

October 2010

FREE!

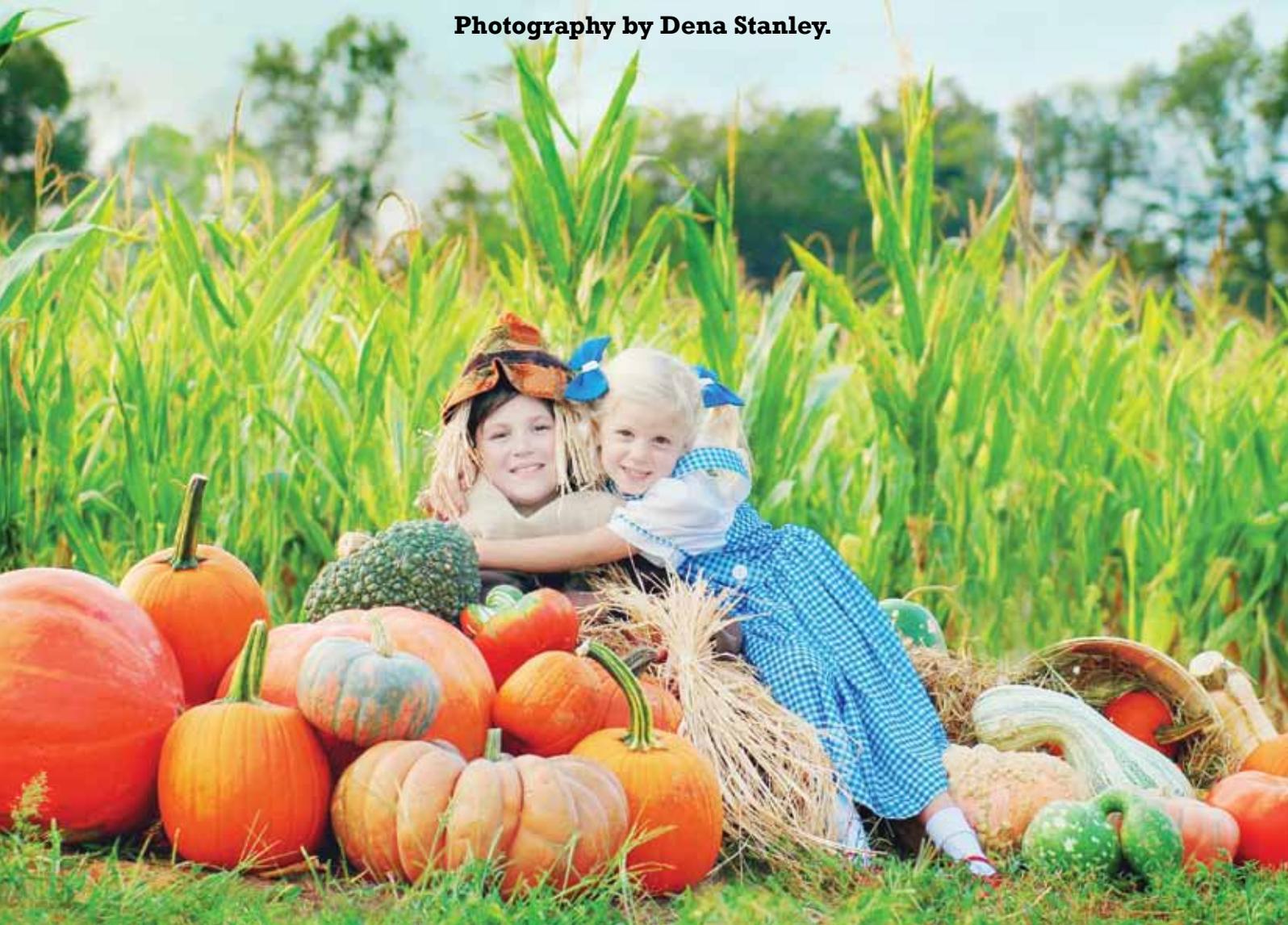
# Clarksville Family

Serving Clarksville, Fort Campbell & the Surrounding Areas

**There's no place like home...especially when it's a farm!**  
**Miles, 9, and Harlowe, 4, give us a Halloween preview in front of the  
corn maze at RiverView Mounds Century Farm.**

**Their parents are Scarlett Mulligan Rinehart and Chris Rinehart.**

**Photography by Dena Stanley.**



# The Dance Force of Clarksville

**Voted Best Dance Studio**

*Together & Strong*

[www.danceforceclarksville.com](http://www.danceforceclarksville.com)



## Show your support at Best of Clarksville

Limited Tickets Available @ Dance Force

Stop by our booth for your **FREE** gift and watch us perform at 6:30pm

March of Dimes Event

October 7th

5:00pm to 10:00pm

Veteran's Plaza

We provide a positive and family friendly environment with nationally trained professionals to teach your child technique classes in **Ballet, Tap, Jazz, Hip Hop, Modern, Acro and Lyrical.**

4 State- Of - The Art Studios with Sprung Floors, Parent Viewing Monitors, 3 Lobbies, Food and Shopping Nearby.

# 552-2223

Enrolling Ages 3 & up \*unless pottytrained

**Special for Boys \$25 Per Month UNLIMITED CLASSES**

It's NEVER Too Late To Join!

Classes Available at:



Located At:  
1955 Suite B  
Madison Street  
Tradewinds South  
Shopping Center  
[www.danceforceclarksville.com](http://www.danceforceclarksville.com)

or visit us on

**facebook**

# Barbee's Studio

"Creating Family Portraits to Last a Lifetime"



*Voted Clarksville's Best Portrait Photographer for 12 Consecutive Years!*



# 931.648.9391

[www.barbeesstudio.com](http://www.barbeesstudio.com)

**CERTIFIED**  
PROFESSIONAL PHOTOGRAPHER

# Publisher's Message

Putting this issue together I started to learn just how many causes have chosen October as "their month." A quick Google search showed over 50: everything from Caffeine Addiction Awareness, to Spinach Lovers, to "Cut Out Dissection" (I don't really know what that one is, and don't think I want to).



Of course we all know and think of Breast Cancer Awareness in October, and we are so blessed to have a follow up article from Kelly Blevins. You may remember her from our October cover last year, and the accompanying article on her by Pamela Magrans. Kelly is now cancer free and has a wonderful story to tell on page 14 about all that has happened in her life since.

October is also the month for Down Syndrome Awareness, and local mom, Renee Garcia's story on page 32 is amazing. I never knew someone's heart could be that big!

And don't say there is nothing to do in Clarksville... There are over a dozen fall festivals, Halloween events and craft shows in the calendar. Plus many other activities throughout the month including the Clarksville Humane Society's Wags to Witches Fur Ball Bash (see article on page 49).

This is the first year since we started the magazine in 2007 that we've had a city election. With so many candidates running for Clarksville Mayor, we wanted to help readers make their decision. Check out page 6 for the results of our 2010 Mayoral Survey, where we asked all of the candidates to answer five questions. Early voting begins October 13, and this is your chance to help shape Clarksville's immediate future.

There are a couple of great craft ideas from Kendall Welsh and Becky Lyons. And plenty of other features and advice. This issue is so packed with great articles, I can hardly narrow down which ones to mention here. I'm going to have to ask you to just read them all!

Have a great month everyone. Enjoy the cooler weather and beautiful turning leaves.

Sincerely,  
Carla Lavergne

## Clarksville Family

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

**For advertising inquiries contact Rachel Phillips at (931) 216-5102 or [rachel@clarksvillefamily.com](mailto:rachel@clarksvillefamily.com).**

For all other information:

Phone  
(931) 338-2739

E-mail  
[info@clarksvillefamily.com](mailto:info@clarksvillefamily.com)

Fax  
(931) 919-1234

Mail  
PO Box 31867  
Clarksville, TN 37040

Web  
[clarksvillefamily.com](http://clarksvillefamily.com)

Look for us on Facebook 

**Owner/Publisher**  
Carla Lavergne

**Editor**  
Cliff Lavergne

**Graphic Designer**  
Carla Lavergne  
Colleen Devigne

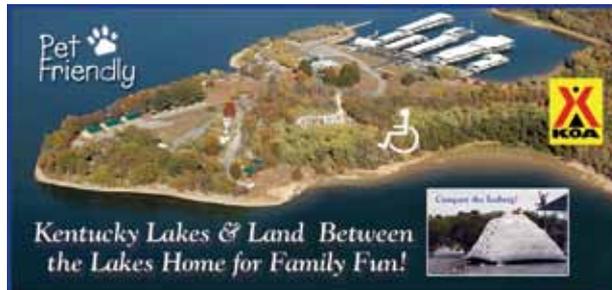
**Sales**  
Rachel Phillips  
**Staff Writers**  
Brenda Hunley  
Pamela Magrans

**Contributing Writers**  
Dr. Holly Benedict  
Kelly Blevins  
Jessie Carter, PT  
Karen Cook, RT  
Kim Edmondson  
Renee Garcia  
Mitchell D. Kaye, MD, FACS  
Becky Lyons  
Sharee Moore  
Twila Murasaki  
Clint Patterson  
Candace Pelfrey  
Rachel Roberts  
Brett Story  
Kendall Welsh  
Dianne York

