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Maggie, 8, and Molly, 5, daughters of Jon and Christina Clark, admire the lights at Christmas on the Cumberland, at McGregor Park.

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Publisher's Message

Our last issue of 2009 has us officially doubling in size from our first issue of 2009. To have experienced such growth and support from the community is amazing, and we appreciate it more than we can ever express.

There have been a few national news stories recently about Clarksville. Different magazines have designated our city among the top spots to start a small business and to raise kids.

While it's great to get such recognition, I can't help but remember a little over a year ago when a different magazine named Clarksville the "worst in America" for raising a family. Did anything really change that quickly?

As far as I'm concerned, I don't need a bunch of arbitrary surveys conducted by people who have probably never even flown over this city by accident to validate that we live in a great place. I have chosen to live here, raise my family here, and start this magazine here — and all of the people, families and businesses that have chosen this city tell me all I need to know about how great Clarksville is. I was already proud of Clarksville before, and continue to be every day.

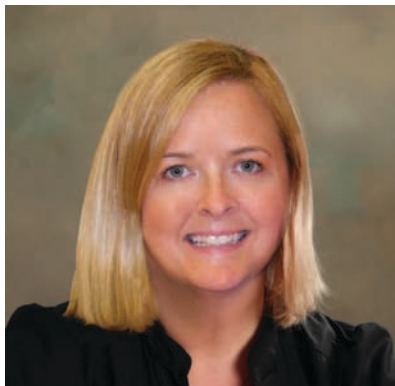
As we close out this year and look into 2010 there is a lot to be excited about for all of us. New families move to Clarksville every day and discover what most of us already know: the history, culture, friendliness, cleanliness and hospitality that have made us proud to call Clarksville our home. 2010 also marks the census, and we'll officially find out how much we have grown in ten years. Some predictions show close to a 20% growth in that decade, which is astounding.

Clarksville Family Magazine plans to be here and growing with the rest of the community. More articles and features to help new and existing families take advantage of all that is great in Clarksville. More spotlights on events and fun things to do. And of course more cute pictures from our readers.

I hope you all have safe travel and fun these holidays. I wish a Merry Christmas to everyone, and a Happy New Year. Thank you all for a great 2009, and here is to an even better 2010!

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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WHEN ALL HE WANTS FOR CHRISTMAS IS A PUPPY DOG...

by Pamela Magrans

Last year as Christmas quickly approached, a fellow mother and friend of mine sat on the bleachers at our child's basketball game and discovered that we had a common problem. We were thankful, of course, that our child was not wishing for video games or more legos for Christmas. He was not asking for GI Joes or DVDs or even MP3s. No, all of those gifts would be easily attainable. Each of those would be a one-time purchase that could be easily stored while on vacation and discarded when forgotten.

Our problem was that our children had sat on Santa's lap and requested a puppy for Christmas. In broad daylight, amidst a crowd of giggling onlookers, our dear children had made a public and very heartfelt request for a puppy for Christmas. Santa chuckled his trademark "HO, HO, HO" and responded with an "I'll have to talk to your parents about that." How convenient of him — displacing all that responsibility to us!

Enduring gifts just won't fit in the stocking...

Just last month, I passed that same friend's house and watched as two budding miniature schnauzers (one in a red collar and one in a blue collar) bounced from the front porch to the very edge of the invisible fence. They yipped at my car as we drove by, and then frolicked with one another in the grass. Last year, she had two children requesting a puppy — her problem was apparently twice as large as mine was.

A year ago, when my son asked for a puppy, I was not completely on board. However, it was the second year in a row he had made such a request of Santa. We already had one dog — a large breed, 3-year-old yellow Labrador retriever. Thankfully, our son wanted a small dog this time. He wanted one that could fit in his lap, in his bed, in the car, wherever he went. The more excited he seemed about it — the more I wanted it too.

My husband and I conducted a lot of research. We visited websites. We read dog breed descriptions. We visited local dog shelters. We called breeders we found in the classifieds. We talked, and talked and talked. We waited for Santa's decision on the matter.

Where would Santa leave a puppy, my husband and I wondered? It wouldn't fit in the dangling stocking above the fireplace. It wouldn't stay in a gift bag. It certainly shouldn't be allowed to roam for hours in the living room near the breakable Christmas tree and other wrapped valuables. Santa obviously thought of some safe way to hide that puppy because on Christmas morning, we awoke to find a tiny Welch Corgi puppy hiding reluctantly under the table.

Just last month I discovered that another close friend has encountered the same problem. Her son has made a similar puppy request. She, however, already has five children and two cats. A puppy for Christmas is not exactly on her wish list. I can

laugh at her predicament now — in hindsight. But I know how hard such a decision can be.

The Do's and Don'ts of puppyhood...

The most important aspect of getting a pet for Christmas is making sure your family can accommodate a furry friend. The decision to have a pet is a major one for any household. There is much to consider such as breed — full or mixed; size — large or small, age — puppy or seasoned; temperament — hyper or calm.

- Do research. Visit websites, dog shelters, pet stores, read magazines, anything you can get your hands or eyes on. The more you understand about different types of dogs the more informed you will be in making your decision. Not all breeds are good with children. Know what you are getting before you take the plunge. Visit the local bark park located at the Kenwood Complex and let your child interact with different types and sizes of dogs. This might help you get some ideas about the right choice.
- Do prepare your home. Having a puppy is like having a baby. Arrangements will need to be made! If the dog will stay outdoors, steps must be taken to enclose a safe living area for the dog. An invisible fence is a popular option. Those are now available in both wireless and in-ground options, and can be purchased in many local stores. An outside dog will need a doghouse or some type of enclosure. Dogs should never be chained routinely to a tree or pole, so if your dog will be

staying outside, make sure he/she will have a safe secure place to exercise. If the dog will be an inside pet, you will have much more to prepare. You will need to decide if you want to crate train the dog. You will need to consider shedding probability and how that will impact areas of your house, like furniture and carpet. Likewise, the process of house training will take patience and diligence. Whether the dog is an inside or outside dog, both decisions will demand proper planning and getting the house ready for the new family member.

- Do train early. Once that furry friend becomes one of your own, training is essential. Just as children need firm limits and discipline, a puppy will need consistent training to achieve the desired behavior.
- Don't rush into a decision. Some breeders discourage individuals from purchasing puppies at Christmas time because this is often an impulse decision. Getting a puppy should never be a spur of the moment decision. Resist the temptation to buy that puppy in the window just because it is cute. Resist the temptation to buy that puppy in the back of someone's truck at the local supermarket. Instead, get the puppy owner's phone number so



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you can contact them if you still want that puppy. Go home and research the breeds. Talk to your family and friends. Make a well-informed decision — not an impulsive one.

- Don't forget to budget! Aside from the upfront cost of purchasing a pet, many reoccurring costs should be considered. The American Society for the Prevention of Cruelty to Animals (ASPCA) estimates that the first year of dog ownership costs anywhere from \$1,300 to \$1,800 when all related costs are calculated. In addition to the one-time purchase for the dog, there are many other costs such as spaying or neutering, veterinarian check-ups, food, leashes, collars, dog treats, toys, fencing, some people even opt for dog insurance. The reoccurring costs associated with pet ownership are a vital reason why planning is a good idea to make sure you can care for your dog long-term.

If the idea of a puppy nipping at your heels and keeping you awake at night is not appealing, consider adopting an older dog. Adopting an older dog has many clear advantages. Older dogs tend to be calmer. Many are already house trained and obedient in many other ways. If the dog is already full grown, then that leaves out the guessing game of predicting the dog's size. Rescuing a dog from a shelter is a wonderful way to find a seasoned pet and do a good deed that will bring intrinsic rewards. Just make sure you

spend enough time with the dog to know its temperament before taking it home.

A gift that cannot be measured...

According to the American Academy of Child and Adolescent Psychiatry, there are many benefits for a child to have a pet. Dog ownership helps encourage physical activity; it helps with comfort, and instills love and loyalty between the child and the pet. Nurturing relationships between a child and a pet can increase a child's self-confidence and self-esteem. It also helps a child to develop non-verbal communication and helps a child to learn respect for non-human living things.

Research also suggests that pet ownership contributes to overall health and wellness. Pets often prompt laughter and affection, thus creating a therapeutic effect on pet owners. Owning a dog increases the likelihood that the owner will go outside and engage in exercise with the dog.

Even Dr. Seuss' despicable green Grinch had a dog for a pet. Maybe, just maybe, it was his dog Max that convinced him to take all the Christmas gifts back!

My son's Welsh Corgi is now a little over a year old. She is house trained, loves barking at birds and loves most of all when my sons come home from school. True — that is one Christmas gift that I cannot turn off, mute the sound, or take out the batteries. But despite the extra work it provides our family, the rewards of having a well-trained pet outweigh everything else.

I adore that dog now, but this Christmas I'm just keeping my fingers crossed that my son doesn't ask for another one. If so, I'll have to tell Santa we have a two-dog limit!

Local resources:

If you find yourself in a similar predicament this holiday, keep in mind that there are several local places you can visit to adopt a pet. The Precious Friends Puppy Adoption Center houses puppies and some older dogs too. Their office is located off Kraft Street next to the All God's Creatures Vet Clinic. The Clarksville Humane Society also keeps many dogs in foster homes. Visit their website to have a look at photos of dogs currently up for adoption. The local Animal Control Office also houses homeless dogs and has rooms available so you can interact with the dog before making a decision.

If you are looking for a specific breed, try looking in the classifieds of the newspaper. Many local breeders advertise their puppies in the newspaper classifieds. Buying a puppy online without ever seeing where the puppy came from is highly discouraged. It is recommended to visit the breeder and have a look at the puppy's living conditions and the parents before purchasing the dog.

If you are in the market for a dog this holiday, visit the following websites to search databases of available dogs in the Clarksville area: www.petfinder.com, www.adoptapet.com, www.akc.org, www.preciousfriends.net and www.clarksvillehumanesociety.org.



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HOMESCHOOL + ACT = SCHOLARSHIP

by Dianne York

Is there life, or college, after homeschool? Absolutely! Homeschooled students are not only qualified, but often sought after by colleges and universities. Is your student ready to meet the requirements, qualifications, and financial challenges of education beyond homeschool? The following information will provide you with the tools to plan, prepare, and apply for the college or university of your choice.

Plan during the High School years.

You must first address the education path that your child will take when reviewing credits needed during high school. Is the child's path to a trade or technical school, community college, or four-year university? Once this has been established, a credit worksheet is your guide to making sure all necessary classes are

taken to meet the requirements for graduation. Become familiar with classes that must be taken in the various subject areas and start planning the four years ahead.

An organized plan makes it easy to see the required credits, as well as electives and extracurricular activities that must be added to round out a well-balanced high school education. Never underestimate the importance of these activities, especially when it comes to college applications. Homeschooled students are often at an advantage when it comes to community service activities because a flexible schedule allows for opportunities not available to traditional students. Explore these areas and gain a bit of an edge when submitting applications for admissions, scholarships, and grants.

Prepare for ACT/SAT tests.

In recent years, many states have made special note of the increasing number of homeschooled students entering postsecondary education institutions. Tennessee has included these students in the HOPE Lottery Scholarship, as well as other scholarships and grants for high school students. Preparation for these tests may be the single most important thing you can focus on with your child. Many studies have shown that homeschooled students outscore their public school counterparts on these tests. This is a major factor in universities seeking and accepting these students; in greater numbers now, than ever before. Requirements for minimum scores are the same for all students. The HOPE Scholarship requires a 21 for ACT and a 980 for SAT. Most state colleges and universities in the south accept the ACT, while private institutions often request the SAT test for admissions.

A very important requirement for students taught at home is that they be homeschooled at least two years prior to graduation. If you are considering homeschool education during the high school years, be very careful to consider this requirement. Visit www.tn.gov to get specifics on requirements for scholarships regarding homeschool students. Scholarships are also available above and beyond the amount allotted for the HOPE Scholarship. I always tell the students I work with that they should not be content to get money TOWARD college, when they may meet the requirements to have their school of choice pay THEM to attend, with money left over. The higher the ACT score, the more money may be awarded. It really does pay to be smart!

How to make those high ACT scores.

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Now that you know what is needed for that free money, how do you go about getting it? Do not assume that just because all subjects have been completed, and all credits have been attained, that your child's ACT score is where it should be. Many students have worked hard to achieve good grades, but fall short on the scores needed on the ACT. How can that be? This may not be an accurate reflection on the job you do as a homeschool parent. Often, students have test anxiety, or lack the organization or test taking skills necessary. It is your job to make sure they get the needed training to prepare for these college entrance tests.

A variety of test prep materials can be found online and at local bookstores. These can be very helpful, but a student must be very dedicated and self motivated to get the most out of these tools when used alone. Studies have shown that students who retake the test typically receive the same score, give or take a point, if they have done nothing to change the outcome between test times. In other words, without getting help to improve the troubled areas, it is likely that your child will not make the increase he or she wants or needs. Look for a program that can provide a customized plan for your child based on the areas that need improvement and the skills that need sharpened. It is possible to increase the overall score 5 or more points when a student follows a plan that focuses on their individual strengths and weaknesses. If your child has not taken the test and is not sure where they fall within the score range, a practice test may give an overall picture of the plan needed. A practice test will allow students to see the approximate score they will receive in each subject area, so an instructional plan can be laid out for them. Do your homework and the results will be well worth the effort.

