

October 2008

Clarksville Family

FREE

**When a Soldier
Comes Home**

**Breast Cancer
Awareness
Project**

**Secrets to
Beautiful Skin**

**How to Quit Your
Job the Right Way**

**Tips for Buying a
House**

Lilly Sleigh, 6, and Hagen Albright, 3, choose the perfect pumpkin at Patterson Place Farm.

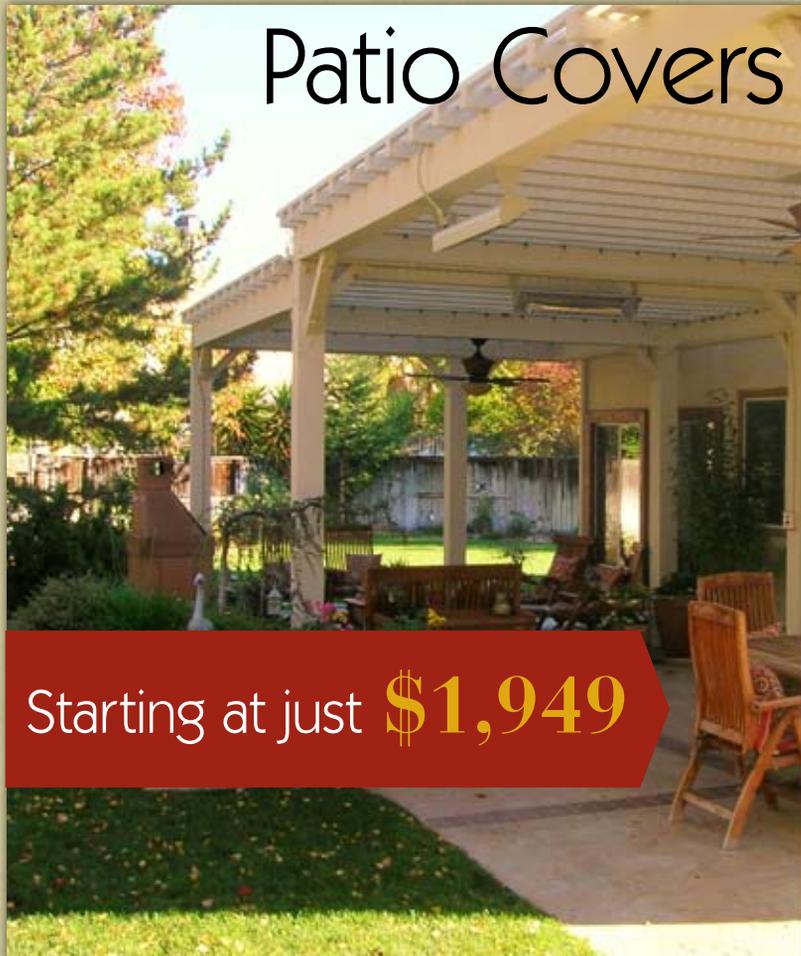
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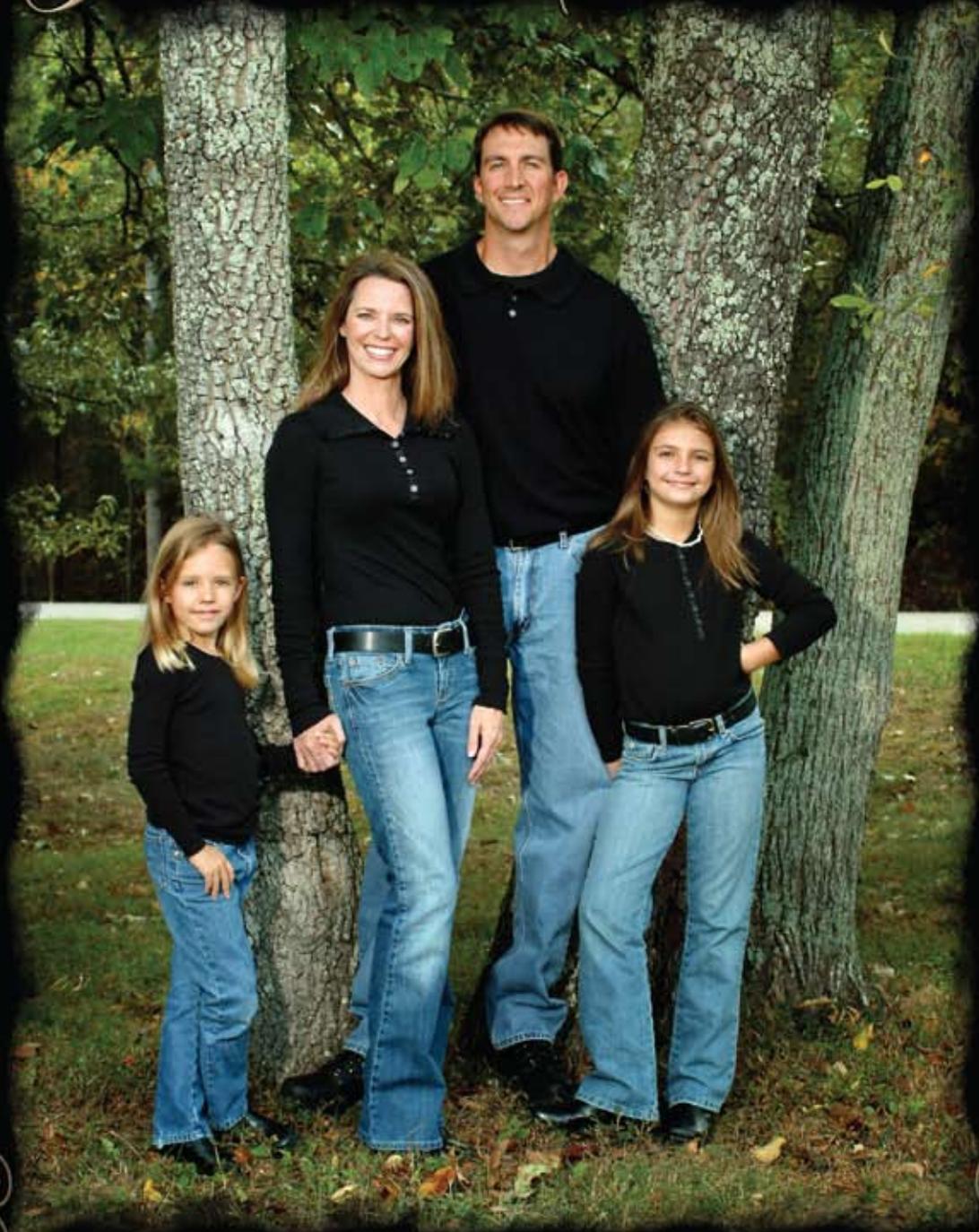
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Publisher's Message

Ah, there is finally some coolness in the air. I love this time of year because it starts a season of many great things. Halloween this month, Thanksgiving next month, Christmas after that. Plenty of chances to do crafts, cook, bake and get together with family you don't see as often.

I always get ambitious in the fall and start thinking that I'll make (insert awesome Martha Stewart expert-level project here) as a centerpiece for the season. It will be a wondrous project that my young son can help with, and will be the talk of the holiday dinner table as relatives stop by and amaze at how talented I am. Then as time dwindles and reality sets in, I end up going to the grocery store and getting one of those pre-cut gingerbread houses that you can assemble in four minutes. And did I mention that my son got bored with the whole thing before I even finished unwrapping it?

Seriously, I do love this time of year, and though there never seems to be enough time to do everything you want, the most important part is spending as much time as possible with those you care about. We were fortunate to spend some time with many of you last month at the Riverfest Toddler Town. It was great to see so many parents and families come out to support the city, and obviously we loved meeting our readers. We are already looking forward to next year, and making it bigger and better.

In this issue there is an amazing article by Clark Sneed, a chaplain who just returned from deployment in Iraq. He gives some great advice on soldiers reintegrating into family life as they return home. I'm so glad that many of our soldiers will be back in time for the holidays this year. Let's all give them our thanks when you see them out and about.

One little tidbit I started noticing this month is that the Fridge is starting to include repeat birthdays. I think this is so neat! Getting to see those pictures of the kids changing each year really makes the magazine feel like a family.

October is Breast Cancer Awareness month. As someone who has had a close relative (my aunt Ruthann) be diagnosed and recover from it, it is something I am very conscious of. This month we have a really neat craft from Sylvia Moore, also a breast cancer survivor, which will let you show your support for this important cause, while possibly developing a new hobby.

I hope you enjoy this month's issue. Don't laugh if you see me in the grocery checkout with that gingerbread house kit!

Sincerely,
Carla Lavergne



Clarksville Family

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REUNITED: WHAT NOW? by Clark Sneed

Coming home can be more difficult than going to war. You begin as a round peg, and get slammed into a square hole. When the deployment ends, you find that you are no longer square and yet no longer round. You've changed. Your spouse has changed. Your children have changed. That's a scary thing to return to. No wonder Soldiers and spouses are both excited about the homecoming and filled with dread!



changes, moves, or large purchases, and gradually transition back to "normal." This might take a few weeks or a few months, depending on the family. Change brings stress, and there will be enough stress from another person suddenly living in the house. Don't add to that with a major (and untimely) purchase, or life-changing decision. For children,

routine brings security. Change can be traumatic for kids. The returning Soldier is wise to learn and respect the new routines of the home. Maintaining that sense of what is normal will decrease stress for everyone and smooth his reintegration into the family.

My Soldiers take on Al-Qaeda without a second thought, but some of them are scared to death of their kids. "Will they know me?" is something I often

hear. "How have they changed? Will they be afraid of me? Will they like me?" Talk now about changes.

patient with him as he gets used to "living" the new schedule. Another big concern from spouses was sex. None of the Soldiers mentioned this. Some will take two steps through the front door (enough to close it) before they begin catching up on fifteen months of abstinence. But others will need time to emotionally reconnect. Be sensitive to the needs of your spouse. As the euphoria of being home again fades, the reality of fatigue sets in. "Spouses can underestimate the physical and emotional exhaustion that comes from living in a combat zone," writes Donnella Prentice, Army Marriage Project Coordinator at Ft. Campbell. "This exhaustion affects the sex life and will improve over time. The lack of sex for the male for such a long time will most likely result in quick encounters. The wife may feel unloved, undesirable, and wonder if there is



someone else, but it has no bearing on how much he loves her or her desirability. It is a physical result of not having had sex for a long time and being exhausted. It is all a part of reintegrating. Time, patience, understanding

and dedication to emotional and physical intimacy will help."

For the spouses back home the main issue that keeps surfacing is a fear of change. She has been a single parent throughout this deployment, and has fought off chaos by establishing a routine for the family. She needs to have a sense of normalcy for a while after her Soldier returns. Therefore, hold off on major decisions about job

and dedication to emotional and physical intimacy will help."

You've spent many months apart from each other. "Take it fast, and slow," says Chaplain (Major) Chris Archer, 3rd Brigade Combat Team Chaplain. "Rush to find the most time you can for one another. But take it slow, too. Treat your relationship like a garden: plant the seed, water it, let time and the sun nurture it." Eat meals together. Turn off the TV and spend an evening on the couch just talking. Go for walks and hold hands. Sometimes we men want to make up for all the lost time by doing something really big, like going on a dream vacation or buying expensive jewelry. While those are nice, you may find that spending a good *quantity* of time playing ball with the kids and loving on your wife will improve the

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Spouses may be surprised to find that their husbands want to spend time with the same guys he just spent fifteen months with! While in combat he developed tight friendships. It's possible that he spent so much time with his battle buddies that he *never* wants to see them again. But he'll probably need to reconnect from time to time. This can be hard for the spouse to understand. After all, didn't he just have 15 months with those guys? Wasn't that enough? But that's not the point. It's like coming up from a deep dive: you must do it slowly in order to decompress.

One Army spouse writes, "Many wives don't understand the need for their



husbands to see and just hang around with their buddies at different times during the day. They feel betrayed, forgotten, and replaced in varying degrees. My husband would visit our neighbor, also a Soldier, and talk this 'language' that I didn't understand. I felt completely left out. It was like he had this huge, momentous event happen in his life and, for the first time in our marriage, I was not a part of it."