**Special Thanks**  
Paul and Paula

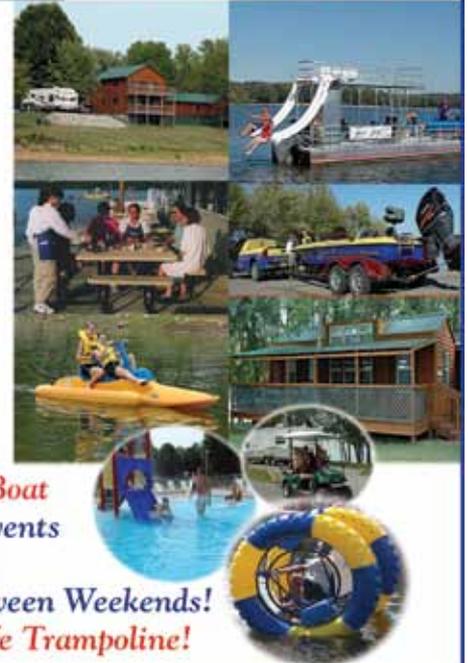
# TABLE OF CONTENTS

- FEATURE • 6  
Clarksville 2010 Mayoral Candidates
- FAMILY FUN • 12  
Pumpkin Chunkin Squash Stomping
- FEATURE • 14  
One Year Later...
- PARENTING • 18  
The Tantrums
- BEAUTY • 20  
Turn Back the Clock on Aging
- FEATURE • 22  
Bella on Stage
- GIVING BACK • 24  
Ten Ways to Show Support After a Baby Has Died
- PARENTING • 26  
Just Add Water
- ADVICE • 28  
Deploy Yourself
- HEALTH • 30  
Preparing for Your Mammogram
- FEATURE • 32  
October is Down Syndrome Awareness Month
- FAITH & FAMILY • 36  
Bon Voyage!
- BEAUTY • 40  
Insight into Breast Augmentation
- CRAFT FUN • 42  
Spooky Specimen Jars
- FITNESS • 44  
Bare Naked Ladies
- READ • 47  
Local Author Publishes Children's Book
- PARENTING • 48  
The List
- DATE NIGHT • 49  
Wags to Witches
- NATURE • 50  
Relocating to Berea, KY
- ENTERTAINING • 52  
It's Party Time!
- CRAFTY MAMA • 54  
Peace and Love Shelf
- ADVICE • 56  
Potty Training 101
- EDUCATION • 58  
Time for Attention, Not Panic
- CANDID CLARKSVILLE • 62
- FORT CAMPBELL FAMILIES • 63
- STORYTIME • 64  
Chester the Chipmunk: Missing Mail
- THE FRIDGE • 68
- CALENDAR • 70
- FAMILY RESOURCE NETWORK • 76
- COLORING CONTEST • 79



**Prizer Point**  
MARINA & RESORT  
**270-522-3762**  
Exit 56 off I 24 then follow signs  
[www.prizerpoint.com](http://www.prizerpoint.com)  
**Book Online Today!**

**Full Amenities Include:**  
 "The Landing" Floating Restaurant  
 Slips up to 80'  
 Lakeside Lodging & Camping  
 Rentals - Boats, Toys & Golf Carts  
 Splash, Play & Swim Pool  
 "The Iceberg"  
 Playground, Basketball, Soccer,  
 Volleyball, Hiking & Biking Trails,  
 Miniature Golf, Basketball  
 Full Service Marina & Mechanics  
 On Site Fishing Guide Service  
 Slidezilla - the Ultimate Family Fun Boat  
 Hayrides - Movie Nights - Sporting Events  
 Great Themed Weekends All Season  
 Reserve Early for Our Famous Halloween Weekends!  
 NEW - "Jumping Pillow" - Huge, Safe Trampoline!



**Tennessee's Small Farm of the Year 2010**  
 presents  
**3rd Annual Fall Festival**

Pumpkin Patch	Pig Races	Petting Zoo
Hay Rides	Sand Pit	Concessions
Corn Maze	40' Tunnel Slide	Pony Rides
Tractor Tires Gym	BunnyVille	Barrel Train Rides
Corn Crib	TotTown	



**Clarksville's Top Choice for Fall Family Fun!**  
 Close to Town with Affordable Admission

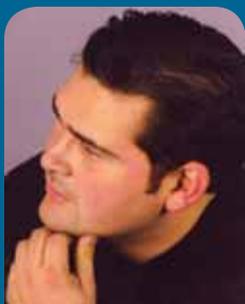
**931.624.1095** Check Our Website to See a  
 Calendar of Weekly Entertainment:  
[www.RiverViewMoundsFarm.com](http://www.RiverViewMoundsFarm.com)

1715 Boyd Rinehart Rd. Clarksville, TN

[clarksvillefamily.com](http://clarksvillefamily.com)

*This year the most hotly contested local race is for Clarksville City Mayor. With early voting starting October 13 and continuing through October 28, and the state general and city election taking place November 2, we wanted to help voters make up their minds.*

*We sent the same five question survey to all of the candidates registered for the Clarksville Mayor race. Below are the responses from all of the candidates who replied (listed in alphabetical order). We hope it will help you make the right choice for who will lead Clarksville the next four years.*



Cesar Gabriel Barraza

**Why do you want to be mayor?**

People always say how things can be done differently but do nothing about it. I want change. So I decided that even though it would be a difficult process, I would try to do something about it.

**What are your qualifications to lead the city?**

As a veteran of the U.S. Army and former Non-Commissioned Officer, I believe that I have had the right training to make the right difficult decisions during stressful situations.

**How do you plan to ensure that Clarksville's economy continues to grow?**

The economy of Clarksville is very dependent on our military service members, their families and our industrial sector. We must take care of all the economic factors and provide them with the necessary factors in order to give the people of Clarksville a better economy.

**Who do you consider to be your political role model?**

I don't have a single political role model but if I would be forced to choose one I would definitely have to say Mr. Glenn Beck.

**If elected, what are the top three things you hope to accomplish within your first year in office?**

- Crime is a deterrent of any economic growth. This would be a top priority in my agenda.
- Our police officers are very overworked and underpaid; this would also be a priority in my agenda.
- Parks and recreation would also need some help, because we need to keep our children happy and safe.



Jeff Burkhart  
burkhartformayor.com

**Why do you want to be mayor?**

This may sound cliché, but one reason I want to serve as mayor is to continue giving back to the community that has given so much to me. My family has been a part of Clarksville for many generations—it's where my heart and my life are. The job of mayor is not about a position but instead about serving the people of Clarksville. I believe our city has a lot to offer but we also have a lot of work to do to make it even better. I am asking the people of Clarksville for the honor of working to lead our city to the next level as their mayor.

**What are your qualifications to lead the city?**

As a former firefighter, a successful small business owner and a councilman for Ward 12, I

have been in the unique position to see the needs of Clarksville from the inside. I also understand the big picture in moving our city forward. My work ethic and ideals line up with the hard working, practical citizens of Clarksville who want leaders in place willing to serve the citizens—not their personal agendas. I do not have the qualifications of a politician but I do qualify as a candidate who believes in and understands the people of this city and what happens in the community on a daily basis.

**How do you plan to ensure that Clarksville's economy continues to grow?**

During these difficult economic times when small businesses are struggling, one of our major industries recently closed costing 700 jobs, and our community's brave men and women are fighting overseas, it would be a lie to say that any of us could ensure the growth of Clarksville. However, I am optimistic that we will continue to grow and bring more industries and businesses to our community. To encourage growth in Clarksville I would work with our state and county government as well as our local Chamber of Commerce to stabilize our existing businesses, continue to recruit new business, and seek opportunities for people to visit and spend money in our city.

**Who do you consider to be your political role model?**

Ronald Reagan, because he was a visionary who brought the people of our great country together and worked to make government more fiscally responsible.

**If elected, what are the top three things you hope to accomplish within your first year in office?**

- The first thing would be to work on putting trust back into our local government by spending taxpayer money responsibly and encouraging open communication with city employees and all Clarksville citizens.

- I would initiate the planning of infrastructure and growth in a financially sound manner, and work to find ways to stabilize the existing businesses in our community.

- I would establish a runoff election for the office of mayor so the citizens have a leader who represents the majority.



**Keith Fain**

On Facebook under "Keith Fain"

**Why do you want to be mayor?**

To bring back common sense in the management of the city.

**What are your qualifications to lead the city?**

I run two successful businesses in town and work within a budget. Also, I ran a successful martial arts school for 25 years in Clarksville which I retired from in '05. Prior to opening my own business, I managed Industrial Tool Engineering & Machine Company for eight years. With all of my business and management experience I am and have been responsible for maintaining payroll, scheduling, developing plans, engineering, managing employees, and budgeting accordingly. I am required to make tough decisions on a daily basis and will run this city like I run my businesses, with common sense and in an honest and efficient manner.



**Over 300 Vehicles in Stock to Choose From!**

**SAFETY & PEACE OF MIND**

**2011 CRUZE**

- ★ 40 mpg–Best hwy fuel
- ★ 10 Standard airbags for safety
- ★ Power Windows & Locks Standard
- ★ Over 30 acoustic treatments to help make Cruze amazingly quiet



**2010 Traverse**



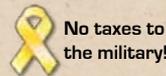
- ★ Best fuel economy of any 8 passenger crossover
- ★ Up to 30% more cargo space than the competition
- ★ Optional Rearview Camera System

**2010 EQUINOX**

- ★ 32 mpg–Best hwy fuel economy of any crossover
- ★ Most rear-seat legroom in its class
- ★ Optional Dual Seat-Mounted DVD screens



Both vehicles have a 5 Star Safety Crash Rating & Free OnStar for the first year!



**931-552-2020**

**722 College St., Clarksville, TN**

Check out our inventory & latest specials at:

**www.JamesCorlew.com**

Open 24 hours a day 7 days a week



\*Be sure to check out the fridge on pages 68 & 69 for a chance to win a \$40 gift card to Chuck E. Cheese's!

**How do you plan to ensure that Clarksville's economy continues to grow?**

I will work to encourage new businesses to come to Clarksville by advertising we have a talented workforce available in this area from retired military personnel, and with sufficient housing with low property taxes. I would also like to look at plans for an amusement park of some sort here to give the youth of the city employment opportunities as well as a safe recreational activity, which will also encourage tourists to come to Clarksville.

**Who do you consider to be your political role model?**

Ronald Reagan.

**If elected, what are the top three things you hope to accomplish within your first year in office?**

- Stop wasteful spending and balance the budget with no increase in property taxes.
- Reduce the size of the city government.
- Bring city employee's wages up to competitive rates.



**Mike Flood**

On Facebook under "Mike 4 Mayor"

**Why do you want to be mayor?**

I am running for Mayor because I care about Clarksville and I am concerned with the direction it has been heading for decades. Real problems such as traffic, public safety, and an uncontrolled growth have been ignored. Projects, policies and pay raises that benefit a few without a vote or say in the matter, yet we are burdened with the costs in taxes!

**What are your qualifications to lead the city?**

I have a Public Management Degree from Austin Peay, and 36 years of experience as a voter and taxpayer who like many are tired of a city government that is not accountable or responsive to the real needs of this city.

**How do you plan to ensure that Clarksville's economy continues to grow?**

The real question here should be how are we going to manage this growth? With economic growth comes population growth. We have been doing a poor job at managing this. If we don't do a better job soon urban sprawl will eventually drain and burden a fragile infrastructure and our budget.

**Who do you consider to be your political role model?**

Bob Dole due to his upbringing, and the fact that he served his country and was wounded before entering politics. As far as whom I'd conduct my duties as mayor would be between Ms. Rosalind Kurita and Representative Joe Pitts. Twice I had a problem with a state agency and requested assistance from them and I was personally contacted by them to help solve the problem. You don't see that much in politicians today and I was grateful. It showed they personally cared and were sincere.