Search out all the scholarship money possible.

Being a Google fan, I searched 'Tennessee home school scholarships' and was amazed at the resources available. Become creative with your searches and gather all the information possible for that free money. You and your child have worked long and hard to get to this point. Why not gather all the benefits? A few helpful websites may be of particular interest such as www.collegescholarships.org/scholarships/homeschool.htm and www.hslda.org. The latter site is the Home School Legal Defense Association. When you get to the homepage type "scholarship" in the search box and you will find numerous resources.

If you have a student with special needs you may find help at www.homeschoolfoundation.org. This site is dedicated to helping students with special needs with a variety of financial information and opportunities. Tennessee State's website www.tn.gov will guide you through requirements and qualifications for the HOPE Lottery Scholarship, as well as other merit scholarships




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including the Ned McWherter Scholars Program for students scoring 29 on ACT or 1280 on SAT in the areas of math and critical reading.

Time to get started.

The first step for all seniors is to fill out the Free Application for Federal Student Aid (FAFSA). This is required of all students no matter the financial situation of the family. Applications should be filled out and submitted as soon after January 1st and before February 15th. The earlier the better because funds are given in the order they are received. Applications are accepted after the 15th of February, but funds may be limited or exhausted. The FAFSA is also necessary for college admission, so tackle this as soon as possible.

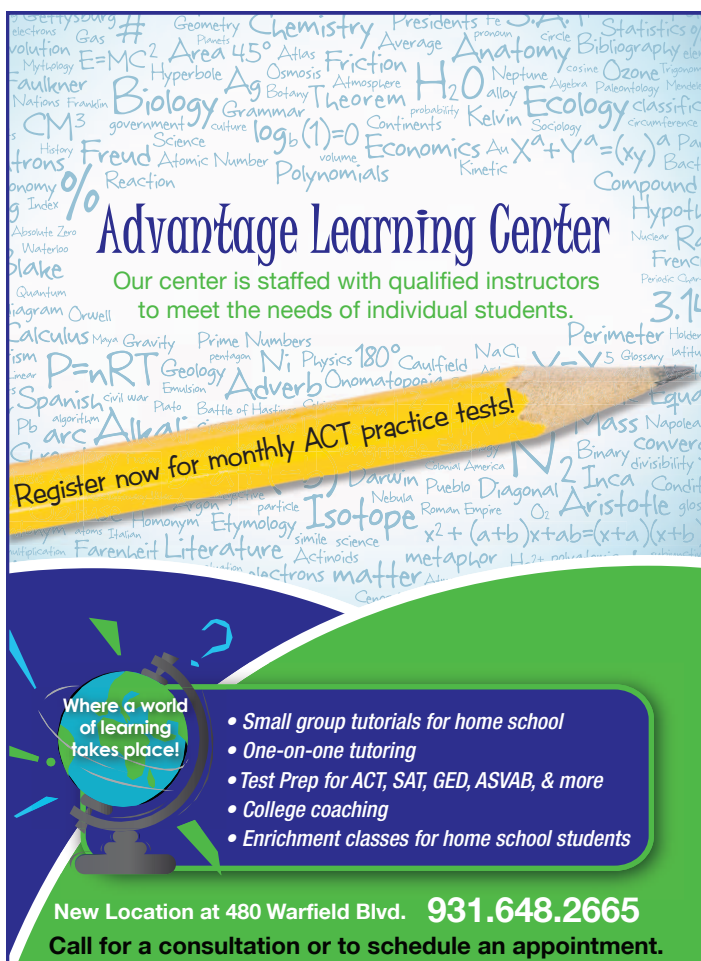
Register for the ACT test at www.act.org. The last test date of 2009 is December 12. If not registered

by November, plan to register online for one of the upcoming test dates. Seniors generally must have applications filled out by early spring, so if you must take the test for the first time, or if you need to retake it in an effort to improve the score, the next available test is February 6, 2010 with registration required by January 5th to avoid late fees. All fees and a schedule of test dates can be found on the website. It is recommended that students begin taking the ACT as early as the summer after their sophomore year to allow time to study, practice and improve skills before their senior year.

One-on-one instruction is very helpful in evaluating the needs of students and formulating a plan of action to get the results needed. Search for the program that best suits you and your child. Working through tips and strategies can improve their performance. The

money spent on preparation can make the difference in the amount of scholarships awarded. Consider it an investment with great returns.

This is a brief overview of needed strategies to help your child prepare for college. The fact that you have chosen homeschooling need not be a hindrance to continuing education to the next level, but an advantage in the process. With the information available, and the money waiting to be claimed, your next step is to work toward your child's goals. Now you are armed and ready to tackle the road ahead for your homeschooled student. Good luck on your journey!



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THE PERFECT (UNEXPECTED) BIRTH PLAN

by Jenna Jimenez

When I tell people that I gave birth to our third child in the backseat of our family SUV their jaw usually drops, followed by something like, "Didn't make it to the hospital, huh?" That is what happened, but not entirely. While physically the goal had been to arrive at Nashville General, my true goal was to birth my child naturally into the world and ultimately to glorify God through the process.

Our boys were ages twelve and nine when we unexpectedly discovered

that we were having another child. To say we were completely surprised is such an understatement. I had unintentionally learned



a great deal about natural childbirth; knowledge I never thought I would use. But as I started to prepare for this newest adventure I began

pulling from every resource I could find about the natural birth process: from books and the Internet, talking to midwives and doulas

(someone who assists in the birthing process), to reading many women's own stories. While everything seemed to give great information, nothing made more sense than the book *Christ Centered Childbirth* by Kelly Townsend. My doula

loaned it to me after reading it herself and said, "It has what all of the other books are missing: Christ."

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When that cool, crisp morning in late November arrived, it was eleven full days before expected. I was awakened with labor sensations that were unmistakable — except that I mistook them (they felt like rushes that tightened across my abdomen). I urged my husband to go to work and sent my boys to school, convinced that the birth would not be for a while, if it happened at all that day. I didn't call any of my support sisters for quite some time. But my labor progressed much faster than I ever imagined it would and time quickly knew no boundaries. Soon I was riding in the backseat of our SUV and everything was in slow motion. Each moment became vivid and I felt more aware than ever in my life.

I think now of Mary and the birth of Jesus. How flexible in her plans she must have been! She was traveling — on donkey! — at the time she went into labor. Then, there was no room at the inn for her to have her baby! How humble and trusting of God she must have been, and how extremely adaptable.


One of my support sisters was driving (while praying) and the other, my doula, was in the front seat completely turned


around to support and assist me. (I was on all fours in the backseat if you can imagine!) Between my contractions, she was on the phone with two of my midwives in Nashville explaining my progress and assessing the situation. During a contraction, she would put her hand on my back and pray as I would lose all sense of logic and my body would tighten with unfamiliar waves of fear and pain. We were experiencing and witnessing amazing things during that journey! We would pray and ask God to take all of this fear and pain from me and miraculously my body would relax.

Contractions would become more like a wave of sensation flowing from me into the hands of an extremely able and willing God. It seemed as if He had just been waiting for me to give it all to Him. He made it not only bearable, but also invigorating!

At one point, we stopped along Interstate 24 near exit 24. I thought I was going to have my baby right there. I was not afraid; I was ready. The midwives urged us to try to make it to the hospital, so we did. When we got there, one strong, painless contraction came while another midwife and the ER staff came out to meet us in

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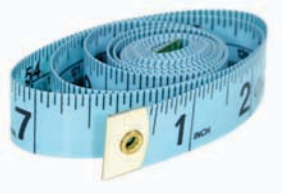





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the parking lot. I knew that I was not moving out of my "safe place" in our vehicle, surrounded by my own soft blanket and large pillow. My baby was born right then in the backseat. I immediately entered a euphoric state, while the midwife guided my baby up onto me, covering us with warm blankets. I didn't know yet that she was a girl.

How could I have foreseen where I would be and what would be taking place at the birth of my child? I had made a plan, though little had went as "planned." But the most important things had happened: Christ was the center of our experience,



I was not alone, and God was glorified. He allowed me the most amazing encounter and brought forth the most intricately designed little girl

into this world — and I am a different person for it. Now, I can always look back to that time when I was not in control and remember that God can take anything for us! No pain is too great, difficult, or unfamiliar for Him.

In my own encounter, maybe it should have been easier knowing that He understands birth completely, being born into this world Himself, as a gift to us all. Imagine how elated Mary must have felt after having given birth to the Savior of the world! She treasured and pondered her thoughts and the surrounding events in her heart, as the shepherds were

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Truly, if we don't really give up our circumstances to God (and rest in the comfort of knowing He really is in control), then things can become very frightening and complicated. Even if we draft the most detailed plan, unless we write "Christ be the Center of This" all over it, and trust the outcome completely, we will only end up working against ourselves.

I hope this story can inspire you this holiday season to put your trust in the Creator of all good things: Jesus. As you remember His birth, the circumstances there within, and the Perfect Plan that God always has as He makes a way, may you draw closer to Him. May you be certain that He is waiting for you, too.

To read the entire birth story and Jenna's blog, check out: jennadawn76blue.blogspot.com. Jenna and her family have lived in Clarksville for fourteen years. She is active in MOPS at First Baptist church and is involved in the Mom2Mom Mentoring ministry through the HOPE Pregnancy Center.

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RANDOM CHRISTMAS TALES

by John McDonald

Did I ever tell you about the time Santa Claus came to my house? Yes, to my very own home. I don't mean in the wee hours of Christmas morning – in point of fact, it was Christmas Eve, before bedtime, when I was four and wide awake. Lowenstein's, Memphis' chic dress shop, had closed early for the holiday. My Aunt Loyce worked in the lingerie department, and she knew the man who was standing in for Santa. I know when I was small, when we saw more than one Santa in a day, Mother would say, "Oh, he is one of Santa's helpers." Well on that Christmas Eve, the real Santa entered our first house, a new GI Bill home. Santa sat on one of our dining room chairs. I can still see the striped material on the chair and its mahogany harp-shaped back. The wallpaper too sticks out, but only as the background for the man in the red velvet suit, backed up by huge pink cabbage roses.

I remember sitting on his lap and being told to tell Santa what I wanted for Christmas. I don't remember what I asked for. I think I was mute for the first and, alas, the last time in my life. I was told not to peek out the windows, for fear of frightening the reindeer. It was only after he left that I remembered that I had forgotten to ask for an electric train. I never asked for the train. That night – and I've told this story for many years to anyone who would

listen – that night I remember like yesterday, saying my prayers and asking God to let Santa know I wanted a train set. At that moment the alleluia angel, just like the one that hung above the crèche my grandmother had bought for us, flew across the ceiling, or rather, its silhouette did.

I went to school when I was five years old – a big mistake. I wasn't ready for communal living, since I had not been kindergartened or



pre-schooled. My first grade was spent with a nun who taught the first, second and third grades all in the same room. To say we first graders got only a third of her teaching time would not be untrue.

It was a poor school, but someone had shown us kids a great generosity by donating a box of assorted coloring books. We all lined up to

receive one. I could not count, but I could figure the number of other children ahead of me and the number of books down the stack – I was going to get Peter Pan! Sister handed them out one at a time. My turn came, and Sister handed me Peter Pan. I remember saying I was hoping to get Peter Pan, and Sister withdrew the coloring book and said something to the effect of, "We don't always get what we want." She was trying to teach me humility, but the lesson of "you don't always get what you want" I had already learned, for I wanted not to be in school. But there I was, and now I was there without the coloring book I had hoped for. I wasn't good at staying within the lines back then. I'm much better at it now.

Flash forward fifty or so years. I'm playing Captain Hook in Peter Pan, and I'm playing it with five of my most favorite and dearest people. I can see them all in my mind's eye – Sandra Sears, Cinders Murdoch-Vaughan, Joylene Taylor, Debbie Dowlen-Noyes and Stacy Turner-Olson. Those beautiful women were Captain Hook's pirates. I had no trouble portraying the most manly Captain Hook, as I was surrounded by the most feminine of pirate crews. At the end of each performance, the costumes were hung catawampus around a little corner of the backstage. Rainbows, the whole color wheel and the largest crayon

box could not begin to describe the motley of it – and the thought came to me, “Now I have it – the Peter Pan I wanted, with all of the colors.” Now, when I could really appreciate it and stay within the lines.

All prayers are answered, but rarely in the time we humans want them to be – God doesn’t carry a watch. But He has a vast colorful vision – you remember, he created the rainbow.

I’ve told the Santa story – and the alleluia angel – for many years. It was only on the last telling that it wasn’t the angel flying over my bed, but my mother or father – or



better, both – standing in the doorway, checking on me, while blocking the hall light, as their shadows passed over the ceiling above my head. The miracle of the angel with the miracle of loving parents who had already purchased, on layaway, a Lionel train set. How many two dollars put

aside for how many weeks, I’ll never know, nor was I ever meant to know.

When I was in the third grade, Sister Bernard Joseph wanted to know what we all wanted to be when we grew up. “Sister, I want to be a priest,” I remember saying. “You’re too dumb to be a priest,” was my memory. But I’m sure it was something like, “You know you have to be very smart to be a priest.” I’m sure that’s where the “dumb” part of my remembrance comes from.

