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# Publisher's Message

I love the fall! The changing leaves, the cooler temperatures, the holidays approaching...make it my favorite season.

This year we are going to host Thanksgiving at our house. We did this a few years ago for the first time and I really enjoyed it. Having our family and friends all gathered together with good food and fun really sums up Thanksgiving for me. Hosting such a timeless family tradition makes me feel a bit more grown up, in a good way.

My husband is a Louisiana native, and it's become our tradition to fry a turkey ("Cajun style") every Thanksgiving, wherever we spend it. That is definitely a culinary hit with everyone, and so far, he hasn't burned down anything of any real value in the process. The traditional ham, baked turkey, and stuffing are all present too, along with countless casseroles and desserts. (I'm getting hungry just typing this!)

I have a lot to be thankful for this year: My and my family's health, all of my friends, and of course the continued success of Clarksville Family Magazine.

In some ways, it seems like just yesterday we dreamed this up and worked so hard to get that first issue out, hoping that people would like it. Now, almost three years later, with all of the growth we've been blessed with, it's even more rewarding seeing our efforts be appreciated and accepted. Thank you, readers, for continuing to pick us up each month; and I can never thank our advertisers, writers and staff enough for all they do.

We have another issue packed with great articles on a variety of topics this month. One quick note, a reader emailed us after last month's issue came out (with the Blevins family on the cover, and the feature article on Kelly Blevins' breast cancer). The reader was pointing out that though breast cancer gets a lot of awareness and attention, heart disease is actually the biggest health threat today. For that reader, and all of you, turn to page 14 for a great article on heart health by Dr. McGee. (I'd love to take credit for the timing, but it's a coincidence.)

Enjoy the issue, and a Happy Thanksgiving to all of you!

Sincerely,  
Carla Lavergne



## Clarksville Family

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

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**Owner/Publisher**  
Carla Lavergne

**Editor**  
Cliff Lavergne

**Graphic Designers**  
Carla Lavergne  
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**Sales**  
Rachel Phillips

**Staff Writers**  
Brenda Hunley  
Pamela Magrans

**Contributing Writers**  
David Bailey, DDS  
Ryan Bosler  
Julie Suzanne Capouch  
Jessie Carter, PT  
Kim Edmondson  
Ron Edmondson  
Sally Kaye, CPA, COPM  
William A McGee, MD, FACS  
Matt Monge  
Clint Patterson  
Joe Weyant  
Dianne York

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# WHAT IS CLARKSVILLE'S GREENWAY

by Pamela Magrans

What is a Greenway? In our environmentally conscious society, communities are constantly looking for ways to recycle unused resources into something new. To achieve that sometimes we must only look outside, down a wooded path, through the dappled leaves of fall. Imagine a daily walk down a scenic trail. Imagine your son scampering down the paved trail eager to see a deer or squirrel. Imagine a place where cyclists, walkers and runners could safely share a paved trail, away from the rush of traffic.

Imagine that no more, as The City of Clarksville has just opened the first 3.6 miles of the new Clarksville Greenway.

There are a number of Clarksville parks that offer playgrounds for our children, nice scenic paths to hike, and lovely views of the river. Now the city has added one more way for families to enjoy our picturesque city.

## Railway tracks into leisure walks...

Often referred to as *Rails for Trails*, Clarksville's Greenway



is part of a national initiative to turn old unused railway beds into scenic recreational trails. Once used to haul trains across the country, many old railway systems simply are not needed anymore. Miles of railroad track still stretch

across the U.S., even though they are no longer active tracks.

In an effort to commemorate the history that the railway tracks represent, and to savor the scenic views, communities across the nation are turning the old railway tracks into scenic walking paths.

The 3.6-mile stretch consists of walking, jogging and/or biking trails and begins at 1101 Pollard Road, close to the Kenwood Schools and Heritage Park. The grand opening of the Clarksville

Greenway in September was the culmination of years of planning; however, it was only the beginning.

The city eventually plans to extend the Greenway to five miles, to Peachers Mill Rd at 101st Parkway. Years ahead is the ultimate goal — to connect the Clarksville Greenway to the Ashland City Bicentennial Greenway Trail. Acreage has already been secured to allow for this expansion.

The Clarksville Greenway consists of a scenic paved path that winds through wooded areas. The stretch of trail is perfect for a walk, run, bicycle ride, even to roller blade or skate. It offers residents a place to take the kids and enjoy the lovely nature that Clarksville has to offer. Even though it is close to residential areas and



businesses, the Greenway feels like it is hidden away in the woods, secluded from the rush of everyday traffic.

Residents are encouraged to bring their leashed pets on a walk down the trail. Just be mindful of cleaning up after any messes the pet might leave behind. There are picnic tables, benches and swings located along the trail. Families can pack a picnic lunch and enjoy a leisurely meal along the trail.

The trail is open from dawn to dusk each day. So the next time your children ask, "Mom, what are we going to do today?" answer with something new. Take the stroller, a sack lunch and enjoy the Clarksville Greenway.

**For more information:**

For more details about the Clarksville Greenway (including rules and a map) visit [www.cityofclarksville.com/parksandrec/parks.php](http://www.cityofclarksville.com/parksandrec/parks.php).

To learn more about the national initiative to turn old railroads into scenic leisure trails, visit the following website operated by the Rails to Trails Conservancy, [www.railstotrails.org](http://www.railstotrails.org).



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## PREGNANCY AND ORAL HEALTH

by David Bailey, D.D.S.

If you're planning to become pregnant or suspect you're already pregnant, it's important that you see a dentist right away. Pregnancy may cause unexpected changes due to hormones — particularly estrogen and progesterone — that can exaggerate the way in which gum tissues react to plaque. Research continues to show that overall health and oral health coincide and that pregnant women with gum disease are more likely to have premature babies of low-birth weight. It's especially important for you to maintain good oral hygiene throughout your pregnancy. Visiting your dentist will allow him or her to assess your oral condition and map out a dental plan for the remainder of your pregnancy.

### What is plaque?

Plaque is an invisible, sticky layer of harmful bacteria that constantly forms on teeth. When plaque isn't removed, it can cause gingivitis: red, swollen, tender gums that are more likely to bleed. So-called "pregnancy gingivitis" affects most pregnant women to some degree, and generally begins to surface in the second trimester. If untreated, gingivitis can lead to periodontal disease, a more serious form of gum disease that includes bone loss around the teeth.

### What are pregnancy tumors?

Pregnant women are at risk for developing pregnancy tumors — inflammatory, non-cancerous growths that develop between the teeth or when swollen gums become irritated. These

localized growths or swellings are believed to be related to excess plaque. Normally, the tumors are left alone and will usually shrink on their own after the baby's birth; however, if a tumor is uncomfortable and interferes with chewing, brushing, or other oral hygiene procedures, your dentist may decide to remove it.

### How does gingivitis affect my baby's health?

Research suggests a link between pre-term delivery, low birth weight babies, and gingivitis. Excessive bacteria can enter the bloodstream through your gums; the bacteria can travel to the uterus, triggering the production of chemicals called prostaglandins, which are suspected to induce premature labor.

### How can I prevent these oral health problems?

You can prevent plaque buildup and gingivitis by keeping your teeth clean, especially near the gumline. You should brush with fluoride toothpaste at least twice a day and after each meal when possible. You should also floss thoroughly each day. If brushing your teeth causes morning sickness, rinse your mouth with water or with anti-plaque and fluoride mouthwashes. Good nutrition keeps the oral cavity healthy and strong; in particular, you should get plenty of vitamins C and B12. More frequent cleanings from the dentist also will help control plaque and prevent gingivitis.

### Are there any dental procedures I should avoid?

Routine exams and cleanings can be performed throughout pregnancy; however, non-emergency procedures should only be performed during the second trimester of pregnancy. Elective and cosmetic procedures should be postponed until after the baby's birth.

### What if I have a dental emergency?

If you have a dental emergency at any time during the pregnancy, you need to consult your dentist immediately so that the problem can be addressed. The dentist may need to take appropriate x-rays to diagnose the problem and provide optimal care. Radiation safety precautions (lead apron) will be used to protect you and your baby. The dentist may consult the health care practitioner in certain situations prior to rendering treatment. You might need to receive some medication, which your dentist will consult with your health care provider if there is any doubt about protocol.

Going to the dentist will help you avoid any emergency problems during your pregnancy. If you're planning to become pregnant you should call to make an appointment with your dentist so that your oral condition can be assessed.

**David Bailey D.D.S. is located at 1764 Memorial Drive and provides dental care for adults and children. The office can be reached at (931) 648-8108 or visit us at [davidbaileydds.com](http://davidbaileydds.com).**

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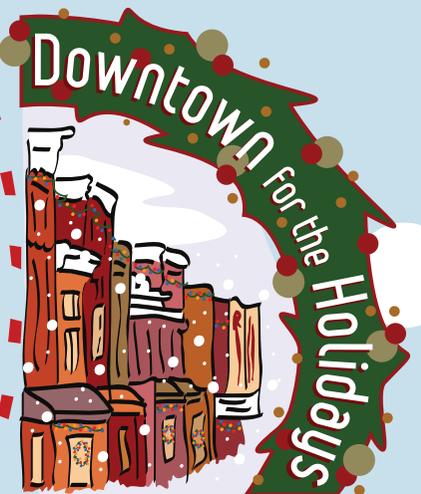
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## WHEN HOMESCHOOLING IS YOUR BEST OPTION

by Dianne York

Are your child's homework sessions getting longer and less productive, with the tears coming on a regular basis? Are you weary of nagging and policing your child's studies? The first nine weeks are behind us and that is a good yardstick for success. When this first marker is disappointing, it is tempting just to wait and see if things get better, that grades improve, and confidence remains intact. The risk is that the additional time spent, may be wasted. Can either of you really afford that?

If your child is in Elementary or Middle School, finding a solution may not be quite as critical as for High School students. By the end of the first semester, it is too late to save that credit if grades are really in trouble. If the student is passing by with the minimum

grade at the semester, there may not be the foundation of knowledge necessary to master the next level of learning.

This is such a familiar place for many families at this time in the school year. If you are thinking, "Why is this happening to me? What am I doing wrong?" you are not alone. It is most often a matter of truly identifying the underlying problem and finding a workable solution. For many, this may involve a more structured schedule to allow for added study time, or simply adjusting the quality of the homework time. For others, it may be time to evaluate the situation and weigh the options available to you, including considering assisted home school education as a real alternative for you and your family.

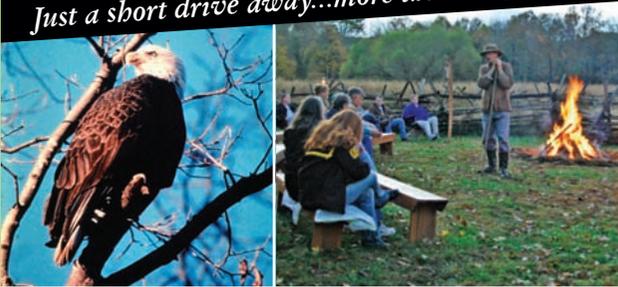
How many times have you heard, or even said to yourself, that things are just not the same as when "we" were in school? You are right...they are very different. Schools are larger, class sizes have increased, and standards are posted everywhere. What is still the same is the importance of a quality education and parent involvement. These factors are as priceless now as ever. The advantage of education in a small school environment is that the personal attention that seems to be critical to meeting the needs of individual students can be freely given. After spending more than two decades teaching in the traditional school setting, I know that non-traditional students have many needs that need to be addressed, as do students who need to advance at a faster rate than the rest of the class.

The good news is there are more options available to families of all types of students. If some of the following issues sound familiar, maybe it is time to look into an alternative setting for your child's education.

**A student with falling grades, but more time spent studying.** This indicates that there is a problem. Something is missing from the child's formula for success. Consider taking charge of the curriculum and homeschooling your child. When a student appears to be falling into a downward spiral, it is time to change directions and turn things around to preserve your child's chances for future success and self-confidence.

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**Teachers are discussing testing your child for placement in special classes.** This requires your special attention. Special education has a significant place in public education and is crucial to meet the needs of some students, but be sure that this is really the right move for your child, and not just a way to deal with the symptoms of failing grades and inattention in class. Examine the services being offered and be aware of the ramifications of the long-term affects of this type of diploma issued at graduation time. Home school can provide the opportunity to address these needs through customized curriculum, individualized remediation, and specialized tutorials.

**Your child is more reluctant to go to school, with a growing list of excuses.** These are really more reasons to look into alternatives. What are the causes? Could it be bullies, or could it be the feeling of failure? Whatever it is, the joy of learning is not evident. If your child has lost that joy, take control while you can still change the negative into a positive.

**Issues exist that make you, as a parent, feel uncomfortable or worried.** Trust your parent's intuition, stop and look closer. Look for red flags in the situation or environment your child is dealing with on a daily basis. Homeschooling your child may calm the uneasy feelings.

**You are finding less time for quality family activities.** You CAN have your child's education and family time too. Home school is a great way to incorporate education and family activities such as vacations, community service projects, and first-hand experiences. A quality home school program will allow for a meaningful curriculum that applies education to real life situations. High School students can receive credits for real life learning situations like music lessons, dance, voice, apprenticeships, and more.