**If elected, what are the top three things you hope to accomplish within your first year in office?**

- A personal top to bottom review of all elected and appointed officials within the city government as far as if they are really necessary and their salaries. The reason for this is we currently have a position for Chief of Staff for the Mayor that has been vacant since August and will remain vacant until the next mayor takes office at a cost to the taxpayers of \$94,000 a year. This position evidently is not really needed and how many other positions like this are there? Also the Mayor is scheduled to receive

a 4% pay increase in January 2011 on an already overpaid salary of around \$130,000. This is too much for a city of this size! Being a public servant should not be a way to get rich! And the savings could be used for other needed projects or passed on to the taxpayers.

• Force the City Council to alleviate the traffic problem in this City which has been ignored for decades. It was just recently tabled for one year. Do they think it will get better in a year? The continued ignoring of this and other real problems is going to cause a sharp tax increase when they are finally solved. The city council has spent way too much time on zoning laws, projects, and policies that benefit very few, and have not done anything to correct or solve the real problems facing this city.

• Address urban sprawl. We need to do a better job managing our growth. This will ensure that urban sprawl does not put a strain on our fragile infrastructure and cause sharp tax increases. You can only gain so much weight before you have to change wardrobes; which, if you have been shopping, is costly.



**Jon Lockwood**

On Facebook under "Jon Lockwood"

**Why do you want to be mayor?**

To lead our city in a way that the citizens of Clarksville feel they have a voice that is heard by the local government.

**What are your qualifications to lead the city?**

# 11TH ANNIVERSARY SALE!

I have management skills from my years in the military up until my retirement in 1998, I have managed car dealerships, and performed contract work on Ft. Campbell. I am a people person with strong people skills.

### How do you plan to ensure that Clarksville's economy continues to grow?

By working with the economic development council, and by working to recruit higher paying jobs for our citizens; showcasing our community to draw companies to do business here in Clarksville.

### Who do you consider to be your political role model?

General David Petraeus.

### If elected, what are the top three things you hope to accomplish within your first year in office?

- Establish a unified mayoral/council team.
- Establish a safer community.
- Establish a better work relationship with our director of schools and the school system.



**Kim McMillan**  
kimmcmillan.com

### Why do you want to be mayor?

I love Clarksville. This city's been good to me as a small business person, as a public leader, and as a parent. It's a great place to live, to work, and to raise a family. I'm grateful and I want to give back. I want to work with Clarksville's great

## HAVE YOU MADE THE FURNITURE CONNECTION?



PLEASE VISIT OUR SPECIALS SECTION ON OUR WEB SITE FOR OTHER OFFERS AND MONEY SAVING COUPONS

[www.FurnitureConnectionClarksville.com](http://www.FurnitureConnectionClarksville.com)



**\$999.99**

QUEEN BED, DRESSER, MIRROR & CHEST.



## BEFORE YOU DRIVE TO NASHVILLE REMEMBER:

WE DELIVER TODAY! BECAUSE OUR MERCHANDISE IS IN STOCK, NO WAITING. WE DELIVER THE BRANDS YOU KNOW AND TRUST AT A PRICE YOU CAN AFFORD.

WE DELIVER GREAT SERVICE BEFORE, DURING AND AFTER THE SALE.

WE ARE LOCALLY OWNED AND OPERATED AND WE REALLY CARE TO GET IT RIGHT THE FIRST TIME!

# FURNITURE Connection

[www.furnitureconnectionclarksville.com](http://www.furnitureconnectionclarksville.com)

**(931) 645-1340**

1891 FT. CAMPBELL BLVD. • CLARKSVILLE  
(ACROSS FROM GRANDPA'S)



Store Hours:  
Mon-Fri 9-7  
Sat 10-6  
Sun 1-5

**GUARANTEED!**

"FINE QUALITY FURNITURE AT THE LOWEST PRICE"



people to help make it America's best place to live. We're on the way, but there's work to be done and I want to help do it!

**What are your qualifications to lead the city?**

I believe my reputation as a hard worker and my experience as a successful small business person, my public service background in Governor Bredesen's cabinet and as a state legislative leader, and my financial background as the past chair of the board of Clarksville's own Cumberland Bank & Trust have prepared me to lead Tennessee's fifth largest city.

**How do you plan to ensure that Clarksville's economy continues to grow?**

I'll concentrate on keeping the jobs we have and growing the jobs we need. I'm proud of our success in recruiting Hemlock Semiconductor and I'll continue to use my relationships across the

state and across America to tell the tremendous Clarksville story to companies large and small.

Just as importantly, as we reach out, we'll also reach in. Behind the headlines of recruitment success lays the heart of long term job growth—existing businesses. As Mayor, I'll help existing businesses cut through the red tape that can stifle growth and I'll work hard to connect them to opportunities in every way I possibly can. I know that keeping the good jobs we have takes just as much effort as recruiting the good jobs we need!

**Who do you consider to be your political role model?**

That's a tough question, there have been a lot of people over the years that have motivated me and have served as models for my life and my leadership. They include friends and family members outside of the public eye and public figures. I am impressed by Governor

Bredesen's ability to reach across political divisions to gain the respect and participation of people with different backgrounds and political agendas. I'd like to be known as someone that works well at bringing people together to get good things done.

**If elected, what are the top three things you hope to accomplish within your first year in office?**

- As Mayor, I'll work hard to link our academic resources, our military resources, our natural resources, and our amazing workforce into a productive economic engine that is second to none.
- Safe neighborhoods are at the very heart of creating a great place to live. Crime and gang activity literally hold millions of American's hostage inside their own homes—but we can't ever let that be true here in Clarksville. As Mayor, I'll make sure that our first rate law enforcement team leads all of us in a community wide commitment to public safety.
- As a leader I've always taken fairness and openness in government very seriously, and fairness and openness will continue to be at the center of all that I do as Mayor.

**DENTAL SPA**  
clarksville

*Smile! You're in great hands!*

Sedation Dentistry available for adults, children & patients with special needs

**Now accepting New Patients**



**Gabriel Segovia**  
Segovia2010.com

for more information call  
**(931) 647-8437**



Open: Mon-Thu 9am-5pm Fri & Sat 9am-1pm • [www.clarkvilledentalspa.com](http://www.clarkvilledentalspa.com)

**Why do you want to be mayor?**

I want to be Mayor of Clarksville because I love my hometown. From the time I was born at the old hospital on Ft. Campbell, to going to

Ringgold Elementary, to Northwest High School (Class of 1988), to graduating from APSU, I have never lived anywhere else. And if I am blessed to have children of my own one day I also want to do what I can before then to make Clarksville a better place to raise a family. By combining my passion for Clarksville with my unmatched experience in city government I believe I am the most qualified candidate in this election.

**What are your qualifications to lead the city?**

I was elected to the Clarksville City Council from 1997-2005 and was elected to serve as Vice Mayor from 2003-2004. As such, I have more experience in Clarksville city government than all the other seven candidates combined. I have also served as chairman of the Finance committee, which has the responsibility of creating the city's annual budget. No one else running for this office can say that truthfully.

**How do you plan to ensure that Clarksville's economy continues to grow?**

My platform contains a business plan to use the successes we implemented in downtown Clarksville and apply them in other parts of our city. Specifically, I would propose creating a Central Business Improvement District on Ft. Campbell Blvd, New Providence Blvd, Madison Street and Wilma Rudolph Blvd. These types of business/government partnerships help bring increased prosperity to all of Clarksville by combining forces and empowering the businesses inside these districts to have control of future growth within their boundaries.

**Who do you consider to be your political role model?**

Mike Synar.

**If elected, what are the top three things you hope to accomplish within your first year in office?**

Place on the ballot for public referendum my initiatives for changing the political culture of Clarksville:

- Remove the Mayor as a voting member of the Council. Establish the Vice Mayor as a position that is elected by the people of Clarksville and not the city

Council. Make the Vice Mayor the head of the City Council. Require a MAJORITY to be elected Mayor.

- Implement the Central Business Improvement Districts outlined in my platform.
- Improve the infrastructure of Clarksville by starting the process of building a second Wastewater Treatment Plant.

# YOU'RE ONE OF A KIND. KEEP IT THAT WAY

## Legends Safe Checking With Identity Theft Protection

Legends Safe Checking comes with free checks and a photo ID debit card, all the online tools you need, plus peace of mind. All for just \$8 per month. Switch today.

- ID theft insurance and assistance
- 24/7 alerts and online tools
- Free photo ID debit card
- And much more



LEGENDARY SERVICE...*extraordinary people*

[www.legendsbank.com](http://www.legendsbank.com)



\$100 minimum opening deposit. No minimum balance requirement. The insurance offered is not a deposit, not FDIC insured, not an obligation of or guaranteed by the financial institution or an affiliate, and not insured by any agency of the U.S.



Member FDIC

# PUMPKIN CHUNKIN SQUASH STOMPING

by Kendall Welsh

Defined by Wikipedia, “**Punkin chunkin** (also called **Pumpkin Chunkin’** and **pumpkin chucking**) is the action of hurling a pumpkin in a competition by mechanical means over distances greater than those of other competitors.”

How does eight year old Ryleigh Welsh define pumpkin chunkin? “I put a pumpkin into a slingshot, and pull the cord and it flies WAAAAAAAAAAAAAAAAAY up high and SPLATS down on the bullseye—so COOOOOL!”

Six year old Alex Bridgforth says, “I put my pumpkin in a spoon like thing, you pull a rope and it swings up way high and splats

down into itty bitty teeny weeney pumpkin pieces. It is AWESOME!”

Members of Trinity Episcopal Parish in Downtown Clarksville are holding their 2nd Annual Pumpkin Chunkin Fall Festival and Craft Fair on October 23rd from 10:00 a.m. to 3:00 p.m. And we know you and your kids will get a kick out

of coming down to join us.

Of course there will be pumpkin chunkin—but we will also have the MEGA obstacle course bouncy, all kinds of fun kids games and prizes (donated by *Clarksville Family Magazine!*),

a pie contest, cake walk, and loads of handcraft vendors for shopping.

And our food can’t be beat! Cooked right there in a large cauldron will be our authentic recipe BRUNSWICK

STEW! Get a plate with cornbread and a quart to take home with you too! Or just a hotdog, chips and cotton candy whipped up fresh.

All in all—a fantastic way to spend the day with the family. We have something for everyone. Hope to see you there!

Trinity is located at 317 Franklin Street in downtown Clarksville. Contact the church office at (931) 645-2458 with any questions.