Fifty-five years later, a sweet boy named Hugh Poland, who was new to our Parks and Rec summer program, sat in the



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back of the theatre. For want of anything else to say, I asked him what he wanted to be when he grew up. "A priest," he said. Without skipping a beat, I said, "You'd make a very good priest." I call that putting a band-aid on the world – or perhaps I am tending to my own wounds, helping them heal through compassion and forgiveness.

But am I? My dearest and oldest friend from high school is Ed Creary, now Father Ed, a Catholic priest, and a good one. He works like a Trojan in his parish in Memphis. He leads a singular, lonely life. The holy holidays are when he is called on the most, in a thankless job, to soothe the

giftless, the lonely and the unloved. His holidays are not his own. Should I point that path out to Hugh? Maybe that nun did me a favor, a world of good.

Before we broke for Christmas one year, Cinders Murdoch Vaughan asked me what I wanted most. Without missing a beat, I said I wished I had the mortgage for December (\$401.80). Which, as you must know and I found out, if you are late, the mortgager can call your note – in other words, ask for the entire amount. When I left that night, I noticed an envelope, and in it was a check for the mortgage payment for December, with a sweet

note from Cinders Murdoch Vaughan, saying how much it meant to her, being a part of our "Christmas drill." She is the one who coined that phrase in reference to the multiple performances that we give during the holiday season.

For acting jobs in New York, they have what are referred to as equity calls. Actors line up, and sometimes the line goes around the block or blocks. Once, when I was in such a line, I looked at the actor before me and thought he looked a lot like Anthony Newley and said so to this actor. His response was, "I know. I understudied him in *Stop the World*." He then

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asked if I wanted to hear an Anthony Newley story. I said yes. He told me that, once his mother was coming into town from Seattle to see the matinee, and he was Newley's understudy. Mr. Newley asked, "Do you know the part well enough to go on for me?" He said, "Yes, Mr. Newley, I have understudied rehearsals each week between the matinee and evening shows, and I watch you every night from the wings." Mr. Newley said, "Good, for I am going to have laryngitis next Saturday matinee." What a gracious and generous story, especially generous since Mr. Newley would not be paid for that missed matinee.



I've always pictured, seated in the balcony, a little gray-haired lady with pearls around her neck, hat and gloves matching, holding her purse in her lap, and over the PA system it is announced that Mr. Newley was indisposed and that her son would be going

on for him. I could see her in my mind's eye, puffed up and proud with sweet tears running down her face. But, as I've grown older, I now think how disappointed she was – she could see her son anytime, but now she was missing Anthony Newley in *Stop the World, I Want To Get Off*.

Like the train story, and this, and Father Ed, and Hugh, my perceptions have changed over the years – perhaps even mellowed – but, like myself, they have aged, and I hope aged well.

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TEACHING DANCE ONE WOMAN'S PASSION TO MAKE A DIFFERENCE

by Pamela Magrans

Lana started her lifelong career as a dance student when she was three years old. She owned her own dance studio at age 18. Now a seasoned dance instructor, business owner, military spouse, and mother of three, Lana Turner Cornwell cannot remember a time when dance was not a major part of her life.

To the rest of the world, the word “dance” may induce all types of both positive and negative memories. Perhaps it was that middle school sock hop where you first strutted your moves. Perhaps the word summons up memories of your wedding dance or your two year old's Sesame Street CD. Perhaps your current idea of dance is dictated mostly by the television shows and the celebrities who make it all look so easy. To many, dance is impulsive, spontaneous, freeing. But to many more, dance is nothing more than another dream lost — something they wished they had learned, but never did.

Whatever dance may mean to you, it is clear that dance is not a recreation for Lana, owner of Lana's Dance Centre; it is a way of life — a way of life that this community can learn from.

The tour of the new centre

Last month, I visited Lana Cornwell at her new dance studio location off Tiny Town Road. If you've heard of Lana,

that shouldn't be surprising. Her dancers have been performing locally for many years at such local events as RiverFest, Rivers and Spires, Christmas on the Cumberland, and at fashion shows at the mall. Lana opened her dance centre off Ashland



City Rd/HWY 41A Bypass in 2002. Since then it has grown to the point that she recently opened the additional studio off Tiny Town Road. Originally from



North Carolina, her husband's assignment to Ft. Campbell initially brought Lana and her family here to Clarksville. It didn't take long for Lana to begin sharing her passion for dance with the Clarksville community. Only three years

after moving here, she opened her studio off the 41A Bypass and in August 2009 she opened her second location off Tiny Town Road.

Lana enthusiastically gave me a tour of her new studio. The lobby contains all the necessary components for parent and student arrival and departure — a door. There's a desk there too, a phone and a filing cabinet. The walls are bare, as of now, but as the studio grows, pictures will grace the walls. A few chairs line the wall.

Mounted from the ceiling is a television set. The television set is not for watching prime time reality shows. No, this television is for a far more important purpose — for parents to view their tippy-toed dancer in training. Parents can view the actions of the studios, from the comfortable distance of the lobby.

The lobby walls are freshly painted and the room smells new. Down the hall are two large studios.

As the rooms become the haven for learning, those same walls will see their share of smudges and scrapes. In all the newness of fresh floors and carpet, I sense the upcoming excitement of a new generation of dancers — of tiny feet and eager arms rushing down the hall to find the marley floors and ballet bars.

The bright purple shades of paint echo in the full-length mirrors. At 10:00 a.m. on a Wednesday morning, it is a quiet place, but at 6:00 p.m., it will not be so. Eager dancers will file into these rooms with enchantment



and a tune in their heads. The camera is mounted near the ceiling. I imagine the mothers who will sit in the lobby that night watching their children pirouette and plie via the camera and television.

During my tour of the studio, a man walks in the door, interested in purchasing dance lessons for his granddaughter instead of buying her toys for Christmas. He seems to know something that toy companies do not — that the greatest gifts are what we learn, not what we are given.

Emphasizing technique and experience

At Lana's Dance Centre a student can learn a variety of types of dance such as ballet, tap, jazz, acro, lyrical, modern, hip hop, ballroom, latin, and club latin. Students can learn as an individual, group or couple. There are adult classes, and Mommy and Me classes. There are boys only classes. There are partnering classes. Those who enjoy Christian music can attend a praise dance class. She

offers yoga, Zumba and country line dancing. She will tailor a private class for almost any purpose. In the past, couples have come in for private lessons to prepare a special Bride/Groom Dance. Even the father of the bride and his lovely daughter have come to Lana to orchestrate a

picturesque routine for the big wedding day. Some come to her studio to prepare for a military ball, or an upcoming party or special occasion. Students, both young and old, come to Lana for long-term lessons or for specific purposes. Lana even rents out her studio to groups who need the space for dance purposes.

Lana's success as a dance instructor stems from her emphasis on technique. "We are a technical studio," she says. While her students do participate in the competitive dance circuit, Lana chooses to focus more on the technical

side of dance, rather than the competitive side. She states that in preparing for competitions, dancers often focus so much on one routine that they do not learn the technical aspects of dance that will make them a versatile dancer.

"If a dancer wants to pursue dance as a career, being in competitions alone is not enough to prepare for a career," Lana says. From the very beginner classes at her studio, Lana teaches her students the correct terminology of dancing, focusing on the art, meaning and definitions of each phrase. Doing so equips them with the knowledge of dance that will be essential if they decide to pursue it life long.



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Lana uses the following three areas of instruction: class setting, performances/competitions, and workshops. In the class setting, her dancers learn technique and terminology. The performances and competitions help dancers practice stage presence and are a fun way for them to showcase their skills. In the workshops, Lana utilizes other resources to expand her dancers' knowledge and their horizons. Lana wants most to help each student become a versatile, skilled and knowledgeable dancer.

Exposure to professional dance

Each year Lana uses workshops and intensive study as a way to expose her dancers to the many options they might have if they wish to pursue dance as a career. They have traveled to study with well-known choreographers and dancers such as Mia Michaels and Tabitha and Napoleon (So You Think You Can Dance?), Dave Scott (Step up 2 the Streets), and Shane Sparks (America's Best Dance Crew). Lana and her students have visited New York City and participated in a class with the Joffrey Ballet. They've also visited the Alvin Ailey American Dance Theater. Lana has traveled with her students to Chicago to the World Jazz Congress to study dance and view professional dance shows and concerts. It is through these types of trips that

her students get to see first hand what a career in dance might be like.

"They can see what it takes to be in a professional dance company," she says. These



types of activities and trips help her dancers to understand what it takes to turn dance lessons into a dance career, if they chose that route.

Thanks to her instruction and guidance, some of Lana's



students will go on to dance professionally. Some already have. Some will chose other paths. However, there is no doubt that what they learned in

the walls of Lana's Dance Centre had a positive impact on them in many ways.

"Dance teaches a child discipline, helps them academically, increases time management skills, builds confidence, and is a great way to release stress, express yourself and just have fun," says Lana.

On helping the community

Lana recently received a phone call asking for her help. It was a call from "Extreme MakeOver Home Edition," the popular ABC television series. While she cannot

discuss the particulars of her involvement until after the December 6th airing of the show, Lana did state that she worked with the Design Team for the show.

She was honored that she was able to use her skills, talents and expertise in a way that benefited the Scott family.

Community service is not new to Lana and her Dance Centre. She actively encourages her dancers to help the community. They have organized food drives and are involved in various local charities. "It is very important to help out people in our community," says Lana. She also encourages her more seasoned students to help teach classes to younger ages. Doing so encourages her

students to share their skills and help mentor the younger dancers.

Christmas in Wonderland

Each year the dancers participate in two recitals; they are chances for the dancers to highlight their skill for family, friends and the community. This year the Christmas recital is a production version of a childhood classic — *Alice in Wonderland*. The production will be a story rendition of the 1865 story written by Lewis Carroll. The show will include non-stop



movement and music and everyone in the studio will have a role in the production.

The production will be held at the Mass Communication Concert Hall at Austin Peay State University on Saturday, December 19th at 6:00 p.m.

Tickets can be purchased in advance and are \$10 each. Space permitting, tickets will be sold at the door. The public is welcome to this production to view the kinetic charisma of Lana's Dance Centre.

Dance is a human experience that dates back farther than history itself. It is a great way to exercise. It doesn't matter your size, skill or age; all that matters is your willingness to learn. If you are interested in taking dance classes at Lana's Dance Centre call (931) 503-8050 (41A Ashland City location) or (931) 494-5312 (Tiny Town Rd location).

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by John Friedland, MD , Orthopedic Spine Surgeon, Clarksville Medical Specialists

We all know that regular exercise is an essential part of a healthy lifestyle. Exercise makes you look good and feel good – promoting greater muscle strength, endurance and flexibility, weight control, and cardiovascular fitness.

However, too much of a good thing can lead to an injury that can sideline you from the activities you enjoy. You don't have to be a competitive athlete to get a sports injury, which is simply an injury that commonly occurs during sports or exercise. A sports injury can happen to anyone at any age, although they are more common as we grow older, and more often occur among women, due to differences in body structure.

Sports injuries can involve any part of the body, but generally refer to an injury that involves the muscles, bones or a connective tissue, like cartilage. These types of injuries usually come about from improper training or conditioning, insufficient warm-up and stretching before an activity, using the wrong equipment, or doing too much, too fast.

Sports injuries fall into two primary categories: acute and chronic. An acute injury involves an active event that causes trauma, such as a fall or a collision. A chronic injury happens gradually,

through repetitive motions and cumulative strain on the musculoskeletal system.

Prompt treatment of both acute and chronic injuries is important in avoiding further injury. Chronic injuries left untreated or not allowed to heal fully can lead to repeat injuries, or can develop into more serious long-term problems, such as osteoarthritis.

Play it Safe

Practicing smart sports and exercise habits can prevent an injury on the front end. The National Institute of Arthritis and Musculoskeletal and Skin Diseases recommends the following techniques to avoid injury:

- When doing knee bends, don't bend your knees more than halfway.
- Don't twist your knees when you stretch; keep your feet flat.
- When jumping, land with your knees bent.
- Do warm-up exercises before playing any sport.
- Always stretch before you play or exercise.
- Cool down after hard sports or workouts.
- Wear shoes that fit properly, are stable and absorb shock.
- Exercise on the soft surfaces; don't run on asphalt or concrete.
- Run on flat surfaces.
- Don't be a weekend warrior, i.e., engaging in a week's worth of activity in a day or two.
- Learn to do your sport right. Use proper form to reduce your risk of "overuse" injuries.
- Use the appropriate safety gear for the sport you are playing.
- Build up your exercise level gradually. Know your body's limits.

It's important to distinguish muscle soreness from injury in deciding whether to seek medical help. The traditional credo of rest, ice, compression and elevation is effective for home care. However, if you've

tried these steps immediately after injury and regularly for 48 hours, and pain and swelling do not improve, contact your doctor. Signs that your injury needs medical attention include severe pain, swelling or numbness; inability to put weight on the area; or new pain in the site of an old injury, accompanied by increased swelling, or an abnormal appearance.

If you suspect you've sustained a sports injury, a good place to start is with your primary care provider. He or she may consult with a sports medicine specialist to help with diagnosis and treatment. Depending on your injury, you may receive care from an orthopedic doctor or a rehabilitative therapist. An orthopedic doctor specializes in diagnosis and treatment of the musculoskeletal system; a physical therapist works in partnership with your sports medicine doctor to rehabilitate your injury – designing a specialized treatment plan to make the injured area stronger, more flexible and less susceptible to future injuries.