The spouse isn't the only person that needs to set proper expectations. It's also important for the returning Soldier to keep some things in mind. Occasionally I meet



a guy who has a hero complex. He fights the war on terror, enduring insane danger, heat and filth. He begins to think, "My wife sure has it easy." He

imagines her sleeping in until noon, rolling out of bed to watch several hours of television, and then going out with her friends to bars and nice restaurants, where she spends all his hard-earned combat pay.

While that happens sometimes, usually the opposite is true. I've known wives to meet their husbands at the door, hand him the baby, and make a mad dash for the car. She's not leaving *him*. She's just leaving. Life in a combat zone is tough, but simplified. There are no dishes, bills, or oil changes. The car doesn't need to be washed, we drop off our laundry for someone else to do, and

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I've yet to see a grocery. Emotional needs get ignored, and in the desert there aren't many phones to answer. There are exceptions, but in general, whatever a Soldier's job is—he does that, and only that.



when everyone is reunited. She has had the sole authority to run the house while you've been gone. It can be difficult, and stressful for everyone to have an abrupt change of command in the family. Respect the fact

Be intentional: make a plan and take your family from "good" to "awesome."

What are you doing to put your family first each day? Soldier, you're going to hang up that uniform one day. Uncle Sam will say "thanks" and move on. Don't make the mistake of putting the Army (or any career) ahead of your family. The first 120 days back home focus on allowing opportunities for Soldiers to reconnect with their families. Don't waste them. Be intentional and plan ways to reconnect emotionally, physically, and spiritually with your spouse and children. Soon enough, intensive training begins again.

So he should remember that she has had diapers to change, classes to attend, groceries to buy, a car to maintain, emotions to deal with, dishes to clean, floors to sweep, clothes to wash, bills to pay—and then it all starts over again the next day. She doesn't have a squad to split up the work, or a lower ranking soldier to whom she can delegate the tasks. So step down from that hero box and put your spouse on it. Recognize the huge sacrifice and ordeal she has endured. She has made some mistakes, forgotten a few things, and let other things go. She had to. She's been fighting alone in a hurricane. Focus on the good. Show your gratitude. Give her a few days off—freedom to do whatever she wants—while you watch the children, clean the house, and do all those other things. Recognize the awesome sacrifice your spouse has paid. She doesn't get ribbons and medals—so it's your job to recognize and reward her.

that she's been in control throughout the deployment. She didn't ask for that job—it was thrown on her. Honor her for the burden she's carried, and *gradually* assume more responsibilities. This will show your children that you respect and support her authority as a parent, which will pay big dividends on the next deployment. Talk about how you're going to share responsibilities and work as a team.

Clark Sneed graduated from Clarksville High School in 1990 and the University of Tennessee in 1995. He and his wife have been married for 11 years, and have three wonderful children. A former pastor, Clark currently serves in Southwest Baghdad as the Battalion Chaplain for the 3-187 Infantry Regiment, 3rd Brigade Combat Team (Rakkasans), 101st Airborne Division (Air Assault).

Finally, the Soldiers I've talked with are eager for a fresh start. If there is a bright spot about deployment, it's that the rut you were stuck in is long gone. You're about to get into a new groove. What lessons have you learned? A new "normal" is about to be established. What do you want it to look like? Don't be lazy and drift back into bad habits.



Many spouses are concerned about who will make decisions in the family

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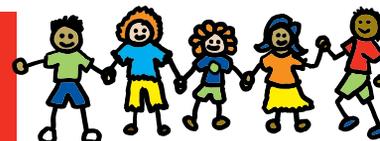
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Faithful Friends

by Kim Edmondson

I just had the most incredible weekend. I got the opportunity to spend time with two of my dear friends that I have not seen in years. You know the type of friend I'm talking about. The kind of friend that you can pick up where you left off when you were last together, and just keep on going as if you'd never been apart. The kind of friend that knows what you are going to say before you say it. The kind of friend that can make you laugh so hard that you are snorting, crying, laughing and dying (from lack of breath) all at once. The kind of friend that tells you the truth, even when you'd rather not hear it. The type of friend that always brings a smile to your face.

Before my friends came we made a decision that certain topics were not up for comment or discussion during our time together. Those topics included weight, dissatisfaction with our bodies and any other negative thing we might want to say about ourselves. Man was that freeing!! When we hit the mall you've never seen three women so giddy and ready to shop! I'm sure the other people in the mall were thrilled when it was time for "those crazy women" to go! One evening as we sat enjoying coffee together, we took some time to remember how we had all met one another, and tried to remember the time when we became friends. What we realized is that there was not a single moment when we magically entered the realm of friendship, but that is was a process of sharing the events of our lives that has knit our hearts so closely together.

During the time we all lived in the same town we experienced some of life's greatest gifts and saddest losses. We felt the joy of new life through the birth of babies. The sorrow of death when parents pass away. The thrill of laughter through practical jokes and fun gatherings. The sting of loss through betrayal, and the comfort of security each time we stood with one another through life's seasons. I've always found it interesting that when you find yourself in the midst of joys or sorrows, you don't have to wait very long before a true friend shows

up to celebrate or cry along with you. Though they may live far away, they find a way to be there. I treasure that about my closest friends.

Proverbs 17:17 speaks of true friendship: "A friend loves at all times and a brother is born for adversity."

Basically, the message of this verse is that a true friend will always love, no matter what. That person is the type of friend that becomes like "family." I'm glad I can say I have earthly friends like that, but I'm even more grateful to say I have found a friend like that in Jesus.

Jesus is the friend who sticks to the end! When I am joyful, He is there, rejoicing with me. When I am laughing, He laughs too! When I am hurting, He hurts. When I am lonely, He is there. No matter the pain or frustration, He is there with me. Jesus longs to be the friend I count on when I feel no one truly understands.

In 1 Peter 5:7, the Bible says: "Cast all your worries on Jesus because he cares for you." Though my earthly friends are there to offer help to me when I am hurting; I find even greater comfort knowing that Jesus is also with me. Because He cares for me so much, He asks me to place all of my worries and fears on Him. Big or small, good or bad He reminds me that He is the friend that loves all of the time. Now that is a faithful friend.

You may be wondering how Jesus can become your friend. Thankfully, the answer is simple. All you have to do is ask Him. How do you ask Him? Just talk to Him as though He is sitting right next to you. You might say something like this, "Jesus, I need a friend like you. I need a friend that loves me no matter what, and will stay with me through thick and thin. I've heard that you are that kind of friend, and I'd like to ask you to be that kind of friend to me. I know I've done some things that aren't so great, and I believe you can forgive me. Thanks for being a true friend—one that is always there."

It's just that simple. Jesus wants to be your most faithful friend.

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Twenty years ago, caring men and women from different denominational backgrounds saw a need in our community and joined forces to meet that need. In response to the Supreme Court decisions legalizing abortion, this team began to flesh out the vision of what would become the Hope Pregnancy Center. The goal was to provide support and practical assistance to those experiencing a "crisis" pregnancy. What began as a telephone hotline in a volunteer's home has grown into a full support center affiliated with Care Net, a ministry of the Christian Action Council. Highly trained staff and volunteers keep up to date on issues surrounding pregnancy alternatives and provide hope for those who have questions.

The Hope Pregnancy Center, currently housed at 325 North Second Street, provides services including free pregnancy tests, a maternity clothing lending closet, parenting classes, limited ultrasound services, post abortion Bible studies, and abstinence programs for area youth. In an effort to offer on-going support not only during pregnancy but after the birth of the baby, the Center is launching a new mentoring program this fall. We also run an affordable resale children's clothing shop, Josephine's Closet, which is located in the back of the Center and is open to the public.

Along with all of the proceeds from Josephine's Closet, the Center is privately funded through individuals, businesses, and churches. The Hope

Pregnancy Center is about to host one of two major yearly fundraisers. The Twentieth Anniversary Dessert Banquet will be held on October 21, at the Music/Mass Communications Building on the campus of Austin Peay State University (see insert below for more information).

Why do so many individuals volunteer their time and so many businesses and churches offer their support? They desire to see men and women come to a saving knowledge of Jesus Christ and to let Him be the help they need. One life at a time, they are making a difference.

To learn more about the Center, and to see how you can donate or volunteer, please check out our website www.friendsofclarksvillehope.com or call (931) 645-2273.

Used Military Boots and Toys Needed for Art Project

"Tracing the History One More Time" is an art project by an Austin Peay State University fine arts senior that intends to show the reasons and results of war. The artist is asking for donations of used military boots and toys to help him complete the project. If you can help please call (931) 302-0276 or (931) 266-4820, e-mail serhattanyolacar@hotmail.com, or visit <http://www.myspace.com/serhatart> for more information.

4th Annual Hillbilly Ball

Saturday, October 25 the Junior Auxiliary of Clarksville will host their largest fundraiser at the Cumberland Room (3 miles past the Fairgrounds) at 7:00 p.m. There will be BBQ, fixins, beer and wine, and The Jeremy Holt Band will perform. Tickets are \$25 and available at Planters Bank. The proceeds go to the Gingerbread Party at Christmas for children and families who are less fortunate, have suffered illness or are recovering from the loss of a parent.

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The highest level of dance education will be provided in a two day workshop, *Embracing The Dream*®, October 18th and 19th at the Hilton Garden Inn at Exit 4 in Clarksville, for students between the ages of 8 and 21. Rhythm Rags and Tennessee Orthopedic Alliance (TOA) are proud to sponsor *Embracing the Dream* in their continual mission to provide new and innovative dance education opportunities which have been customized to enhance the rich tradition of dance education in Clarksville. Dance educators and performers of national renown have been assembled to present the *Embracing the Dream* workshop.

The master teachers, representing dance in Los Angeles, New York and Chicago, include Chebar Williams, Richard Pierlon, Mme Peff Modelski, Colby Walksler and Dayna Stephansen. Their collective biographies include Broadway shows, worldwide teaching positions, TV shows and professional dance companies.

Dr Beauchamp of TOA, who trained in dance medicine at the Harkness Institute for Dance Medicine, New York University Hospital, stated that he "is eager to help provide this level of training to help the already exceptional dance opportunities abound."

Rhythm Rags owner Sue Beauchamp commented, "I am thrilled to sponsor this world class educational opportunity for Tennessee's dance community. An important factor to the success of young students of dance is the opportunity for a variety of training and experience. We have a plethora of talented students and dance schools in our area, and this workshop will help them embrace their dance dreams." Sue looks forward to seeing them all at this two day workshop.

For registration information contact Rhythm Rags at (931) 647-5301.

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Buying: Where Do I Start?

by Tina Gallo-Reid and James Black

Well, another month has gone by, and a lot of changes have taken place in our world since the last time we talked: economic uncertainty, political endeavors heating up, and natural disasters moving the price of oil skyward. Boy! There's a lot happening!

Even with these issues looming out there, this is still a great time to make that real estate transaction you've been considering. The rates and prices are great for the buyer, and savvy selling can still mean a great transaction for the seller.

The last time we were together we talked about staging, and how important it is in selling your home. Now that we've covered that, let's begin to move into another realm. You've sold your home; it's time to look for your next dream home. So where do you start?

That's why I'm here.....

Eenee.. Meenee.. Miney.. Moe.....

First, select the right Realtor for **YOU**. Buyers should really consider getting an agent of their own. Even though technological advances have made it easier to search for homes on the internet, a good realtor will have access to in-depth market information for the area you may be considering. Much of the information they have access to is **NOT** available to the public, and with the realtor's guidance, can help to strike a sweet deal for both the buyer and the seller.

When selecting your realtor, remember these things:

1) **Don't let the agent commission get in the way!** Buyers generally do not pay out of pocket expenses for the services of the agent. Agent commissions are generally paid by the seller. You see, the total commission is usually split between the seller's agent and the buyer's agent. Bet you didn't know that!