**Trinity Episcopal Parish**  
presents the 2nd Annual  
**Pumpkin Chuckin’**  
**Fall Festival**  
and  
**Craft Fair**  
**Saturday, October 23rd**  
**10 am - 3 pm**

Sponsored by:  
 **Clarksville Family Magazine**

**317 Franklin St**  
**Downtown Clarksville**

**6th Annual R3**  
**TURKEY TROT 2010**  
**5 & 10 Mile Races**  
**Sat., Nov. 20th**  
**Clarksville, TN**

SIGN UP TODAY AT  
 **R3 RUNNING RACING RELAXING**

2535 Madison Street Suite H0R  
Online at [www.active.com](http://www.active.com)

Sponsored in part by...  
High Pointe Rehab, LLC. | Anytime Fitness | VeinCare Center of Tennessee



# Berry Bear

SELF SERVE FROZEN YOGURT



 **\$1 off**  
Any Purchase

Not to be combined with any other offer.  
Expires: 12/31/2010

**\$2 off**  
Any Purchase

Not to be combined with any other offer.  
Expires: 12/31/2010



 **\$1 off**  
Any Purchase

Not to be combined with any other offer.  
Expires: 12/31/2010

## The LARGEST Yogurt Shop In Town!

Berry Bear's frozen yogurt is made fresh daily with **real** yogurt. It's **healthy** with a low fat & non fat selection of over 30 different flavors rotated daily. It's **fun!** Make your own yogurt creation! We have a huge selection of toppings and **fresh** fruit all in a **comfortable** seating environment!!



2341 Madison Street • Clarksville (Beside the Sango Wal-Mart) • 931-358-2828

ONE YEAR LATER...

by Kelly Blevins

Some of you may remember that last October my family was featured on the cover of this magazine for Breast Cancer Awareness Month. Yes, I was the bald girl with her bald husband and two babies by our sides.

Did I shave my head for my husband? Heck no! What young girl in this world would do that? Instead, I shaved my head because I really didn't have a choice in the matter. I was diagnosed with breast cancer at the age of 31 with no family history and just a simple self exam that found the lump.

But I need to be honest here and admit that this was the first **self** exam I had ever done. I know, I know (and I should because I am a nurse) that they should be done monthly from the age of 18 on, but I just never felt the need...until that morning when I got a major

prompting from the Lord that I needed to do one. The first place I touched was the lump and less than 10 days later I was diagnosed with the big "C" word!!! At that time, I assumed that it would be an early stage since I'm so young and it would be nothing to worry about.

After having a mastectomy, it was discovered that the cancer had spread to four of my lymph nodes and I was in fact a Stage 3 locally advanced cancer patient. WHAT?!? Are you kidding me?!? Stage 3??? And to make it worse, it was the aggressive type. I immediately went into denial because what 31 year old mom of a five month old and a two year old gets this? What was going on?

Maybe the results were wrong... yeah, not so much! Luckily, I have an enormous faith in the Lord my God and was able to see Him in

every single step of this process. So... 16 grueling chemo treatments and 35 radiation therapies later, I'm thrilled to be able to share the exciting news with each of you that I am cancer-free! For 18 months now there has been no detectable cancer and in just 3.5 more years I will be officially cured. Believe me when I say that come February 23rd 2014, there will be a massively huge "I'm Cured" party and everyone in Clarksville can come.

So, being the thinker, pray-er, meditator, and Christ-follower that I am, I wanted to know why. Why me? Why was I given this disease? I knew that the Lord would never give it to me in vain, but I just couldn't figure out what I was supposed to do with it. So, right before the surgery to place my porta-cath in, I remember distinctly sitting in the pre-op waiting area by myself and asking the Lord why He

allowed the cancer to happen to me. What was my purpose in having this? Very clearly the immediate answer was "to further My kingdom." That was kind of broad to me, but I knew that He would show me exactly how He wanted me to do that when it was the time.

Since then, things really exploded in my life in a great way. I was able to lead my chemo buddy, Kate, to Christ, which to me is worth every bit of the suffering I have had to endure. But more than that, on a random day I received a book from a friend called *Mommy Without Hair*. I started to read it to my daughter that night and there was a page that talked about how one day the little girl's mommy was making a meal but it wasn't for them because her mommy felt well enough to cook for someone else who was sick. Literally, like a ton of bricks, it hit me that my mission was to

**Morton Mechanical**  
 (931) 648-3982  
 www.mortonmechanical.com  
 Let Our Family Provide Your Family's Air Conditioning & Heating Solutions

Special financing on an American Standard heating system.  
 Use offer code: ClarksvilleFamily01  
 Please use by 10/31/10

**\$30.00** off heating system repair service.  
 Use offer code: ClarksvilleFamily02  
 Please use by 10/31/10

*"We have been privileged to serve Clarksville families since 1967."  
 - Ron Morton*

**NO HOT WATER?**  
**Call Mr. Waterheater**  
**Fast Service Best Price on water heaters!**  
 CALL  
**1-866-MISTER-W**  
 In Clarksville at (931) 648-1796  
**www.mrwaterheater.com**

SERVE....but not just meals. I wanted to serve in every way possible. Whether it meant cooking, cleaning, arranging childcare, taking patients to appointments, or just visiting with other breast cancer patients and praying with them, it didn't matter because my mission was to serve.

Right after that, I met Lynne Woodson, a fellow survivor, and nearly immediately we found out that we both had the same vision, only her passion was the education behind breast cancer and how important it is to be your own advocate. We met another time or two and decided that we MUST form another group in Clarksville. We came up with what we call S.E.E. Pink.

The acronym S.E.E. stands for **Serve, Empower and Educate**. Those are the things we focus on. What S.E.E. Pink is NOT is just another support group. We do not sit around in a circle and share our stories each meeting. No, we are different. We get together formally twice a month. One meeting is informational with a guest speaker and the other is a girls' night out. We laugh, cut-up, cry, and then laugh some more at every single get together. It's amazing! And informally we will just all call each other and meet up at someone's home for coffee one morning. We are a very tight knit group who welcomes every new person as though we've known them forever. We get so excited when new ladies come to check us out and we always pray that they leave feeling blessed.

We consider ourselves to be a "care group" because instead of sitting around most



# Don't get Spooked by retail prices!

Trade in your old costume for cash or a "new" costume at **Twice as Nice**

*Not just kids...adults, too!*

- ★ Juniors, young men & kids newborn & up
- ★ **WE PAY CASH ON THE SPOT** for gently used, name-brand clothing
- ★ **NEW** Larger Location!

Open **7 DAYS** a week!

LOOK FOR THESE NAME BRANDS:



★ **931-802-6090** ★

919-C Tiny Town Road (Millstone Plaza) ★ Clarksville, Tennessee ★ [www.TwiceAsNiceClarksville.com](http://www.TwiceAsNiceClarksville.com)

*New Merchandise Arriving Daily!*

# Boo-tiful

Gifts & Decor to Scare up Some Fun!  
From spider rings to cocktail things...



**MOGO**  
We just click!

Magnetic Charm Bracelets, Headbands & More!



1490 Madison St. • Clarksville, TN  
(across from Kroger)  
**931-552-2655**



meetings coming up with ways to raise funds, we focus on the needs of our members and what we can do right then to help them. As a side note, I must mention that we NEVER have asked a member to pay for anything and we never will. Right now, Lynne and I fund everything out of our own pockets and will continue to do so until we are able to find donors or obtain our non-profit status. We do not want to leave anyone out who may need a friend or some encouragement due to money issues.

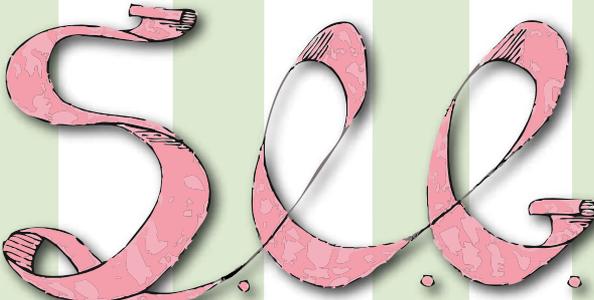
Through S.E.E. Pink, we have been blessed enough to be able to take several of our members to their chemos, doctor appointments, and radiation treatments. We have end of chemo celebrations and have been known to take the party to the hospital. We have made many meals and have taken several

new kids under our wings while their mommies recovered. We have been privileged to make an impact in the lives of many women whom we would never had met had it not been for this horrible disease called breast cancer.

S.E.E. Pink values each and every woman who walks through our doors and from that time on, they are in our prayers and on our list of women to check on periodically. But another amazing aspect of this group is that I, in turn, have also been completely blessed by the members. I am currently undergoing reconstruction, which is an extremely painful process. This is much harder and more painful than any chemo or radiation treatment was and I admittedly lost all of my hope during this process of trying to grow new "girls." The beauty of this though is that three of our members have already gone

through this process and have been able to encourage me in ways that I would have never imagined. We are truly a group of girls who know how blessed we are, how precious life is, how hard it can be, and how important it is to put others' needs ahead of our own.

If you can't tell, I, along with S.E.E. Pink, am very passionate about breast cancer and how it affects each woman and her family. If you know of anyone who has this disease, has had the disease in the past, or has questions about it, please contact either myself or Lynne. We would love to meet with you, hear your story, and plug into your life in whatever way you see fit. We are called by the Lord to take care of each other and THAT is what we do.



**S.E.E. PINK**  
 Serve • Educate • Empower

See PINK is Clarksville's newest breast cancer care group for survivors and ladies currently going through treatment.

Thur., Oct., 7 Oncology Physician's Asst.  
 Thur., Oct., 21 Girl's Night Out at Swirlz

For more information call:  
 Kelly Blevins: 931-302-8360 or  
 Lynne Woodson: @ 931-241-1277

[www.seepink2.blogspot.com](http://www.seepink2.blogspot.com)  
[seepink2@gmail.com](mailto:seepink2@gmail.com)



**Little Caesars**  
**HOT-N-READY**  
 LARGE PIZZA

**What is HOT-N-READY? PIZZA?**  
 Large Cheese or Pepperoni Pizzas...  
 Hot out of the oven!  
 Ready when you are!  
 No need to call ahead!  
 No need to wait!  
 No limit!  
**\$5 ALL DAY! EVERY DAY!**

**\$5** LARGE HOT-N-READY CHEESE OR PEPPERONI

**FREE HOT-N-READY, CRAZY BREAD.**  
 WITH THE PURCHASE OF ANY PIZZA

Freshly baked bread brushed with flavors of butter & garlic, sprinkled with parmesan cheese.  
 8 PIECE ORDER!