Treating a sports injury is gradual. Getting the area moving again is the first step to help speed healing. Rehabilitation is based on a progression of activities to help build flexibility, endurance and strength; as well as proper balance and body mechanics. In addition to exercise, your therapy may include

electrostimulation (mild electrical current to reduce pain and swelling and increase muscle strength), cryotherapy (ice packs to limit blood flow to injured tissues), heat, ultrasound and massage.

Arthroscopic surgery, an operation that employs small incisions to diagnose and fix joint problems, has greatly enhanced physicians' ability to repair athletic injuries without invasive surgery, with less trauma and downtime for the patient. Other new advances being studied include tissue engineering, in which a patient's own healthy cartilage or cells are transplanted to an injured area to speed healing.

Benefits of rehabilitative therapy include restoration of function; less pain; improved range of motion; a quicker return to sports and recreation; better health, strength, movement and safety; muscle strengthening and coordination.

For tips on safe exercise, preventing or treating a sports injury, contact Clarksville Medical Specialists Orthopedics Office at (931) 553-5495.



Dr. John Friedland is a board-certified Orthopedic Spine Surgeon. He received his medical degree from the Uniformed Services University, Bethesda, MD. He completed his residency at Brooke Army Medical Center, Ft. Sam Houston, TX and a spine fellowship at Panorama Orthopedic Clinic in Golden, CO. Dr. Friedland can be reached at (931) 553-5495.

Sources: WebMD, webmd.com; The National Institute of Arthritis and Musculoskeletal and Skin Diseases, niams.nih.gov; The American College of Sports Medicine, acsm.org

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CHRISTMAS TREES

by Clint Patterson

There are several good Christmas television specials that we watch every year. *It's a Wonderful Life*, *A Christmas Story* and "Rudolph the Red Nosed Reindeer" are all good ones. However, I'd have to say that "A Charlie Brown Christmas" is my favorite Christmas show.

Charlie Brown, contrary to the wishes of his peers, picks out a shabby little real tree, over the glitzy artificial trees, for the Nativity play. The symbolism is powerful. Like Charlie Brown, I have always been disillusioned by the commercialization of Christmas, and the cartoon does a great job in portraying the true meaning of Christmas.

We have always had a real Christmas tree at our home. After all, what would people say if I, a forester, had a "fake" tree? However, there's nothing wrong with artificial Christmas trees. You don't have to have a real tree... or, for that matter, any tree at all... to experience the real meaning of Christmas.

For families with young children, however, the quest for a real Christmas tree can be a

lot of fun. When we lived in the country, I would often just go and cut down an Eastern red cedar on our own land. These trees didn't look quite as nice as the store bought trees, but they were free.

Other times, we have gone to a Christmas tree farm and purchased a tree. Either way, the family can get involved in the selection of the tree. Some Christmas tree farms offer hay rides, hot chocolate and cider, and other attractions to make the outing an enjoyable experience.

Another option for a real Christmas tree is to buy a potted tree that can be taken back outside and planted after Christmas. Usually, the size of these trees must be pretty small to accommodate the weight of the root ball, but this is a pretty neat idea.

Sometimes people question whether it is a good idea to use real Christmas trees. After all, they are grown just to be cut down. However, Christmas tree farms provide wildlife habitat and erosion control, and if not used for growing trees, would probably be used for pasture or farm ground.

This whole idea of bringing a tree... whether it is real or artificial... into the house to decorate for Christmas is rather strange when you think about it. Why do we do this anyway?

Celebrated around the time of the Winter Solstice, various "sun gods" were worshiped across the ancient pre-Christian world. The pagan festivals incorporated evergreen boughs in their celebrations to symbolize the return of life after winter.

Finally, in 350 AD, Pope Julius I chose December 25th as the day to celebrate the birth of Christ... not actually knowing when that date was... in an effort to absorb these pagan traditions. Christians incorporated evergreen branches into their festival to represent everlasting life.

In Germany, whole trees were often brought into the home for this purpose. Martin Luther, the German Protestant reformer, is credited as the first to add candles to the "Christmas tree." Reportedly, one winter evening as Luther was composing a sermon while walking home, he was awed by the beauty of the stars twinkling through the evergreens. He then wired candles to his tree to duplicate this experience for his family.

Decorated and lighted Christmas trees quickly gained popularity across Germany. German settlers brought the practice to America with them, but Christmas trees were still not widely accepted by most Americans. Finally, Queen Victoria married the German Prince Edward. An 1846 illustration was featured in the Illustrated London News of the royal couple with their children posed around their Christmas tree. Practically overnight, Christmas trees then became the fashion in the English-speaking world. Nevertheless, it wasn't

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until after the Civil War that Christmas became a federally recognized holiday in America.

Nowadays, practically everyone celebrates Christmas and puts up some type of Christmas tree, with hardly any thought as to why.

Like Charlie Brown's peers, however, we can get caught up in the commercialism of Christmas. Perhaps, incorporating a real Christmas tree into your holiday season can provide a good way to spend quality time together with our loved ones.

Other ideas might include making homemade Christmas ornaments. At my grandma's, we used to make strings of popcorn and cranberries, with a needle and thread, to put on the tree.

After Christmas, when the tree was taken down and set outside, birds would come and eat them.

The Christmas tree itself, even when discarded, can still be of some use. Dunbar Cave State Park, for instance, receives Christmas trees every year. They grind them up and use the wood chips on their trails.

More than the material things, the time we spend together is what we will most remember and cherish. And, may we remember the words of the angels, quoted from Luke 8 by Linus: "...Glory to God in the highest, and on earth peace, good will toward men."

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. Clint's hobbies include writing, reading historical books, artwork, and anything that involves trees or wood.



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by Dr. Jason James, Medical Bariatrician

“Obesity.” Just the term makes us cringe back in disgust, sadness or both. All of us know someone who has had to deal with the ravages of being overweight or obese. It is one of the single greatest risk factors for the many diseases that cause death or cause us to live in a morbid state of being.

Abdominal obesity is directly linked to diseases such as these:

- adult-onset diabetes
- obstructive sleep apnea
- high lipids (cholesterol)
- high blood pressure
- gall bladder disease
- early-onset arthritis

Then by extension of those diseases to other diseases such as these:

- coronary artery disease
- peripheral arterial disease
- heart failure
- stroke

Some cancers are even attributable to obesity or being overweight such as breast cancer and uterine cancer. The obese tend to be admitted to the hospital more often and on average live 10-year shorter lives than those who are normal weight.

Why do we then continue to be overweight? Easily stated, our desire to survive and live healthy lives is trumped by our desire to “live” in the here and now. Living in the “here and now” has a price later in life that leads to diseases that might make one wish that he/

she didn’t live at all. Want to enjoy your grandchildren later? Employ healthy lifestyle changes now while you are young enough to do so.

So what does one do? The old adage that one hears from every doctor they have been to is, “You need to ‘go on a diet’ and get some exercise.” Thankfully, physicians have gotten a little farther away from that tired, old line but the time that they have to spend with you is limited regardless of the changes in what they say to you. This usually makes us look for other avenues to find healthy weight loss.

In a way, “going on a diet and exercising” is still the truth as far as what YOU can do for yourself. Fat is energy stored in an expansive body system. Abdominal fat is not simply stored energy; nor is it a nice blanket in which to keep you warm. It is its own large organ of the endocrine system that makes hormones and coordinates body processes. [The endocrine system encompasses organs such as the thyroid, adrenal glands, etc.] Unfortunately, abdominal fat (or adipose tissue) makes for more BAD coordination of body processes than good. Over the years, we have been able to find out more and more about what fat does to cause diseases like diabetes and heart disease and what we found was that it was not an innocent player, it was a silent assassin.

So, we try hard to exercise or at least get around to doing it. We make a conscious effort to eat healthier, but most times we fall off the wagon. If you have done this, you are truly not alone. So what is the magic pill, potion or program that is going to help us get healthier? Truthfully, it is going to be different for everyone. That is why it takes an individual approach to make it happen, because not everyone can follow a “canned” plan.

Things you can do...

- Are you truly sedentary? If so, then get active. What is active? It is anything better than what you are doing. Walking until you are somewhat short of breath and sustaining that for 20-30 minutes per session, and doing this three to four times per week can be a good way for a healthy person to start. You can’t run a marathon without training, and you can’t run headlong into exercise without starting somewhere slowly.
- What about your eating habits? That is a truly individual problem. Some people have issues with eating due to schedule. Some people have food allergies. Some people don’t like “healthy” food. Some people do their bodies a disservice by not eating enough (and not feeding their metabolic machine). How do you know when your diet is not working for you?

It is when you are still overweight despite how you are eating. (That is the answer.)

So, what is one to do?? Well, seek professional help. Dietitians, primary care physicians and bariatricians are all good places to start. Dietitians are well-trained to help guide your dietary habits to make you successful. Bariatricians are medical doctors with focus on weight disorders. Unlike bariatric surgeons, they employ the use of medical workup to discover medical disorders associated with obesity and then treat them with medications, diet and exercise training and behavioral training if necessary. If a patient is truly obese and has truly "tried everything," then a referral to a bariatric surgeon for gastric bypass, gastric lap banding or gastric sleeve procedure might be appropriate.

Regardless of your path to normal weight, the fact that you can make it there is the most important thing. You should do all that is within your might to make it happen. Your life, your happiness and the happiness of your family and friends just might depend on it.

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TAXES AND COLLEGE SAVINGS

by Ryan Bosler

The Federal government and the states have helped those saving for college by providing tax benefits. Coverdell Education Savings Accounts (CESAs) and Section 529 plans offer tax-free growth of any investment earnings and tax-free withdrawal of proceeds for qualified educational expenses, which makes them attractive if you are saving for the education of a child, grandchild or any other child under age 18.

While neither CESA nor 529 plan contributions are tax-deductible, any earnings are tax-free and they may be withdrawn tax-free for qualified educational expenses, such as tuition, room and board, and fees. CESAs also allow tax-free withdrawals for qualified expenses related to primary and secondary school. The CESA thus offers one of the few tax-advantaged ways to save for pre-college educational expenses.

Section 529 Plans are named for the section of the Internal Revenue Code that created them. These plans are offered by individual states and eligible educational institutions. At this point, state sponsored plans are far more common so this discussion covers them. They are usually run by professional money managers, and generally offer several investment choices and features.*

An advantage of Section 529 Plans is that contribution amounts can be quite large — as much as \$200,000 or more per child, depending on the terms of the plan selected. In addition, most plans allow contributions from out-of-state residents and permit you to contribute to more than one plan.

As with CESAs, contributions to Section 529 Plans are not tax-deductible, although some states offer state tax deductions to residents who participate in their

own state's plan. Like CESAs, investments in Section 529 Plans grow tax-free. Withdrawals from these plans are also tax-free.**

If you are selecting a state sponsored plan, keep in mind that different states have different types of plans. With most plans, you can use the value accrued in your plan for any accredited institution of higher learning in the U.S. — not just in the state where the plan is located. If you are investing in a 529 plan outside of your state of residence, you may lose available state tax benefits. Make sure you understand your state tax laws to get the most from your plan.

With both CESA and 529 Plans, if you withdraw money in the account for non-educational purposes, you may be subject to an additional 10% federal income tax penalty and potential state penalties. You may, however, change the beneficiary and there

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are no tax consequences as long as the new beneficiary is a member of the same family.

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Investors should consider the investment objectives, risks, charges and expenses of 529 plans carefully before purchasing. More information about 529 plans can be found in the issuer's official statement. Please read the official statement carefully before investing.

*As with other investments, there are generally fees and charges associated with participation in a 529 plan. There are no guarantees regarding the performance of the underlying investments.

** Under "sunset provisions," Section 529 tax rules are scheduled to expire on December 31, 2010 unless extended by Congress. The tax implications of a 529 plan should be discussed with your legal and/or tax advisors.

***According to the College Search tool at collegeboard.com, one year's expenses for a student at Stanford University is \$51,187 in 2008.

Please be advised that this document is not intended as a legal or tax advice. Accordingly, any tax information provided in this document is not intended or written to be used, and cannot be used, by any taxpayer for the purpose of avoiding penalties that may be imposed on the taxpayer. The tax information was written to support the promotion or marketing of the transaction(s) or matter(s) addressed and you should seek advice based on your particular circumstances from an independent tax advisor. AXA Advisors, LLC and its affiliates do not provide legal or tax advice. Please consult your tax or legal advisor regarding your individual situation.



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FOSTER PARENTS GIVE CHILDREN HAPPY HOLIDAYS

by Beth Britton

"Call it a clan, call it a network, call it a tribe, call it a family. Whatever you call it, whoever you are, you need one." — Jane Howard

Christmas will be a little warmer for six Montgomery County children this year. Phoenix Homes for Foster Care Youth has had six successful adoptions ranging in age from four to 17. That number exceeds all other Phoenix Homes in the country! Even though the ultimate goal for Phoenix Homes is to return children to their birth family, it isn't always possible, and only 15% of foster children are adopted into a family.

