- Prizes may ONLY be claimed at the **Madison Street location.**

WINNERS:

- Winners will be announced in the **April 2012** issue of Clarksville Family Magazine.
- Each winner will receive the following prize for their winning contest entry: Chick-fil-A Fun Pack as well as their name and winning artwork printed in the next issue of Clarksville Family Magazine.



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

Join the Fun!

A COMMUNITY EASTER EGG HUNT

Sunday, April 1st

Directly following the 11:00am Service

Egg hunts for each age group * Weather permitting

Come and join us for oneChurch.tv's first ever Easter Egg Hunt! Its going to be a great time for kids and families. We are going to have food available and several door prizes! You don't want to miss this great opportunity to come out and connect with other families in our area. Not to mention that the eggs will be full of Candy! Who doesn't love Candy? We will have Egg Hunts for all different age groups to participate in. It will follow directly after our second service on April 1st. We look forward to seeing you there!

 **onechurch.tv**

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

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