2) **Using your own agent protects your interests.** If you try to use the seller's agent, do you have any guesses as to whose interests they are looking out for? Probably not yours! If they are making their money from a percentage of the amount the property sells for, they are going to try to sell it for the largest amount of money that they can get, right? Protect your interests by picking someone who will look out for YOU.

3) **Can I do this myself?** Certainly. Maybe you know how to negotiate contracts, and are comfortable with the transaction process; however, we do not recommend it. An agent can guide the process much more smoothly, since this is what they do everyday. Let me put it to you this

way; I know how to pitch a baseball. I'm pretty good at it. But that doesn't mean I'm ready to pitch for the Yankees yet. Get the picture?

4) **Take some time to interview the agent.** One of the things that puzzles me the most about us as human beings is how we will trust someone just because they work in a certain profession. Do you know if that person stands for the same results that you desire from a business transaction? Take the time to sit down and get to know the person you are considering to help you with one of the most life changing decisions you'll have an opportunity to make. Just because they are an agent does **NOT** mean that they will represent you in the best way. Find someone who truly understands your expectations, and from whom you are comfortable taking advice. This tactic should be used in every area of our lives, not just in real estate transactions, but for doctors, dentists, insurance agents, pastors, etc.

Here are more tips:

1) **Utilize referrals.** If someone you know is raving about how much they enjoyed their experience with a certain realtor, you **may** want to check that out. By contacting that agent, you will begin to build a relationship. You will automatically be perceived as being more credible, sincere, and qualified because of your relationship with the referring party.

2) **Have an interview guide ready.** Write down the things that are important to you on a checklist, and go through them when talking to your prospective agent. Include things that you expect from them, (i.e. open communication, honesty, integrity). You may also want to ask these few questions:

***How much of your business is from referrals?** (A high percentage of referrals tells you A LOT)

***How much of your business is working for buyers/ sellers?** (Important for your situation)

***What areas of Clarksville do you represent?**

***How long does it take for new buyer clients of yours to find their property?**

***Can you recommend a mortgage lender in the Clarksville Area?**

By the end of your interview with the prospective agent you will have the information needed to make an educated decision as to whether or not you are willing to trust this person with your closest confidence. You also want to be able to choose someone who will represent the

level of professionalism that you are comfortable being associated with. Remember, this person will publicly represent **YOU**, so choose wisely!

The Power of Pre-Approval

How would you like to be able to walk into a house and be able to make a solid, educated offer? Well, there are people who do it every day. They have the information that keeps them from guessing as to whether or not they can afford to purchase a particular home or not. That secret information is called Pre-Approval.

Many people get confused when it comes to Pre-Approval. Many mortgage lenders will do a Pre-Qualification. Pre-Qualification is **NOT** the same thing. As a matter of fact, Pre-Qualification is not really worth anything at all. Pre-Qualification is a presentation of hypothetical numbers and interest rates, based on theoretical numbers generated by estimates. Pre-Approval is actually much more thorough and involved. During a Pre-Approval, the mortgage lender will review your credit, your income and assets, and conditionally offer you a particular mortgage in writing. This becomes a **VERY** powerful tool when

making an offer on a property. It lets the seller know that you are serious, and in a position to buy right now, where as other potential buyers may have to take time to get approval.

Pre-Approval also puts you in the right price range. How disappointing would it be to begin to look at \$500,000 homes, only to find that your approval range is only \$250,000? To get your hopes up, and then have to settle for half the house would be very disheartening, wouldn't it? It also keeps you from looking at properties that are way below your price range. Wasted time in your search could very well mean missing out on the right property for you.

What Now?

The next time we meet, I will talk to you more about the process of making an offer on a property. We will cover the key elements of making the deal, and closing fast, while we keep the money where it belongs; in your wallet.

Until the next time, get your Pre-Approval and find your agent. Give me a call, as I will be looking forward to your prospective interview. God Bless!

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What is the Secret of Beautiful Skin?

by Natalie Finney, Bella Medical Spa

Beauty

The secret is...there is no secret! There are three objectives that need to be considered when talking about "Beautiful" skin: Repair, Refine and Protect.

Our skin suffers from abuse daily, whether it is from the sun, environmental pollutants, smoke, etc. These factors accelerate the natural process of aging and cause us to have brown spots, wrinkles, uneven textures and can make us appear tired. Collagen acts like columns that "hold up the roof." As the aging process begins these columns start to crumble, but thanks to technology there are many methods of rebuilding and repairing.

At Bella our first choice is the SmartXide DOT Therapy laser. With DOT Therapy, the laser's beam is split into thousands of microdots of energy. Each dot of energy replaces the skin and collagen structure beneath, while the microburst of heat energy from the carbon dioxide laser source tightens the surrounding collagen structure. An island of normal skin surrounds each dot of resurfacing, enabling the skin to heal quickly.

Within 3-5 days the skin has finished healing, and within 7-10 days the skin is glowing brilliantly. Results can be dramatic with even a single treatment. Skin tightening and a reduction in brown spots is seen within the first two weeks, and the best results are seen 6-9 months after the initial procedure. DOT Therapy treatments can be customized based on preferred recovery time. A few people have chosen to have less down time, but this may require more treatments to achieve the desired results. Some deeper wrinkling and acne scarring may require several treatments.

Once you are pleased with the repair of your skin—you have accomplished a lot. Results from DOT Therapy will last for many years, but unfortunately no one has found a way to stop the aging process. At this point you refine your plan further to achieve and maintain your best results. Your options include, but are not limited to, Botox and/or Microdermabrasion. Botox is used to soften or get rid of the lines across the forehead and between the eyes. Botox blocks the chemical that causes these muscles to contract. Botox does not make you look like you have "had

work done." The procedure simply relaxes the muscles that cause frown lines. You can still frown or look surprised without any wrinkles between your eyes. The procedure takes very little time to perform and you have no downtime afterward. Microdermabrasion is a treatment that merges exfoliation with collagen stimulation. This treatment uses a combination of vacuum and exfoliation crystals to remove the top layer of dead skin cells leaving your skin softer, smoother and free of impurities. It also helps increase the rate that the cells turn over resulting in a younger looking appearance.

Finally, you must protect your skin. You look great and you just want to stay ahead of the "aging curve" by avoiding further damage. When you have arrived at this destination you don't want to lose what you have accomplished for yourself. The first line of defense is sunscreen, the second is antioxidants. UVA and UVB rays both cause damage to the skin, UVA being the aging rays and UVB rays being the burning ones. Just because you are not tanning does not mean you are not exposed daily to these harmful rays. UVA rays can

penetrate glass; so even driving down the road or sitting by the window at work your skin is being damaged by the sun. To protect against both types of rays choose a sunscreen that contains zinc oxide and/or titanium dioxide. These ingredients have been proven to provide the most protection.

Antioxidants protect free radicals that slowly eat away at your skin. Vitamins C and E are excellent sources. Vitamin C is essential for collagen synthesis and Vitamin E protects cell membranes from free radical attack. The combination of the two also helps protect the skin from damaging UVB rays. Active prevention requires simple maintenance treatments and utilizing medical grade skin care lines to increase your skin's resistance against sun damage and time.

Not many people are lucky enough to be blessed with "beautiful" skin. Most of us have to work hard at it. With today's technology and the knowledge of Bella Medical Spa, we can unlock the secrets of "Beautiful," healthy, younger looking skin.

Stop hiding behind that mask...

let us help you reveal a more

youthful you!



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Are You Due for a Mammogram?

Women in the United States get breast cancer more than any other type of cancer except skin cancer. While breast cancer can take years to develop, women rarely have any symptoms in its early stages. That is why mammograms are one of the most important tools available for detecting breast cancer early.

Women under 40 with a family history of breast cancer, or other concerns about personal risk, should talk to their health care provider about when to begin mammograms. Women age 40 and older should have a mammogram every year, and continue to do so for as long as they are in good health. For women 65 and older, getting a mammogram

should be based on the woman's health and whether or not she has other serious illnesses.

Mammograms, along with clinical breast exams, self-exams and general breast awareness, are the most effective ways to detect breast cancer early. When breast cancer is detected early, the survival rate increases significantly.

Well-Child Visits

Even when your child is healthy, it is important to take them to the doctor regularly. Well-child visits can help promote healthy behaviors and identify problems early. You can expect to be given information about normal development, nutrition, safety, sleep, common childhood illnesses, and other important topics for parents. Special attention is paid

to whether or not your infant/child has met the normal developmental milestones.

Typically, for well-visit exams, children are seen six times in the first year of life, three times in the second year, and then once a year until age six. Vaccinations are often given during well-child visits and follow the Centers for Disease Control and

Prevention's recommended schedule. For a current immunization schedule, refer to www.cdc.gov/vaccines. In addition to the health benefits for your child, the visits also provided an opportunity to discuss any questions or concerns you may have. With the help of regular well-child visits, your child's doctor can detect and address health problems before they become serious.

Provided by Health Net Federal Services, Preventive Care Services (www.healthnetfederalservices.com)



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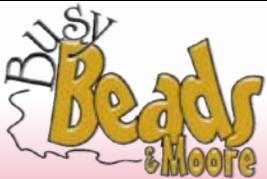
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Mon - Fri: 10am-5:30pm • Sat: 10am-3pm • Closed Sunday

Fundraiser Nights are in full swing at Chick-fil-A on Madison St.!



Bring the entire family out to support your school! Simply bring your voucher or let us know that you are here with your school and a percentage of those sales will go directly back to the school!

Mark your calendars now!

Wed. 10/01: CHS PAWS - 5pm-8pm
 Tue. 10/14: Moore Magnet School - 3pm-8pm
 Tue. 10/21: Norman Smith Elem. - 5pm-8pm
 Thu. 10/23: Barksdale Elementary - 5pm-8pm
 Tue. 10/28: East Montgomery Elem. - 5pm-8pm
 Thu. 10/30: Clarksville Christian School - 5pm-8pm

Join us every Monday night from 5-7 PM for Family Night!

EACH WEEK WE WILL FEATURE SOMETHING EXCITING FOR KIDS AND THE ENTIRE FAMILY TO ENJOY!

During family night, you will receive one FREE Kid's Meal (4 pack) with each Lunch or Dinner Meal purchased.

One FREE Kid's Meal per Lunch or Dinner Meal, additional Kid's Meals during family night will only be \$.99! (Offers valid at Madison St. location only)



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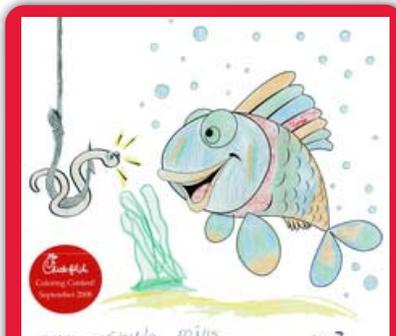
Please check the Clarksville Family Calendar for further details about each night's events!

Coloring Contest Winners!



Skyleer Senn
age 4, Adams, TN

**Ages
0-4**



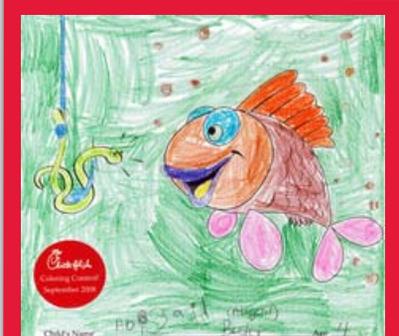
Shyla Mills
age 7, Clarksville, TN

**Ages
5-8**



Nathan Reyes
age 10, Ft. Campbell, KY

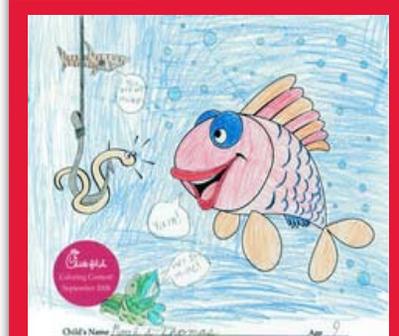
**Ages
9-12**



Abigail Boster
age 4, Clarksville, TN



Cole Freeman
age 8, Clarksville, TN



Noah Thomas
age 9, Ft. Campbell, KY

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

Both Chick-fil-A & Clarksville Family Magazine would like to thank all of the wonderful and talented kids who entered and would like them to know that it was a VERY difficult decision choosing the winners!