This writer is proud to introduce to you the Bradford sisters, Brenda, Brittany, and Lillian. Foster parents Danny and Carolyn Bradford recently adopted the three sisters.

Danny and Carolyn have a passion for difficult to place youth. This couple has been foster parents to 27 children in nine years. They understand the

fears and concerns that come along with becoming foster parents, but they have seen repeatedly the reward. That



reward is getting to watch the children grow and blossom into the best versions of themselves.

"Through trying times its all been worth it." — Danny Bradford

Any parent of teenagers can attest that the most difficult time in their child's life is when they were teenagers. So what would motivate someone to adopt a

teen? Why bring into your home not just a teen going through typical teen issues, but a teen that has seen some really tough things in life and is dealing with bigger problems than the "norm"?

Love.

"No matter the age of the child, they need love." — Heather Merriweather

Heather and her husband know no boundaries when it comes to loving their foster children. They have been Foster parents for three years and have recently adopted 17-year-old Maria, who herself has a baby. Teenagers are often overlooked and not seen as adoptable. Babies and younger children are thought of as easier and can adjust and fit into the foster or adoptive family quicker. However, teenagers need that companionship and love of a parent just as much, and really seek the council and support to help them through the tough times.

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"A child and a teenager come into your home with these issues and struggles and you're there for them and help them through it. It's very rewarding to see how they change and continue on as adults once they 'age out' of the system, and to know that you helped them get there." — Merriweather.

"The best thing for me is realizing you've let go and moved on." — Brenda Bradford, 14 years old.

Phoenix Homes of Clarksville provides a service during the hard times. They seek out families that will accept children and teens into their home, and take the youth in as



their own for as long as needed. Phoenix Homes has been in Clarksville for four years. They service around 30 children at a time; most of the recipients are teenagers needing a place to come call home. It takes eight weeks of training and classes to become a Foster parent for one

or more of the youth. The staff and workers are there to support the parents, and are available to talk them through any situation that may arise.

If you think you may be interested in becoming a foster parent like the Bradfords or Merriweathers you can contact Kristin Hedges, Divisional Treatment Administrator at (931) 645-7711 or e-mail at khedges@phoenixhomes.org.

When I asked nine year old Lillian Bradford what her favorite thing was about being adopted she replied, "The Holidays."

I'm sure *this* holiday will be one of the best yet for Lillian and her sisters because they are once again part of a family. They are finally Home.

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LIVING A LIFE OF COMPASSION

by Chad Rowland

About a year ago, my kids and I were driving to a local supermarket. We exited the interstate, arrived at the stoplight, and waited on the left turn signal. While waiting, the three of us noticed someone standing on the curb holding a piece of cardboard that read: "Hungry. Homeless. Please Help." I was not planning to say anything about the man with the sign. What was there to say? After all, I had taught my kids not to talk to strangers, much less approach them.

My son couldn't resist. He read the sign and began to ask where I thought the man was born. And where he slept the night before. And who

the man's parents were. And where he went to the bathroom when he had to go. You know, the kinds of things a six year old asks about people who stand on street corners in dirty clothes, with frowns on their faces, holding messages that people like me try to ignore. To those questions, I had no answers. I just said, "I'm not sure. Why don't you pray for him?"

My daughter, who is after my own heart, then began to ask me what specific groceries we were going to buy. Now that was a question I could answer! We were going to buy some bread. Not the cheap kind. The kind that is packaged twice. A wrapper within a

wrapper. Then we would buy some peanut butter. Actually three jars of peanut butter. We each have a favorite brand. We would also buy some milk. Some cereal. Some frozen chicken breasts. Some steak. And then anything else that looked good while we walked the aisles.

As we pulled into the supermarket parking lot, my daughter and I talked about how hungry we were and what we would do if this particular store had only two kinds of peanut butter. My son was thinking of food too. He said, "I wonder what he likes to eat." "Who?" I asked. "The man with the sign," he replied.

In that moment, I think the three of us understood the difference between having compassion for someone and feeling sorry for someone. I felt sorry for the man on the curb. I really did. My son had compassion for him.

My daughter had a moment of clarity. She realized that her little brother was right and her dad was wrong. She then made this trip to the grocery store a family mission: We would go shopping for the man with the sign.

Over the next 20 minutes, my kids shopped with a purpose. With passion. With heart. We put together what we hoped was the perfect meal. We



loaded up the car and headed back to that special stoplight. The place where our pity turned to compassion. When we arrived, I allowed my daughter and son to get out of the car and deliver the meal to our new friend. He smiled and knelt down to thank them both. After a brief exchange of words, my children returned to the car.

As we headed home, I asked them both what we all learned that day. My son spoke first (as always) and said, "I learned that the man with the sign turned out to be a woman!" My kids' hearts then exploded with laughter. But trust me. They were not laughing at the lady's appearance. It just felt good to care

about someone else. My kids reminded me that true compassion is not feeling sorry for someone else. It is caring enough to do something about it!

This month, my family will be attending something called Cross Street Live. You can check out www.crossstreetlive.com for details. The virtue of the month is compassion. If you would like to have a memorable family experience like this, give Cross Street Live a good look. Hope to see you there.

Chad Rowland,
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MAKE THE NEW YEAR YOUR BEST YEAR

by Jessie Carter, PT

As 2009 ends, it may be on your “to do” list to make your New Year’s resolutions. I have done this for years...this year I will lose weight, be a better mom and wife, write more letters, remember birthdays, exercise more, volunteer more...and on and on.

Why do we do this to ourselves? A survey performed by Gardenburger in the late 1990’s revealed that more than 75% of all women between the ages of 25 and 54 make diet and weight-loss plans each year. The same survey revealed that nearly nine of 10 of these women reported only occasional or even no success, while almost

half lost little or actually gained weight instead. Other statistics show that nearly 97% of all New Year’s resolutions won’t be kept.

Honestly, I can’t remember one New Year’s resolution that I’ve followed through with past the first few weeks of January. I admit that I love the process of reflecting back on the past year and setting goals for the New Year but my track record isn’t very good. Then I remembered the definition of “insanity” – doing the same thing over and over and expecting a different result. I’ve decided to stop the insanity for good.

This year, one goal is getting all of my attention. We are all busy with kids, activities, friends, and our jobs -- who has time for a laundry list of unrealistic expectations? There are enough negative things that happen in life – I want to set myself up for success.

Physical therapists set goals for their patients all the time. We find out what our patient’s strengths and weaknesses are and then set specific goals that we write down. It is our job to work with the patient to accomplish these goals.

This model is incredibly successful – so why not adapt it to New Year’s resolutions?

My goal for this year is to exercise every day. My confession – I am a health professional and I struggle to make the time to exercise. After having children and getting out of the routine of exercising regularly, I have had the hardest time getting with the program and staying consistent.

Exercising is a no-brainer – research shows that regular physical activity has a role in the treatment and prevention of more than 40 chronic diseases including obesity, diabetes, high blood pressure, and heart disease. For me it is more about how I feel when I exercise – I’m better able

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to handle stress, slower to anger, and happier. Funny, when I exercise that old resolution of being a better wife and mom becomes a reality.

So here are the rules: 1) plan, 2) write it down, and 3) surround yourself with people who know your goal and will keep you accountable.

Planning is key. In years past, I've made resolutions to "lose weight" or "get healthy" but these random statements didn't work. Remember, exercise doesn't mean you have to go to a gym or jog in the neighborhood. We all move every day – exercise is just building on this. Plan

to be active everyday by trying some of the following activities:

- Take the stairs – walking up and down a single flight burns 17 calories. Doing this daily results in nearly 2 pounds of weight loss per year.
- Perform 30 minutes of raking the lawn, planting seeds or shrubs, gardening, washing the car, or cleaning the gutters to burn over 150 calories.
- Be active while working around the house – stop to perform 60 seconds of wall push-ups to burn seven

calories, or perform squats or lunges while walking down the hallway.

- Are you a TV watcher? Try working in 15 squats during commercials – doing five sets of 15 squats just five times per week will burn enough calories to equal five pounds of weight loss in a year.
- Park at the back of the parking lot – adding an extra 10 minutes of walking each day leads to approximately five pounds of weight loss per year.

Writing your goal down is important but posting it is vital. Keep it in front of you



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to maintain focus. I'm one of those people that enjoys marking things off of my "to do" list – in fact, sometimes I will write things down on my list that I've done just so I can mark them off. This can give you a sense of accomplishment and small victories along the way to the big goal.


Finally, surround yourself with people who will keep you accountable. I understood this fully this past year when our office staff pledged to run in the Clarksville Half Marathon and 5K events. Some of the participants were gung ho and kept a steady training

schedule while some of us (including myself) were a little less enthusiastic. In this case, peer pressure was a powerful thing. We had set a goal as a group, committed as a group, and encouraged each other along the way. Race day was a blast and we celebrated in each other's accomplishments.

Consider your health and wellness as the new year approaches – there are simple steps you can take right now to meet your goals and make 2010 your best year yet!



Jessie is a physical therapist at High Pointe in Clarksville. High Pointe offers physical therapy, personal training, fitness, and massage services. For more information, visit www.highpointetn.com or become a fan of High Pointe Rehab, LLC, on Facebook.



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PRODUCTIVE CONFLICT

by Matt Monge

If you're anything like me, the words *productive* and *conflict* don't seem like they should even be in the same sentence, unless of course that sentence reads something like "*Conflict is not productive.*" I would argue, however, that productive conflict is an absolute necessity if any group, from small businesses to large corporations, wants to grow.

This idea is certainly not original with me, but I'm convinced it doesn't get enough attention, and I'm further convinced that too many organizations have bought into the myth that all conflict is bad.

Now before I go any further, I want to make a distinction between interpersonal conflict and ideological conflict. I am *not* a proponent of interpersonal, mean-spirited conflict. Throughout the course of this article, when I use the word *conflict*, I'm referring to ideological conflict, not interpersonal conflict, though from an outside perspective it may be easy to confuse the two on the surface. Interpersonal conflict is much different than ideological conflict in that it focuses on personal issues and typically involves selfishness, anger, personal insults, and the like. Obviously, those things are not assets to organizational health.

What I'm advocating is ideological conflict.

Ideological conflict, as its name tells us, is a conflict between concepts or ideas. Groups of professionals that engage in conflict of this nature are able to discuss and resolve issues much more quickly than those that might dance around the tough topics, sugar coat answers, hold back objections, and just nod in agreement with everything that's said. Inevitably, the topics we dance around in one week's meeting will come up again at the next week's meeting since we never actually exhausted the topic and came to a conclusion. You see, while you might be tempted to think discussing things all the way through might be inefficient, it's actually more likely to be efficient since you'll not have to deal with the same ideas week after week. It's ideological conflict that encourages new, creative ideas to be expressed and explored and enables final decisions to be made. The important part to remember is that this conflict at no point becomes a personal attack.

Let me give you an example from my team. One of the expectations I've given my team is that we engage in healthy ideological conflict. Instead of shying away from disagreements about issues, I want us to dive into them. We want to methodically work through conflicting ideas and strategies, argue

our perspectives, and air our professional opinions on whatever the issue or initiative may be. It's much easier to move forward as a team if the individual members of the team know they've been heard.

In truth, it ought to be a big red flag if we can sit in a meeting together discussing important things and we don't engage in robust discussion about topics. I mean, if you think about it, what are the chances that several smart, professional individuals have identical opinions about any given topic? If we can discuss things without any dissent or diverging opinions being discussed, we can be almost certain that things are being left unsaid or unexplored.

This is an especially important point to grasp if you are in any sort of leadership role within your organization, whether that's a small business or a large company. We have to understand that we need our teams to work and think through our ideas. I'll use my team as an example again. I'm painfully aware of the fact that not all of the ideas I have or will come up with are good ones. I depend on my team to think through ideas, critique them, and offer alternatives. It's only after that sort of exercise that we can move forward together, confident we've explored the options we could think of and selected

the best one, even if it's not the one that I, as their director, was advocating.

This sort of healthy, productive conflict does not happen automatically. It must be worked at and practiced. You may even want to consider calling someone in from the outside to sit in on a couple of strategic meetings and help you identify when and where these discussions should be taking place, as well as what those discussions might sound like. If your team doesn't currently engage in ideological conflict, it's going to be a lot like learning how to ride a bike all over again at first. It will likely feel uncomfortable and slightly awkward, but your team needs to persevere through that stage so that you can begin to really reap the benefits of cultivating that type of engaged and creative culture.

As that culture begins to take hold, you'll notice that you'll start getting more ideas out of your team, and that your own ideas will be sharpened and enhanced (and perhaps occasionally discarded!) through honest and passionate discussion. You'll be able to move forward more confidently, knowing your ideas have been thoroughly dissected and discussed. You'll be exposed to more creative ideas, allowing you to think outside the box regularly.

Overall, the benefits of embracing this kind of passionate, creative culture can be substantial. Your teams will be more efficient, more engaged, more passionate, more creative, and more unified. Begin plugging some of these ideas into your teams!

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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FOUR SMALL WORDS

by Chris Edmondson

If you had to only use four words to describe this Christmas season, what would they be? *Snowman, Santa, tree, presents?* Or what about *candles, family, holly, and jolly?* When I was a kid, I would have chosen *magical, gifts, carols, and cookies*. Now that I am grown up and have three kids, my words might be *alka seltzer* (is that two words??), *nap, peace and quiet!*

I want to talk to you about Christmas using four words. You ready for them? Here they are: *of, and, with, and in*. Not your typical Christmas words. But let's take a look at these four very small words that tell not only the Christmas story,

but the entire story of the Bible. The first word is found in Genesis:

So God created human beings in his own image. In the image **of** God he created them...