OFFER EXPIRES: 10/31/2010

**Little Caesars** Two Clarksville locations:  
**1807 MADISON STREET 931.802.5164**  
**1780 TINY TOWN ROAD 931.552.6982**  
**Drive-thru at both locations!**



# Downtown Market

Public Square

Saturdays 8am-1pm

Saturdays, through - October 23

Locally Grown Produce • Nursery Stock • Handmade Crafts • Art & More!



**Kids, come downtown and decorate your own FREE pumpkin on the last day of the market: Saturday, October 23rd!**

[www.ClarksvilleDowntownMarket.com](http://www.ClarksvilleDowntownMarket.com)

(931) 645-7476

# THE TANTRUMS

by Twila Murasaki

Angry looks, sulking, pouty faces and throw-down tantrums at any moment: these all describe an average day in the life of a parent. Anything can set a child off like a firecracker and end in tears and misery for anyone within hearing range. It really doesn't matter where you are, who you're with or what you're doing; a temper tantrum is just an incident away.

Jenny gets angry at her mom because the mother refuses to buy the toy that Jenny wants from the store; Mikey gets upset with his Dad because he can't hang out at a friend's house. As caregivers, we have the ability to give our children the skills and tools they need to deal with these kinds of situations without all of the fuss and drama.

As adults we have the ability to control ourselves. However, how we do so can manifest itself in many ways as not everyone knows what to do with their anger. Some adults

have learned to bottle the anger up inside until they feel as if they'll explode; others have learned to express themselves with the use of emotional, physical and verbal abuse. Unfortunately those adults also pass these same behaviors down to their children leaving a legacy of fury and frustration where they have been left to watch, learn and deal with it on their own. This is not the way to teach children how to deal with their more extreme emotions as these small girls and boys, for better or worse, will only grow to adulthood to repeat what they've learned.

Anger isn't necessarily a horrible thing. There's even a difference between acting on anger and the feeling of anger. This is what we as adults must teach our children. Anger is an unavoidable part of our daily lives. Though because it's such a constant part of our lives it's very important to offer the right

tools to our children while they're young. In that way they can become the type of adults that deal with anger in a positive light with less stress and better results. Anger is just anger until its acted upon. We must teach our children at an early age that hitting is unacceptable behavior when they are feeling so upset and to communicate and release the unhappiness in acceptable ways.

### Specific steps to teach your children how to deal with anger

Children have a tendency to overreact to anger but giving them several choices will allow them to use the tools that best work for them. Not all anger situations will be the same so teaching them these skills at an early age will help them when they become teens and later in their adult years.

- **Physical outlets** Teach them that taking a walk or doing something that gets them moving will help them to cool off. Dancing, tumbling, running or even playing a game of basketball will allow them the outlet they need to rid themselves of the anger and to put the energy into a healthy use by performing a physical endeavor. Physical activity has actually been known to release enzymes in the body that will give a person the feeling of satisfaction by the end of their physical task.
- **Relaxation** Set aside a small space where your kiddos can go to cool down. A bean bag in a cove or corner with simple, soothing activities for them to do until they feel ready to join others again or talk about what upset them so much is a great option. Make sure, however, to make it clear that this space isn't a punishment but instead a safe zone to deal with anger.
- **Talk about it** Teaching your children to talk about

www.laurakayphoto.com  
931.320.9395

LAURA Kay  
PHOTOGRAPHY

Free 11X14 print with every session booked by Oct 31

Book Fall Sessions Now!

Maternity.  
Babies. Kids.  
Families.  
Couples  
& Weddings

their feelings at a young age will give them the tools they need as an adult to resolve conflicts in a simple, constructive manner. Having them talk with family members and friends will allow them to feel secure and let them blow off steam to find out what it really is that made them angry and trust that their family will support them even when they're feeling irate. They'll also begin to learn how to communicate without the feeling of being pressured or punished. If they don't feel comfortable talking to other people when they're upset then talking to a pet or animal may allow them to develop their communication skills and give them the tools they need to learn how to keep calm and build up the confidence they need to eventually speak effectively with

their family. The use of dolls or stuffed animals are great options for the younger children.

- **Get artistic** Art has been a great way to express oneself for thousands of years. Pull out the paper and crayons and give them an activity they can do while they're upset. If they just want to scribble, let them scribble. Sometime's its easier to show someone what you're feeling than just telling them.
- **Sing a "Happy Song"** You and your little ones can invent a song that will be used for those times they are feeling angry. Use a familiar tune and allow them to make up the words, let the child know there are no wrong words when singing, tell them to make it up as they go and they can use these songs daily, hourly or whenever the need arises.

- **Ask someone else** Encourage your children to ask other friends and family members what they do when they are feeling hurt or angry, this will allow them to get even more ideas on how to make healthy choices that could last a lifetime.

- **Take out the trash** If it feels good, allow them to throw out the trash and tell them that is how they throw out the anger. Write a list with your child and have them tell you everything that is making them upset, when they finish the list allow them to throw it away. This will show them that anger is only temporary and can be gone in the blink of an eye.

Each child will have their own way that allows them to deal with their anger. Allow them the feeling of anger but show them how to express it in positive ways. Who knows you just may hear a "happy song" when you least expect it.



  
**Big Brothers Big Sisters**  
**FOR GOLF KIDS SAKE**  
*Presented by Sam's Club*

**October 29<sup>th</sup>**  
**Swan Lake Golf Course**

**Registration:** 10:30  
**Lunch:** 11:00 *provided by O'Charleys*  
**Tee Off:** 12 pm  
*Shotgun start, Cash prizes, Teams of 4*

**Register Your Teams Now**  
call 647-1418 or email [amy@bbbsclarksville.org](mailto:amy@bbbsclarksville.org)

## TURN BACK THE CLOCK ON AGING

by Candace Pelfrey, Licensed Aesthetician

What would we do to be able to turn back the clock to the days of baby smooth skin? Unfortunately, many of us are burdened prematurely by one or more skin conditions as a result of our social habits such as excessive sun exposure, smoking, a sedentary lifestyle, stress, and a lack of sleep. Although we have no control of the genes we inherit, environmental factors play a big role in how we age. Common conditions that clients seek corrective treatments for are wrinkles around the mouth and eyes, uneven texture and blotchy skin, striae, brown spots, melasma, and scarring as a result of acne or previous surgery. Fortunately, the latest laser resurfacing technology is one avenue that is available to turn back the clock.

Fractional skin resurfacing could put you on the path to a fresher and smoother look. The newest laser skin resurfacing systems deliver maximum results for multiple skin conditions with minimal to little downtime as compared to the old days of the CO2 laser. Fractional skin resurfacing is the use of laser energy in microbeams emitted from the hand piece, creating areas of treated tissue that extend through the epidermis (outer skin layer) and into the dermis (inner skin layer). The treated tissue is, in turn, surrounded by untreated tissue which allows

for quicker healing time with fewer side effects. Different laser wavelengths can make these treatments functional and safe for different areas of the body including the face, neck, chest, arms, hands, and legs. Fractional treatments are performed as either non-ablative or ablative.

### FRACTIONAL NON-ABLATIVE

The fractional non-ablative laser hand piece delivers light energy in microbeams



to controlled depths causing coagulation within the skin without having to break the skin's surface. As a result of the coagulation, a natural healing process takes place to form new, healthy tissue from underneath. You may start to see noticeable improvement in your skin within a few short days. With this treatment you could experience redness, warmth, swelling, and/or tightness for a few hours post-procedure and have a pinkish skin tone for five to seven days. In most cases you can return to your normal daily activities directly after treatment. Non-ablative procedures deliver excellent long-term results with little to

no downtime other than mild redness and swelling. A series of treatments may be necessary to achieve desired results. These treatments should be spaced three to six weeks apart.

### FRACTIONAL ABLATIVE

The fractional ablative laser hand piece directs microbeams of energy into the superficial layer of sun damaged skin in a selective pattern of microscopic columns. The light energy vaporizes the affected tissue at the beam site leaving behind

normal tissue in between the columns. This treated tissue triggers a response to generate fresh, healthy tissue to replace it within a few days. This deep skin resurfacing allows your skincare

provider to control ablation depths while delivering optimal results. Compared to the more traditional CO2 lasers, fractional ablative skin resurfacing offers you faster recovery time, fewer complications, and less postoperative discomfort. Fractional ablative skin resurfacing allows for deep skin corrections with an average recovery period of only five days. This procedure works as a single treatment rather than a series.

### WHAT TO EXPECT

On the day of your procedure, you will arrive to the office without makeup. Your skincare provider will cleanse your face



use of a sunscreen with SPF 30 or more is very important in preventing new brown spots. As always, quality skincare products are essential in protecting the longevity of your facial rejuvenation.

Fractional skin resurfacing, both ablative and non-ablative procedures, are safe and effective.

If you are considering one of these procedures or are not sure which you may need, contact your experienced skincare provider for an in-depth consultation. Fractional laser treatments can give you healthier, younger-looking

skin that is smoother, and less pigmented.



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

Contact her at (931) 552-3292 or visit [cumberlandlaser.com](http://cumberlandlaser.com).

to decrease your skin before treatment. A topical numbing gel is applied for 20 minutes before proceeding. At the end of your procedure, your skin could tingle as if you had mild sunburn. Vaseline is applied to the treated area post-treatment to protect the treated skin. By the second or third day your skin could appear brown and begin to peel. This peeling typically lasts one to two days, with the new skin underneath appearing pink in color. Normal color will resume over the next several days. The peeling usually stops around day five or six. With fractional resurfacing you may experience mild redness, warmth, swelling, or tightness in the treated areas. To encourage a speedy recovery keeping your new skin moisturized is key, as well as avoiding sun exposure, abrasive scrubs, and not wearing makeup until re-epithelialization of the skin has occurred. Patient compliance is very important in achieving a successful outcome. Sun exposure may cause hyperpigmentation and the

## SMOOTH SKIN AHEAD

FRACTIONAL LASER SKIN RESURFACING ▶



Cumberland  
Aesthetic Laser  
C E N T E R

cumberlandlaser.com

931-552-3292



2285 Rudolphtown Road, Suite 200  
At the corner of Warfield & Memorial



Voted Clarksville's  
Favorite Spa

## BELLA ON STAGE

### MAKING FRIENDS, BUILDING CONFIDENCE AND HAVING FUN!

by Pamela Magrans

Bella Sullivan stood on the stage with the spotlight shining on her. The judges sat below looking up at the third grader. The room was full of parents, spectators and other contestants. Every eye was upon her and every ear was upon the words she was about to speak. She stood alone at the microphone. She stood with confidence—looking at the judges—waiting for their question.