And last but not least...tune in for next month's coloring contest for another chance to win!



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Breast Cancer Awareness Project

by Sylvia Moore

October is "Breast Cancer Awareness" month and this is near and dear to my heart. I'm a breast cancer survivor! Even though it's been 10 years, I still remember the day there were questions about my mammogram and the day of my biopsy when the doctor told me that I had breast cancer. It was a day that changed my life forever. I'm happy to say that I'm alive and well as my 10-year anniversary approaches.

The days after my treatment were some of the hardest times for me. I couldn't sleep at night because of all the thoughts going through my mind. I finished my treatments in the spring and my husband took me on a vacation to New York City. I needed a break! We attended a Jewelry Expo in the city, and that's where I learned about the world of BEADS!! My life has not been the same since that trip. It was love at first sight!! I learned all I could about beads and beading techniques.

It was great; I was so busy that I didn't have time to think about breast cancer. At night when I couldn't sleep and everything was quiet I would get up out of bed and start beading!! Of course I needed the sleep, but I was getting my sleep at other times, also. Beading was my therapy. I was in control. I think creativity brings with it an awesome sense of power!

I had been working with jewelry for a number of years prior to my diagnosis of breast cancer, and beads complemented my interests perfectly. Beading became my passion. I started a home-based business of custom designed jewelry, which eventually developed into the store I own today. I opened Clarksville's original beading store, Busy Beads & Moore, in the spring of 2002 and I continue to enjoy sharing and learning about the art of beading with so many wonderful patrons.

Beading can be your therapy or a way to let others know that you are supporting them by wearing Breast Cancer jewelry, or by creating for them a special gift that was made with love.

My staff at Busy Beads & Moore are always there to help you with your beading needs. We will help you design and make your jewelry or you can choose something from our selection of artisan made jewelry. We also offer a variety of classes to help you learn how to bead. Busy Beads & Moore provides so many ways to give a special gift for that friend, loved one, or yourself.

Sylvia Moore

We know you will love making your Breast Cancer Awareness Project. You can come into Busy Beads & Moore and design and make your project, or bring your strung project into the store and have us crimp it. Now is a great time to take a class at Busy Beads & Moore. We offer a Basic Jewelry class to learn these techniques. Another design can be done with wire wrapping techniques. This is also a class that we offer

called Beginning Wire Wrap. Take a class just in time to start those handmade, one of a kind, Holiday Gifts!

How to make a Breast Cancer Awareness Bracelet

Materials:

10" of Beadalon® or similar beading wire
1 sterling silver toggle clasp
1 sterling silver Awareness Ribbon charm
Pink beads any variety
Sterling silver spacer beads
2 crimp beads
2 crimp covers

Tools:

Bead design board
Soft wire cutters
Crimping tool

Step One: Start by measuring the wrist to see how long the bracelet will need to be. When measuring you will want to measure exactly, do not leave any extra room or the bracelet will be too big. For example, if the wrist measures 6.5" you will make the bracelet 6.5" and then add the clasp. The addition of the clasp will make the bracelet loose enough to be comfortable.

Step Two: Now that you know how large the bracelet needs to be, pick out the pink beads and silver spacers that you want to use. You will need enough beads to cover the length of the wrist which you have measured. NOTE: If you choose larger, chunkier, beads you will need more beads than the length of the measured wrist. The length of the bracelet will also need to be adjusted due to the amount of room the beads will take up on the wrist.

Step Three: Once you have the beads picked out, you will want to decide on a design. Use a Bead Design Board to play with different patterns and styles. Designing is usually the longest process in jewelry making! Don't

forget to include your awareness charm in your design!

Step Four: When you have completed your design start stringing your beads! Cut 10" of beading wire and tape one end to keep beads from coming off. Make sure that you leave at least an inch on each end for attaching a clasp and crimping. The average adult wrist is 6.5" to 7", and an average child wrist is 5" to 5.5." For these sizes a standard 10" wire will be plenty.

Step Five: Now that you have strung your beads onto the wire, it's time to add the clasp. String the crimp bead onto one side of the wire as well as the clasp. Then string the wire back through the crimp bead creating a loop. Tighten, crimp, and clip the excess wire. Repeat this step on the remaining end. Last cover your crimp beads with the crimp covers. NOTE: Be sure to always check the bracelet around the wrist to see if

it fits before completing the crimping step.

Breast Cancer Awareness Bookmark Project

Materials:

6" of Beadalon® or similar beading wire



A Breast Cancer Awareness bracelet example.



A Breast Cancer Awareness bookmark.



A Breast Cancer Awareness bracelet using wire wrapping techniques.

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- 5" metal bookmark hook
- Pink beads any variety
- 1 Awareness Ribbon bead
- 1 Believe charm with split ring
- 2 crimp beads
- 2 crimp covers

- Tools:
- Bead design board
 - Soft wire cutters
 - Crimping tool

Step One: Start by choosing what beads you want to use for your bookmark. You will need about 3" of beads depending on how long you decide to make the bookmark tail. If you make the tail longer you will need more wire also.

Step Two: Now lay your beads in your Bead Design Board and try out different patterns and styles until you find the one you like. Don't forget to include your Awareness ribbon bead!

Step Three: After deciding on a design, string your beads onto the beading wire. Your wire should be less than half full. Then string on a crimp bead and the split ring with the charm dangling from it. This is the bottom of the tail. String the beading wire back through the crimp bead and back through all the beads. Crimp the bottom crimp bead.

Step Four: Once you have the beads double strung at the top you will add the crimp bead and metal bookmark hook on both wires as if they were one. Loop the wires back through the crimp bead and crimp. Trim the excess wire and use your crimp covers to cover the crimps.

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T & Sympathy: Things to Consider When Quitting a Job

by Kimberly Haynes Titlebaum



Dear Ms. T,

I have been a working mom since my kids were born. I think I did a pretty good job of juggling the demands of my office job with being a good mom of pre-schoolers. But now that my kids are in school it seems they need more of my time for after school activities and to help with homework. Although my boss always said that he understood that family comes first, I feel more and more censored when I turn in a leave slip to take time off to go to a parent-teacher conference, or take a child to the doctor. A few weeks ago he gave a plum assignment (one I had been preparing for) to someone else. When I asked why, he explained vaguely that I seemed to have a lot on my personal plate, and he thought the job could be done better by someone that could be more committed to the task, and who could give it all the time and effort it needed. He cited an example of a couple of times in the last year when he wanted me to work overtime in the evenings but I couldn't because I needed to be at home with the kids to help with homework, or watch the kids in a concert or program. I just had my performance evaluation and half of my scores were lower than they have been in the past.

I am thinking of quitting working outside the home for a few years. I love my work and will go back to it some time, but my kids need me NOW. I am thinking that I can do some consulting from a home office in the mornings and early afternoon while the kids are in school, and still be there for them.

The problem is that I am a bit scared to quit. What my boss says is often different from what he does, and he can be very two-faced. A few years ago a co-worker quit for

personal reasons and I overheard him give her a TERRIBLE reference over the phone. She had no idea! He had told her he wished her well when she left and would be happy to be a reference for her.

How do I quit without burning my bridges behind me? What do I do to prevent my boss from sabotaging my further work or consulting?

Working Weary Mom

Dear Working Weary,

As mothers it seems we are damned if we do and damned if we don't. If we stay at home to care for our families there seems to be so many important things, but there just isn't enough money. So we feel guilty about depriving our families. Plus, we worry about allowing our hard won education and career experience to wither from disuse. But often if we try to balance a career with the needs of our families, we are torn. And by trying to please everyone, we please no one.

But you seem to have chosen a middle path. Good for you! Working from home, consulting, tele-commuting are all growing options these days for working moms, working dads, and just about everyone else. With technology today, as long as you have access to the Internet, you can often work as easily from your home, a coffeehouse or your car as you did in that little cubicle in a business park. I don't know what your expertise is or your industry, but if you think you can market yourself as a consultant, I bet you can.

As I understand it, you are worried about your boss sabotaging your efforts. I wish I could be shocked by this, or surprised by your report of his poor reference of a former co-worker. Sadly, I have seen enough, and counseled enough to know that authority doesn't bestow backbone or character. In many cases, authority puts people in a spotlight that really shows flaws that might have gone unnoticed if the person had not been given such prominence and power. A good boss understands their best resource is their staff. A great boss can earn loyalty and superlative efforts from their staff when they

show understanding and willingness to work out accommodations when there are conflicts between work and family.

But your problem is to quit without giving the kiss of death to your career. To this end I have some suggestions:

- **Ask for a letter of reference on company letterhead when you give notice.** Even if you are giving a full two weeks notice—and I always suggest that you do—ask if you can pick it up in the next day or two. Even give a list of projects you shone on, or talents you would like him to mention particularly. There are several reasons to do this. By giving him a short suspense to get this done, he doesn't have time to brood and build up a good steam of indignation over your leaving. When you have a glowing letter of recommendation with his signature in your hand, he can hardly naysay you later. Well, he could, but wouldn't he look the fool? And he will realize this. Also, writing letters of recommendation are tough for most people, thus if you very considerably provide a list of talents and skills, projects, awards—perhaps even times you have made him look good—it will make it easier for him to write a *good* letter than to compose a half-hearted one. If he misses your suggested deadline, you can write the letter for him and just give it to him to review and sign. He may sign it as is if he is very busy, or he may take it and alter it a bit, but usually not that much. Yes, he may consider it a bit pushy, but if he signs it, what do you care? You have the recommendation **which is your goal.**
- **Once you have the letter of recommendation make several dozen copies, and before you leave, make sure one of them is in your HR folder.** If the boss departs, and future possible employers contact the company, the call should go to HR, and when they open the file they will have that letter to quote.
- **Ask for letters of reference from other people in the company that you have interacted with, even if they are not directly in your chain of supervision.** Most folks in hiring mode care less about hierarchy than they care about the skills you have. If your

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boss refuses to give you a good reference, you will have these to hand to prospects.

- **If there is not a non-compete clause in your contract, tell your boss and associates that you plan to do some consulting and ask for contacts.** If you are told you can't do that as it is against your contract, politely ask to see that contract. I have known of at least one local situation where the employer said the employee had signed a non-compete contract when hired, but it was all bluster. He couldn't produce the contract with her signature when challenged. Even if there is one, it may be worth having a lawyer look it over and seeing if it is valid or if there is a loophole. Often these contracts have not been drawn up by a local lawyer, but are instead taken off the Internet, and may not be worth the paper on which they are written. Do not be intimidated. Also, I have known bosses delighted to throw occasional projects and work to former employees. It can be the best of both worlds for them. They get solid results from a tried and true source, and they don't have to pay benefits, just the piecemeal rate.

- **Do some research.** There are some questions that can be asked when references are asked for, and some that cannot. Often the person calling for the reference will know enough not to ask an illegal question. However, they will use the information if it is freely offered. There are limits, generally set by each state, about what a reference can say about a former employee. To cross that line can be to invite legal action. Often bosses don't know where that line is and cross it. Sometimes, their anger at a former employee blurs that line in their mind. Either way, check and see what your boss can volunteer legally. Forewarned is forearmed.

- **If you worry that your boss is merely small and petty and may sling some mud on your professional reputation, consider having a friend with a voice he doesn't know call and ask if:**

1. He was your supervisor
2. If you seemed to have good, or even very good, skills in (fill-in-the-industry) field
3. If the circumstances of you leaving were such that if a position were to come open in the future he would consider re-hiring you.