Genesis 1:27

This is the story of where people begin. We are created in the image **of** God. We were created for intimacy — intimacy with God. This is where the story begins — with Adam and Eve made in the image **of** God.

Adam and Eve had this perfect relationship with God. This perfect relationship being **of** God. The Bible says that

Adam and Eve knew Him and related to Him personally. God actually walked and talked with them in the cool of the day in this perfect relationship with their Creator.

Of is where the story begins, but if you know the story, you know **of** was not enough for Adam and Eve. Sin entered the story, when Adam and Eve were convinced by Satan that being **of** God is nice — but if they really wanted to know what it was all about, they needed to be **like** God. So Adam and Eve chose to disobey God and go their own way. The Bible calls that sin. And anytime sin comes, it brings separation between

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people and God. There was now a distance between God and people. The intimacy they had with God — this knowing and relating with God was lost forever — shattered forever.

The rest of the Old Testament lives under a new word. That word is **and**. In Exodus 33, we see Moses gets a tangible glimpse of the presence of God.

Moses responded, "Show me your glorious presence." The Lord said, "I will make all my goodness pass before you, but you may not look directly at my face, for no one may see me and live. Stand

near me on this rock. When I pass by, I will hide you in the crack of the rock and cover you with my hand until I have passed by. Then I will remove my hand and let you see me from behind. But my face will not be seen."

Exodus 33:18-23

This is a very different relationship than what Adam and Eve had in the garden. Do you see how things have changed? Once sin enters into the picture, we are now distant from God — separated from God.

The new word — the second word that enters into this story

is the word **and**. God **and** us. There is a separation. There is a distance. It is not like what it was. He isn't close, but He is near. This is what **and** is. There is a distance.

Everyone who lived in the Old Testament knew this distance between God and people. You couldn't be close or intimate with God, because our sin got in the way. "God is out there somewhere, but we're separated from Him." This is the effect of sin. God hasn't left, but we just can't be as close to Him as we once were because of our sin. We have the problem. This is what **and** is.

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This may describe your relationship with God. You have felt and sensed that God is out there somewhere, but you can't see Him, touch Him, or even get close to Him. You are far away from God. This is what **and** is. We are here, but we're not intimately in a relationship with Him.

But finally, after thousands of years of separation and distance, God worked something behind the scenes that no one could see. Because God brings a new word into the story. So important is this word, in fact, that it is a name to describe who Jesus is.

Matthew 1. The very first book in the New Testament gives us a glimpse of the next word.

"Look! The virgin will conceive a child! She will give birth to a son,

and he will be called Immanuel (meaning, God is with us)."

Matthew 1:23

The third word in the story is **with**. God **with** us. No longer separated. No longer God and us. He bridged the distance that sin brings. God entered the world as a baby. God became a man. The all-powerful made Himself breakable. The One who created the universe became an embryo. He became one of us. God **with** us. God came near.

The Word became flesh and blood, and moved into the neighborhood.

John 1:14

Jesus says, "There no longer has to be a distance between us. There no longer has to be a separation between us, for I am **with** you." This is what we celebrate in Christmas. He did something unthinkable — He bridges the gap **of**,

through **and**, to this word **with**. "I will be **with** you." Jesus came to be **with** you — to move into our neighborhood.

Jesus says, "You can touch Me and know Me. You can hear Me and even be **with** Me. You can talk **with** Me and laugh **with** Me. And ultimately, you will kill Me." Because Jesus knew exactly what it meant to be one of us — to be **with** us. His life that He lived **with** us would be laid down **for** us. When God sent Immanuel — God with us — it changed our relationship with God forever.

But there is even something greater than **with**. Jesus' story starts in a manger and ends with a cross and an empty grave, and eventually Jesus leaves this earth. Jesus knew that He would not stay **with** us forever. Let's look at Colossians 1:27 at the fourth word, which is **in**. God can live in us. We have God in us.

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God wanted everyone to know this rich and glorious secret inside and out, regardless of their background, regardless of their religious standing. The mystery in a nutshell is just this: Christ is in you, therefore you can look forward to sharing in God's glory. It's that simple.

Colossians 1:27

It wasn't good enough for God just to be **with** us. God wanted to live **inside** of us. To be **in** you. That God can dwell **in** us. All of God living **inside** all of you. That is awesome! You don't have to struggle and strive to impress God, but that He lives **inside** of you and that fact will never change! You don't have to go through this life by yourself, because He lives **inside** you.

So the question is this — where do you see yourself in this story? We are **of** God. We were created for intimacy with God. That is the garden. We are created to bear the very image **of** God. But something happens. Sin enters into the world because we wanted to be **like** God, and destroys **of** forever. Because all of us have sinned, we no longer have the closeness **of** God — **of**.

A new word enters into our world — **and**. Now it is God **and** us. This is the story of the entire Old Testament. God is here, but distant. We can know about Him, but not intimately. Not personally. Many of you are trapped in the cycle of **and** — "If I can do this **and** do this **and** do this — then God will accept me."

But God bridges the distance of **and** by becoming Immanuel — God **with** us. God becomes a man to live **with** us. Jesus Christ lives

with us, but He doesn't stay **with** us — He goes away so that God can come live **in** you.

Four small words. One big story. The story of Christmas. The story of the Bible. And the story of your life and mine. So what word describes how you relate to God? If you would like a relationship with Jesus, ask Him to forgive you and invite Him into your life. He will listen to you and save you, which will be the best gift you can get this Christmas!

Chris Edmondson is a father of three boys and is happily married to his best friend.

Chris is the lead pastor of oneChurch, a church for those disconnected to God. oneChurch meets at Northeast High School across from the Great Escape Movie Theatre.

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COOKIES

- 1 cup unsalted butter, at room temperature
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- 1 egg white
- 3/4 teaspoon fine-grain sea salt
- 1-1/2 cups all purpose flour

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- 2+ cups powdered sugar, sifted
- 10 - 15 drops peppermint extract (to taste)
- 1/4 cup half and half (or water if you are going to keep the cookies around unrefrigerated for a while)

Directions

Pre-heat the oven to 350F degrees, position the racks in the middle of the oven, and line two baking sheets with parchment paper or a Silpat.

Using a stand mixer or handheld mixer, cream the butter until light and fluffy. Add the powdered sugar and cream some more, scraping the sides of the bowl a time or two. Stir in the vanilla extract, cocoa powder, egg white, and salt and mix until the cocoa powder is integrated and the batter is smooth and creamy and the consistency of a thick frosting. Add

the flour and mix just until the batter is no longer dusty looking. It might still be a bit crumbly, and that's okay.



Turn the dough out onto a floured work surface, gather it into a ball, and knead it just once or twice to bring it together into a smooth mass. Divide into two pieces place each into a plastic bag and flatten into disks roughly one inch thick. Put the dough in the freezer for 20 minutes to chill.

One bag at a time remove the dough from the freezer. On a well floured surface roll it out very thin (remember these are going to be sandwich cookies) — roughly 1/8 inch thick. Or you might find it easiest to roll it out between two Silpats or pieces of plastic.

Stamp out cookies in whatever shape you like — I used tiny scalloped circles here. Place on the prepared baking sheets, and bake for seven to 10 minutes, or until they smell of deep warm chocolate with toasty overtones. Larger cookies will take longer to cook than smaller ones. Remove from the oven and cool completely on a wire rack (if you have one).

While the cookies are baking, go ahead and make the filling. Using a stand mixer or handheld mixer, whisk together the sugar and half and half until nice and fluffy. You want the filling to be thick enough that it doesn't ooze out the sides of the cookies after they are filled, so if you need to add more powdered sugar, do so in small increments. If you need to thin out your filling, add more half and half a few drops at a time. Whisk in the peppermint extract a bit at a time, and taste as you go, the peppermint flavor shouldn't be overwhelming. When the cookies have completely cooled slather a bit of filling on half of the cookies. Top each slather with another cookie and enjoy!

Makes about 3 dozen 1-1/2 inch sandwich cookies.

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GIFTS FROM RANGER BILL

by Brenda Hunley Illustrated by Willie Bailey

Chester the chipmunk woke with a start. He could hear scraping noises outside, a thud, then a knock on his door. When he opened his door no one was there. The only thing outside was a box. Inside the box he found lots of blankets and a note.

Chester,

Please make sure each animal family gets a blanket. Please take one for yourself and another for your family. It is going to be a cold winter this year. Merry Christmas!

*Sincerely,
Ranger Bill*

Chester was excited. He loaded the box into his red wagon and walked to each animal home in the Dunbar Cave woods. Everyone was thankful for the warm blankets. Despite the snow falling from the sky, Chester felt warm inside every time he gave another blanket away. Chester brought a card with him and each friend he gave a blanket to signed their name so that Ranger Bill could see how thankful everyone was.

It took most of the day for Chester to hand out all the blankets, and then take the card down to the ranger station. Ranger Bill wasn't there, so Chester propped it up inside the Ranger's mailbox.

With a flick of his furry tail Chester bounded through the

snow to his parents' home. He didn't want to be late. It was Christmas Eve and he couldn't wait to celebrate with his family.

"Chester! Come on in!" said Mom Chipmunk opening the door. "What do you have there?"

"A gift from Ranger Bill," Chester answered. "See? I got one too!"

Sniffing the air, he could smell the pine tree, hot apple cider, fresh cookies, and something else. That something else smelled funny.

"Mom, what's that smell?" Chester whispered.

"It's your brother; he scared a skunk a few days ago and got sprayed. We have bathed him in tomato juice twice a day for three days now. It is hard to get rid of that smell," explained Mom.

Chester nodded in agreement. "Hey, Dad! Wanna play checkers?" Chester asked.

"Sure, little buddy," Dad Chipmunk said setting his newspaper to the side.

"Hi, Chester!" squealed Boomer giving Chester a big hug.

"Hey there little brother! Long time no smell!" giggled Chester.

"Mom!" cried Boomer.

"Chester, be nice." chided Mom Chipmunk.



"Boomer, you can play the winner," Dad said tousling Boomers hair.

"Boomer, why don't you help me decorate the tree," suggested Mom.

The Chipmunk family enjoyed this time of year. While they decorated, and played games, they sang songs and shared favorite memories from the past year and their dreams for the future.

As the snow piled up outside, the family sat in front of a small fire and enjoyed the warmth. Chester looked out the small window. "It is snowing again."

"Let's go have a snowball fight!" suggested Boomer.

"Good idea!" shouted Dad.

"Wait! Before you guys go out, I have something for each of you," smiled Mom as she pulled three packages out from behind the tree.

As Dad, Boomer and Chester opened their gifts, they found

that Mom had knitted them each a new hat, scarf, and mittens.

"Thank you! This will be great!" said Dad Chipmunk, wrapping the red scarf around his neck.

"Mom, you are awesome!" said Boomer putting on his new green mittens.

Chester hugged his Mom. "How do you always know what we need? Thank you," he said as he pulled his new blue hat down over his ears.

"You are all welcome! I was looking through last year's warm items and many needed replacing. Enjoy!" she said holding the door open.

The Chipmunk family bounded out into the snowy woods and played until it was dark.

"I see the first star!" Chester said pointing toward the dark sky.

"Make a wish!" called Boomer.

"Star light, star bright, first star I see tonight, I wish I may, I wish I might have this wish I wish tonight!" he recited.

Chester closed his eyes very tight and made a wish.

"What did you wish?" asked Boomer.

"I can't tell you, it won't come true if I tell."

"Boys! Come in, the hot cocoa is ready!" called Mom.

"Dibbs on marshmallows!" called Boomer over his shoulder as he raced into the house.

Once everyone finished their cocoa their tummies were full. They were warm inside and out! What a great day!

It didn't take long before Chester and Boomer noticed their parents had fallen asleep by the fire. With their own eyes getting heavy the two brothers took blankets out and covered their parents, then snuggled down deep into the softness of their blankets to dream their own dreams for the coming New Year.

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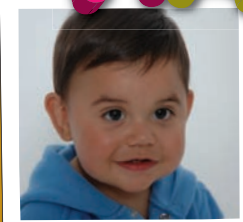
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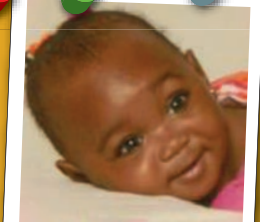
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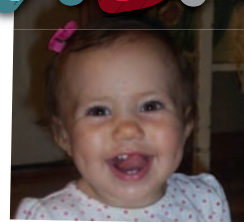
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Happy 1st Birthday Constance
Love, Mommy & Daddy



Happy 2nd Birthday Van!
Love you, Mom, Dad, Grandma, Nanny & Brother E



Happy 2nd Birthday CarlyAnn!
Love, Mommy & Daddy



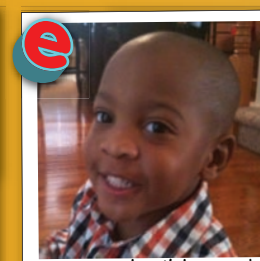
Happy 2nd Birthday Cooper!
We Love You, Momma & Dad



Happy 2nd Birthday Quintin
Love Mom, Dad, & Satchel



Happy 2nd Birthday Brayden & Keira!
Love Mommy, Daddy



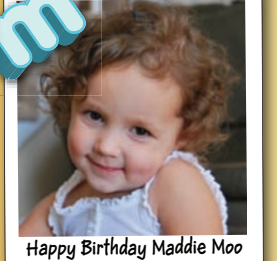
Happy 3rd Birthday Evan!
Love, Mommy, Daddy & Sydni



Happy 3rd Birthday Kaitlin!
Love, Mom, Dad, & Baker



Happy 3rd Birthday Karley!
Love, Mommy & Daddy



Happy Birthday Maddie Moo
Love Dad, Mom, Bailynn & Payton



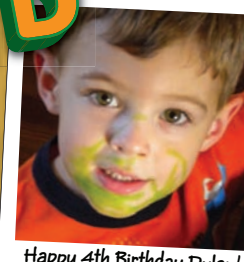
Happy 4th Birthday Ama're!
We love u big boy!