The judge asked, “What’s your favorite subject in school?” Bella answered, “Science is my favorite subject because with science you can mix things together to discover cool things.” Bella had tried something new that weekend in Franklin, Tennessee and discovered that there are new and rewarding experiences waiting for those who are willing to try.

#### Bella’s first pageant

Bella would like to be a veterinarian when she grows up. She likes playing tennis and playing the guitar. She enjoys drawing and writing stories. But over Labor Day weekend last month, Bella tried something new.

She took a chance and believed in herself enough to join other girls in the pageant circuit.



This was her first pageant, but it won’t be her last. This third grader from East Montgomery Elementary School participated in the Junior Preteen category of the National American Miss (NAM) pageant and enjoyed it so much that now she is headed to California for the next stage of the pageant. Winning the pageant in Franklin was not the ultimate goal for her. She mainly hoped to do well enough to advance to the next stage of the pageant—which she did.

When asked what she enjoyed most about her recent pageant debut, Bella answered, “I like meeting new friends.” Aside from making some new friends, Bella forged a new skill for herself—being able to talk in front of a crowd. Most children do not have an outlet to practice that skill. Few elementary-age children ever speak in a public

place with both children and adults watching. But this brave girl from Clarksville was not intimidated by standing in front of a group of both peers and adults.

When asked what advice she would give another girl who was considering participating in a pageant Bella answered, “I would tell her to do a good job, have fun and don’t be afraid. The pageant is fun, even if you don’t win.”

#### Opening doors for Bella

While Bella was at the NAM pageant in Franklin a photographer who was working there suggested that Bella’s parents post her pageant photos to a model/photographer-networking website. Her parents posted Bella’s photos and profile and in only a few days

they received a phone call from a stock photographer who requested to photograph Bella for stock photos for commercial and artistic photography. It seems that one pageant has led

Bella to a job already—who knows what else is in store!

As for Bella’s plans now...she’s enjoying being in third grade. But her second pageant looms close by and will occur over Thanksgiving weekend in Anaheim, California.

For this reason, Bella is fundraising and collecting sponsorships. On Sunday October 17, Bella will host an information booth at Governor’s Square Mall. While there other girls will have the opportunity to sign-up to receive an invitation to attend a National American Miss Open Call next summer. At the information booth, Bella plans to share her memories and experiences with



## NOW ENROLLING

- Challenging Curriculum with a Christian Emphasis
- Experienced Faculty & Staff
- Daily Bible Instruction
- Weekly Chapel
- Art, Music, Spanish & PE
- Before/After School Care

We will be serving K-9 for the 2010-2011 school year!





(931) 647-8180

www.clarkvillechristianschool.org

new facility under construction

CLARKVILLE CHRISTIAN SCHOOL  
501 HWY. 76 • CLARKVILLE, TN

other girls who might be curious about the National American Miss pageant. She will also be accepting sponsorships from local businesses or individuals. NAM is a not-for-profit organization, so any donation is tax deductible and receipts will be given for donations. Any business interested in sponsoring Bella for the National American Miss pageant in Anaheim can contact Karen Sullivan at (931) 237-4141.

### Benefits of being in the spotlight

A girl who can stand on stage in a pageant and answer questions with confidence and articulation can certainly stand in front of her classmates as she runs for class president. Who knows—maybe on a pageant stage somewhere in our nation right now stands the future first female President of the United States. Pageants



prepare girls for speaking their minds in front of groups. It encourages young girls to showcase their confidence and gives them a platform for their

opinions. It is a way for young girls to have fun dressing up and making friends. It is a chance to travel to other cities and states—a reminder that the world is larger than just one city.

It is often a natural tendency in young girls to want to dress up and pretend to be a princess. Pageants offer young girls a public outlet for that fantasy. Aside from being a lot of fun, pageants build confidence and life skills.

In the past, “beauty” pageants have gotten some bad press for emphasizing physical attributes; however, pageants today have benefited from modern ideas and focus less on physical attributes, and more on personality and abilities. The pageant that Bella participated in judged her on the following qualities: personal introduction, interview, formal wear poise/appearance and community involvement.

As with anything, if a girl decides to participate in a pageant, she should focus on doing her personal best—not beating anyone else. A pageant should be a self discovery—a scientific experiment of sorts—where a young girl tests her own abilities to find that there’s nothing she can’t do!

For Bella—we all wish you the best as you represent yourself and our city at your next adventure!

# Looking for a Simpler Time and Space OWEN FARM is THE PLACE FALL FESTIVAL!

6 WEEKENDS OF ENTERTAINMENT & FAMILY ENJOYMENT



Tommy Owen

OCTOBER 2ND THRU NOVEMBER 13TH

Adult: \$8 (\$6 with military ID)  
Children 12yrs & under: \$6  
2yrs & under FREE!

SATURDAY 10AM - 6PM  
SUNDAY 1pm - 6PM

• CONCESSIONS AVAILABLE  
(No outside food or coolers please.)



## OCTOBER'S FEATURED ATTRACTIONS:

23rd:  
**HELICOPTER Rides**

See the beautiful Cumberland River from an arial view!

16th, 23rd & 30th:  
**HAUNTED Hay Ride**

**Live Music!**

FOR COMPLETE  
DETAILS CHECK  
OUR WEBSITE!



NEW FOR 2010!  
SATURDAY, Nov 13th:

**CAMP UNDER  
THE STARS!**

SPACE IS LIMITED, PLEASE  
CALL FOR RESERVATIONS!

For families or escorted children (4 to 12 yrs old recommended). Enjoy an outdoor experience down-on-the-farm ... **CAMP UNDER THE STARS**... Bring your own tent, sleeping bag, and flashlight. Set up begins at 4pm. Hayride and many activities will be instore. Meals provided: dinner-Hotdog, drink and chips; marshmallow roast. Flapjack breakfast will be served the following morning. Check-out at 9am. Cost is \$20 per person. Group rate (8 or more campers) \$18.00 per person.

Relax, Enjoy, Play, and CREATE FAMILY MEMORIES!

**WWW.OWENFARM.COM**



825 CROCKER ROAD  
CHAPMANSBORO, TN 37035



MON-FRI  
AVAILABLE FOR  
SCHOOL FIELD  
TRIPS.  
TEACHERS,  
REGISTER  
ON LINE!

615-642-0294

CORN MAZE  
CORN CRIB  
Pumpkin Patch  
Hay Rides  
BARREL TRAIN  
FARM ANIMALS  
Duck RACE  
60-foot  
"Drop Zone  
Slide"

SEE THE  
GOATS  
"Walk the  
Plank"

THE JIMMY  
MAXEY  
LEARNING  
CENTER

Gift Shop

# TEN WAYS TO SHOW SUPPORT AFTER A BABY HAS DIED

by Sharee Moore

I thought miscarriage was an event people usually just bounced back from. That is, until my first baby died. Followed by my second baby. Then my third. I chose to share our story during Infant and Pregnancy Loss Awareness Month so that readers might be equipped to better support those who have faced one of life's greatest tragedies—the death of a child.

### Sharee's Story

I was six months pregnant and had never felt a contraction before, but when that first one rolled across my belly like a dump truck, I sensed trouble. I guzzled water, went to the bathroom, and lay down, but the contractions grew more intense. My husband and I instinctively knew it was time to get to the hospital. Once there, I settled uneasily onto the examining table and submitted to a quick exam. When the nurse left the room, I overheard her telling someone in the hall, "I can see hair

In honor of Infant and Pregnancy Loss Remembrance Day, the Blanchfield Army Community Hospital Chaplains Office and the Installation Chaplains Office will sponsor a candle lighting service to be held at Soldiers Chapel, October 15 at 6:00 p.m.

Any person who loved a baby or child who has died is welcome to attend. Refreshments will be served following the ceremony.

Contact Sharee Moore at [InfantLossProject@yahoo.com](mailto:InfantLossProject@yahoo.com) for more information.

on the baby's head." Each word was like a punch in the face that left me feeling stunned and confused.

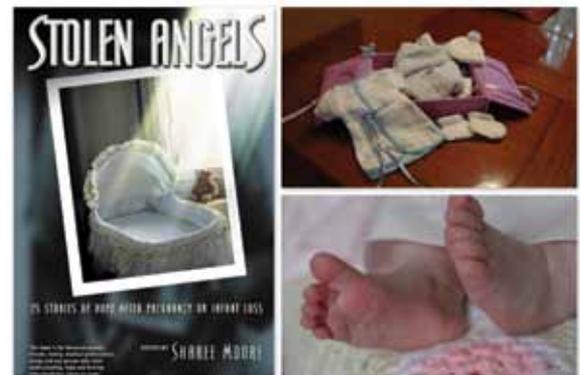
I started to panic when a team began to start an IV, which would pump medications used to slow labor. Words flew by me, taking their meanings

along with them. I went to the hospital with a few concerns and ended up spending nine days there lying with my feet higher than my head. The medications and the strategies could not stop the inevitable—Christopher was born August 29, 2002 weighing in at a paltry one pound, three ounces. He lived for 10 days in the neonatal intensive care unit where he fought for every day of life. There are not enough pages to describe my anguish, my guilt, my emptiness, my longing, my struggle.

One of the worst thoughts was that no one could possibly understand, not my mother, not my husband, not a friend. I secretly knew that God understood, but wondered why I wasn't spared this grief. These thoughts only fueled more guilt.

Three months after

we said goodbye to Christopher, I was pregnant again. At exactly 25 weeks into the pregnancy I began having the now familiar contractions, which ended in an emergency c-section. Kasimir weighed two pounds, five ounces and I caught a glimpse of a full head of hair before the intensive care staff whisked him away. The staff was reassuring about his prognosis and I went back to my room confident our little boy would be okay. Around 5:00 a.m., a nurse came into my room at the same time that I was settling in to pump some breast milk. This happened May 14, 2003, but I can still see the emergency team diligently trying to get Kasimir's vital signs



back up. I can still hear the alarm sounding its protest and see my son's little arms lying still beside his tiny body. From a distance outside myself I argued, *What do you mean a capillary in his lung burst? A capillary?? I was about to get his milk! What will he eat now?* But no one responded.

I eventually shooed the team away and cradled my baby in my arms. A nurse helped me give his first and last bath. I dressed him, kissed him and took him to his father who was hurting in a quiet back room. Kasimir was already with his Heavenly Father.