These are general questions frequently asked. Hopefully, he will give a nice glowing recommendation at best or a boringly nondescript one at worst. However if he launches into an uninvited vendetta of slander you have some choices. Do you want to sue him for slander or defamation of character, or something similar? I am not a lawyer and wouldn't presume to offer legal advice, but many lawyers give a free 30 minute consultation, and will tell you if it would be worth the time or effort to pursue. But you could contact him and let him know that you *know* what he said. The shame of getting caught may be enough punishment, but if you think he may be a repeat offender, you can let him know you would be happy to consider legal action should it happen again. And you could always let HR know what happened. While I wouldn't mention legal action, they will probably have several well-selected words for any supervisor who did such a thing.

- If you truly feel that he is a complete low-life, and you don't have any intention of ever working for him again (and you don't mind enraging him while warning him), then quietly, behind closed doors, let him know that you know he is not above giving a bad recommendation when he promised a good one. Let him know he can expect there to be random calls asking for a reference. He will have no way of knowing which ones are real and which are from someone who will report back to you. And if he breeches the lines of legalities he can expect a call from your lawyer. No doubt he will be insulted and indignant. But hopefully, he will become very careful with what he says.

Above all, try to be professional and pleasant on your way out. Leave your work caught up and as easy as possible for someone to take over. You don't know who you may work with in the future. But don't stay in a bad work situation out of fear of retaliation. If your boss is one of those unfortunate ones who has more authority than character, you are better off anywhere else.

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Breakfast, Lunch, & Afternoon Snack
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\$185 for the week or \$45 per day
Register by October 7th and receive
\$20 off siblings discount offered.

Monday: Gardening
Tuesday: Artz and Craftz
Wednesday: Babysitting 101 (ages 9-17)
Wednesday: Beauty Boot Camp
Thursday: Fashion Design
Friday: Culinary Cake Decorating

1-888-348-2475

Check the CF Calendar for our block of events this month!

www.thepamperedpalace.biz or www.princessteaparty.biz
360 Fantasy Ln., Clarksville, TN • 1007 S. Virginia St., HopKinsville, KY

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

THE FRIDGE



OCTOBER BIRTHDAYS!



Happy 1st Birthday Bryce!
Love Mommy, Daddy, Buh-Buh, Grandma, Grandpa, Abuelo, Abuela, Chelsea, Laryn, Juan & Jesus



Happy 1st Birthday Hailey!
We Love You Much
Mommy, Daddy, Aunt Debbie & Uncle Jason



Happy 1st Birthday Jayleon
Love, Gamma



Happy 1st Birthday Jordyn!
Love Momma & Daddy



Happy 2nd Birthday
Love Mom, Dad, & Mya



Happy 2nd Birthday Cole!
Love, Mommy, Daddy, & Parker



Happy 2nd Birthday Matthew!
Love Dad, Grandma, Travis & Marcus



Happy 2nd Birthday
Natawee!



Happy 2nd Birthday Teagan!
We LOVE you, Mommy & Daddy



Happy 2nd Birthday
Blessed Yeshua
Love Mom, Dad, Kim & Sunshine

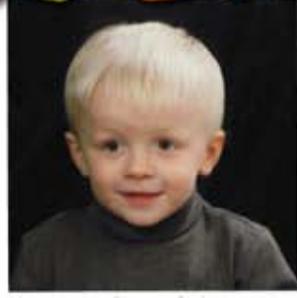
**You may also mail your photos to: PO Box 31867 • Clarksville, TN 37040
Mailed photos cannot be returned. Submitted photos and signature will serve as a "photo release" allowing Clarksville Family Magazine a one-time right to print the photo. *Photo publication cannot be guaranteed.

Don't forget! Send in photos for November Birthdays by October 15th!

MORE BIRTHDAYS!



Happy 3rd Birthday Matthew!
Love, Mommy, Daddy, Kassie,
Nanny, Papa & Molly



Happy 4th Birthday Colin!
Love, Ethan, Daddy & Momma



Happy 4th Birthday Mckinlee!
Love Mommy & Daddy!



Happy 4th Birthday Gracen!
Love, Mommy & Daddy



Happy 5th Birthday Sam!
We love you, Mom, Dad and Seth



Our precious Angel turns 5!



Happy 6th Birthday
Amelia!



I'm 6 and chasing girls
with worms is my hobby!



Happy 8th Birthday Samantha!
Love, Daddy, Mommy & Alex



Happy 9th Birthday
Savannah!



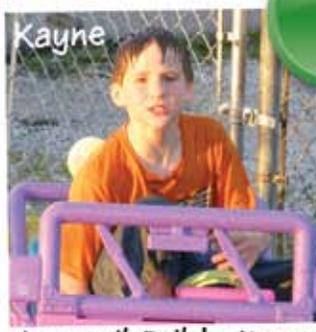
Happy 9th Birthday Lazaylah!
Love Mom, Dad, Sister & Brother



Happy 9th Birthday Sunshine!
Love Mom, Robert, Kim & Blessed



Happy 10th birthday Clay!
Love Mom, Dad, & Raegan



Happy 12th Birthday Kayner!
Love Mom



Jameson turns 15!
Love Dad & Mom



Xavier will be 20!

Recurring

AMERICAN RED CROSS BLOOD DRIVE
10:30 a.m. to 4:30 p.m. every Monday; and from 8:00 a.m. to 12:00 p.m. on September 6 and October 4; at 585 South Riverside Drive. Call (931) 645-6401 for more information.

CHICK-FIL-A FAMILY NIGHT
5:00 p.m. to 7:00 p.m. every Monday at Chick-fil-A, 1626 Madison Street. Come enjoy a variety of free family activities. Receive one free Kid's Meal (4-pack) with each lunch or dinner Meal purchased.

CHICK-FIL-A FUNDRAISER NIGHTS
5:00 p.m. to 8:00 p.m. various nights throughout the month at Chick-fil-A, 1626 Madison Street. Check the calendar for the dates for your school. Bring the entire family out to support your school. Simply bring your voucher or let us know that you are here with your school and a percentage of those sales will go directly back to the school. Look forward to the cow, balloons, face painting, Spinning Wheel and much more! Best of all it's a great way to socialize with other parents and staff from your school.

MONTGOMERY COUNTY FARMER'S MARKET
6:30 a.m. to 2:00 p.m. every Tuesday, Thursday & Saturday at L&N Train Station, corner of 10th Street and Commerce Street. Featuring locally grown fruits and vegetables.

October

1 WEDNESDAY CHICK-FIL-A FUNDRAISER NIGHT: CHS PAWS
5:00 p.m. to 8:00 p.m. at Chick-fil-A, 1626 Madison Street.

2 THURSDAY DOWNTOWN ARTISTS CO-OP
5:00 p.m. to 8:00 p.m. at 96 Franklin Street. Local artists come together to display various styles of art. Admission is free and open to the public. For more information call Beverly Parker at (931) 358-2320.

YOUTH VILLAGES OPEN HOUSE ORIENTATION
6:00 p.m. to 7:00 p.m. at 585 South Riverside Drive. Learn about the services Youth Villages provides and how to become a certified therapeutic foster or adoptive parent! Attendance is free and there will be snacks and give-aways. Call (931) 503-0777 for information.

FIRST THURSDAY ARTWALK & WINE
6:00 p.m. to 8:00 p.m. on Franklin Street, downtown.

ALZHEIMER'S CAREGIVERS SUPPORT GROUP
6:30 p.m. at Clarksville-Montgomery County Public Library, 350 Pageant Lane. Contact Patsy Shell at (931) 648-1884 for more information.

3 FRIDAY OKTOBERFEST
Through Sunday, October 5 at the Clarksville Fairgrounds. Family fun in the German way with authentic German food, music and dance. Carnival rides for children of all ages. For more information contact the Clarksville Edelweiss German American Club at (931) 645-3382.

4 SATURDAY JAZZ ON THE LAWN: JOEL BROWN
6:30 p.m. to 9:30 p.m. at Beachaven Winery, 1100 Dunlop Lane. Bring the family, blanket and picnic baskets. For more information call (931) 645-8867 or visit www.beachavenwinery.com.

7 TUESDAY CHICK-FIL-A FUNDRAISER NIGHT: MOORE MAGNET SCHOOL
3:00 p.m. to 8:00 p.m. at Chick-fil-A, 1626 Madison Street.

10 FRIDAY FALL AUTO SHOW
Mall hours, mall wide at Governor's Square Mall. See new cars from your local dealers.

11 SATURDAY GHOST STORY WRITING CONTEST ENTRY DEADLINE FAMILY DAY "CRAFTY CRITTERS"
Kids aged 5 to 12 are invited to submit ghost stories. Prizes awarded for first, second and third place. For more information please call Sue Lewis at (931) 648-5780 at Customs House Museum, 200 North Second Street.

THE FIRST ANNUAL CUMBERLAND RIVER CRAFT SHOW
9:00 a.m. to 7:00 p.m. and again Sunday from 10:00 a.m. to 5:00 p.m. at Fairgrounds Park at the Community Built Playground. The beautiful Cumberland River will be the backdrop for the very first Cumberland River Craft Show. Artists are welcomed to set up a booth and show their talents. Admission is free and open to the public.

13 MONDAY COLUMBUS DAY

17 FRIDAY DAVID SEDARIS
7:30 p.m. at the Tennessee Performing Arts Center Andrew Jackson Hall in Nashville. Visit www.ticketmaster.com for details or to purchase tickets.

18 SATURDAY SOLES4SOULS COLLECTION BOXES
There will be collection boxes for Soles4Souls at the Let Freedom Run 5k and Half Marathon taking place at Beachaven Winery. Please bring your gently worn adult and kid size athletic and non-athletic shoes to the donation site. The shoes will be distributed to those with need throughout the U.S. and around the world. Contact baker_melissa@bellsouth.net if you have any questions. For more information about the races please contact the Clarksville YMCA at (931) 647-2376.

GOLD STAR WIVES E.A.G.I.E.S. CHAPTER MONTHLY MEETING
10:00 a.m. to 12:00 p.m. in the main dining room of the Family Resource Center, 1501 William C Lee Boulevard, Fort Campbell. Monthly meeting of spouses of Fallen Heroes. Child care provided. There will be a luncheon following. Call Cheryl Kelly at (931) 647-2297 or (931) 920-2853 for information.

BACH BLANKETS CROCHET GROUP MEETING
1:00 p.m. to 2:00 p.m. at Clarksville-Montgomery County Public Library, 350 Pageant Lane. Crochet blankets for babies delivered at Blanchfield Army Community Hospital. Contact Sharon Loebel at (931) 872-0734 for more information.

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1955 Ste. B Madison Street

21 TUESDAY

CHICK-FIL-A FUNDRAISER NIGHT: NORMAN SMITH ELEMENTARY
5:00 p.m. to 8:00 p.m. at Chick-fil-A, 1626 Madison Street.

HOPE PREGNANCY CENTER 2008 DESSERT FUNDRAISING BANQUET
6:30 p.m. to 8:30 p.m. at the APSU Music/Mass Communication Building. For more information please call the Hope Center at (931) 645-2273 or e-mail Rog Hill at roghill@gmail.com.

23 THURSDAY

CHICK-FIL-A FUNDRAISER NIGHT: BARKSDALE ELEMENTARY
5:00 p.m. to 8:00 p.m. at Chick-fil-A, 1626 Madison Street.

24 FRIDAY

LONGABERGER OPEN HOUSE
10:00 a.m. to 2:00 p.m. and 5:00 p.m. to 8:00 p.m. at 1448-B Alaska Avenue (Werner Park), Fort Campbell. For more information call (931) 431-8657, e-mail uh60pilotwife@aol.com or visit www.longaberger.com/tammynolan.

25 SATURDAY

BAKING FOR AWARENESS
10:00 a.m. to 2:00 p.m. in front of Sam's Club, 3315 Guthrie Highway. The Enlisted Spouse's Club is sponsoring a bake sale whose proceeds will be donated to the Urban Ministries Safe House. For more information on volunteering or becoming a member of the Enlisted Spouse's Club e-mail Debbie Fields at escftcky@yahoo.com or visit www.101stesc.net.

JAZZ ON THE LAWN: TINA BROWN

6:30 p.m. to 9:30 p.m. at Beachaven Winery, 1100 Dunlop Lane. Bring the family, blanket and picnic baskets. For more information call (931) 645-8867 or visit www.beachavenwinery.com.