These are only a few of the issues that indicate the need for change in the education of your child. Once these problems have been identified, finding a way to meet your child's needs becomes a job in itself. There are programs to help parents provide an alternative style of education.

- **Home school co-op programs.** These programs bring students together in small groups and allow the parents to teach the areas of their expertise.
- **Home school tutorials.** These programs allow students to be involved in small group instruction

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with qualified instructors. Students may be grouped for enrichment or remediation. Parents may be involved in planning field trips, speakers, enrichment classes, etc. Time at home enriches the learning experience and makes study time a quality “together” time.

- **Dual Enrollment.** These programs allow high school students, including home school students, to receive credits for classes taken at a college or university, while receiving high school credits. Students must meet requirements that include certain ACT scores, grade point averages, and attendance. The Hope Scholarship is available, as well as other scholarships. Each college has its own requirements, so look into these on an individual basis.

Home school students are quite successful in colleges and universities.

- **One-on-one parent/student home-schooling.** This program is very dependent on the parents choosing curriculum and providing the instruction on a daily basis. This can be the most challenging to many parents, but also the most rewarding.

No matter which program you choose for you and your child, it requires commitment and dedication. As a parent, you are responsible for your child’s education. It is important to become familiar with the state’s requirements and laws. When taking on this new job, it is necessary to know the services available to you to motivate and

educate your child to the best of your abilities. Do not be afraid to ask for help and seek out programs to assist you and your child. As a home school parent, YOU DO NOT have to do it all, and that is a welcome relief! All children deserve the best education and you may be the best person to provide this for your child.

A parent is the first, and often the best teacher. That does not mean a parent must

be the ONLY teacher. As a toddler, your child may have been involved in a playgroup. Take it up a notch and find a home school education group that will provide your child with that same quality environment while making education the focus. This will enable your child to experience a learning environment that teaches values, morals, and decision-making as well as a quality education that will prepare them for the future. Whether this means college, technical school, or the work force, it is rewarding to know that you have given them a firm foundation with the tools they need to be knowledgeable, confident, and successful.

It is very important to realize that home school is not for everyone. If you and your child are happy and feel successful with a traditional school setting, there is no need to explore alternatives. After all, most of us are products of a traditional education. But, if things are not going well, if you wish that your child felt more successful and confident, or if you need to make sure your child’s special educational needs are met, then an assisted home school setting may be for you. Once you make the decision to home school and learn the options that are available to you, it is time to take a deep breath, and enjoy the journey to success in education!

Dianne York is the Owner/Director of Advantage Learning Center, offering home school assistance and one-on-one tutoring. Questions and comments may be sent to [educationalc@gmail.com](mailto:educationalc@gmail.com).

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# HEALTHY HEART IN YOUR 30s AND 40s

by William A. McGee, MD, FACS

With the demands of family and career, many people find their 30s and 40s to be the busiest times of their lives. They don't think about their risk of health problems as often as they're worrying about their children or parents. If they are concerned about health topics, they are more likely to worry about reproductive health or orthopedic injuries, than heart disease. However, these years are the best time to commit to a healthy lifestyle and make changes to avoid future problems.

The first step is assessing your risk of heart disease and determining your overall health. People in this age bracket still have control over much of their

health, and can take simple steps to lower their risk of developing heart disease. While some risk factors can be controlled through diet, exercise or drug therapy, others such as gender or family history cannot be helped. The following factors play a role in the likelihood of developing heart disease and should be taken into account when determining your risk:

- **Gender** plays a role in the likelihood of developing heart disease since men are at greater risk for heart attacks than women are. Men generally exhibit warning signs and are affected by heart disease earlier, but women die at a higher rate than men do.

- **Heredity and family history** play a significant role in the likelihood of having a heart attack, especially if a relative developed early heart disease (before the age of 55). Some families have a higher genetic risk for developing heart disease. For instance, African Americans are more likely to have high blood pressure than Caucasians. African Americans are

also more likely to have a stroke earlier in life with more severe results.

- **Smoking** raises the risk of developing heart disease. Smokers are two to four times more likely to develop heart disease than nonsmokers are. While many smokers are concerned about lung cancer, smoking also leads to atherosclerosis, a buildup of fatty substances in the arteries, which is a main contributor to heart disease.
- **High blood cholesterol** can be caused by many factors, including diet. Foods high in saturated fat and cholesterol raise cholesterol levels.
- **High blood pressure** decreases the heart's efficiency, making it work harder and become stiff. Blood pressure can be lowered with diet, exercise or drug therapy.
- **Physical inactivity** can lead to many of the risk factors associated with heart disease. However, adding regular physical activity to your routine can dramatically reduce the risk of heart disease by lowering blood pressure, cholesterol levels and weight.
- **Obesity** forces the heart to work harder, and often leads to diabetes. Losing even 10 pounds can lower the risk of developing heart disease and its contributing factors.
- **Diabetes** can increase the risk of heart disease even when blood sugar levels are under control. About 75 percent of people with diabetes will die from some form of heart or blood vessel disease.

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- **Stress** is a normal part of life, but too much can affect heart health. Stress may lead people to overeat, smoke or not get enough sleep, which can raise other risk factors.
- **Drinking too much alcohol** can also have direct and indirect implications upon your health. Excess drinking can raise blood pressure and cause irregular heartbeats, and may contribute to cancer and obesity.

Some risk factors can be altered, but others, such as family history and gender cannot be, making it even more important to determine your risk and make adjustments where possible.

If you are at higher risk for developing heart disease, take control of your risk factors before you develop symptoms. Proactively managing your heart health in your 30s and 40s could lower your risk of developing the disease later in life, potentially adding years to your life.



**Dr. William A. McGee is a board-certified Cardiothoracic and Vascular Surgeon. He received his medical degree from Louisiana State University School of Medicine, Shreveport, LA. Dr. McGee completed his residency at Medical College of Georgia, Augusta, GA and a fellowship at Louisiana State University Medical Center, Shreveport, LA. He can be reached at the Clarksville Medical Specialists Cardiology Office at (931) 502-3750.**

Sources: [www.americanheart.org](http://www.americanheart.org), [www.webmd.com](http://www.webmd.com), [www.fda.gov](http://www.fda.gov).



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# COOPERATION

by Ron Edmonson

My boy's can "fondly" remember the time we drove from our driveway heading to an undisclosed location on vacation. I decided in advance not to tell them where we were going, but to let it be a surprise. We were actually heading to St. Louis, but to complicate the situation, I decided to drive all side roads. We went through what seemed to be every back road between our house and the hotel. What should have been a four and half hour trip ended up being an eight-hour trip. The boys complained frequently, which I expected, but when the trip was over, they realized we had experienced a great time just being together.

Why did I put my boys through such misery? Am I a bad dad? Well, the jury may still be out on that answer, but my logic was simple. I wanted us to enjoy the day together

as a family and I knew if I told them in advance what I planned for us to do and how we would do it, there would have been no cooperation on their part. As it turned out, we had a great trip, saw things we wouldn't have seen on the main roads, and enjoyed the time together. In addition, it gave us a lasting memory and joke of a time when they were "miserable."

How many times as parents do we wish our children would just go along with the plan? Are there days we simply wish they would cooperate, because we know in advance that if they will, everything will be so much better? The theme for this month's Cross Street Live is "Cooperation." We want to explore the idea that when we are working together as a family we accomplish so much more than when we are working alone.

We are each born with natural tendencies towards selfishness and independence, but families work better when everyone gets along and cooperates. Teaching your children to cooperate should begin at an early age as they first begin to play with other children. Once a child reaches elementary school, there is a certain expectation that he or she knows how to cooperate with other children. Learning to cooperate with others, however, is something in which each of us continues to mature throughout our life.

If you are struggling with instilling the value of cooperation in your children, here are some suggestions:

- **Do not make your children think they are the center of the world.** Sometimes we mistakenly give our children everything they

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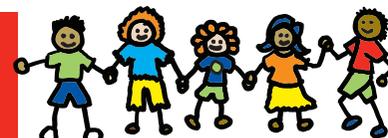
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want, fail to see their faults, and never allow them to fail. The danger is that when they become adults they expect equal treatment from the world. How is that working for you as an adult?

- **Model cooperation with others.** Let your children see you getting along with other people. If you are constantly complaining or arguing with your spouse or other family or friends, your children will be more inclined not to cooperate with you or others and they will have learned it from you.
- **Do not provoke your children.** Ephesians 6:4 is our encouragement here, where it says, “*Fathers, do not exasperate your children.*” I was probably pushing it with the illustration above, but I kept it light-hearted and I knew my limits. Don’t make your expectations for them be so high they can’t live up to them. Remember they are children you are teaching how to be mature adults.
- **Be a giver.** Let your children see and participate in

opportunities to give to others. Find ways they can observe you being generous with others and look for family activities where they can help you bless other people.

- **Live life with other people.** One of the benefits of being in a healthy church or playing on a local sports team is your children get to be around other people and are often forced to figure out how to get along with each other.

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at Rossvie High School for Cross Street LIVE ([www.crossSTREETlive.com](http://www.crossSTREETlive.com)) and even more help with this important virtue of cooperation.

For more tips on parenting, check out my personal blog at [www.ronedmondson.com/parenting](http://www.ronedmondson.com/parenting). If you are looking for a church home, you are welcome to join us anytime at Grace Community Church. You can find us on the web at [www.gcomchurch.com](http://www.gcomchurch.com).



# BABY ON BOARD = BACK PAIN?

by Jessie Carter, PT

While back pain is one of the most common discomforts women have during pregnancy, pain at any time is not normal. It is the body's way of telling us something is not quite right. Because of the changes that occur in the body during pregnancy, expecting mothers are at an increased risk of developing aches and pains. Fortunately, there are some simple steps moms-to-be can take to ease discomfort or even prevent pain from occurring.

## The Causes

During pregnancy, many changes occur in the body. These include stretching of muscles, softening of ligaments, and loosening of joints. All of these changes are essential to make room inside of mom for the baby and to help with the birth process.

**Posture Issues** During pregnancy, the baby, uterus, and breasts all grow or enlarge. This shifts mom's center of gravity forward. To respond to these changes, moms will often times lean backward causing her upper

and lower back muscles to work harder.

**Weight Gain** Weight gain during pregnancy is normal but it does mean more work for the muscles and increased stress on the joints.

**Pregnancy Hormones** There are several different hormones released during

pregnancy that allow ligaments and other tissues to soften and become looser. This loosening allows weight-bearing joints in the pelvis to shift and move too much during pregnancy. Ligaments that normally support the back no longer offer the same support.

## Muscle Imbalances

Weakness of the abdominal (belly) muscles may also cause back pain. These muscles normally support the spine and play an important role in keeping the trunk stable. When they are stretched during pregnancy, these muscles may weaken and offer less support than they did previously.

**Stress** Let's face it... pregnancy can be stressful. While the link between stress and pain is not clearly understood, several resources list stress as a possible cause of pain during pregnancy. One way to look at pain and stress is to view pain as the "TV" and stress as the "volume control" — when stress increases, the pain gets louder and louder.

## Are there different kinds of low back pain?

The answer is yes. There are two types of low back pain that typically occur

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during pregnancy — lumbar pain (which occurs in the lower part of the spine), and pelvic pain (that is felt in the back of the pelvis). Lumbar pain is the pain that is usually associated with “low back pain.” It is usually felt at, or a little above, the waist and may radiate into the legs. This pain tends to get worse throughout the day and increases with lifting and prolonged standing/sitting. Pelvic pain may be felt in the back of the pelvis, lower than lumbar pain. This pain tends to be the more common during pregnancy and can be felt on one or both sides (or alternating), deep in the buttocks or hip joint, in the back of the thighs, or on the front of the pelvis where the pubic bone is located. Pelvic pain can be triggered by moving from sitting to standing, rolling over in bed, twisting, climbing stairs, lifting, or getting out of a vehicle.

### **Avoiding the Pain**

**Exercise** Exercise during pregnancy can help strengthen the muscles that support the back and joints of the pelvis. Stretching is also an important part of any good exercise program. Exercises should be

approved by your health care provider and should be performed in a way to avoid strain on your joints.

### **Posture Correction**

Standing and sitting up straight can be difficult during pregnancy due to the body changes discussed above. An easy trick to remember is “shoulder under ear, tuck in the rear.” When the ears are in line with the shoulders, forward head is often corrected. Because the belly is pulling mom forward, “tucking in the rear” corrects the increased curve that

develops in the low back. Remember to take breaks from prolonged positions and take frequent, short walks as able.

### **Wise Shoe Choice**

Avoid high heels during pregnancy as much as possible. Choose a comfortable, low-heeled (but not flat) shoe that has a good arch support.

**Proper Lifting** Always bend from the knees and squat to lift items instead of bending over. Also, avoid twisting, lifting heavy objects, and reaching overhead repetitively.



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Dividing the weight of the objects being carried into smaller bags held in each hand is also much better than carrying one heavy bag on either side.

**Good Sleep Position**

Side sleeping with a pillow between the legs is the position of choice when it comes to pregnancy. A small pillow or wedge placed under the belly is helpful to support the abdomen in the later stages of pregnancy. Listen to your doctor if he/she advises sleeping on one side opposed to the other

or avoiding sleeping on the back. Also, take care when rolling in bed or getting in/out of bed — it is best to perform a slight knee squeeze when rolling to the side and then using the arms to push to a sitting position with the lower legs dangled over the side of the bed.