Happy 4th Birthday Ben!
We love you, Mommy, Daddy & Sophia



Happy 4th Birthday Caleb!
We love you!



Happy 4th Birthday Dylan!
Love Mommy & Daddy



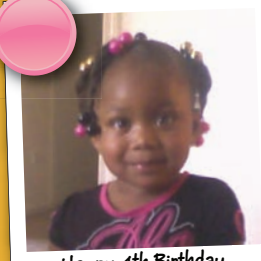
Happy 4th birthday, Cassidy!
Love, Beeba & Pa



Happy 4th Birthday Cleo!



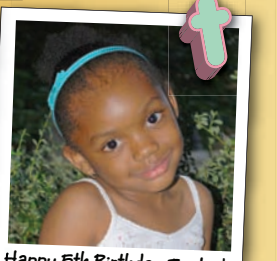
Happy 4th Birthday Lauren!
We love you!



Happy 4th Birthday
Love Mommy Tazaiah & Trent



Happy 5th Birthday Jibril!
We love you! Daddy & Mommy



Happy 5th Birthday Taylor!
Love, Amber

****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.**

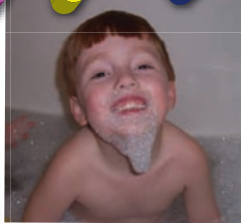
***Photo publication cannot be guaranteed due to volume of photos received.**

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

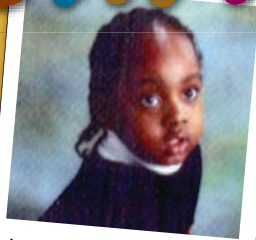
HAPPY BIRTHDAY!



Happy 5th Birthday to Micah & Za'Niyaah!



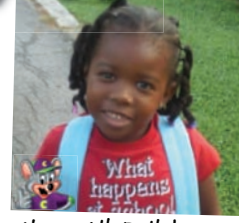
Happy 5th Birthday, Max!
Love, Daddy, Mommy, & Zoe



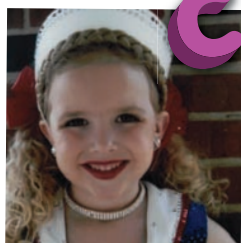
Happy 5th Birthday Shamaan



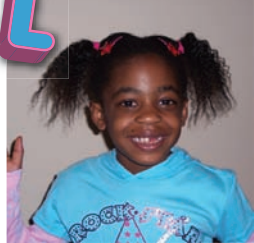
Happy 6th Bday Zach!
We love you Mom, Dad & Makayla



Happy 6th Birthday Mia
Love Mommy, Daddy & Kara!



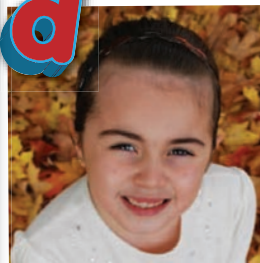
Happy 6th Birthday Carli!
Love, Mom, Dad, Lindsay & Sara



Happy 6th Birthday Kayen!
Love, Mom, Dad, Kyle & Cory



Happy 7th & 3rd Birthdays
Love, Granny & Grandpa



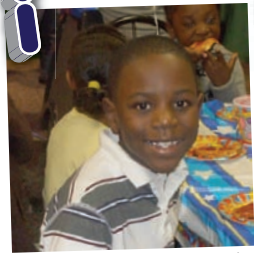
Happy 7th Birthday Dakota!
We love you! Mommy & Daddy



Happy 7th Birthday Bryanne!



Happy 8th birthday India!
Love, your Dad, Mom & brother.



Happy 8th Birthday Isaiah
We love you very much!



Happy 8th Birthday Wesley!
Love Mom & Dad



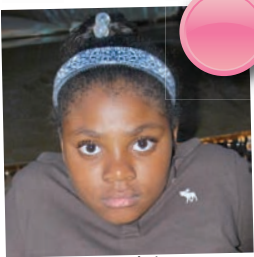
Happy 8th Birthday Zayin!
You're an awesome big bro!



Happy 9th Birthday Grant!
Love Dad, Mom, & Harrison!



Happy 10th birthday Brock!
Love from all of us



Happy 11th Birthday baby girl
Love Mommy



Happy 11th Birthday, Taylor!
Love, Mommy, Daddy, & Connor




Happy 12th Birthday Shemar!
Love, Mom, Demari & Mike



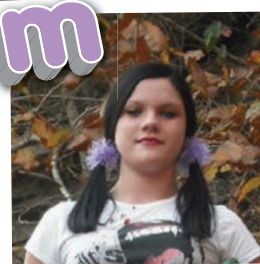
Happy 12th birthday Wyatt!
Love all of us



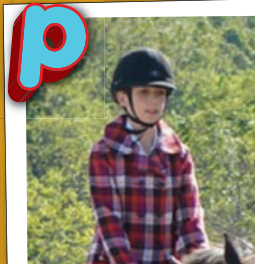
Now, just by sending your birthday picture in for the fridge you have a chance to win a \$40 gift card to Chuck E. Cheese courtesy of James Corlew Chevrolet!

(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.



Happy 13th birthday Marissa!
We love you!



Happy 13th Birthday PJ!
Love Mom & Dad

Don't forget! Send in photos for January birthdays by December 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.

CHRISTMAS ON THE CUMBERLAND GRAND OPENING

5:00 p.m. to 10:00 p.m. on weekdays, until 11:00 p.m. on weekends, at the McGregor Park 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. Through January 2, 2010.

CLARKSVILLE FIRST CHURCH OF THE NAZARENE HOPE RIDERS

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

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

Chick-fil-A Madison Street

Fundraiser Nights

1626 Madison Street
(931) 648-4468

1 TUESDAY

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

8 TUESDAY

MOORE MAGNET
4:00 p.m. to 8:00 p.m.

10 THURSDAY

NORMAN SMITH ELEMENTARY
5:00 p.m. to 8:00 p.m.

12 SATURDAY

BREAKFAST WITH SANTA
8:00 a.m. to 10:30 a.m.

15 TUESDAY

EAST MONTGOMERY ELEMENTARY
5:00 p.m. to 8:00 p.m.

16 WEDNESDAY

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

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-

Hot Potato Kids



Closed Dec 23-Jan 6 for Christmas Break!
Become a fan of ours on Facebook to receive updates during our break for additional openings or sales!

On Sale Now:
Yellow tagged items 50% off!
Teal tagged items 25% off!


Stocking Stuffer Sale
Dec 19
8am - noon
25-50% off Storewide!

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

Stumped about what to get your little princess this year?



Our selection of gifts, room decor & handpainted artwork will have her spoiled pink!

✂

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

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

Please use by December 31st, 2009
Must present coupon at time of purchase.

149 Kender Rhea Ct.
Next to Appleton's Harley Davidson on the bypass



931.647.5301

RHYTHM RAGS

memberships. Classes include step aerobics, Pilates, sculpting, Zumba, circuit, chair aerobics for seniors and beginner step (all classes are \$2). Visit hbcfamilylife.blogspot.com for more information.

SANTA PHOTOS

Through December 24, at Center Court of Governor's Square Mall, see customer support center for event hours. Stop by to tell Santa what you want for Christmas and have your photo taken. Each child will receive a free gift.

TODDLERS IN ACTION

Fridays from 10:00 a.m. to 11:00 a.m. at Crow Community Center, 211 Richview Road. For toddlers ages two to four, this class consists of activities that stimulate learning and encourage interaction with other toddlers. It is a great chance for parents to meet other parents of toddlers, as well. \$3 per child. Call (931) 647-3071 for more information.

December

1 TUESDAY CLARKSVILLE SCRABBLE GAME CLUB

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

3 THURSDAY "LET'S FIND TRAINS"

10:30 a.m. to 11:30 a.m. at Customs House Museum, 200 South Second

Street. Children two to five 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 watch our model trains run, 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 by 9:00 a.m. the morning of the event. For more information contact Sue Lewis at (931) 648-5780.

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.

5 SATURDAY JINGLE BELL JOG

9:00 a.m. at Public Square. The new 5K run kicks off the Downtown for the Holidays activities.

"LET'S FIND TRAINS"

10:00 a.m. to 4:00 p.m. at Customs House Museum, 200 South Second Street. Bring a cardboard box to build your own house, castle, space station, bridge, or whatever else you can imagine. We'll supply other materials for fashioning your structure. This event, geared for all ages, is in conjunction with the exhibits, "Art in Architecture," curated by Randy Spurgeon of the Customs House

Museum, and "Power and Domesticity," a collection of TVA photographs by Richard Barnes. The latter exhibit is sponsored by the Tennessee Architecture Foundation. Regular admission will be charged. Museum members get in free. For more information contact Sue Lewis at (931) 648-5780.

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 CHRISTMAS PARADE

4:00 p.m. at Public Square. Join us as Downtown Clarksville

officially kicks off the holidays! The festivities begin with cookie decorating, carriage rides, live music and more. The annual Christmas parade will light up the night time skies with decorated floats, and much more. The 50th Annual Clarksville Christmas Parade begins at 5:00 p.m. at APSU's Dunn Center parking lot and makes its way through historic Downtown Clarksville. Visit www.downtown-for-the-holidays.com for more information.

6 SUNDAY PET PHOTOS WITH SANTA

Through December 20, 4:00 p.m. to 6:00 p.m. at Center Court in

Granite Kitchen & Bathroom Countertops

Solid All-Natural Cabinets & Vanities

Free Stainless Steel Sinks with Purchase

National Stone World

**FREE ESTIMATES
Fast Professional
Installation
RESIDENTIAL &
COMMERCIAL**

The experienced people at National Stone World have been in the granite business for over 30 years. Each piece is custom built & fabricated right in their shop at the Clarksville location.

**DIRECT IMPORTER OF THE FINEST QUALITY GRANITE
WITH THE BEST PRICES IN MIDDLE TENNESSEE**

National Stone World
1311 College St., Clarksville TN
931.647.7199
888.498.4679
Serving Tennessee & Kentucky

**Showroom Hours
Mon-Sat
9am-5pm**

www.nationalstoneworld.com

Map showing location at 1311 College St., Clarksville TN, near Wilma Rudolph Blvd. Exit 4, 6.5 miles.

Governor's Square Mall. Bring your pet in to get a photo with Santa. Pets must be in a carrier or on a leash. Please be courteous and control your pet. Please bring your pet outside as quickly as possible after receiving your photo. Pet owners are responsible for taking care of any "accidents" their pet may have.

10 THURSDAY WOMAN'S CLUB CHRISTMAS PARTY
6:00 p.m. at the Woman's Club, 1983 Madison Street. Entertainment will be the Songman Quartet. \$15 for person includes dinner. Reservations deadline is Tuesday, December 8th. Call Woman's Club President, JoAnne Caldwell at (931) 358-5415.

11 FRIDAY PARENT'S NIGHT OUT
6:00 p.m. to 10:00 p.m. at The Giving Tree Child

Care Center, 3216 Hwy 41A South. Parents, finish your Christmas shopping while your child enjoys playing at The Giving Tree. Dinner provided. Call (931) 801-0130 for information.

15 TUESDAY CLARKSVILLE SCRABBLE GAME CLUB
6:00 p.m. at Borders, 2801 Wilma Rudolph Boulevard. Call Clay Sanders at (931) 647-3625.

17 THURSDAY FREE PICTURE WITH SANTA
6:00 p.m. to 8:00 p.m. at Crow Community Center, 211 Richview Road. Take free pictures with the jolly old man himself, snacks and drinks will be available.
FRIENDS OF DUNBAR CAVE MEETING
7:00 p.m. at Dunbar Cave, 401 Old Dunbar Cave Road.

The Girly Girlz Pampered Palace & The Princess Palace Events

Clarksville, Hopkinsville, Bowling Green
(931) 906-2433 • (270) 885-9898 • www.princessteaparty.biz

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

December 11th • DINNER AND A MOVIE a must attend cool event.

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 Crow 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

January 9th • FANCIFUL FAIRIES at 12:00 p.m.

January 10th • SUNDAY FANCY NANCY ICE CREAM SOCIAL at 3:00 p.m.

January 15th • DINNER AND A MOVIE 6:00 p.m. to 9:00 p.m.