4TH ANNUAL HILLBILLY BALL

7:00 p.m. at the Cumberland Room (3 miles past the Fairgrounds). The Junior Auxiliary of Clarksville will host their largest fundraiser with BBQ, fixins, beer and wine, and The Jeremy Holt Band will perform. Tickets are \$25 and available at Planters Bank. The proceeds go to the Gingerbread Party at Christmas for children and families who are less fortunate, have suffered illness or are recovering from the loss of a parent.

CHRISTMAS SPECIAL
Limited Appointments
November 8th thru 15th

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The Girly Girlz Pampered Palace Events Calendar
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360 Fantasy Lane, Clarksville • 1007 South Virginia Street, Hopkinsville

<p>Clarksville Location</p> <p>OCTOBER</p> <p>5 SUNDAY MEET & GREET DORA AND DIEGO</p> <p>12 SUNDAY MEET & GREET SPONGEBOB</p> <p>13-17 MONDAY-FRIDAY FALL BREAK GIRLY GIRLZ FUN & BONDING TIME</p> <p>19 SUNDAY STRAWBERRY SHORTCAKE TEA PARTY</p> <p>24 FRIDAY BOO-TEA-FUL TEA PARTY</p> <p>31 FRIDAY MEET & GREET BACKYARDIGANS</p> <p>NOVEMBER</p> <p>9 SUNDAY BELLE TEA PARTY</p> <p>16 SUNDAY ADULT TEA TASTING (DESSERT INCLUDED)</p> <p>23 SUNDAY PERFECT PRINCESS TEA</p>	<p>Hopkinsville Location</p> <p>OCTOBER</p> <p>4 SATURDAY DORA TEA PARTY</p> <p>12 SUNDAY MEET & GREET UNIQUA</p> <p>18 SATURDAY STRAWBERRY SHORTCAKE TEA PARTY</p> <p>25 SATURDAY BOO-TEA-FUL TEA PARTY</p> <p>31 FRIDAY MEET & GREET BACKYARDIGANS</p> <p>NOVEMBER</p> <p>8 SATURDAY BELLE TEA PARTY</p> <p>15 SATURDAY ADULT TEA TASTING (DESSERT INCLUDED)</p> <p>23 SATURDAY PERFECT PRINCESS TEA</p>
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Josephine's closet 
Gently Used Clothing For Children
A Ministry of Hope Pregnancy Center

The Hope Pregnancy Center is Celebrating 20 years of service to our community!

To celebrate we are offering **20% off** your entire purchase at Josephine's Closet for the month of October.

If you would like to learn more about Josephine's Closet and the other ministries of the Hope Center join us at our 20th anniversary dessert banquet on October 21. Call us for more information.

NEW hours:
Mon-Thur 10:00-2:00
(931) 645-2273

Josephine's Closet
325 North Second Street
(Behind the Hope Pregnancy Center)

Clarksville-Montgomery County Public Library

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

ANIME PROGRAM

For teens 13-18 years old. 2:00 p.m. on October 4 and November 1.

BABY AND ME LAPSIT

For infants up to 18 months old. 9:30 a.m. on October 2, 9, 16 & 23.

BUSY BEE'S

9:30 a.m. on October 6, 13 & 20.

FAMILY TIME

For all ages. 9:30 a.m. on October 14 & 21.

FOL (FRIENDS OF LIBRARY) BOARD MEETING

4:00 p.m. on October 14 and November 11.

FOL (FRIENDS OF LIBRARY) USED BOOK SALE

4:00 p.m. to 7:00 p.m. on October 23
9:00 a.m. to 5:00 p.m. on October 24
9:00 a.m. to 12:00 p.m. on October 25

FOUR PAWS FOR READING

With Tender Paws, specially trained therapy dogs. Come read to our four-footed friends. 1:00 p.m. on October 11.

JUST FOR ME STORY TIME

For 4's and 5's. 10:30 a.m. on October 6, 13, 14, 20 & 21.

PJ STORY TIME

Come dressed and ready for bed! 7:00 p.m. on October 2.

TAB (TEEN ADVISORY BOARD) MEETING

For 13-18 year olds. 4:30 p.m. on October 9 and November 13.

TEEN PROGRAM

For ages 13-18 years old. 5:00 p.m. to 7:00 p.m. on October 16.

TEEN READ WEEK

October 12 through 18.

TWEEN PROGRAM

For tweens 10 to 12 years old. 4:00 p.m. on October 13 and November 10.

MOMS Club of Clarksville October Calendar

MOMS Club of Clarksville is a chapter of the international, non-profit group for stay at home parents to socialize with other preschoolers and their parents through activities and playgroups.

- 1 WEDNESDAY **PARK DAY** at Fort Campbell
- 2 THURSDAY **EAT AND PLAY** at McDonald's PlayLand
- 3 FRIDAY **GENERAL MEETING** at Madison Street United Methodist Church
- 4 SATURDAY **MEMORY WALK** on Riverside
- 7 TUESDAY **ALL AGES STORY TIME/PLAYTIME** at Clarksville-Montgomery County Public Library
- 8 WEDNESDAY **PARK DAY** at Valley Brook Park
- 13 MONDAY **NEW MEMBER COFFEE**

14 TUESDAY **TOUR AND LUNCH** at Old Chicago Pizza

17 FRIDAY **PUMPKIN PATCH TOUR** at Honeysuckle Hill Farm

20 MONDAY **MOMS NIGHT OUT** Salon night

22 WEDNESDAY **COFFEE CHAT AND COUPONS SWAP** at Books-a-Million

23 THURSDAY **MOVIE DAY** at Clarksville-Montgomery County Public Library

24 FRIDAY **HALLOWEEN PARADE AND CRAFT** at Fieldstone Place

25 SATURDAY **2ND ANNUAL HalloWeeOnes POTLUCK** at Coy Lacy Park

27 MONDAY **BREAKFAST BUNCH** at IHOP

29 WEDNESDAY **STORYTIME** at Once Upon a Child

30 THURSDAY **FAMILY NIGHT** at Logan's Steak House

31 FRIDAY **STORY TIME AND COSTUME PARADE** at Clarksville-Montgomery County Public Library

*Playgroups, Bunco and Scrapbooking also meet throughout the month! For more information on the MOMS Club of Clarksville contact our Administrative Vice President at (931) 472-5218. Visit www.geocities.com/clarksvillemomsclub for more information.

Busy Beads & Moore Class Schedule

1960 I-b Madison Street • (931) 552-5545

You must sign up for classes at least 24 hours before the class date. You can sign up in person or over the phone with a credit or debit card by calling (931) 552-5545. Class fee must be paid in advance to hold your place in class. There is a minimum of two students per class, unless special permission is granted from instructor. Please arrive at least 30 minutes before the beginning of your class so you can choose your beads and supplies. Most classes will enable you to take home a completed, unique piece of jewelry that you have created! When you take a class you will receive a Designer Discount Card good for a 20% discount for three months following your class (discount does not apply to parties, Pandora, consignment items & items already on sale). If you want to learn a skill that is not listed, let us know and we will try to arrange a class for you! If the class times listed are not convenient for you, let us know and we will make every effort to have a class at a time that is convenient for you. Most classes are two-hour sessions. Classes may be cancelled at any time at the instructor's discretion. Class fees DO NOT include beads or supplies, unless specified in class description.

BASIC JEWELRY

\$25. This is the first class you should take if you are a beginner! In this class you will learn the basics of jewelry stringing while making a bracelet and a matching pair of earrings. A great

class to get you started in the wonderful world of beads! October: Monday 6th at 6:00 p.m., Monday 13th at 6:00 p.m., Monday 20th at 6:00 p.m.

BEGINNING WIRE WRAP

\$25. This is the second class you should take if you are a beginner! Wire wrapping is hot! Learn how to use this technique to create a stunning, one-of-a-kind bracelet! After this class you will be able to take any of the other classes listed below! October: Tuesday 7th at 1:00 p.m., Tuesday 14th at 1:00 p.m., Saturday 18th at 1:00 p.m., Tuesday 21st at 1:00 p.m.

PEYOTE BRACELET

\$25. In this class you will learn flat, even-count peyote to make a bracelet, and you will also learn how to attach a clasp. October: Thursday 2nd at 2:00 p.m., Monday 27th at 2:00 p.m.

PHAROAH'S RING

\$35. Silver or gold filled ring with oval cabochon. Thursday, October 16th at 2:00 p.m.

SPIRAL BRACELET

\$25. You will make a bracelet using the spiral bead weaving technique and learn how to attach a clasp. Thursday, October 23rd at 2:00 p.m.

WIRE CROCHET BRACELET

\$25. Make an elegant cuff bracelet with wire and beads. Fridays: October 3rd at 10:30 a.m., October 17th at 3:00 p.m.

STERLING AND CRYSTAL BANGLE

\$35. Some wire wrap experience is required to make this stunningly clever bangle-style bracelet awash with Swarovski crystals! Three hour class, materials cost about \$35. Monday, October 13th at 2:00 p.m.

HOOP EARRINGS

\$35. Learn how to make trendy hoop earrings using gold and/or silver wire. October: Wednesday 1st at 1:00 p.m., Tuesday 21st at 10:00 a.m.

DICHROIC BRACELET

\$45. Make a beautiful piece of art that you can wear. Made of sterling silver wire and dichroic glass. This is an advanced class and may take up to 4 ½ hours. Monday, October 20th at 1:00 p.m. Materials cost starting at \$50.

EARRING RING

\$35. Do you have a lost earring? Turn the other into another piece of jewelry—a beautiful new ring! Earring needs to be in a setting. October: Tuesday 7th at 10:00 a.m., Tuesday 21st at 1:00 p.m.

CLASSIC BANGLE

\$45. You'll be able to mix gold, silver and copper to make dozens of variations. Monday, October 6th at 2:00 p.m.

CHAIN, CHAIN, CHAIN!

\$25. Learn new wire wrapping techniques to make your own unique chain. Horseshoe Chain (simple technique): Monday, October 20th at 6:00 p.m. (12 feet of 18-gauge wire minimum). Eternity Chain (more challenging technique): Monday, October 6th at 6:00 p.m. (15 feet of 18-gauge wire minimum). The amount of materials may vary depending on the length of chain you make.

BRANGLE

\$25. This exquisitely fun piece of jewelry is a hybrid cross between a bangle and a bracelet! Monday, October 13th at 6:00 p.m.

28 TUESDAY

**CHICK-FIL-A
FUNDRAISER NIGHT:
EAST MONTGOMERY
ELEMENTARY**

5:00 p.m. to 8:00 p.m. at Chick-fil-A, 1626 Madison Street.

29 WEDNESDAY

STORYHOUR

9:30 a.m. at Once Upon a Child, 2728 Wilma Rudolph Boulevard. Receive 20% off purchase if your children participate. Call (931) 645-9346 for information.

30 THURSDAY

**CHICK-FIL-A
FUNDRAISER NIGHT:
CLARKSVILLE
CHRISTIAN SCHOOL**

5:00 p.m. to 8:00 p.m. at Chick-fil-A, 1626 Madison Street.

**HALLOWEEN STORY
TIME AND AWARDS**

6:00 p.m. to 7:00 p.m. at Customs House Museum, 200 North Second Street. Gather round for the reading of ghost stories written by kids in our contest. Donuts and cider will be served. Awards presented at 6:00 p.m. Free. For more information please call Sue Lewis at (931) 648-5780.

31 FRIDAY

HALLOWEEN

**HALLOWEEN
STORY TIME AND
COSTUME PARADE**

10:00 a.m. at Clarksville-Montgomery County Public Library, 350 Pageant Lane, (931) 648-8826. Bring your preschool children dressed in their Halloween costume and enjoy Halloween stories and a Costume Parade in the Library. Refreshments will be served.

HARVEST FESTIVAL

5:00 p.m. to 8:00 p.m. mall wide at Governor's Square Mall. Fun activities for the entire family including games and prizes! Children can enter the costume contest for a chance to win prizes. Scary, funny, creative, and classic costumes are all going to be judged on the spookiest day of the year. Attention Trick-or-Treaters: Look for the orange pumpkin on the windows of participating stores.