**Rest** Every expecting mom should get plenty of rest. Rest is vital for the body to repair and function and moms-to-be should avoid getting fatigued.

**Help Me Now!**

Some of the actions listed above to avoid low back

pain may also be used to treat current back pain. Listed below are some other common management options:

- Physical therapy
- Massage therapy
- Relaxation techniques
- Heat or ice applied to the affected area
- Braces or support devices\*

\*There are several bracing options available over-the-counter which may or may not be helpful. Consult with a qualified physical therapist to determine which brace

is appropriate for the specific problem you are experiencing.

**Doctor, Doctor!**

Experiencing back pain is usually not a reason to call your obstetrician this minute (although it would be something to mention during your next appointment). There are situations when contacting your doctor is necessary.

- Severe back pain or loss of sensation/feeling in the legs, buttocks, groin, genitals, bladder, or anus; feelings of weakness or being uncoordinated

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Jessie is the owner of High Pointe Rehab, LLC, in Clarksville. The High Pointe team is specially trained to manage women's health issues including pain related to pregnancy. To read the full article, visit [www.highpointetn.com](http://www.highpointetn.com) or become a fan of High Pointe Rehab, LLC, on Facebook.



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## A PLACE OF THEIR OWN

by Julie Suzanne Capouch

As the leaves change and the weather grows cooler, more and more preschoolers will be confined to the indoors. To help protect against cabin fever, consider giving your child some space, literally. A playroom is a great option to help alleviate winter boredom, facilitate learning, and keep toy clutter to a minimum.

There are many options for families wishing to give their children an area of their own. The first is to convert a normal room of the house into the playroom. Local parents Sarah and Robert McCollum roomed daughters Mariska, 4, and Kenadi, 18 months, together, freeing up a downstairs bedroom for play. Located next to the front door,



the McCollum's playroom allows neighborhood kids to come and play without trampling through the rest of the house.

While many of us are not blessed with an extra bedroom, chances are if you have both a formal dining room and an eat-in kitchen, the formal dining room gets little use, making it a prime candidate for conversion to a playroom. And its close proximity to the living room is ideal for families with toddlers.

If you do not have an extra bedroom and no formal dining area, you

can still create a special place for your preschooler to play. Consider taking an area in the family room

and designate it just for your little one. The perfect spot would be a corner or area behind the sofa.

"Define the space," says Clarksville mom Cassie W., who used space in her computer room to create separate play areas for daughter Madelyn, 3, and son Rhett, 15 months. Cassie does not own any toy boxes.



Instead, she stores all of her kids' toys in small wooden bins. Each type of toy has its own spot, and the children put the toys away as they use them.

Organization and adequate storage are the keys to a successful playroom. Open shelving is a

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versatile option that will provide easy pick-up now and in the future. Use small baskets or bins like Cassie, and keep the toys low. If your child cannot reach them, she cannot put them away.

To keep costs low, use what you already have in your house. Bookshelves, accent tables, and throw pillows can all be repurposed for use in the playroom. Using garage sale finds, such as a \$15 bookshelf, Sarah turned mismatched furniture pieces into a matching set by painting them the same color. If you choose to paint your furnishings, be sure to prime first for a finish that will hold up to use in a playroom.



For cheap and easy wall décor, display some of your child's artwork on the wall. Freshen up your

display frequently by changing out the pieces and playing around with different arrangements. Order poster-sized black and white prints of your kids, or make your own wall decals using contact paper. Whatever you decide to do for decor, make sure it is flexible. Children change regularly, and your walls should, too.

When choosing what to include in your playroom, think of things that will stimulate your child's creativity and exploration. Create a "pretend play" corner with a child-level mirror and provide a bin of clothes and hats to wear. Throw colorful pillows on the floor or use a

beanbag chair to make a reading corner near a bookshelf or a basket of books.

A play kitchen is a great addition for a girl or a boy, and a child-sized table and chair set can be used for art, blocks, tea parties, and more. Give your preschooler a say in what goes in his playroom, and help him make it his own. Proper planning now can help prevent winter stress later.



Julie Suzanne Capouch is a military spouse and mother of two. For more ideas, check out her DIY blog at [julesthemommy.blogspot.com](http://julesthemommy.blogspot.com).

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Chester looked at his calendar. Today was Boomer's birthday. Chester had worked really hard to get Boomer's gift this year. He gathered berries for Ranger Bill all summer long to earn money to buy his brother the whole *Super Worm* comic collection. *Super Worm* is Boomer's favorite super hero. Ranger Bill delivered the magazines to Chester just yesterday. Chester was excited and couldn't wait to see Boomer today. He didn't have to wait long, as the sound of his front door swinging open and Boomer calling his name echoed down the tunnel.

"Chester! Chester! I want to show you something!" Boomer called, running every which way.

"Boomer, I'm down here!" Chester called.

"Chester, guess what?" asked Boomer breathlessly.

"What?" Chester asked, turning to look at Boomer.

"Boomer! You have glasses! Where did you get those?"

"Doctor Owl gave them to me yesterday. Do you like them?"

Chester smiled at his brother. He is getting so big, Chester thought.

"Boomer, you look very grown up," Chester said proudly.

Boomer smiled his biggest smile. He was so glad Chester thought he looked good in his

glasses. Boomer went on to tell his brother all about the trouble he had seeing the board at school, and his visit to Doctor Owl.

"And then, he let me pick out whichever color frames I wanted. I thought it would be scary; or I would get a shot when I went to see the doctor, but I didn't! It was fun!" Boomer babbled.

"Well, I'm glad that you will be able to see now, little brother," said Chester, playfully punching him in the arm.

"Guess what else?" asked Boomer.

"What, there is more?" joked Chester.

"Today is my birthday! Did you remember? Mom is cooking a special dinner for me. You are coming, right?"

Chester laughed, "Of course I'm coming! I didn't forget! Happy birthday, Boomer!"

"Thanks! See you later at dinner, I have to go to school now!" said Boomer on his way back out the open front door.

Chester waved goodbye to his brother and thought to himself, *He is going to be so excited when he sees his present!*

A cool gust of wind blew past Chester as he closed his front door. Chester shivered and looked over his calendar. He noticed that Thanksgiving was only a couple of weeks



away. He had an idea. He would write out a list of all the things he was thankful for all month long and present it to his family when they got together for the big harvest meal. Getting out a piece of paper Chester wrote:

### **Things I'm Thankful For**

**By: Chester Chipmunk**

*I am thankful for the warm sunshine and the stars at night*

*I am thankful for my acorn, and the tree it came from*

*I am thankful for my home*

Chester was so into his thankful list that he didn't hear his friends come into the room.

"Hey there, whatcha doing?" buzzed Lily.

"What's that?" interrupted Dart.

Chester jumped up and put the piece of paper behind his back. "Aww...it's nothing."

"Come on, let me see!" insisted Lily.

"Yeah, what's on that paper?" Dart said trying to see what Chester was hiding.

"It's my thankful list," Chester said quietly.

"Really? That's neat. I never thought about what I'm thankful for," buzzed Lily.

"Me either. Want some help Chester?" Dart asked.

Chester smiled. "Sure! Here is a piece of paper and pencil for each of you."

The friends then sat down at the table each with a sheet of paper and wrote out their own lists. Every so often they would share what they were writing, and then it would be quiet again.

"Hey, I heard that today is Boomer's birthday. I need to go find a gift for him before his dinner tonight," Dart said getting up from the table.

"Me too!" added Lily. "Chester, would you like to help us find something for Boomer?"

"Sure, let's go!" Chester said.

"Do you need to find something too?" asked Lily.

"No, not this time. I'm ready. I got him the whole *Super Worm* comic collection," said Chester.

"Wow! How did you do that?" Dart asked.

"Ranger Bill helped me. I gathered nuts and berries for him all summer, and he paid me for them. With the money I earned I was able to have enough to buy these comics for Boomer."

"So Ranger Bill went and picked up the comics? Wow! He is even nicer than I thought!" said Lily.

"We don't have time to gather things for Ranger Bill," Dart said shaking his head.



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Chester thought for a moment. "It's okay, I know of a place we can go to get a present for Boomer."

"You do? Is there a shop for animals around here?" asked Lily.

"If I take you, you must promise to never show anyone else, it is my secret place. I need you both to go home and find something you can use to trade with," explained Chester.

"Trade?" asked Dart.

"Yes, trade. You bring something worth something, and you can trade it for something you like. You can't take anything if you don't have something to trade," Chester whispered.

"That way we aren't stealing," whispered Lily.

"Right! This is not stealing, it is trading. I watch the humans do it all the time," said Chester quietly. "Now hurry, Boomer will be out of school soon, and we don't want him to see us. We need time to trade, and get it back here so we can wrap it for the party."

While Lily and Dart headed off to find something Chester headed down to his treasure room. Looking around he chose a big sparkly button. He would trade with this. If he didn't see anything he liked he wouldn't trade. By the time Chester made it back to his front room, his friends were back.

"Why do you have something to trade?" Dart asked Chester.

"Just in case there is something there I want," answered Chester.

"Okay, Chester let's go see this mystery place!" Dart said.

"You guys have your stuff, right?" Chester asked.

"We do! Let's hurry!" added Lily.

The friends zig-zagged their way through the woods. Suddenly, Chester stopped and told his friends to stand right there, and he would be right back. Chester ran up the side of a tree and soon the friends heard something coming down through the leaves. It was a box with a string attached. As Chester lowered it to the ground, the friends were curious.

"What is this box doing up in a tree?" Dart asked Lily.

"I don't know, we will ask Chester when he comes back."

"Ask me what?" Chester said smiling.

"Why is there a box in a tree, and what does this have to do with a gift for Boomer?" questioned Dart.

"This is what humans call a geo cache. It's like a big scavenger hunt. I asked Ranger Bill about it. He said there are folks who set up these caches around town and then log them in somewhere

and the other cachers have to try to find them. When they do, they sign in. Sometimes there are things in these boxes with a tag on them, that tag gets logged in by the person that takes it and then is tracked everywhere it goes. But the human only takes something if he leaves something behind," explained Chester.

"Ooh! So now we get to play!" squealed Lily.

Chester and Dart opened the box and found all sorts of things they could give Boomer. They traded, and Dart helped Chester pull the box back up into the tree. Hurrying home with their new treasures, they could hardly keep their excitement to themselves. Back at Chester's house they wrapped the treasures and had a good time getting ready for Boomer's dinner party.

Dad Chipmunk knocked on Chester's door. "Chester! Are you guys ready for dinner?" he called.

Chester opened the door. "Yes, dad, we are." Standing behind Chester stood a beaming Lily and an excited Dart.

"Well, I've never seen you guys so happy about dinner," said Dad Chipmunk.

"We can't wait to give Boomer his birthday gifts is all!" giggled Lily.

“Let’s go then you silly kids. You don’t want to be late!” said Dad Chipmunk leading the way.

It was a short walk to the Chipmunk home. In no time, everyone was finished with the meal, and singing Happy birthday to Boomer.

“Happy birthday, dear Boomer! Happy birthday to you!” sang the group.

“Are you guys ready for cake and presents?” Mom chipmunk asked.

“Yay!” squealed Boomer.

“Open mine first!” said Lily and Dart at the same time.

Boomer laughed. “Okay!” When he opened Lily’s gift he clapped his hands. “Oh, thank you, Lily! Look! My very own yo-yo!”

“Happy birthday, Boomer!” said Lily, hugging Boomer tightly.

Next was Dart’s gift. Boomer ripped off the paper. “A whistle! Thank you, Dart!”

Dart smiled. “You are welcome, Boomer!”

Chester pushed his gift in front of his brother. “Open mine next, Boomer!”

Boomer had only ripped a portion of the paper off when he started jumping up and down. “Chester! This is so awesome! How did you? Oh! Never mind! Thank you! You are the best brother in the whole world!” he said looking through the comics.

“Happy birthday, little brother!” said Chester, giving his brother another playful punch.

While everyone was eating a piece of Boomer’s birthday cake, Chester looked around the room, and realized the

things he was most thankful for were not things, they were his family and his friends.