January 16th • CLUB MEMBERS PRIVATE PARTY 11:00 a.m. to 3:00 p.m.

January 23rd • PRINCESS CINDERELLA TEA PARTY at 12:00 p.m.

January 30th • HANNAH MONTANA SPA PARTY at 12:00 p.m.

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

**Sister's
day care**

Now has openings
for 1st & 2nd shift.

2nd shift will start January, 2010
we are enrolling now!

Monday - Friday
Saturday (1st shift only)

Licensed & Insured | CPR/First-Aid Certified



6 weeks - 5 years
Full time or part time
Certificate Kids (DHS)
Now has openings
Both Shifts

931.920.2170

931.217.2335

433 Bluff Dr. [behind co-op]

TOTAL CANINE CARE

Your friendly neighborhood "Licker Store"!

931.221.0480



- All-Natural Foods
no corn, wheat, soy, fillers
raw diets available
- Toys, Gifts & Gear
new things every week!
- Positive Training
private lessons \$25/hr
group classes \$75-\$100
- Canine Good Citizen
testing and prep class
- Sports!
agility & flyball classes
\$75-\$100, group, 6-8 weeks

10 Main St., Suite B Downtown Clarksville

18 FRIDAY

SANTA CLAWS PHOTO FUNDRAISER

11:00 a.m. to 4:00 p.m.
at Petsmart, 2784 Wilma
Rudolph Boulevard.
Just \$9.95 for a digital
photo of your pet(s)
(and humane family
members too!) with
Santa in a holiday
collector frame. \$5 of
every photo purchased
on this day goes to the
Clarksville Humane
Society! We have
Clarksville's BEST pet
Santa, so join us!!

19 SATURDAY

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
Loebl for information at
(931) 572-0734.

CHRISTMAS IN WONDERLAND

6:00 p.m. in the Mass
Communication
Concert Hall at APSU.

Come see dancers from
Lana's Dance Centre
in this performance
inspired by *Alice and
Wonderland*. Call
(931) 503-8050 or (931)
494-5312 for ticket
information.

25 FRIDAY CHRISTMAS

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.

Clarksville-Montgomery County Public Library

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

BABY AND ME LAPSIT

For infants up to 18
months old. Thursdays,
December 3, 10 and 18 @
9:30 a.m.

PJ STORY TIME

Come dressed ready
for bed. Thursday,
December 3 @ 7:00 p.m.

ANIME PROGRAM

For teens ages 13-18
years old. Saturday,
December 5 @ 2:00 p.m.

BUSY BEES

Mondays, December 7
and 14 @ 9:30 a.m.

FAMILY TIME

For all ages. Mondays,

December 7, 14 @
10:30 a.m.; Tuesdays,
December 1, 8 and 15 @
9:30 a.m.

JUST FOR ME STORY TIME

For children ages 4 and 5.
Tuesdays, December 1, 8
and 15 @ 10:30 a.m.

TWEEN PROGRAM

For ages 10, 11 and 12.
Tuesday, December 1 @
4:00 p.m.

TEEN ADVISORY BOARD

Meeting for 13-18
year olds. Thursday,
December 10 @ 4:30 p.m.

TEEN PROGRAM

The 4th Annual
Gingerbread House
Workshop, for ages 13-
18 years old. Thursday,
December 19 @ 5:00 p.m.
to 7:00 p.m.

FOUR PAWS FOR

READING
With Tender Paws
specially trained therapy
dogs. Come read to
our four-footed friends.
Saturday, December 12 @
1:00 p.m.

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.

2 WEDNESDAY TRANE DAY

4 FRIDAY WORLD COLOR

9 WEDNESDAY FLORIM DAY

16 WEDNESDAY METALPHA DAY

18 FRIDAY SPEAR

23 WEDNESDAY GATEWAY MEDICAL CENTER

Spirit Days & Nights

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

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

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

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

The Roxy Regional Theatre

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

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)

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.

OAK PLAINS ACADEMY

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

OMNI VISIONS INCORPORATED

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

PHOENIX HOMES

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

YOUTH VILLAGES

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

ATHLETICS

BUDDY BALL SPECIAL NEEDS ATHLETIC LEAGUE

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

CLARKSVILLE IMPACT SOCCER CLUB

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

IRON KNIGHTS YOUTH WRESTLING CLUB

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

WARRIORS SPECIAL NEEDS CHEERLEADING

A competition cheerleading squad for children with special needs and disabilities or handicaps. We give kids a chance to cheer year around in a competitive setting, but where they will not be judged. We welcome children ages four to 18. For more information call Michelle Lange at (931) 217-2392 or e-mail 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 call (352) 262-0627 or e-mail swimeagleleky@yahoo.com. All participants must pass a swim test.

YOUTH WRESTLING PROGRAM

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

CHILDBIRTH & PARENTING EDUCATION

FAMILY BIRTH CENTER

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

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

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

GATEWAY MEDICAL CENTER

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

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

HEALTHY START

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

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

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

NINE MONTHS & BEYOND

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

TENDER GIFT DOULA SERVICES

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

CHILD CARE

CHILD CARE AWARE

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

MID-CUMBERLAND CHILDCARE RESOURCE AND REFERRAL

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

MONTGOMERY COUNTY CHILD CARE PROVIDERS BY AREA

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

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

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

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

PARENT INFORMATION NETWORK

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

PROGRESSIVE DIRECTIONS, INC.

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

CHILD PROTECTION & DOMESTIC CRISIS SERVICES

AL-ANON & ALATEEN

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

CHAP PROGRAM OF CATHOLIC CHARITIES

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

DEPARTMENT OF CHILDREN'S SERVICES

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

LEGAL AID SOCIETY

At 120 Franklin Street, provides free legal advice and representation to eligible clients. (931) 552-6696 or www.las.org.

MONTGOMERY COUNTY CHILD SUPPORT SERVICE

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

SAFEHOUSE

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

CHILDREN'S GROUPS

4-H YOUTH DEVELOPMENT

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

BOY SCOUTS OF AMERICA

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

GIRL SCOUTS OF THE USA

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

COMMUNITY OUTREACH

ALL NATIONS BIBLICAL STUDY CENTER

Offers tuition-free Bible courses to the community. 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.studythescritures.net or call (931) 648-8844 for more information, class schedules, and to register.

APSU EXTENDED EDUCATION

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

ARMY COMMUNITY SERVICE

At 8661 Screaming Eagle Boulevard, Fort Campbell, "Family Readiness" is the state soldiers, spouses and family members proactively prepare for, and in which they are able to cope with mobilization, deployments and prolonged separations. To prepare, soldiers (both active and reserve components) and their families attend classes and receive written instructional materials on subjects such as how to prepare a will, how to establish and manage a household budget, how to communicate with children of various ages, and how to maintain communication with the rear detachment of the deployed unit. (270) 798-0609, relocation@fortcampbellmwr.com or www.fortcampbellmwr.com/ACS/familyReadiness.htm.

ASERACARE HOSPICE

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

COMMUNITY SCHOOL OF THE ARTS AT APSU

Provides lessons and classes in music and the visual arts for the general community. From

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

CRISIS CALL LINE

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

GATEWAY HOME HEALTH & HOSPICE

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

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 juleespolephd@aol.com.

HUMANE SOCIETY OF CLARKSVILLE-MONTGOMERY COUNTY

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

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

COUNSELING, SUBSTANCE ABUSE & MENTAL HEALTH

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

BRADFORD HEALTH SERVICES

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

CELEBRATE RECOVERY

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

CENTERSTONE

810 Greenwood Avenue, (931) 920-7330.

1820 Memorial Circle, (931) 920-7300.

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

511 Eighth Street, (931) 920-7200.

FAMILY CENTERED SERVICES

901 Martin Street, (931) 503-4600.

THE FAMILY GUIDANCE TRAINING INSTITUTE

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

HOPE (HOMELESS OUTREACH PARTNERSHIP AND EMPOWERMENT)

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

LIFESOLUTIONS - ASPIRE & JOBLINK

611 Eighth Street, (931) 920-7210.

LIFESOLUTIONS - RECONNECT

1840 Memorial Drive, (931) 505-0933.

MENTAL HEALTH COOPERATIVE

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

OAK HILL RESIDENTIAL

118 Union Street, (931) 647-8257.

PASTORAL COUNSELING CENTER

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

REGIONAL INTERVENTION PROGRAM

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

VIVIAN HOUSE

125 Vivian Street, (931) 920-7235.

WEEMS ACADEMY

812 Greenwood Avenue, (931) 920-7370.

SUPPORT GROUPS

ALZHEIMER'S CAREGIVERS' SUPPORT GROUP

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

ARMY COMMUNITY SERVICE

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

AUTISM SUPPORT GROUP

Donna Richardson at (931) 503-2315.

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 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 seepink2@gmail.com for more information or visit seepink2.blogspot.com.

TENDERPAWS PET THERAPY

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

WARRIORS OF HOPE

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

Crisis

2

1

1

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

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

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

- Financial assistance
- 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

{Shi DESIGNS FOR}

- small businesses
- photographers
- the community
- birthdays & events
- announcements

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 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 or e-mail chara@chara.net.

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

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

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

MOMS CLUB OF CLARKSVILLE Come meet other stay at home moms at the MOMS Club®! The MOMS Club® is an international non-profit, non-religious, non-political organization specifically designed to support stay at home

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

MOMS Club of Clarksville December Calendar

2nd - Pottery Room
4th - GENERAL MEETING at United Methodist Church gym.
Holiday pot luck.
8th - BREAKFAST BUNCH at Silke's
9th - Cooking Exchange
10th - Bowling at The Pinnacle
12th - Lights and Cocoa on the Cumberland River
15th - DINNER DELIGHT NIGHT Cooking Club
16th - LUNCH BUNCH at Chick-fil-A in Governor's Square Mall
18th - PARK DAY at Coy Lacy Park
22nd - MOVIE DAY at Great Escape Theatres
28th - LIBRARY
30th - Walking the Greenway

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 or (931) 431-2533, or visit us on Facebook under MOPS at First Baptist Clarksville.

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

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

HILLDALE BAPTIST CHURCH MOPS Meets most 1st and 3rd Fridays from 9:30 a.m. to 11:30 a.m. starting in September going through May. Childcare is provided and your first meeting is free. Come meet great moms and join in the fun. For more information contact Valerie Gill at vgill4513@charter.net or visit www.orgsites.com/hilldalemops/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) 647-8850 or email mops@springcreekbaptistchurch.org.

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

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

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

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



**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

www.FortCampbellMWR.com



TEXAS HOLD'EM

EVERY THURSDAY 6:30pm & 9pm

KELLEY

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

 www.FortCampbellMWR.com

Coloring Contest Winners!



Kayzia Murphy
age 4, Clarksville, TN

**Ages
0-4**



Mia Shockley
age 4, Clarksville, TN



Chayla Gatewood
age 6, Clarksville, TN

**Ages
5-8**



Steffen Brooks
age 8, Adams, TN



Kaylynn Cummings
age 10, Ashland City, TN

**Ages
9-12**



Timothy Sinks
age 9, Clarksville, TN

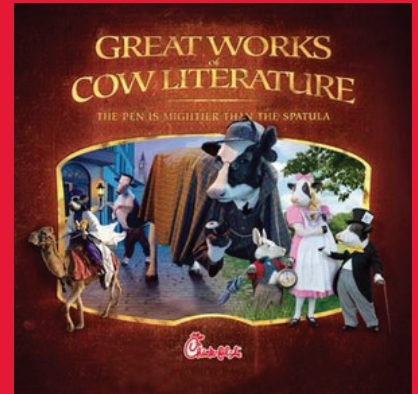
Winners may claim their prizes at either the Governor's Square Mall or Madison Street Chick-fil-A location along with an accompanying parent or guardian with valid identification.

Both Chick-fil-A & Clarksville Family Magazine would like to thank all of the wonderful and talented kids who entered.

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



The 2010 Cow Calendars are here!



Cow Calendars include coupons for over \$30 in free food and they make perfect gifts for friends, family, teachers or anyone who loves chicken!

FREE Chick-n-Strips (3 ct.) with the purchase of a large Peppermint Chocolate Chip Hand-Spun Milkshake.



Coupon not valid with any other offer. One coupon per person per visit. Redeemable at Governor's Square Mall & Madison St. locations in Clarksville. Closed Sundays. Please use by December 31st, 2009.

FREE

Gallon of Tea with purchase of ANY Chick-fil-A tray



Coupon not valid with any other offer. One coupon per person per visit. Redeemable at Governor's Square Mall & Madison St. locations in Clarksville. Closed Sundays. Please use by January 31st, 2010.

SEARCHING FOR THE PERFECT GIFT?

Christmas is the season we find ourselves searching for the perfect gift for those we love the most. When Christmas morning comes and we give the gift we have spent so much time and thought selecting, we cross our fingers and hope it will be just what they've always wanted. We want it to be.....perfect.

God feels the same way about us. Two thousand years ago he sent us the greatest gift He could give. The gift is His son, Jesus. Join us at oneChurch this Christmas and find the reason for the season under the ribbons and wrappings. Open up your Christmas and find Jesus Christ, and find out about God's love for you.



onechurch.tv

Meets every Sunday at 9:00am & 10:45am

at North East High School across from the Great Escape Movie Theatre

(931) 802-8ONE