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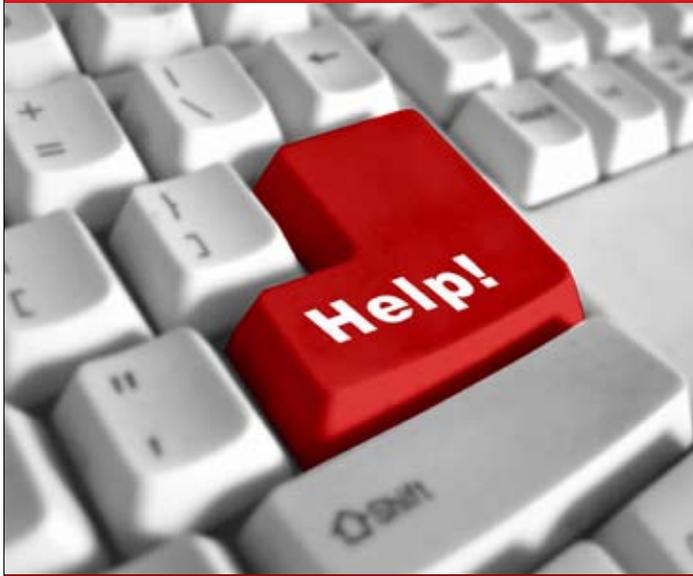
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November

1 SATURDAY

FAMILY FUN DAY

12:00 p.m. to 5:00 p.m. at Center and JCPenney Courts in Governor's Square Mall. Enjoy magic shows, face painting, balloon animals, craft tables and much more! Roger Patton will be performing two magic shows at 1:00 p.m. and 3:30 p.m. at Borders Court, and making balloon animals the rest of the time. Annette Daffin will have a very nice selection of designs to choose from for face painting and a wide variety of temporary tattoo's. Everyone come and have a great time!

HOLIDAY FASHION SHOW

12:00 p.m. at Sears Court in Governor's Square Mall. Come and see the latest winter fashions from stores like Aeropostale, Old Navy, Vanity and more.

MEET CLIFFORD - THE BIG RED DOG

Through Sunday, November 2 at 2:00 p.m. and 4:00 p.m. at Borders Court in Governor's Square Mall. Come see the big red dog and join him for story time. Each child will receive a FREE gift for coming. Sponsored by TENNderCARE.

DOG & CAT PHOTOS

6:00 p.m. to 8:00 p.m. at Center Court in Governor's Square Mall. Bring your pet in to get a photo with Santa. Your pet must be on a leash at all times.

4 TUESDAY

ELECTION DAY

6 THURSDAY

DOWNTOWN ARTISTS CO-OP

5:00 p.m. to 8:00 p.m. at 96 Franklin Street. Local artists come together to display various styles of art. Admission is free and open to the public. For more information call Beverly Parker at (931) 358-2320.

8 SATURDAY

SANTA ARRIVAL

1:00 p.m. at Center Court in Governor's Square Mall.

SANTA PHOTOS

Center Court in Governor's Square Mall, see Customer Service for hours. Stop by to tell Santa what you want for Christmas and have your photo taken. Sponsored by Chick-fil-A.

MEET AND GREET

STRAWBERRY SHORTCAKE

2:00 p.m. and 4:00 p.m. Saturday and Sunday at Borders Court in

Governor's Square Mall. StoryBook Christmas. Listen to a story with Strawberry Shortcake. Each child will receive a FREE gift for coming.

DOG & CAT PHOTOS

6:00 p.m. to 8:00 p.m. at Center Court in Governor's Square Mall. Bring your pet in to get a photo with Santa. Your pet must be on a leash at all times.

11 TUESDAY

VETERANS DAY

15 SATURDAY

FREE ADOPTION SEMINAR

9:00 a.m. to 12:00 p.m. at Rossview High School Auditorium, 1237 Rossview Road. Visit www.adoptionclarksville.com to register or for more information.

GOLD STAR WIVES

E.A.G.L.E.S. CHAPTER MONTHLY MEETING

10:00 a.m. to 12:00 p.m. in the main dining room of the Family Resource Center, 1501 William C Lee Boulevard, Fort Campbell. Monthly meeting of spouses of Fallen Heroes. Child care provided. There will be a luncheon following. Call Cheryl Kelly at (931) 647-2297 or (931) 920-2853 for information.

MEET AND GREET

GEOFFREY THE GIRAFFE

2:00 p.m. and 4:00 p.m. Saturday and Sunday at Borders Court in Governor's Square Mall. StoryBook Christmas. Listen as we read a story with Geoffrey the Giraffe from Toys R Us.

DOG & CAT PHOTOS

6:00 p.m. to 8:00 p.m. at Center Court in Governor's Square Mall. Bring your pet in to get a photo with Santa. Your pet must be on a leash at all times.

16 SUNDAY

PRIVATE MILITARY

APPRECIATION

SHOPPING EVENT

6:00 p.m. to 9:00 p.m. mall wide at Governor's Square Mall. The mall will be open to the military only. There will be giveaways, door prizes, and stores will be offering special discounts for this night only. Must present military ID at the main entrance.

22 SATURDAY

MEET AND GREET

FRANKLIN

2:00 p.m. and 4:00 p.m. Saturday and Sunday at Borders Court in Governor's Square Mall. StoryBook Christmas. Listen as we all sit around and read a story with

The Roxy Regional Theatre

100 Franklin Street • www.roxyregionaltheatre.org

Franklin. Parents, don't forget your cameras! Sponsored by TENNderCARE.

25 TUESDAY CHRISTMAS ON THE CUMBERLAND

Through January 1, 2009 from 5:00 p.m. to 10:00 p.m. weeknights; to 11:00 p.m. on Saturdays and Sundays at McGregor Park Riverwalk. The city's light festival shines in its 10th year at the Riverwalk each night throughout the holiday season. Visitors can take a stroll down the Riverwalk and see nearly one mile of decorated trees, animated scenes and villages. The holiday lights continue into the downtown area on Public Square where a 25-foot Christmas Tree is a focal point amongst city buildings and area businesses. Admission is free. For more information call (931) 648-6124 or visit www.christmasonthecumberland.com.

27 THURSDAY THANKSGIVING DAY

28 FRIDAY DAY AFTER THANKSGIVING DOOR-BUSTERS

Starting at 5:00 a.m. mall wide at Governor's Square Mall. Don't forget your shopping list! The first 200 shoppers at the main entrance will receive a shopping bag filled with great merchant discounts. Lucky customers can WIN Mall Gift Certificates worth \$5 to \$50!

GIFT WRAPPING
11:00 a.m. to 7:00 p.m. at Belk Concourse in Governor's Square Mall. Donations are graciously accepted and will benefit local charities.

To have your event included for free on the Calendar e-mail events@clarksvillefamily.com. Please have it to us by the 10th of the month to be included in next month's issue.

THE ROBBER BRIDEGROOM
Book and Lyrics by Alfred Uhry, Music by Robert Waldman, Adapted from the novella by Eudora Welty
One of the only genuine bluegrass scores ever heard in a Broadway musical, this unusual tale of the Natchez Trace has a distinctive sound all its own. The Robber Bridegroom is the story of the courting of Rosamund, the only daughter of the richest planter in the country, by Jamie Lockhart, a rascally robber of the woods. The proceedings go awry, thanks to an unconventional case of double-mistaken identity. Throw in an evil stepmother intent on Rosamund's demise, her pea-brained henchman and a hostile talking head-in-a-trunk, and you have the recipe for a rollicking country romp. October 1, 2, 3, 4, 8, 9, 10 & 11.

THE LAST FIVE YEARS
Words and Music by Jason Robert Brown
A contemporary song-cycle musical that ingeniously chronicles the five year life of a marriage, from meeting to break-up... or from break-up to meeting, depending on how you look at it. The Last Five Years is an intensely personal look at the relationship between a writer and an actress told from both points of view. The Last Five Years manages to reinvent the familiar musical formula and offers up one of the brightest, freshest scores of the new century. October 15, 16, 17 & 18.

THE LION, THE WITCH AND THE WARDROBE
From the story by C.S. Lewis; Dramatized by le Clanche de Rand
The heroic tale of love, faith, courage and giving; the life and death struggle for control of Narnia and the grandeur of the triumph of good over evil has enthralled audiences of all ages. This innovative treatment features two actors and is available for touring to all groups. 2:00 p.m. October 4 & 11.

ARTHUR MILLER'S THE CRUCIBLE
In 1692, in a small American town, a group of mischievous girls are caught dancing in the woods while conjuring spirits. To escape punishment they accuse others of witchcraft. Husbands, wives, sons, daughters, neighbors and friends are forced to sentence the accused or risk being accused themselves. This magnificent work continues to resonate and is as relevant today as when it was first produced. A compelling drama of paranoia and superstition. October 25, 29, 30 & 31; November 1*, 5, 6, 7, 8, 12, 13, 14 & 15.

WAR OF THE WORLDS: RADIO PLAY
By H. G. Wells
An example of mass hysteria, this staged reading of the infamous Mercury Theatre 1938 radio broadcast is one of the earliest and best-known depictions of an alien invasion of Earth and caused public outcry as many listeners believed

that an actual Martian invasion was in progress. In the Other Space, 6:00 p.m. October 31 & November 1

CHARLES DICKENS' A CHRISTMAS CAROL
Adapted for the stage by Artistic Director John McDonald, this rollicking holiday morsel will sweeten your taste buds and warm even the hardest of hearts. Ebenezer Scrooge meets the spirits of Christmas while rediscovering its true meaning. November 28 and 29; December 3, 4, 5, 6*, 10, 11, 12, 13, 17, 18, 19 & 20.

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

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

Individual Musical Ticket Prices
•\$20 adult
•\$15 (age 13 and under)

Individual Play Ticket Prices
•\$15 adult
•\$10 (age 13 and under)
•Group discounts available, call box office for details
•Student rush \$5.00 (every performance student tickets will go on sale for \$5.00 at 5 minutes prior to curtain for remaining seats)

Box-office: (931) 645-7699
Business office: (931) 648-9121
E-mail: roxytheatre@bellsouth.net

Boo-tiful Halloween Decor to scare up some fun!

VINTAGE
Metal Signs

Pee-pee Teepee by beba bean

Find this and other truly unique gifts in our adorable baby boutique!

Reserve a Private Shopping Night at Cherry Lane!

Available for parties of 10 or more in November & December Monday - Thursday 6pm-8pm (reservations required)

Gourmet Cookware & Dinnerware
Elegant Home Accents & Decor
Unique Gifts for Baby
Bridal Registry

Cherry Lane Home & Gifts
1490 Madison St. (across from Kroger)
931-552-2655

\$10 off any purchase of \$50 or more
\$5 off any purchase of \$25 or more

Valid now thru October 31, 2008

ADOPTION & FOSTER CARE CARING CHOICES

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 through Thursday from 10:00 a.m. to 2:00 p.m. and the 2nd and 4th Saturdays of the month from 10:00 a.m. to 12:00 p.m. Deasree Williams: (931) 645-9969 or dwilliams@ccctenn.org.

OMNI VISIONS INCORPORATED

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

PHOENIX HOMES

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

YOUTH VILLAGES

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

ATHLETICS

BUDDY BALL SPECIAL NEEDS ATHLETIC LEAGUE

Buddy Ball provides individuals with a mental or physical disability the opportunity to play sports, regardless of their limitations. Buddy Ball helps individuals learn teamwork and promotes self-esteem, one of the tools needed to help overcome the stigma often associated with a disability. The Buddy Ball league is aware of the extra expenses on the families of disabled children. Because of this, Buddy Ball does not charge any fees to participate. We rely entirely on private donations to operate. (931) 624-7283 or www.buddyball.net.