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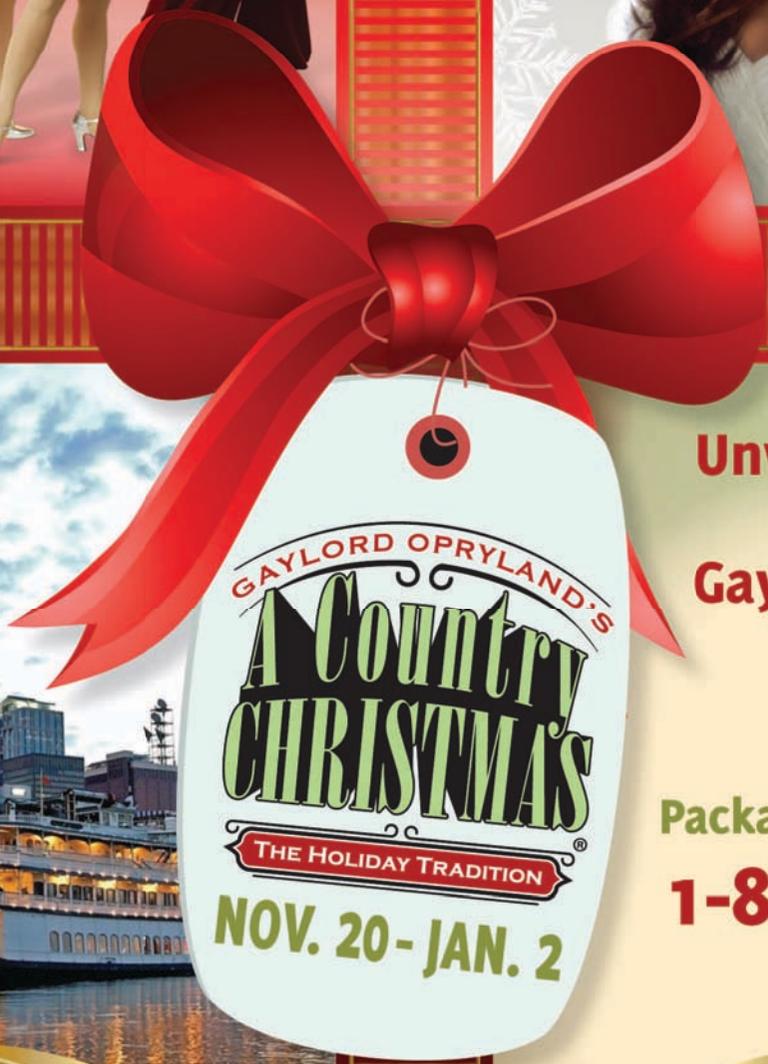
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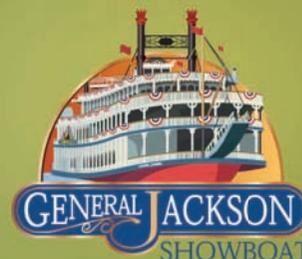
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### Part 2 - Having a Plan is Key to Your Future Financial Success

by Ryan Bosler

Too many people make their investment decisions based on what everyone else is doing. They follow the crowd into the hottest sectors of the market, only to suffer the consequences when those sectors take a dive.

There is a way to safeguard your financial future without worrying too much about where the market is heading. It's called planning and you do it all the time. You plan for a vacation; you plan for a wedding; you plan when you put a new addition on your home.

Yet, too often the most important plan is neglected — your plan for your financial future. A plan is simply a roadmap

that shows where you are now, where you're going, and how best to get there. By putting your investment decisions into a larger perspective, a financial plan helps you avoid the trap of investing based on what other people are doing — instead of what is best for you.

To create a comprehensive plan, many people seek the help of a qualified financial professional. This person has the knowledge and experience to help guide your key decisions about your financial future.

The planning process begins with a lot of questions. The purpose of these questions is to determine your goals, investment

objectives, risk tolerance and dreams for the future; and to try to anticipate future events and contingencies so that they can be incorporated into your overall financial blueprint.

The next step is constructing your financial profile. This consists of an accurate picture of your current financial status, including your net worth, current income, potential income, debts, taxes, insurance and other financial considerations.

Step three combines step one and two by creating a guideline that shows how you can get from where you are now to where you potentially want to be. This is where the guidance of your

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financial professional is especially useful. He or she will help you determine how much you need to save and suggest ways to help you meet your financial obligations. Your financial professional will also help you select the right mix of assets (short-term investments, bonds, stocks and other vehicles) that may help you meet your future goals while controlling risk.

By implementing the plan, you free yourself from making ad hoc decisions about investments. You won't be chasing market fads because you'll know exactly what investments are right for you. That doesn't mean you can't "play the market," but it does mean that you will know exactly how much of your investment assets you can afford to put at higher risk without jeopardizing the achievement of your goals.

The final step is to monitor and review your progress over time. Your goals or situation may change, and you will need to adjust and refine your plan to reflect these changes. By sticking to the plan, monitoring progress, and making changes as needed, you'll have the best chance of achieving what you set out to accomplish.



**This material is not intended as tax or legal advice. You should consult with your personal financial, tax or legal advisor regarding your specific situation before implementing any estate or business strategy.**

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# NOVEMBER IS A NUTTY MONTH

by Clint Patterson

Many species of nut trees grow naturally throughout our forests and scattered across our urban landscape. During the fall these nuts, collectively referred to as “mast,” litter the ground. We may think of them as messy if they’re in our yard, but this is the most important food source for most wildlife.

We have several large hickory trees and a couple of southern red oaks in our backyard. They drop a tremendous amount of hickory nuts and acorns and make it difficult to mow. Eventually, I plan to eliminate this problem. Not by removing the trees...but by turning most of my backyard into ground cover, flower beds, and mulched areas. We really enjoy sitting out on our acorn-strewn deck and watching

the squirrels busily gather and eat the nuts, and frolic around in the trees.

Typically, when we think of collecting edible nuts from native trees, what comes to mind are hickory nuts and walnuts. Prior to the demise of the American chestnut tree, chestnuts were the preeminent native nuts to gather and eat. Now, only cultivated Chinese chestnuts are available. Folks today still gather, shell, and eat these types of nuts. However, there are far more varieties of nuts out there that have historically been eaten by humans.

Beechnuts from the American beech tree, though quite small, were historically eaten; as well as wild hazel nuts and even the tiny nuts of hornbeam and hop

hornbeam. The most important nut crop, however, was the acorn.

“Acorn? You mean from oak trees?” you ask. Yes. In fact, acorns were a staple part of the diet of many Native American tribes. If you have ever tasted a raw acorn, you know that it is not exactly tasty. According to Thomas E. Mails’ *The Cherokee People* (1992), the Native Americans used acorns “...dried,

hulled, and pounded. The meats were then put into a leaching basket, and a cloth was tied over the top. Water was dripped on the cloth throughout the night, soaked into the meal, and then ran out through the bottom of the basket. The strong, bitter taste of the original acorn was removed, and the final product could be rendered into bread.”

Early European settlers learned from the Native Americans and utilized acorns as well. Particularly when corn, beans, and other “Indian” crops were in short supply, it was the nut trees in the forests that enabled the people to survive.

According to Kim Coder, Professor of Silvics and Ecology at the University of Georgia, “Forests have been, and remain, a critical cultural and economic foundation for this nation. Our close relationship with the forests that surround us can be demonstrated by the struggle and success of early European settlers. Thanksgiving is a holiday celebrating survival in a new land. One aspect of this holiday, sometimes forgotten, is the role of the forest.”

This November, let’s not forget the role of the forest in our nation’s history. As we’re sweeping nuts and acorns off our deck, or hitting them with our mowers, let’s remember that they enabled the Pilgrims, as well as many other human groups throughout history, to survive. In fact, scientists estimate that Mankind has consumed more acorns throughout our history than wheat and rice combined.

Gathering nuts can be a fun family activity. Walnuts, hickory nuts and Chinese chestnuts can

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be cracked and eaten right away, or used in recipes. Even a small number of hickory nuts, for instance, gathered and shelled, can greatly improve a batch of brownies, cookies or bread; and get the whole family involved in preparing the meal.

If you are especially adventurous, you might even want to collect some acorns. They are much easier to shell than other nuts, but their preparation is rather laborious. Still, they can be quite tasty, and a way to impress your friends with something new. A quick Internet search can provide step-by-step instructions on how to prepare acorns, as well as provide many acorn recipes.

Your friends may think you're "nutty," but what better way to

experience what the Pilgrims and Native Americans did this Thanksgiving?



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

Clint and his wife, Sheri, and their three children, Emma, Caleb, and Jacob, moved to

Clarksville in September 2008. The Pattersons enjoy all things outdoors, and are happy to make Tennessee...with its beautiful forests, rivers, and historic places...their new home.

A graduate of Southern Illinois University with a bachelor's degree in forestry, Clint has worked in the forestry field for over seventeen years. Prior to coming to Clarksville, he was a District Forester for the Illinois Department of Natural Resources where he assisted landowners in managing their forests in a six county area of Southeastern Illinois. Clint's hobbies include writing, reading historical books, artwork, and anything that involves trees or wood.

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# RESUME WRITING 101

by Matt Monge

As if job-hunting alone was not stressful enough, the news media, your friends, your neighbors, and even folks you don't know at Walmart have told you that the job market is incredibly tough right now. Additionally, given the current unemployment rate, one could easily become discouraged when considering the fact that the competition for jobs right now is so fierce. The temptation may be to throw your hands in the air, give up, and resign yourself to the fact that you're just not going to be able to find a job right now.

I would beg you not to do that, and I'll tell you why. The sky is not falling. There is work available. You can land a job, but it's going to take some extra work, and it's going to take some professional savvy. Here are some basic, but often overlooked, tips that will be helpful as you try to navigate this rough job market. Let's look at one of the most intimidating aspects of the job search: writing your resume.

Let's face it — creating a resume is a lot work, and if you're wired anything like I am, you'd almost rather have your wisdom teeth removed all over again

than put together a resume. It can easily take the better part of a day to get that resume looking just the way you'd like it to look, so your first impulse may be to blast that masterpiece of a resume to every single company in the greater Clarksville area. What you need to keep in mind, however, is that there are likely hundreds of others doing the same thing; and chances are that your resume, like hundreds of others, will be lost in the shuffle. So before you press the "wing it" button on your resume and blindly send it out to anyone and everyone, here are some tips for putting together a precise and potent resume.

**1. Use titles, phrases, and headings that match the job description.**

Your resume should be custom built for the position for which you're applying. This is often overlooked when individuals are in a hurry to send out as many resumes as possible. Since each open position is different, you'll want to be sure that your resume emphasizes things that will be important to the company with which you'd like to work (more on this later).

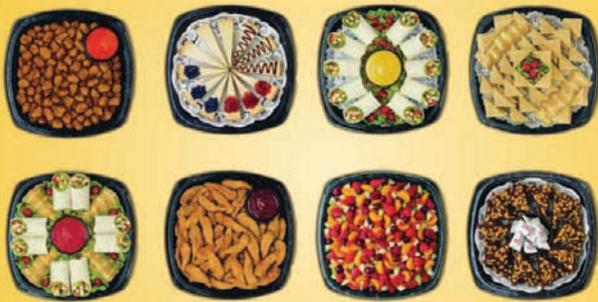
**2. Design your resume so that it grabs the reader's attention.** Whether it's

fair or not, given the large quantity of resumes employers are getting these days, the poor Human Resource team member who has to read the resumes the organization receives simply doesn't have time to read every line of every resume. Consequently, you need to be sure that the important information on your resume is easily accessible. That means that your resume needs to clearly highlight your knowledge, skills, abilities, and experience; and you need to prioritize in such a way that you don't relegate important information to the lower sections of your work history or job descriptions. You don't want your potential employer to have to excavate information from your resume. The important information should stand out plainly to them.

**3. Insert content that sells them on YOU!**

Once you've gotten their attention with an intelligently designed resume that includes targeted titles, phrases, and headings, you've got to be sure that the content of the resume sells them on why you're a person they should call in for an interview. For example, you might say:

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"Maintained records for accounts receivable and accounts payable accounts."

Or, you could try this instead:

"Managed over 1,000 accounts receivable and payable accounts working directly with the Chief Financial Officer."

You can see how the second example is much more precise and potent. Be specific and don't sell yourself short.

**4. Analyze ads and job descriptions to determine key words.** A key element in creating a powerful resume is learning how to analyze the key words that employers provide in help wanted ads and job descriptions. For example, read the ad below for an Accounts Receivable Manager.

**Accounts Receivable Manager**  
Seeking experienced A/R Manager to oversee accounts, manage billing and collections, train accounting and clerical staff, develop status reports for management and prepare monthly balance sheets. B.A.

Degree or A.A. Degree with minimum of 2 years experience required.

Even though this ad is small it contains several key words or phrases that should be addressed in a resume. You could use key words from an ad like this to create headings for your resume. For example:

**Key Word Skill Headings**

Management of A/R Accounts  
Billing and Collections  
Supervision of Accounting and Administrative Staff  
Balance Sheet and  
Management Status Reports

**5. Sell the benefits of your skills.** Most resumes provide a list of duties that each applicant has been responsible for without explaining the benefit of those skills to employers. For example, a secretary's resume might state that he or she can type 80 wpm and is extremely accurate. This statement lacks an explanation of how his or her typing speed and accuracy benefit an employer's bottom line. The real benefit is that the employee can produce more work and ultimately save the employer money. A better

statement for this person's resume might be something like:

- Achieved top production volume by maintaining high degree of accuracy with typing speed at 80 wpm.
- Cut labor expense over \$6,000 annually by eliminating the need for part-time word processing staff.

Utilizing these tips should help give you an edge as you design your resume. Again, these are some very basic ideas, but they're often overlooked by job seekers. So take a deep breath, do some work on your resume, and rest a little easier knowing you've taken all the appropriate steps to put together a solid resume. Further still, stay encouraged, focused, and motivated as you continue to search for your next job or career.

Matt Monge is the Director of Education and Training at Fort Campbell Federal Credit Union, where his team creates and implements training and organizational development initiatives for the credit union's nine branches.

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# THANKFUL

by Kim Edmondson

Thankful. It's a word we're going to be hearing a lot of during the next few weeks. As the holidays approach, we become intentional about being thankful. Perhaps it is because we have come to the end of another year and as we take the time to look back over the months that have passed by, it is a good time for us to remember the good we have received and enjoyed. It is an opportunity to get our minds off the daily "have to" and focus on the times we have been blessed, remembered and provided for.