Being a childless mother is a terrible existence. Seeing and hearing children became constant reminders of my failure. The baby

**YES THOSE ARE CUPCAKES!**

By appointment only  
**931-217-1981**

**View both galleries online!**

**CUPCAKES UNUSUAL:** [www.CUPCAKESUNUSUAL.com](http://www.CUPCAKESUNUSUAL.com)  
**HYATT'S CUSTOM CAKES & CONFECTIONS:** [www.HYATTSCUSTOMCAKES.com](http://www.HYATTSCUSTOMCAKES.com)

**THE ULTIMATE CAKE EXPERIENCE**

**CUSTOM CAKES AND CUPCAKES FOR ALL YOUR SPECIAL OCCASIONS!**

**CUPCAKE BOUQUETS & CUPCAKES IN A JAR**

**NOW SHIPPING TO IRAQ & AFGHANISTAN!**

weight and milk-laden breasts only reminded me all the more. I thought I failed as a wife and a mother especially when the doctors told me my body rejected the babies. Life in the valley seemed to go on forever, but with God's help, the seeds for hope and healing somehow found their way into my heart. Here's what I discovered along the path toward healing.

### Ten Ways to Help the Brokenhearted

Family, friends, and even strangers can play a vital role in helping a hurting parent achieve wholeness.

1. Help with household chores and take the family's kids or pet to your house for a while or overnight so that the parents can spend time processing the loss of their precious baby.
2. Listen attentively without interruption as they talk about their feelings or experience.
3. Allow yourself to have an emotional reaction. Remember, it's okay to cry together.
4. Write down the baby's name, birth date, and due date (if miscarriage). These anniversaries have significance for the hurting parent.
5. Know the symptoms of depression and be ready to encourage the hurting parent to seek professional help, if detected.
6. Expect the parent's emotions to be inconsistent and don't take it personally. She might be talkative and happy one day, distant and moody the next.
7. Allow the hurting parent to grieve in her way, in her time. It is rarely appropriate to suggest when she's grieved long enough.



8. Acknowledge the baby's birth date by sending a thoughtful card, planting a tree in baby's honor, releasing balloons, lighting a candle, making a memory box, or donating a grief resource to the local hospital. Be sure to mention your gesture to the hurting parent, or suggest you do it together.
9. Talk gently, but directly, to the hurting parent about how you feel about inviting her to your upcoming baby shower,

bringing up the topic of a baby, or her grief. Air your concerns so that you feel less likely to avoid her during this time.

10. Read a good resource about infant and pregnancy loss. There are many excellent books available that discuss loss from the hurting parent's perspective and offer tips about how to be supportive.

Sharee Moore is a mother of five—two who run, three who fly. She is happily married to her soldier, Henry, and is the author of *Stolen Angels: 25 Stories of Hope after Pregnancy or Infant Loss*. You can keep up with her on Facebook at [www.facebook.com/dynasty\\_publishers](http://www.facebook.com/dynasty_publishers). Drop her a line. She finds inspiration from your stories of finding hope after one of life's greatest tragedies.

*Women First*  
the key to women's health

Walk-ins are always welcome, and most insurance is accepted.

**Saturday and Evening Hours!**

You can depend on our office to provide superior exams, including the following:

- Annual Well Women Exams
- Contraceptive Management and Counseling
- Fast Appointments for UTIs
- Pelvic and Breast Exams
- PAP Smears
- School Sports Physicals
- Screening and STD Treatment
- Thyroid Exams
- Nutrition Counseling
- Body Wraps
- Specializing in Preventative Medicine
- Acute Minor Illness Care

**Women First, PLLC**  
Wellness Clinic for Women by Women

357 Dover Rd. • Clarksville, TN

931-648-2800

Mon-Fri • 8:00am-6:00pm  
Sat • 10:30am-3:00pm

[www.womenfirstofclarkville.com](http://www.womenfirstofclarkville.com)

## JUST ADD WATER by Rachel Roberts

I was never taught how to cook. I'm not blaming my mom, or my grandmother, or any other female figure in my life when I was growing up. I mean, do moms still do that? Take their daughters into the kitchen and teach them how to whip up meringue? Maybe they do.

Mom once said that she may be partially to blame because when my sisters and I were younger, she would tell us to just go play or watch T.V. until she was finished with dinner instead of inviting us in there to show us how it was done. And my dear Nannie, God rest her soul, was a student of the "pinch of this, dash of that" school, from which I completely flunked out. It's not that I'm complaining; I'm just making an observation. As a result, however, I'm not a good cook to this day. Luckily, my husband is.

I have had several instances of recipes gone bad. Twice, I screwed up Hamburger Helper. The first time

was because I mixed everything together instead of preparing the cheese sauce separately. The second time, I used soy milk instead of regular milk, which would've been fine had I remembered that I bought the vanilla flavored milk instead of plain. And just the other night, I added too much milk to some "just add milk" muffin mix.

I doubt my girls want to learn how to make soupy muffins and vanilla Hamburger Helper. Yet, for some reason, my girls still think that I'm the greatest. Madelyn thinks my "homemade" pancakes (read: pancakes made from a mix in which you just add water) are the best she's ever had. And the phrase "you're the best cook ever" has actually come out of Ella Jaymes' mouth after eating ramen noodles to which I "just added water."

But what else do I have to teach them? Well, I take them to church and teach them about God. They

know how to pray (even though Ella Jaymes still says "A- minute" instead of "Amen"). They are in the process of learning how to pick up after themselves. They know to say "please" and "thank you." I tell them stories about when I was little and about their great-grandparents so they know where they came from. They can responsibly drive a Barbie Jeep, which I think will serve them well when they get older and learn to drive a real vehicle. They also know that you can't wear white before Easter or after Labor Day, and how to eat with chopsticks. They appreciate good music from the 60's.

So maybe I'm not a chef, and perhaps I can't keep a spider plant alive. But for everything that I have taught and will teach my girls, they think I'm the greatest. And really, that's all that matters to me... hopefully one of their grandmothers can teach them all that domestic stuff.



**Be the only creature in your pool...**

# SHOCKTOWER Sales Event!

**Soak-n-Swim Special:**  
Soak this Winter and swim next Spring!

**Includes hot tub and...**  
*(installation, electrical, delivery, some restrictions apply)*

**Complete pool package**  
*(pool, diving board, lights, concrete, electrical, some restrictions apply).*

all for just...  
**\$29,995**

**SANGO**  
POOL AND SPA  
**931.358.3811**

**2800 Hwy. 41-A South/Madison St.**  
one mile past Sango Walmart on the Right  
**1919 Tiny Town Rd.**  
off I-24, exit 1  
**www.sangopoolandspa.com**



We'll meet or beat any written offer or give you \$100. Must present a valid written quote from a verifiable local pool company. \$100 given in the form of in-store credit only.

Gaylord Opryland® Resort is BACK with A Country Christmas®  
FOR THE **Christmas Spirit** IN YOU.



NOV. 19 – JAN. 2

Packages  
Start at Only **\$119\***

Experience America's favorite Christmas tradition -  
A Country Christmas at Gaylord Opryland Resort.

- ICE!™ featuring *Santa Claus is Comin' to Town!*®
- Radio City Christmas Spectacular® starring the world-famous Rockettes®
- Louise Mandrell's 'The Gift' Christmas Dinner & Show™
- SNOW!™- real snow, live reindeer, snow maze, snowball throwing range, a snowman and igloo building area and more
- Carriage Rides
- Hall of Trees
- Gingerbread Corner
- Breakfast with Kris Kringle and much more!



PRESENTED BY  
*Coca-Cola*

It's what you feel inside

888-672-0091 | [ChristmasAtGaylordOpryland.com](http://ChristmasAtGaylordOpryland.com)

THE  
**GIFT**  
Louise Mandrell's  
CHRISTMAS DINNER & SHOW™



\*Per person based on double occupancy for traditional accommodations, plus tax. Extra adult and child rates available. Not valid for groups or in conjunction with other offers. Not retroactive. Subject to availability, blackout days apply. Other restrictions may apply. © 2010 The Coca-Cola Company. © 2010 Madison Square Garden Entertainment, a division of Madison Square Garden, LP. "Santa Claus is Comin' to Town" © 1970, renewed 1998 Classic Media, LLC. Character names, images and other indicia are trademarks of and copyrighted by Classic Media, LLC. All rights reserved.

# DEPLOY YOURSELF

by Dr. Holly Benedict

Cars whizz down the road with bumper stickers proudly displayed on the back windshield "Proud Wife of a Soldier," "101 CAB," "1/2 My Heart is in Afghanistan." Supportive stickers are awesome and offer so much support for our deployed soldiers. But, have you ever stopped to think that perhaps the "missing my soldier" stickers may be putting you or your family in harm's way? You wouldn't run an advertisement in the local paper stating when your family will be leaving for vacation would you? Putting stickers on your car stating that you are alone in your

house is very similar. You could unknowingly be putting you and your family at risk.

Below are some tips that may help ensure that while your hero is thousands of miles away fighting for our great country, he/she will not have to worry about the safety of his/her family on the home front.

- Leave a light on in the house. A quiet, dark house is welcoming to a potential burglar (it indicates that no one is home and it's the perfect time to strike). Another option is to leave a radio on in your home if you are going to be away.

- Get a dog. If a stranger walks up to your door the dog will alert you with barking and perhaps ward off any would be assailant who may not want to get bitten. Even a small dog can hear noises that human ears don't, so a dog is an excellent warning system for you.

- Have an alarm system installed. A screeching alarm is a great deterrent to a burglar. The alarm is an audio cue that police enforcement will soon be on their way to the scene.

- Place "protected by" signs in your yard and by your front/back door and on windows. Even if

you don't have an alarm system simply having signs in your yard or on your front and back doors and windows that say you have an alarm system will provide a deterrent to a would be burglar. There are also signs that say "Protected by Smith & Wesson." Those signs may be just as convincing to a thief to stay away from your home.

- Do not advertise or post on Facebook that your husband is gone or how long he will be gone. Networking sights are great and you can receive emotional support from friends and loved ones during deployment. However, the websites are not 100% private.
- Do not place stickers on your car that tell anyone that your hero is deployed. The support stickers are great (they don't indicate if your soldier is gone). Also, placing star flags in your home windows, yellow ribbons around trees, etc., all tell a stranger that your loved one is deployed.
- Periodically move your hero's car or truck in or out of the garage to make it appear that he/she is still home and you are not living alone for the time being.
- When the cable man, yard crew, carpet cleaning service, etc., come to provide a service, DO NOT tell them that your hero is gone/out of town/deployed. You do not know these people. Although they may seem nice or polite, it is not wise to advertise that you are alone.
- If you are out of town, have your mail forwarded, put on hold at the post office, or have a neighbor collect it for you. An overcrowded mail box is an advertisement to would be criminals that no one is home and the house is empty and prime for thievery. Also, be sure to have your lawn mowed while you are away. Nothing screams out of town like an unkempt yard.