CLARKSVILLE IMPACT SOCCER CLUB

Involves participation of children ages 5-18 in youth sports, specifically soccer. Impact is a non-profit organization trying to provide opportunities to our youth. (931) 388-4926, info@clarksvilleimpact.us or www.clarksvilleimpact.us.

IRON KNIGHTS YOUTH WRESTLING CLUB

Iron-Knights Youth Wrestling Club promotes interest in the sport of wrestling among parents and the youth of Clarksville. We are here to supervise, sponsor, and financially assist a disciplined and competitive program of wrestling. Our main goals are to not only have the best wrestlers, but to promote the ideals of good sportsmanship, honesty, and respect for authority. We believe in stressing the concepts of parents and children working and playing together in all club activities so that the family may be strengthened in the process. Jamie Sampsel at (931) 233-9091, info@myironknights.com or www.myironknights.com

YOUTH WRESTLING PROGRAM

The Hawks youth wrestling club is a sanctioned, non-profit organization that is dedicated to instructing athletes (beginner or advanced) in the basic fundamentals of competitive freestyle and folkstyle youth wrestling. This program is open to both boys and girls ages 6 - 14 years old that are interested in learning and competing in youth wrestling. For more information on how to get involved please contact Coordinator/Head Wrestling Coach Rafael Gonzalez at (931) 320-5042 or e-mail at toniagon@bellsouth.net.

CHILDBIRTH & PARENTING EDUCATION

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 www.ninemonthsandbeyond.com.

GATEWAY HEALTH SYSTEM

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 Prenatal Classroom at 7:00 p.m. (931) 502-1010.

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 Cumberland Room at 10:00 a.m. (931) 502-1010.

HEALTHY START

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

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

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

NEW BEGINNINGS 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 Prenatal Classroom of Gateway Medical Center. Cost for the class is \$15 (\$25 if you wish to receive The Nursing Mother's Companion book). (931) 502-1010.

Lactation Services also rents and sells breast pumps and nursing supplies. Jeanette Prine, RN, Certified Lactation Consultant at (931) 551-1610 or jprine@ghsystem.com.

CHILD CARE

CHILD CARE AWARE

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

MID-CUMBERLAND CHILDCARE RESOURCE AND REFERRAL

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

MONTGOMERY COUNTY CHILD CARE PROVIDERS BY AREA

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

www.tennessee.gov/humanserv/childcare/63/37040/
www.tennessee.gov/humanserv/childcare/63/37042/
www.tennessee.gov/humanserv/childcare/63/37043/

PARENT INFORMATION NETWORK

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

PROGRESSIVE DIRECTIONS, INC.

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

CHILD PROTECTION & DOMESTIC CRISIS SERVICES

AL-ANON & ALATEEN

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

CLARKSVILLE RAPE AND SEXUAL ABUSE CENTER

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

CREATING HOPE BY ASSISTING PARENTS

Works with families whose children are at risk of abuse or neglect. Debra Maness at (931) 645-9793.

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.mtbcbsa.org.

GIRL SCOUTS OF AMERICA

At 1300 Madison Street. (931) 648-1060.

COMMUNITY OUTREACH

ALL NATIONS BIBLICAL STUDY CENTER

Offers tuition-free Bible courses to the community. Fall Semester 2008 dates are September 7 through December 4 and registration is currently open. Course titles are: The Letters of Paul, Biblical Studies Seminar, New Testament (Koine) Greek I, Biblical Hebrew I, and The Gospel of John. Classes meet for 1-½ hours weekly. Five additional tuition-free online courses are also offered. Visit www.studythescritures.net or call (931) 648-8844 for more information, class schedules, and to register.

APSU EXTENDED EDUCATION

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

ASERACAC HOSPICE

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

CRISIS CALL LINE

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

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 woman's holistic wellness group, Woman's Share community, M.A.L.E. (Men Accessing Life Empowerment), and Tutoring to Success, a tutoring program for seriously emotionally disturbed children. The Hope Center also offers a multitude of workshops for community organizations. For further information regarding our programs, please contact Julee S. Poole, Ph.D., Program Director at (931) 431-7580 or juleespoolephd@aol.com.

HOSPICE OF GATEWAY

Interdisciplinary care for terminal patients and families. (931) 502-1010.

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 clarksvillehumane.petfinder.org.

JOSEPHINE'S CLOSET

At 325 North Second Street, a ministry of Hope Pregnancy Center. Provides children's clothing sizes newborn-size 12, nothing over \$5. Parking and entrance on back side of HPC. (931) 645-2273.

LATINA ASSOCIATION

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

LOAVES AND FISHES

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

MEALS ON WHEELS

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

MONTGOMERY COUNTY WIC CLINIC

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

TENNESSEE REHABILITATION CENTER AT CLARKSVILLE

At 1241 Highway Drive (adjacent to the Animal Shelter), 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 new 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 association. 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. Lisa Maddox-Vinson, TRAEYC President at (931) 221-7303.

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.

COUNSELING, SUBSTANCE ABUSE & MENTAL HEALTH ASPERGER/AUTISM CENTER

Part of the Family Guidance Training Institute, 800 Tiny Town Road, serves children and adolescents with Asperger and Autism Disorders. The professionals at the Asperger/Autism Center recognize the special qualities these children exhibit and work to enhance their social, emotional, and communication abilities with others. Services include: individual counseling, group counseling, family education and counseling, and psychiatric services. For further information regarding our programs, please contact Julee S. Poole, Ph.D., Program Director at (931) 431-7580 or juleespoolephd@aol.com.

BRADFORD HEALTH SERVICES

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

CENTERSTONE

810 Greenwood Avenue, (931) 920-7330.

CENTERSTONE ASSOCIATES

1820 Memorial Circle, (931) 920-7300.

CENTERSTONE AT GATEWAY

Crisis Walk-In Center, Gateway Hospital at 651 Dunlop Lane, (931) 502-1010.

CENTERSTONE

511 Eighth Street, (931) 920-7200.

FAMILY CENTERED SERVICES

901 Martin Street, (931) 503-4600.

THE FAMILY GUIDANCE TRAINING INSTITUTE, INC.

800 Tiny Town Road. Committed to positively impacting the lives of our community's children, youth and their families. We recognize the enormity and diversity of need in our community and have responded with a variety of programs that range from prevention and development, to early intervention, to reduction of recidivism. Family Guidance Training Institute, Inc. is a 501c3 licensed community mental health center and alcohol and treatment facility. Providers at the center offer 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 regarding our programs please contact Julee S. Poole, Ph.D., Program Director at (931) 431-7580 or juleespoolephd@aol.com.

HOPE (HOMELESS OUTREACH PARTNERSHIP AND EMPOWERMENT)

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

LIFESOLUTIONS - ASPIRE & JOBLINK

611 Eighth Street, (931) 920-7210.

LIFESOLUTIONS - RECONNECT

1840 Memorial Drive, (931) 505-0933.

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. They also work with schools, juvenile court and other professionals as needed. Initial intake assessments are offered within one week and at no cost. MHC welcomes TennCare recipients. Located at 1808 Haynes Street. For more information or to make a referral please call (931) 645-5440 or visit www.mhc-tn.org.

OAK HILL RESIDENTIAL

118 Union Street, (931) 647-8257.

PASTORAL COUNSELING CENTER

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

REGIONAL INTERVENTION PROGRAM

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

VIVIAN HOUSE

125 Vivian Street, (931) 920-7235.

WEEMS ACADEMY

812 Greenwood Avenue, (931) 920-7370.

SUPPORT GROUPS

ALZHEIMER'S CAREGIVERS' SUPPORT GROUP

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

ARMY COMMUNITY SERVICE

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

AUTISM SUPPORT GROUP

Donna Richardson at (931) 503-2315.

BEREAVEMENT SUPPORT GROUP

Anyone enduring grief and loss issues is invited to attend. Meetings are free to the

public and held in the conference room of Asera Care Hospice, 1539 Ashland City Bypass. (931) 851-4100.

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) 551-1530.

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.

FOOD ALLERGY SUPPORT GROUP

Do you, a family member, or a friend have food allergies? Would you or someone you know be interested in attending a support group for food allergies right here in Clarksville? Then visit www.TNFoodAllergies.Web. officialive.com for information and for all your food allergy resources. Or contact Mindy at TNFoodAllergies@aol.com or (931) 561-4800.

GRIEF & LOSS

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

MENDED HEARTS, INC.

Supports heart disease and heart surgery patients and their families. Meets in the Tennessee Room at Gateway Health System every third Tuesday at 6:30 p.m. (931) 502-1010.

NAMI (NATIONAL ALLIANCE OF THE MENTALLY ILL)

Support group meets at First Church of the Nazarene, 150 Richview Road, the 4th Monday of every month at 7:00 p.m. Bertha at (931) 216-3590 or www.nami.org.

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.

WARRIORS OF HOPE

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

Some of the information included in the Network and Parent Groups was obtained through community and Internet sources. We apologize for any errors. If you find any corrections or would like to have your group's information included for free call (931) 338-2739 or e-mail info@clarksvillefamily.com.

Don't Forget - We Cater!

NEW HOURS!

Wednesday - 5pm - 8pm
KIDS NIGHT

Thursday - 5pm - 8pm

Friday - 5pm - 9pm
(Buffet available until 8pm)

Saturday - 5pm - 9pm
(Buffet available until 8pm)

Sunday - 12pm - 4pm
(Buffet available all day)

(Closed Mondays & Tuesdays, all Federal Holidays and DONSA's)

For more information call
931.431.4140
www.FortCampbellMWR.com/sportsmans

MWR
FOR ALL OF YOUR LIFE

Parent Groups

CLARKSVILLE MOMMY'S GROUP

"Nurturing the Nurturer." The CMG is a new social and support group for Mommies in and around Clarksville that are expecting or have a child under the age of 5. The group is run through a private website which gives members 24 hour access from the comfort of their own home to participate in many activities on or off line. The CMG provides mothers of young children opportunities to socialize, exchange ideas and participate in activities that promote personal growth for both mommy and child. CMG is a non-profit group and is absolutely free. E-mail clarksvillemoms@hotmail.com or call Kamila at (931) 503-0480.

CHARA (Christ-centered Homeschoolers Applying Righteousness Academically)

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

HOPE@Home (Helping Other Parents Educate at Home)

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

HOPKINSVILLE SAHM MEETUP GROUP

For information about the Hopkinsville Stay at Home Moms Meetup Group visit their website at <http://sahm.meetup.com/1943/>

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

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

MOMS CLUB OF CLARKSVILLE

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

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

MOPS International is an organization for moms who are expecting or have children ages birth to 5 years of age. MOPS meets at First Baptist Church downtown, 435 Madison Street, on the 2nd and 4th Thursdays of the month. Each meeting begins at 9:30 am and childcare is provided. We will begin our new season on August 28. If you are interested in joining us for

food, fellowship and fun then contact our 2008-2009 Coordinator, Christine Ferguson, at cmferguson81@bellsouth.net or (931) 647-1364. Also check out our website for more info www.orgsites.com/tn/mops_fbc

PARENTS OF MULTIPLES

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

PARENTS REACHING OUT

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

SHARE (SECULAR HOMESCHOOLERS: ANY RELIGION, ECLECTIC)

SHARE is a non-religious home school group for Clarksville and the surrounding areas. All homeschoolers are welcome to join this group, regardless of religious beliefs, race, homeschooling methods, or family lifestyles.

An online support and information network is available as well as bi-monthly meetings. This group is a community in which we all play an important role in deciding and implementing the activities we want for our children. For membership information please visit: <http://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.

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CLARKSVILLE FAMILY MARKETPLACE AD RATES & INFORMATION

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3 MONTHS: \$75/MONTH
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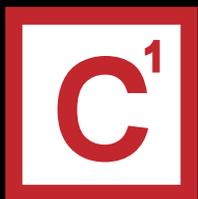
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Jesus wasn't a religious person. He never asked anyone to become a religious person. He never built a steepled building, never took an offering, and never wore religious garments. Jesus just simply invited people into a relationship with Him. During the month of October, we're going to be looking at the book of Galatians and how God wants all of us to lose religion and find a relationship with Him.

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