I know if given the choice, most people would probably choose Christmas as their favorite holiday. However, I have always been partial to Thanksgiving. I love the fall colors and spicy aromas of Thanksgiving. I love the turkey coming out of the oven, and a delicious piece of pumpkin pie. But if the truth be told, Thanksgiving means more than that for me. It is about the chance to be intentionally thankful. It is a day to spend with my family and friends and verbally express to them why I am

thankful for each of them, and how they have added blessing to my life.

One of my favorite seasons of being thankful was when my husband and I got married. I decided that I wanted to celebrate our anniversary each month during the first year of our marriage. After all, we would never have another time when we could say that we had only been married for a few months. On our second month anniversary I came across a little book entitled *10,000 Things To Be Happy About*. It included thoughts and images like a hot buttery

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biscuit, a bouquet of yellow daisies and a patchwork quilt hanging on the clothesline. Each time I read one of those reasons to be happy, I did take a moment to stop and think about the frequently overlooked details of life that bring a smile to my face. Before I gave the book to my husband, inside the front cover I wrote my own reason for being happy. It said, “#1. Being married to your best friend for two months.” Sappy I know, but true!

So this year, as I have the opportunity to begin my season of thankfulness, I thought I would do a list

of my own reasons to be thankful. I am sure some of these will seem simple and even silly, but these are the reasons I have gathered to be thankful.

1. Being surrounded by four males (one husband and three sons) who love me no matter what.
2. Being the female who gets to love the four males in my life.
3. The opportunity to work at a job I enjoy.
4. The faithfulness of my husband.
5. The gift of song.
6. Having a circle of friends who encourage me.

7. Being married to your best friend for 15 years.
8. Family vacations.
9. When all of the laundry has been washed, folded and put away. (I’m not sure this has happened at my house, I’m just thankful for it!)
10. Listening to my boys sing.
11. Reading something Walt has written.
12. Listening to Jed explain....anything.
13. Watching Bing laugh at his brothers.
14. Feeling Chris take my hand in his.

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- 15. Parents (including my in-laws) who pour into our lives, love us endlessly, and help us with our crazy life!
- 16. A Home Sweet Home Yankee Candle.
- 17. Loving my husband more today than I ever thought possible.
- 18. A great cup of coffee.
- 19. A Girls Night Out.
- 20. My oneChurch family.

Even though I have all of these reasons to be thankful, there is still an even greater reason that I am thankful this season. I am thankful for the Lord. In the Bible, the book of Psalms is filled with

verses that talk about giving thanks to God. Those who wrote this book expressed their thankfulness not only with words, but also with singing, dancing, the playing of instruments and all out joyful celebration! In reading through the verses of thankfulness, one in particular caught my attention:

“I will give thanks to you forever, O God, for what you have done.

I will trust in your good name, in the presence of your faithful people.”

Psalm 52:9

I love how this verse serves as a constant reminder to give thanks to God. Not just on the days when things are going my way or when I feel like it, but forever. I also love the part of the verse that says, “for what you have done.” It is not what I do that matters, it is what HE has done and will do in my life that calls me to be thankful! Because of what He has done I can trust in His name. And notice that His name is not like any other name: His name is a “good” name. Finally, I will give thanks to His good name in the presence of His people. So, once again I would like to



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present a list of thankfulness, but this time I want to share it not only with you, but with the God who has been so good to me. I am thankful to the Lord for:

1. His love.
2. His faithfulness.
3. His protection.
4. His provision.
5. His mercy.
6. His goodness.
7. His forgiveness.
8. His patience.
9. His creativity.
10. His blessings.
11. His gift of salvation.
12. His work in my life.
13. His work in the lives of those around me.

14. His restoration.
15. His power.
16. His Word.
17. His promises.
18. His compassion.
19. His comfort.
20. Him...alone.

I pray this Thanksgiving will be a special time for you and those who are dear to you. I pray the Lord will remind you of His blessings and cause your heart to overflow with thankfulness for all He has done. Happy Thanksgiving to you.



Kim Edmondson is thankful to be a pastor's wife and mom. She teaches voice and piano at Mary's Music.

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by Heidi Welsh

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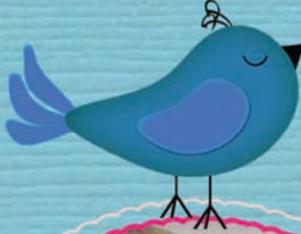
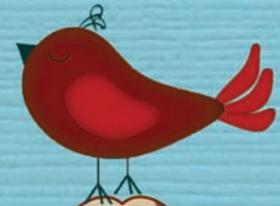
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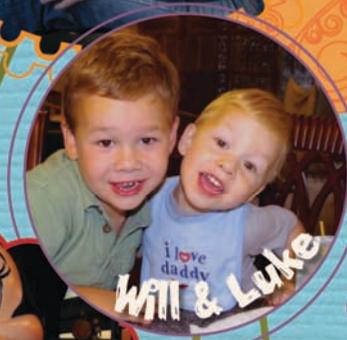
Kate & Izzy



Victor



Matt, Jennifer, Bennett & Clay



Will & Luke



Molly, Minnie & Maggie!



Lillian Claire



Brian & Cory

email your photos to  
[candid@clarksvillefamily.com](mailto:candid@clarksvillefamily.com)

## YOU NEED MORE THAN A WILL

by Joe Weyant

If you have a current last will and testament, you have already thought about your family's future after your death. You know that an attorney will look over the will, determining if probate is necessary, and that a limited amount of "paperwork" might really be all your spouse or children will have to deal with to finalize your last wishes for your property. However, there is a very good chance that your trusted attorney will not have to open an estate, if you go a little further.

Probate is needed only if the deceased person owns property solely in his or her name at death. Joint ownership of property, by definition, avoids the need for the probate process to accomplish re-titling of an asset. Joint ownership is frequently seen with bank accounts. Often, a spouse

or child is on the account with another. This not only allows both to write checks or do other business on the account, but also so that the funds remaining in the account go to the other person on the first to die's death.

That is precisely how it works, too. When one of the account holders dies, there is no pomp and circumstance — the surviving account holder is the sole owner of the funds on deposit. In fact, even if a will or other testamentary instrument directs otherwise, the financial institution will honor only the way the account is held with the financial institution. This is the same for payable on death beneficiary designations, on that little card you sign when you open the account. The money is simply paid over to

the person or persons, and in the exact percentages, as you first directed, or from time to time might have amended.

So, right away, you know you need to be certain that the beneficiary designation on all of your financial accounts, from mutual funds to stocks, certificates of deposit to checking accounts, accurately reflects your final wishes for these assets. This also goes for life insurance beneficiary designations.

You can also own other personal property in joint names, such as automobiles. Frequently, this is already the case with a married couple. The dealership may have simply titled the vehicle in both names, at the time of purchase, whether you asked them to or not. When either spouse dies, assuming there are no liens, the surviving spouse is the sole owner of

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the automobile, and nothing else needs to be done. This is the same for boats and other types of machines with titles.

Probate is widely used in getting real estate into the names of those we want to own such property on our deaths. Under Tennessee law, a married couple owns the marital home as tenants by the entirety, with right of joint survivorship. However, if one of the spouses owned the home before the marriage, this is not necessarily the case, and the deed probably does not reflect this arrangement. This is a common situation after someone a little older has married for the first time, a former spouse dies, or a divorce has occurred.

If you want your new spouse to have the house or any other real estate you

might own, without incident upon your death, you should have a new deed or deeds drafted as soon as possible. This is absolutely the case if there are children from a prior marriage that will also survive. Remember, also, that not all property is marital property when a divorce comes about, and that only if your name is on a deed, does that flatly show both spouses' ownership in property. Of course, joint ownership is available in non-marital relationships as well.

If you have been divorced, widowed, had a new child, been newly married, or had people close to you die recently, you may not have dealt with changing your will. You also may have not looked into how certain financial accounts are held, or will be distributed when you die. You must take action now.

For example, most people would not intend that a former spouse would receive life insurance proceeds, to the exclusion of a new family they may have since started. This could even be on a policy set up ten years ago. However, imagine the heartache and tragedy that could be brought about, simply by not keeping up with your business in that instance.

That is really all it takes — periodically checking up on your stated final wishes. A will cannot trump the instructions on the account documents at the bank, on deeds, or life insurance forms. You must take the initiative to make it clear, and see an attorney if you have questions.



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# MOMS WANT TO REGAIN THEIR SHAPE...

by Sally Kaye, CPA, COPM

Pregnancy and childbirth are something one must experience to really understand all of the physical and emotional effects. Motherhood has many rewards and is one of the most fulfilling experiences a woman can have. Pregnancy prepares the body of the mother to nurture the baby as well. However, it can also leave us self-conscious about our bodies. Sometimes weight loss and strength training do not return your body to the flat, firm tummy you had before children. Additionally, pregnancy and breastfeeding can cause the breasts to sag and lose their "perk."

It is not realistic to expect immediate weight loss after pregnancy. **Do not try on your favorite pair of jeans!** Your body

needs time to adapt and recover. Remember, you gained weight over nine months.

Some things you can do:

- Check with your doctor. Be sure to consult your doctor for information on exactly when to begin postpartum exercise. The American College of Obstetricians and Gynecologists reports that changes that take place during pregnancy can continue for four to six weeks following birth, which means that it's important to resume exercise gradually.
- Set realistic goals.
- Find ways to exercise with your baby.
- Reward yourself.
- Eat a healthy diet.
- Increase fluids.

## The Time Factor!

Once you are a mother, it is difficult to find time to take care of yourself. Time becomes a factor. Let's face it, women take care of everyone else before taking care of themselves.

You may be very dedicated to your exercise plan but still have some fat pockets that will not respond to diet and exercise. On the other hand, maybe you are a busy mom and do not have time to go to the gym. Many women become unhappy with the shape and size of their breasts or begin to have drooping.

It may be worth considering a consultation with a cosmetic surgeon to address your concerns. Dr. Mitchell Kaye of the Advanced Cosmetic Surgery Center states "commonly requested procedures

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November 21st, for ages 2 - 12!  
Visit with Princess Tiana, Disney's newest Princess in the Castle.  
\$17pp additional RSVP required.

Don't forget to sign up on our email list to receive monthly specials -- it's FREE! By joining our email list you will be registered to win for November an Easy Bake Oven, and for December a \$50 gift card from Justice in the Governor's Square Mall.

*Just for Mom:*  
We now have Gourmet Teas; with over 175 flavors to choose from!  
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We also have our Girly Girlz Club Membership  
www.girlygirlzmembership.com

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Check the CF Calendar for our block of events this month!  
www.thepamperedpalace.biz or www.princessteaparty.biz  
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include tummy tucks and liposuction as well as breast augmentation and lifts.”

Statistics back up this trend. Among the top ten most commonly preformed procedures at American Academy of Cosmetic Surgery (AACS) member practices in 2007, the greatest increase in procedures performed occurred for (tummy tuck) abdominoplasty (42.4%), followed by breast lift (41.8%) and (eyelid surgery) blepharoplasty (34.0%). According to the AACS, women have accounted for 80% of cosmetic surgery patients.

Each month we would like to answer your questions about cosmetic surgery. If you would like to submit a question, please send an e-mail to: [info@mdkaye.com](mailto:info@mdkaye.com) and in the subject area state “Clarksville Family.”

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

Dr. Kaye is located at 1011 South Main Street, Hopkinsville, Kentucky. Call (866) 234-0470 or visit [www.AdvancedCosmeticKY.com](http://www.AdvancedCosmeticKY.com) for more information.

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# HAPPY BIRTHDAY!



Happy 1st Birthday Ava Grace!  
We love you, Mommy & Daddy



Happy First Birthday Cash!  
Love, Mommy & Daddy!



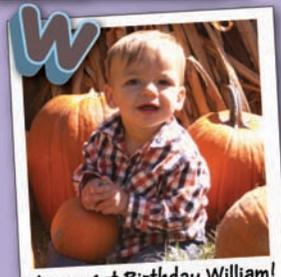
Happy 1st Birthday Chance  
From your best friend, Garrett



Happy 1st Birthday Fayne!  
Lots of Love Mom & Dad



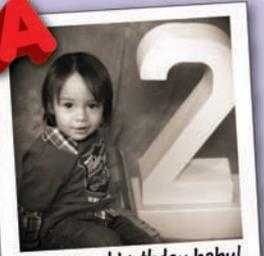
Happy First Birthday, Kara!  
Love, Dada & Mommy



Happy 1st Birthday William!  
Love, Mama & Dada



Happy Birthday T1 and T2.  
Love love!



Happy 2nd birthday baby!  
Love Mommy and Daddy!



Happy 2nd Birthday Andrew!  
We love you so much, Mommy & Daddy



Happy 2nd Birthday Brielle!  
From all of us!



Happy 2nd Birthday Divya!  
Love Mommy & Daddy



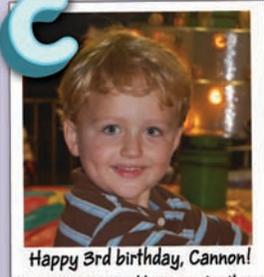
Happy 2nd Birthday Kara  
from Mommy, Daddy & Mia



Happy 2nd Birthday Lilah!  
We love you! Mommy, Daddy, & Isabel



Happy 2nd Birthday Natalie  
Love, De-De & Nonnie



Happy 3rd birthday, Cannon!  
Love, Mommy, Daddy & your brothers



Happy 3rd Birthday Chloe!  
Love, Mommy, Daddy & Brody



Happy 3rd B-day Cody Bear!  
We luv you, Mommy & Daddy



Happy 3rd Birthday Kaitlyn!  
We love you, Mommy & Daddy



Happy 3rd Birthday Madison!  
Love, Mom, Dad, Megan & Logan



Happy 3rd Birthday Racheal  
Love You!

## Wanna be on the Fridge?:

Email photo to: [fridge@clarksvillefamily.com](mailto:fridge@clarksvillefamily.com) by November 15th. \*Please include the name of who is in the photo & a preferred short caption\* (optional).

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

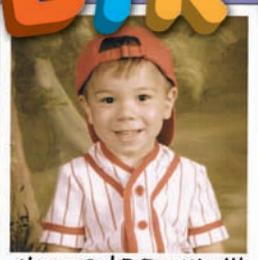
**\*Photo publication cannot be guaranteed due to volume of photos received.**

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

# HAPPY BIRTHDAY!



Happy 3rd Birthday Ruby!



Happy 3rd B-Day Wyatt!  
Love, Mommy, Daddy, & Bubba



Happy 4th birthday Ethan!  
Love, Mommy & Daddy



Happy 4th Birthday Journee  
Love mommy, daddy, Isaiah & family



Happy 4th Birthday Samuel  
Love Mommy & Daddy



Tyler is 4 years old  
& ready to roll!



Happy Birthday Jackson!  
Love, Mimi & Papa



Happy Birthday Antonio Marley!  
We love you Big Boy!



Happy 5th Birthday Morgan!  
Love Mommy, Daddy & Carson



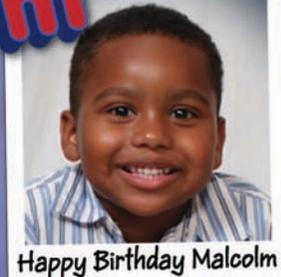
Happy 6th Birthday, Bennett!  
Love you, Mommy, Daddy & Clay



Happy 6th Birthday Kyle!  
Love Mom, Nana, Papa, Bryan, Erin & Michelle



Happy Birthday Kaylee!  
Love, Mom, Dad, & Bella



Happy Birthday Malcolm  
Love, your family



Happy 7th Birthday Saralyn!  
Love, Mommy, Daddy, Sissy & Brothers



Happy 10th Birthday, Christopher!  
We love you- Dad, Mom & Kyle



Happy 9th Birthday Katie!  
Love Mommy & Barry



Happy 9th Birthday Brian!  
Love, Dad, Mom, & Cory



Happy 10th Birthday  
We love you, Mommy, Daddy & Ale



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

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

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

**Don't forget!**  
Send in photos for December birthdays by November 15th!

## Ongoing

### BATTERIES NOT INCLUDED: UNPLUGGED GAMES FROM THEN AND NOW

Through January 17, at Kimbrough Gallery of Customs House Museum, 200 South Second Street. Before the age of Atari, Nintendo and their ilk, kids played OUTSIDE when the weather was good. If it wasn't, there was always the basement or another large room in the house to get together and play games of chance, wits and skill. All are electronic free and lots of fun. Museum hours: Tuesday through Saturday, 10:00 a.m. to 5:00 p.m.; Sundays 1:00 p.m. to 5:00 p.m. Admission: Adults \$5, Senior Citizens \$4, College \$2, Students 6 to 18 \$1, under 6 free. Free admission on Sundays.

### CASH FOR HEALTHY BLOOD SAMPLES

We need your help! Alpha Clinical Research is collecting blood samples from healthy volunteers in exchange for \$25. "Healthy" is defined as free from disease. People with anxiety, allergies and on birth control or hormone replacement therapy are not excluded and may participate. Interested volunteers may call (931) 920-2525 to learn more.

### CLARKSVILLE FIRST CHURCH OF THE NAZARENE HOPE RIDERS

1:15 p.m. every Sunday afternoon at 150 Richview Road, weather permitting (temperature above 50 and no rain). Hope Riders is the name of our full-fledged Biker Ministry. All riders welcome. For more information contact Pastor

Ron at (931) 648-0110 or visit [www.hoperiders.blogspot.com](http://www.hoperiders.blogspot.com) for upcoming rides and events.

### FAMILY LIFE CENTER ACTIVITIES

Monday through Friday, 5:00 a.m. to 9:00 p.m. (except Wednesday, 5:00 a.m. to 5:00 p.m.), Saturday, 7:00 a.m. to 4:00 p.m. at 250 Old Farmers Road in Sango. This family-oriented facility sports a walking track, basketball courts, weight room, cardio deck, racquetball court, group fitness, game room, and a luxurious senior-adult social room. It is open to the entire Clarksville community and offers a variety of membership options such as walking pass member, group exercise member, and single-, couple- or family-memberships. Classes include step aerobics, Pilates, sculpting, Zumba, circuit, chair aerobics for seniors and beginner step (all classes are \$2). Visit [hbcfamilylife.blogspot.com](http://hbcfamilylife.blogspot.com) for more information.

### HOOPS SIGN UPS

Registration deadline is November 7. At Hilldale Baptist Church Family Life Center, 250 Old Farmers Road. HOOPS is a fun, instructive league, teaching fundamentals in basketball OR cheerleading. Basketball for K-8th Grades, Cheerleading for K-6th Grade Girls. Cost is \$50 per child. Register online at [www.hilldale.org](http://www.hilldale.org) or at Family Life Center front desk.

### T K & Y GROUP

Sundays, November 1, 8, 15 and 29 from 5:00 p.m. to 5:50 p.m. at Mt. Hermon Baptist Church, 2204 Jarrell Ridge Road. Ages 3 yrs - 6th Grade. Come enjoy the most action packed, spiritually refreshing, and fun filled 50 minutes you can fit into your week!

## November

### 3 TUESDAY CLARKSVILLE SCRABBLE GAME CLUB

6:00 p.m. at Borders, 2801 Wilma Rudolph Boulevard. Call Clay Sanders at (931) 647-3625.

### 5 THURSDAY "LET'S FIND TREE HOUSES"

10:30 a.m. to 11:30 a.m. at Customs House, 200 South Second Street. Children 2 - 5 years old and their grown-ups are invited to join Ms. Sue this month to explore the museum from a child's perspective as we look for tree houses in our architecture exhibit, listen to a story, and make a craft.

This activity is free to museum members. Non-members pay the regular adult admission of \$5, plus \$1 per child. Siblings are always welcome. Reservations are requested; please call (931) 648-5780 by 9:00 a.m. the morning of the event. Free parking is located behind the museum.

### ALZHEIMER'S CAREGIVERS SUPPORT GROUP MEETING

6:30 p.m. at Clarksville-Montgomery County Public Library, 350 Pageant Lane. For more information call Patsy Shell at (931) 648-1884.

### 7 SATURDAY CYSTIC FIBROSIS GREAT STRIDES WALK

Check in is at 9:00 a.m., the walk starts at 10:00 a.m. at Clarksville's downtown square. We will do a one mile loop around the main square. For more information contact Lesley McMahan at [lmcmahan@](mailto:lmcmahan@)

## Chick-fil-A Madison Street

### Fundraiser Nights

1626 Madison Street  
(931) 648-4468

**5 THURSDAY SANGO ELEMENTARY**  
5:00 p.m. to 8:00 p.m.

**10 TUESDAY MOORE MAGNET**  
4:00 p.m. to 7:00 p.m.

**17 TUESDAY EAST MONTGOMERY ELEMENTARY**  
5:00 p.m. to 8:00 p.m.

**18 WEDNESDAY CHRISTY'S DANCE CONNECTION**  
5:00 p.m. to 8:00 p.m.

**19 THURSDAY BARKSDALE ELEMENTARY**  
5:00 p.m. to 8:00 p.m.

**24 TUESDAY NORMAN SMITH ELEMENTARY**  
5:00 p.m. to 8:00 p.m.

[cff.org](http://cff.org), call the Cystic Fibrosis Foundation at (615) 255-1167, or contact Debbie McConnell at [debbiemcconnell@bellsouth.net](mailto:debbiemcconnell@bellsouth.net).

### FAMILY FUN DAY

12:00 p.m. to 5:00 p.m. at Center and JCPenney Courts in Governor's Square Mall. Enjoy a magic show, face painting, balloon animals, craft tables, and much more! Magic shows will be at 1:00 p.m. and 3:30 p.m.

### 11 WEDNESDAY VETERANS DAY

### 14 SATURDAY HOLIDAY MARKET

9:00 a.m. to 2:00 p.m. at Madison Street United Methodist Church, 319 Madison Street. Madison

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Street United Methodist Church is happy to announce the 34th annual Holiday Market. There will be lots of great vendors, a silent auction, a bake sale, and much more. Admission is free and all proceeds go to local charities. Call Kay Hopson at (931) 648-4068 or Debbie Winters at (931) 358-3673 for more information.

**17 TUESDAY**  
**CLARKSVILLE SCRABBLE GAME CLUB**

6:00 p.m. at Borders, 2801 Wilma Rudolph Boulevard. Call Clay Sanders at (931) 647-3625.

**19 THURSDAY**  
**SEE PINK BREAST CANCER CARE GROUP MEETING**

6:30 p.m. upstairs at Exit Realty, 1289 Northfield Drive (off Exit 1). Come out and join us as we get to know each other and have fun.

**20 FRIDAY**  
**HARVEST DANCE**

7:00 p.m. to 9:00 p.m. at Customs House Museum, 200 South Second Street. Acclaimed musicians The Cantrells will provide the music and Susan Kevra will be the caller of the event. The evening will begin at 7:00 p.m. with a half hour of instruction, dancing will go until 9:00 p.m.

Contra dance refers to several partnered folk dance styles, in which couples dance in two facing lines. A caller guides new and experienced dancers through a variety of dances. A dancer and his or her partner dance a series of figures, or moves, with each other and with another couple for a short period of time. They then repeat the same figures with the next couple. In the late 17th century, English country dances



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**FIRST TUESDAY (NOVEMBER 3) • PAINT ME A STORY DAY**  
1:00 p.m. to 3:00 p.m. For toddlers.

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Military appreciation day. 50% off studio fee. (Walk in customers only.)

**EVERY THURSDAY • LADIES NIGHT!**  
5:00 p.m. to 9:00 p.m. Studio fee for all adult ladies \$5. Beverages and guilt free foods welcome.

**EVERY FRIDAY • STUDENT NIGHT**  
6:00 p.m. to 9:00 p.m. Bring a valid I.D. and paint for a flat \$5 studio fee. (Valid for high school and college students only.)

**EVERY SATURDAY • DATE PLATE**  
6:00 p.m. to 10:00 p.m. Couples paint for a flat \$10 studio fee all night.

**EVERY SUNDAY • EVERYONE A KID DAY**  
1:00 p.m. to 6:00 p.m. Everyone paints for the price of a child studio fee, regardless of age (\$4 flat fee). Be a kid again at The Pottery Room.

Week specials are not valid for parties and table reservations. Open Tuesday through Friday, 11:00 a.m. to 9:00 p.m.; Saturday, 10:00 a.m. to 10:00 p.m.; and Sunday, 1:00 p.m. to 6:00 p.m. Early/late hours by reservation only or rent the studio for special gathering by reservation only.

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- FILIGREE BRACELET \$25.
- FILIGREE RING \$25.
- BASIC JEWELRY \$25.
- BEGINNING WIRE WRAP \$25.
- PHARAOH'S RING \$35.
- CLASSIC BANGLE \$35.
- BANGLE WITH BEADS \$35.

- HUG RING \$25.
  - EAR WIRES \$25.
  - SPIRAL BRACELET \$25.
  - EARRING RING \$35.
  - CHAIN, CHAIN, CHAIN!  
Horseshoe, Wall Eyed and Eternity Chains. \$25/class.
- Call (931) 552-5545 to schedule these or other classes.

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were introduced to French court dancing. The merging of the two styles resulted in contra dance. Eventually, it was westernized in the United States, giving way to the popular square dance.

The Cantrells have been touring their original folk and bluegrass music in concerts and festivals since 1985. They have recorded CD's with Bela Fleck, Jerry Douglas and Mark Schatz of Nickel Creek. Emily and Al were

hand-picked by Robert Redford for his film *A River Runs Through It*.

Ticket prices are \$25 for couples and \$15 for individuals. Tickets can be purchased at the door on the night of the dance.

## The Girly Girlz Pampered Palace & The Princess Palace Events

Clarksville, Hopkinsville, Bowling Green

(931) 906-2433 • (270) 885-9898 • [www.princesssteaparty.biz](http://www.princesssteaparty.biz)

November 7th • PINK POODLE IN PARIS at 12:00 p.m.

November 14th • LUNCH WITH DORA at 12:00 p.m.

November 20th • ADULT TEA TASTING (dessert included) at 7:00 p.m.

November 21st and 22nd • PERFECT PRINCESS TEA (call for times)

November 28th • GIRLY GIRLZ GLAM DAY (all day) starting at 11:00 a.m.

December 5th • OPEN HOUSE (snacks and door prizes) 12:00 p.m. to 3:00 p.m.

December 12th • BREAKFAST WITH PRINCESS TIANA at 10:00 a.m.

December 18th • MEET AND GREET SANTA AND MRS. CLAUS at 6:00 p.m.

December 20th • A WISH COME TRUE CHRISTMAS PROGRAM (at Crowe Community Center) at 5:00 p.m.

December 31st • NEW YEAR'S EVE LOCK IN 7:00 p.m. until 12:00 p.m. January 1, 2010

Call for information. Tickets must be purchased in advance to attend all events.

## Betsy's Barn - Garden & Yarn Classes

3208 Highway 41-A South in Sango  
(931) 358-KNIT

### FELTED PURSE

Always wanted to make a felted purse, but thought you couldn't? Join Jeanette with this fun project. Choose your own pattern. 12:00 p.m. to 2:00 p.m. on November 4 and 18. \$40, supplies not included.

### FIRST HAT

Make your first hat and use the rest of the yarn for a neck wrap, if desired. Learn to knit in the round on a circular needle. 12:00 p.m. to 2:00 p.m. on November 3 and 17, or 6:00 p.m. to 8:00 p.m. November 5

and 19. \$45 for two sessions; supplies not included.

### LACE SCARF

Ann Norling pattern – six scarves to choose from. 12:00 p.m. to 2:00 p.m. on November 6, 13 and 27; or 4:00 p.m. to 6:00 p.m. on November 6, 13 and 27. \$45 for three sessions; supplies not included.

All class fees must be paid for in advance. Failure to notify us of a cancellation within 48 hours prior to class time will forfeit class fees.

Private lessons available. If you have limited time, but want to learn how to knit or crochet, you can schedule your own class at a time convenient for you. \$20 for one to two hour sessions.

We offer a 10% discount on supplies purchased for classes and charity events. We reserve the right to cancel or change a class/event. In the event this should happen, you will be notified of the change and rescheduled or refunded. A minimum of three students are required for a class to be held.

## Chick-fil-A

### Governor's Square

2801 Wilma Rudolph Boulevard  
(931) 645-5144

### Employee Appreciation Days

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

4 WEDNESDAY  
TRANE DAY

6 FRIDAY  
QUEBECOR WORLD DAY

11 WEDNESDAY  
FLORIM DAY

18 WEDNESDAY  
METALPHA DAY

25 WEDNESDAY  
GATEWAY HOSPITAL DAY

27 FRIDAY  
BOSCH DAY

### Spirit Days & Nights

12 THURSDAY  
ST. BETHLEHEM ELEMENTARY  
5:00 p.m. to 8:00 p.m.

16 MONDAY  
ROSSVIEW ELEMENTARY  
5:00 p.m. to 8:00 p.m.

17 TUESDAY  
NORTHEAST ELEMENTARY  
5:00 p.m. to 8:00 p.m.

19 THURSDAY  
HAZELWOOD ELEMENTARY  
5:00 p.m. to 8:00 p.m.

23 MONDAY  
ROSSVIEW MIDDLE  
5:00 p.m. to 8:00 p.m.

30 MONDAY  
UNITED WAY  
12:00 p.m. to 7:00 p.m.

## Set Your Smile Straight!

with Dr. Sam Gentry



First  
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FREE!

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Orthodontic  
SPECIALISTS

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Full Service Financial Institution.

Membership opened to anyone who  
lives, works, worships, or attends  
school in Montgomery County.



100 Otis Smith Dr. (off Ted Crozier Blvd) • [www.gatewaycreditunion.com](http://www.gatewaycreditunion.com)

931.551.8271

NCUA

**21 SATURDAY HOLIDAY HOME SHOW**  
10:00 a.m. to 2:00 p.m. at 124 Bogard Lane. Come check out what Mary Kay, Pampered Chef, Party Lite and Silpada Designs have to offer this holiday season. Special promotions and booking bonuses! Drawing for free jewelry. Free gift for bringing a friend. Call Jennifer Smith at (931) 494-4226 for information.

**BACH BLANKETS CROCHET GROUP**  
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. Call Sharon Loebel for information at (931) 572-0734.

**SANTA ARRIVAL/PHOTOS**  
1:00 p.m. at Center Court in Governor's Square Mall. Join us as we anticipate Santa's arrival. Then stop by to tell Santa what your want for Christmas and have your photo taken. See the Customer Service Center for photo hours. Sponsored by Chick-Fil-A and Mr. Bulky. Photos through December 24.

**24 TUESDAY CHRISTMAS ON THE CUMBERLAND GRAND OPENING**  
6:30 p.m. at McGregor Park RiverWalk. Join Santa and special guests as they turn on over one million holiday lights along the RiverWalk.

The light displays are open to the public every night during the

holidays. This year, Christmas on the Cumberland is going green with new LED bulbs. The LED bulbs use 80-90% less electricity, burn brighter and last longer. Lights are turned on at 5:00 p.m. each day and remain on until about 10:00 p.m. on weekdays and 11:00 p.m. on the weekends. Come enjoy the light displays and get into the Christmas spirit. Through January 2, 2010.

**26 THURSDAY THANKSGIVING**  
**27 FRIDAY "DAY AFTER THANKSGIVING" SPECIAL**  
Crafts for kids from 10:00 a.m. to 4:00 p.m.; model trains run from 1:00 p.m. to 4:00 p.m. This activity is free to museum members. Non-members pay the regular adult admission of \$5, plus \$1 per child. Siblings are always welcome. Call Sue Lewis at (931) 648-5780 for more information. Free parking is located behind the museum.

December

**5 SATURDAY HOUSTON COUNTY CHRISTMAS ARTS & CRAFTS SHOW**  
10:00 a.m. to 6:00 p.m. at Erin City Hall, 15 Hill Street, Erin.  
**DOWNTOWN FOR THE HOLIDAYS AND PARADE**  
4:00 p.m. at Public Square.

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

**The Roxy Regional Theatre**  
100 Franklin Street  
www.roxyregionalthatre.org  
(931) 645-7699

**A STREETCAR NAMED DESIRE**  
by Tennessee Williams  
Set in the romantic past of New Orleans, Blanche DuBois' neurotic and genteel pretensions are no match for the brutish realities of her brother-in-law, Stanley Kowalski.

November 6, 7, 11, 12, 13, 14\*, 18, 19, 20 & 21.

**HANSEL AND GRETEL**  
by Engelbert Humperdinck,  
adapted by John McDonald

Lost in the woods, Hansel and Gretel come across a sumptuous candy house occupied by an old woman who has her own reasons for fattening up little children.

Dr. Thomas King stars as Rosina Daintymouth!

December 4, 5, 9, 10, 11, 12\*, 16, 17, 18 & 19\*.

**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)

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

**PANDORA™ Gift Event!**  
UNFORGETTABLE MOMENTS  
**THE ENTIRE MONTH OF NOVEMBER!**

**GIFT WITH PURCHASE:**  
RECEIVE A FREE SET OF STERLING SILVER MIX & MATCH POSTS WITH PURCHASE OF \$75 OR MORE OF PANDORA MIX & MATCH CHARMS.

\*GOOD WHILE SUPPLIES LAST  
LIMIT ONE PER CUSTOMER

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**Busy Beads & Moore**  
1960-I/b Madison St., Clarksville, TN  
931-552-5545  
www.BusyBeadsAndMoore.com

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

**Hot Potato Kids CONSIGNMENT STORE**

Nov Hours: Wed-Thursday-Friday 10-5:00; Saturday 9:30-4:00  
Closed 11/4-school's out, closed Thanksgiving week Nov 22-30.

With this coupon, **30% off** any one **NEW** Melissa & Doug regular priced puzzle, toy, or art kit!

**On Sale Now: Yellow tagged clothing 25% off!**  
**Super Saturday Sale Nov 21, 2009!**

Expires 11/21/09  
Cannot combine with other coupon.

New items arriving in time for Holiday shopping! New toys, puzzles, arts, & more from Melissa & Doug, ValGal Necklines, Stephen Joseph, Hair bows, and more!

www.hotpotatokids.com **615-746-8880**  
1020 Industrial Dr. Suite 124 Pleasant View, TN

**THE POTTERY ROOM**  
Paint It Yourself Ceramic Studio  
(931) 920-4777

check the calendar on page 49 for classes

Closed Monday  
Tue. - Fri. 11AM - 7PM  
Sat. 10AM - 9PM  
Sun. 1PM - 6PM  
Early & late hours available by reservation

**We welcome:**  
• Corporate Events  
• Baby/Bridal Showers  
• Office Parties  
• Holiday Gatherings  
• Birthday Parties

• Scouting Troops  
• Preschool Field Trips  
• Military Groups (FRG)  
• University Activities  
• Sports Team Outings  
• Paint on the Run

2214A Madison Street Clarksville, TN

# Family Resource Network

## ADOPTION & FOSTER CARE

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

## OAK PLAINS ACADEMY

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

## OMNI VISIONS INCORPORATED

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

## PHOENIX HOMES

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

## YOUTH VILLAGES

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

## ATHLETICS

### BUDDY BALL SPECIAL NEEDS ATHLETIC LEAGUE

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

### CLARKSVILLE IMPACT SOCCER CLUB

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

### IRON KNIGHTS YOUTH WRESTLING CLUB

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

### WARRIORS SPECIAL NEEDS CHEERLEADING

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

### SWIMMING EAGLES

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

### YOUTH WRESTLING PROGRAM

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

## CHILDBIRTH & PARENTING

### EDUCATION FAMILY BIRTH CENTER

Lactation Services offers a breastfeeding class for new moms. The class is held the first Tuesday

of each month from 7:00 p.m. to 9:00 p.m. in the 3rd floor classroom of Gateway Medical Center. Cost for the class is \$15 (\$25 if you wish to receive

The Nursing Mother's Companion book). (931) 502-1180.

### GATEWAY MEDICAL CENTER

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

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

### HEALTHY START

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

### LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

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

### NINE MONTHS & BEYOND

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

### TENDER GIFT DOULA SERVICES

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

## CHILD CARE

### CHILD CARE AWARE

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

### MID-CUMBERLAND CHILD CARE 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/](http://www.tennessee.gov/humanserv/childcare/63/37040/)

[www.tennessee.gov/humanserv/childcare/63/37042/](http://www.tennessee.gov/humanserv/childcare/63/37042/)

[www.tennessee.gov/humanserv/childcare/63/37043/](http://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](http://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](http://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](http://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 380 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](http://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](mailto:mkoon@utk.edu).

### BOY SCOUTS OF AMERICA

(931) 647-8811, (800) 899-7268 or [www.mtcbsa.org](http://www.mtcbsa.org).

### GIRL SCOUTS OF THE USA

1300 Madison Street, (931) 648-1060 or [www.girlscouts.org](http://www.girlscouts.org).

## COMMUNITY OUTREACH

### ALL NATIONS BIBLICAL STUDY CENTER

Offers tuition-free Bible courses to the community. Fall Semester 2009 dates are September 10 through December 3. Course titles include The Book of Revelation and Apocalyptic Literature, The Origins of Christianity, Biblical Hebrew I, New Testament (Koine) Greek I, and Jesus the Teacher: Studies in Matthew. Classes meet for 1 ½ hours weekly. Six online courses are also available. Visit [www.studythescriptures.net](http://www.studythescriptures.net) or call (931) 648-8844 for more information, class schedules, and to register.

### APSU EXTENDED EDUCATION

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

### ARMY COMMUNITY SERVICE

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

### ASERACARE HOSPICE

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

### COMMUNITY SCHOOL OF THE ARTS AT APSU

Provides lessons and classes in music and the visual arts for the general community. From Kindermusik classes for infants and toddlers, through lessons and performing ensembles for school-age students, and continuing with adult

classes in photography, ceramics, and piano, the CSA strives to serve community members of all ages and ability levels with high quality year-round instruction in the arts. For information contact JoAnn McIntosh at (931) 221-7508 or [csa@apsu.edu](mailto:csa@apsu.edu), or visit our website at [www.csa.apsu.edu](http://www.csa.apsu.edu).

### 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](mailto:juleespoolephd@aol.com).

### HOSPICE OF GATEWAY

Interdisciplinary care for terminal patients and families. (931) 502-3600.

### 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 helpline. (931) 648-8042, [humaneociety@clarksville.com](http://humaneociety@clarksville.com) or [clarksvillehumane.petfinder.org](http://clarksvillehumane.petfinder.org).

### LATINA ASSOCIATION

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

### PREVENT BLINDNESS TENNESSEE

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

### RADICAL MISSION

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

### TENNESSEE REHABILITATION CENTER AT CLARKSVILLE

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

**UNITED WAY**

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

**VETERANS UPWARD BOUND**

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

**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](mailto:juleespoolephd@aol.com).

**BRADFORD HEALTH SERVICES**

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

**CELEBRATE RECOVERY**

7:00 p.m. to 9:00 p.m. every Friday at Fellowship Hall of Clarksville First Church of the Nazarene, 150 Richview Road. A Christ-centered 12 step recovery program for people with hurts, habits, and hang ups. This ministry provides a safe place to share, a place of belonging, a refuge,

a place to grow and become strong again...a possible turning point in your life! Come enjoy fellowship and food, praise and worship, teaching and testimonies, then meet in men's and women's share groups. Childcare is available for ages 10 and younger. For more info contact Pastor Brett at (931) 648-0110 or visit [www.clarksvillefirst.com](http://www.clarksvillefirst.com).

**CENTERSTONE**

810 Greenwood Avenue, (931) 920-7330.

1820 Memorial Circle, (931) 920-7300.

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

511 Eighth Street, (931) 920-7200.

**FAMILY CENTERED SERVICES**

901 Martin Street, (931) 503-4600.

**THE FAMILY GUIDANCE TRAINING INSTITUTE, 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](mailto: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](http://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](http://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](mailto:relocation@fortcampbellmwr.com) or [www.fortcampbellmwr.com/ACS/familyReadiness.htm](http://www.fortcampbellmwr.com/ACS/familyReadiness.htm).

**AUTISM SUPPORT GROUP**

Donna Richardson at (931) 503-2315.

**CLARKSVILLE MONTGOMERY COUNTY MULTIPLE SCLEROSIS SUPPORT GROUP**

A local support group for Multiple Sclerosis patients, family members and caregivers in the day to day management of M.S. Activities include guest speakers, up to date medical news, advances in finding a cure for M.S., and open forum discussions. Meets the third Tuesday of each month (September through May) at 7:00 p.m. at First Christian Church, 516 Madison Street. For more information call Melba Dowdy at (931) 552-1488 or Mary Nell Wooten at (931) 647-8904.

**CLARKSVILLE OSTOMY SUPPORT**

A local support group for people who have undergone ileostomy, colostomy, urostomy or who suffer from Crohn's disease or other diseases of

the bowel. Support for Ostomy Patients meets in the Cumberland Room the third Sunday of the month at 2:00 p.m. (931) 502-3800.

**CLARKSVILLE PARENT SUPPORT GROUP**

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

**GRIEF & LOSS**

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

**NAMI (NATIONAL ALLIANCE OF THE MENTALLY ILL)**

Some one you love has a mental illness. This local support group meets the 4th Monday of the month at The First Church of the Nazarene, 150 Richview Road, from 6:30 p.m. to 8:30 p.m. For more information call Melanie at (615) 477-8369, Betty at (931) 647-8775, or Bertha at (931) 216-3590.

**PARENTS HELPING PARENTS**

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

**SEE PINK**

Lead by breast cancer survivors, Kelly Blevins and Lynne Woodson. Meets twice a month for the purposes of helping women who have gone through, or are currently going through treatment. The first meeting will be October 8 from 2:00 p.m. to 5:00 p.m. at Exit Realty off Exit 1. E-mail [www.seepink2@gmail.com](mailto:seepink2@gmail.com) for more information or visit [seepink2.blogspot.com](http://seepink2.blogspot.com).

**TENDERPAWS PET THERAPY**

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

**WARRIORS OF HOPE**

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

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

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

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

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

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

**Shi DESIGNS**

custom greetings • logo design • custom album design

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- small businesses
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- birthdays & events
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courtneyzenner@gmail.com 931.249.6468

# Parent Groups

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

**CHARA (Christ-centered Homeschoolers Applying Righteousness Academically)** CHARA is a support group for those who have chosen to educate their children at home. Monthly meetings for parents and children are held the last Monday of each month at Hilldale Baptist Church Family Life Center, 250 Old Farmers Road. Additional activities are held throughout the year. For further information visit [www.orgsites.com/tn/chara](http://www.orgsites.com/tn/chara) or e-mail [charatn@charter.net](mailto: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 [groups.yahoo.com/group/ClarksvilleAreaHomeSchoolNews/](http://groups.yahoo.com/group/ClarksvilleAreaHomeSchoolNews/)

**HOPKINSVILLE SAHM MEETUP GROUP** For information about the Hopkinsville Stay at Home Moms Meetup Group visit [sahm.meetup.com/1943/](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.momsclubofclarksvilletn.com](http://www.momsclubofclarksvilletn.com). See block below for this month's events.

## MOMS Club of Clarksville November Calendar

- 3rd - PARK DAY at Airport Park
- 4th - DINNER DELIGHT NIGHT Cooking club
- 6th - GENERAL MEETING at United Methodist Church gym. Our guest speaker will be representing the Montgomery County Humane Society. We are taking donations for the shelter such as cat litter, cat food, dog food, animal bedding.
- 11th - LUNCH BUNCH at Chuck E. Cheese's
- 16th - FIREHOUSE TOUR and SCRAP N CHAT (scrapbooking club)
- 19th - BREAKFAST BUNCH at IHOP
- 24th - CRAFT & COOKING DAY
- 30th - BOOK CLUB

**M.O.P.S. (MOTHERS OF PRESCHOOLERS)** MOPS International is an organization for moms who are expecting or have children ages birth to 5 years of age.

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

**FT. CAMPBELL MOPS** Free child watch is available 9:15 a.m. to 12:00 p.m. MOPS meets the 1st and 3rd Wednesday

of the month at Memorial Chapel Church on Fort Campbell. Contact Kathryn Wornheil at (931) 378-7359 or [ftcampbellmops@yahoo.com](mailto:ftcampbellmops@yahoo.com).

**HILLDALE BAPTIST CHURCH MOPS** Meets most 1st and 3rd Fridays from 9:30 a.m. to 11:30 a.m. starting in September going through May. Childcare is provided and your first meeting is free. Come meet great moms and join in the fun. For more information contact Valerie Gill at [vgill4513@charter.net](mailto:vgill4513@charter.net) or visit [www.orgsites.com/hilldalemops/tn](http://www.orgsites.com/hilldalemops/tn).

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

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

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

**SHARE (SECULAR HOMESCHOOLERS: ANY RELIGION, ECLECTIC)** SHARE is a non-religious home school group for Clarksville and the surrounding areas. All homeschoolers are welcome to join this group, regardless of religious beliefs, race, homeschooling methods, or family lifestyles. An online support and information network is available as well as bi-monthly meetings. This group is a community in which we all play an important role in deciding and implementing the activities we want for our children. For membership information please visit: [groups.yahoo.com/group/tnSHARE/](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](http://www.tennessee.gov/education/teis) or call (800) 882-7157.

Fort Campbell Annual  
Tree Lighting  
Ceremony  
December 3  
5pm-7pm  
McAuliffe Hall  
(Division Headquarters)  
*A Special visitor from the  
North Pole has been invited*

For more information call 270.798.7535  
Inclement weather plan 270.798.3172

MWR  
www.FortCampbellMWR.com

Sponsored By:

Does Not Imply Government Endorsement

• Must be 21 to play.  
• All games are free to play.  
• Players earn points at weekly games to qualify for quarter finals.  
• Quarterly finals with prizes for top 8 players.  
• Only the top 100 point earners will qualify for quarterly finals.

**TEXAS HOLD 'EM**

EVERY THURSDAY 6:30pm & 9pm

**KIT**

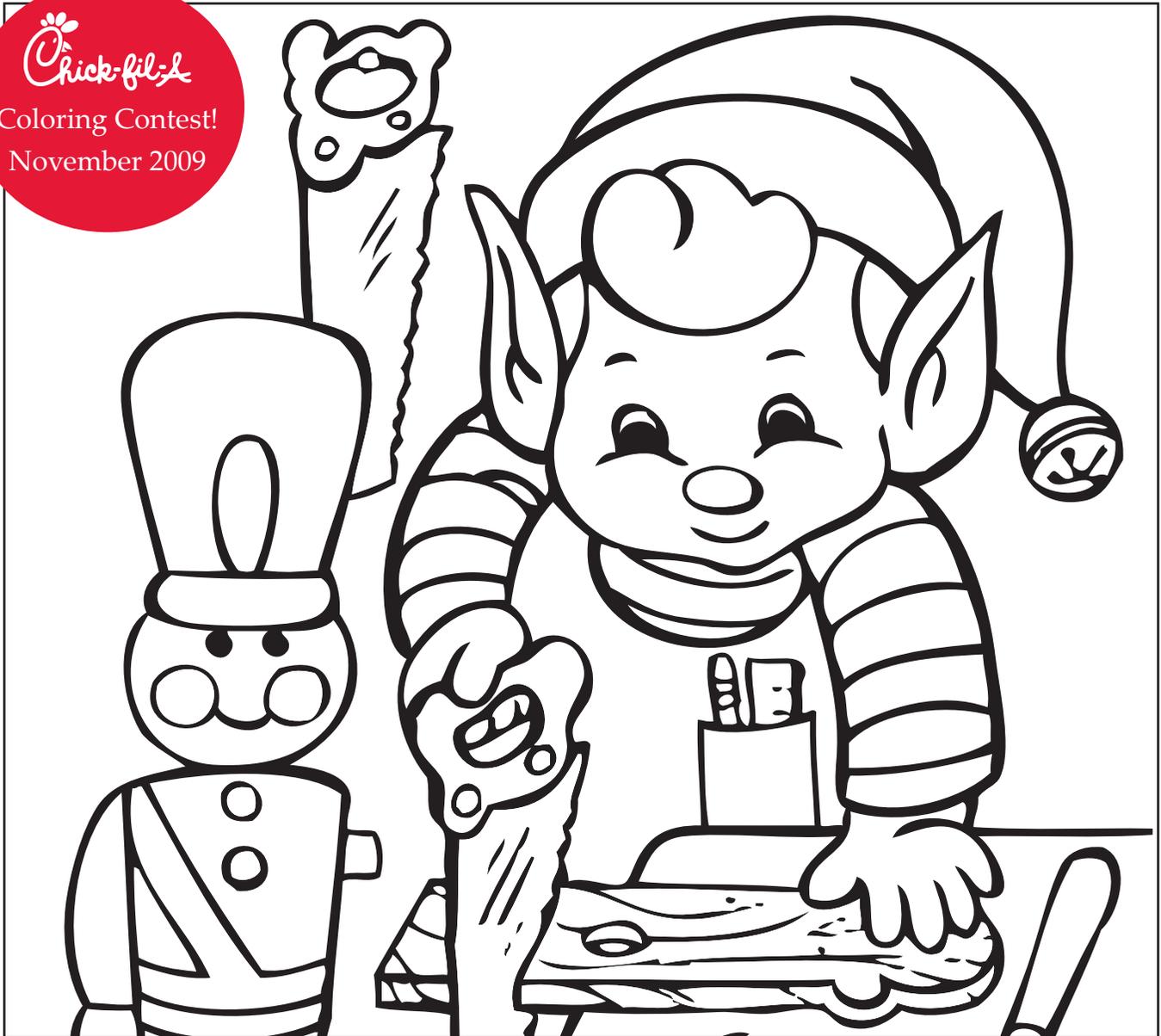
**SPORTSMAN'S LODGE**  
(just outside Gate 10 - no gates to enter)  
For more information  
**270.798.7535**

Quarter 1: October 1 - December 17, 2009 / Finals: December 19, 2009  
Quarter 2: January 7 - March 18, 2010 / Finals: March 27, 2010  
Quarter 3: March 25 - June 17, 2010 / Finals: June 26, 2010  
Quarter 4: June 24 - September 16, 2010 / Finals: September 25, 2010

MWR  
www.FortCampbellMWR.com



Coloring Contest!  
November 2009



Child's Name \_\_\_\_\_ Age \_\_\_\_\_

Parent's Name \_\_\_\_\_ Phone# (\_\_\_\_) \_\_\_\_\_

Parent's Signature \_\_\_\_\_ Email \_\_\_\_\_

Mailing Address \_\_\_\_\_ Apt. # \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

### What you can win:

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

**ENTRY:**

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

**YOU CAN SEND YOUR ENTRY (VIA U.S. MAIL) TO:**  
Coloring Contest  
PO Box 31867  
Clarksville, TN 37040

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

**Contest ends 11/15/09**

**JUDGING:**

- Entries will be judged every other month, and prizes will be awarded accordingly.
- Entries will be judged on the basis of creativity.
- Six prizes will be awarded in three age categories: ages 4 and under, ages 5-8, and ages 9-12.
- Prizes may be claimed at either Chick-fil-A location in Clarksville (Governor's Square Mall or Madison Street).

**WINNERS:**

- Winners will be announced in the **December 2009** issue of Clarksville Family Magazine.
- Each winner will receive the following prize for their winning contest entry: Chick-fil-A Fun Pack as well as their name and winning artwork printed in the next issue of Clarksville Family Magazine.



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

# *We all have something to be thankful for*

—a soldier coming home safe, having a job in this economy, and family and friends, who help give life special meaning.

We at oneChurch have a lot to be thankful for as well. With 86% of Clarksville not going to church anywhere, we started a church two years ago to help reach them. And they came. Not your typical church crowd, either—those with addictions, broken relationships, body art and questions. Since our start, we have seen 185 people come to know Jesus Christ.

We are so thankful to those who were willing to invest in

us and partner with us, like First Baptist Church and Fountain Gate Ministries, to reach those who have a broken relationship with God.

As oneChurch looks to the future, we are committed to being a church for people who feel lost in their spiritual walk, because that is why we are here. In fact, that is why Jesus came—“To seek and to save that which was lost” (Luke 19:10). Now that’s something to be thankful for!



Meets every Sunday at North East High School  
(across from Great Escape Movie Theatre)  
9:00am & 10:45am



onechurch.tv



First Baptist  
CLARKSVILLE

[www.fbct.org](http://www.fbct.org)  
(931) 645-2431

Sunday Worship:  
8:15am, 9:30am, 10:55am, 6:00pm