**FREE ESTIMATES**

**\$0 Down 100% Financing**  
With approved credit

*Pergola-Ultra Lattice • Sunrooms • Patio Covers  
Carports • Screen Rooms • Pool Enclosures • Decks*

**Let the Window Experts Do Your Windows!!**

The #1 Vinyl Replacement Window  
Double Strength, Double Pane Insulated Glass

Any Size, White, Single Hung, Vinyl Replacement Window

Tilts in for cleaning

Up to 48"x55" **\$185** Installed

**Get up to \$1500**  
From the Stimulus Bill for Energy Efficient Replacement Windows

**Time is running out on Stimulus Bill (December 31, 2010) Use it before you lose it!**

**Only \$227 installed**  
for Stimulus Tax Credit Qualified Double Hung Window! With Wood Window Removal

**ALL SOUTH Windows**

Call for FREE In Home Estimate  
1662 Golf Club Lane, Clarksville  
931-802-6333 • 877-338-7863

LEAD-SAFE  
GPA  
CERTIFIED FIRM

A division of  
**AI Contractors, Inc.**

- Educate your children about with who it is safe to discuss your loved one's deployment. Children will widely spread this information if you do not instruct them to keep that information discreet.
- Teach your children how to call the police in case of an emergency. Also, be sure to teach your children their phone number and address.
- Never answer your door without looking out a peep hole or window to verify who is there. To prevent you and your family from becoming potential victims always confirm who you are opening your door to. If you are unsure, simply leave the door locked and secure (the person at your door can leave a note or call your house regarding the reason

for the visit). A simple precaution can save you and your families' lives.

- If you have a family website or blog about your family and you like to share news about your loved one's deployment status, make sure to make your website/blog private. This precaution will ensure that only those you allow can visit and read your postings. Although, be weary of hackers. Anything you post on the World Wide Web, rather password protected or not, can still be accessed and they are not fool proof.

Deployment safety is essential so that your hero can fight for our mighty nation and rest assured that his/her family is safe at home. By simply using common sense and being aware of your actions you can protect yourself and your family from any potential harm. May your

family have peace and protection during your hero's deployment. God speed.

*We make war that we may live in peace.*

Aristotle



Dr. Holly Benedict is a military wife. She has two sons, ages one and three years old. Dr. Benedict is a college professor and is currently writing a book for military wives. Feel free to email questions, comments, or story suggestions to [holly.benedict@yahoo.com](mailto:holly.benedict@yahoo.com).

## Boyd's Pumpkin Patch & Corn Maze

SINCE 1981

**Season Begins**

Open through October 31st  
Daily from 8:30 a.m. until 6:30 p.m.  
[www.boydspumpkinpatch.com](http://www.boydspumpkinpatch.com)

Boyd's Pumpkin Patch • 1425 Hwy 76 • Clarksville • TN • 37043

Pumpkins 25¢ per pound • Corn Maze \$4 for ages 6 years and older. Free for children 5 years and younger.

### Granite is like love. FOREVER.

FREE SINK!\*

\*Receive a free Stainless Steel kitchen sink with purchase of 30 square feet of granite.

## Granite Countertops to Fit Any Budget!

Call today to schedule a free in-home consultation.

# TATE GRANITE

A Division of Tate Ornamental, Inc.

Showroom Information: 101 Center Drive • White House, TN 37188

[www.TateGranite.com](http://www.TateGranite.com)

615-636-5300

## PREPARING FOR YOUR MAMMOGRAM

by Karen Cook, Radiologic Technologist

No one looks forward to a mammogram, but it's the most effective screening tool for breast cancer. Mammography helps to promote early detection and diagnosis, which in turn can contribute to better outcomes for women who require treatment. It is most widely suggested that beginning at age 40, women should have a mammogram once a year, unless their physician has recommended that screenings begin earlier or be conducted more frequently based on their personal health history.

Before your next mammogram, make sure you are prepared and know what to expect so that your appointment is an informative and stress-free experience.

Tall tales and war stories about the mammogram have been passed back and forth for years; however, most women agree that

the actual mammogram does not live up to these legendary tales. In fact, the advent of digital mammography has made the process more comfortable because less compression of the breast between the plates of the mammography machine is necessary to record an image of the breast tissue.

Here are a few more simple steps women can take to improve their mammography experience:

**Keep your doctor informed:** Talk to your doctor about any new issues, questions or potential problems: a lump, pain, tenderness, or other symptoms. The American Cancer Society also recommends informing your doctor of any hormone use, prior surgeries, and family or personal history of breast cancer. If you have had a previous mammogram at another facility, obtain a copy of that

record for your new physician and imaging facility—that way, they and the radiologist, have a baseline from which to compare your current images. Always tell your doctor or the mammographer if there is a possibility you could be pregnant.

**Schedule strategically:** It's a good idea to schedule your mammogram during the time of the month when your breasts are the least tender (i.e., the week immediately

following your period) to minimize any potential discomfort during your exam. If you're still concerned about breast tenderness, you may want to take an over-the-counter pain reliever such as aspirin, acetaminophen (such as Tylenol) or ibuprofen (such as Advil or Motrin), about an hour before your mammogram to ease discomfort.

**Dress for success:** When you arrive for your mammogram, you'll be given a robe and asked to undress from the waist up—so a two-piece outfit is a good idea. On the day of your exam, don't wear deodorant, antiperspirant, powder, or lotion under your arms or on your breasts. Metallic particles in these substances can show up on your mammogram as calcium spots in the breast tissue. If you forget, there will probably be cleansing wipes in the changing room so you can remove any traces of deodorant or lotion.

**Remember—everyone's breasts are different:** Your doctor may determine through a past exam and mammogram that you have dense breast tissue—meaning that you have a high level of connective tissue, compared to fatty tissue. Every woman's breast composition is different, and some have more fatty or connective tissue than others. As women age, they tend to have more fatty breast tissue and less connective breast tissue. Dense breast tissue is more difficult for mammogram x-rays to penetrate, making mammograms more difficult to read and interpret, so the radiologist may order multiple pictures or "views" of your breasts or recommend a more frequent schedule of mammograms to make sure no changes in breast tissue are missed.

Likewise, if you have breast implants, depending on whether the implant is under the muscle or over the muscle, x-rays may not be able to penetrate through

# 22nd ANNIVERSARY SALE!

Saturday, October 16th

After Hours Event: 8pm  
*(Open to the Public)*

22% OFF most items Storewide!!!

Flatscreen TV giveaway!  
*(Must be present to win)*

75 Gallon aquariums for \$75!!!

---

## Doggy Pageant

Saturday, October 23: noon-4pm

Costume Contest: noon  
Fashion Contest: 1pm  
Tiniest Dog: 2pm  
Largest Dog: 2:30pm  
Best Trick: 3pm

\$5  
per event

Everybody will receive a  
10% discount card good for a YEAR!

Trophies and cash awarded to the winners!  
*(HINT) there is little competition in the best trick catagory.*



# Pet Palace

JOIN US ON FACEBOOK

2448 Hwy 41-A Bypass • 931-647-PETS • www.petpalaceofclarksville.com

the silicone or saline implants well enough for the radiologist to see the breast tissue. You will have four extra pictures—two on each side—during your screening mammogram. During the mammogram, your mammographer will gently move your implants and your breast tissue around, positioning the implant so that they can see as much breast tissue as possible in your x-rays. Although women with implants do have more pictures taken at each mammogram, ACS guidelines for the frequency of screening mammograms is the same for women with and without implants.

Gateway's Breast Health Center makes getting your annual mammogram easier than ever, with four digital mammogram suites and quick, in-department registration. For more information on Gateway's Breast Health

Center or for interactive tools such as Breast Cancer Quizzes and Risk Assessments, visit [www.todaysgateway.com](http://www.todaysgateway.com) and click on the Breast Health Center link on the Services page.



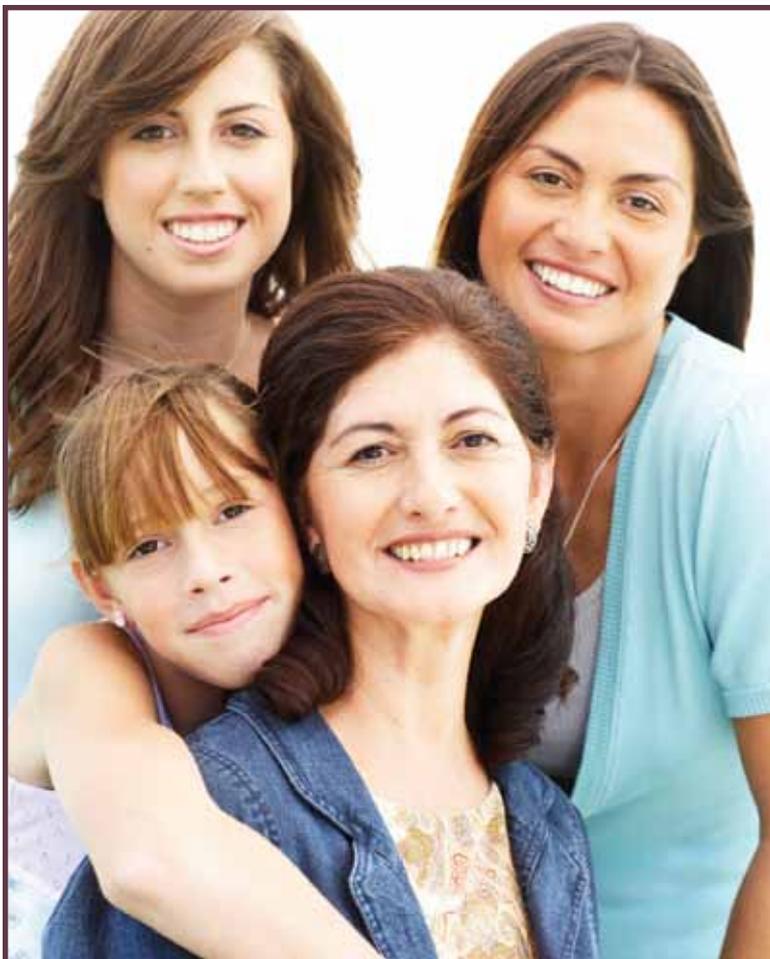
About the Author: Karen Cook, Radiologic Technologist (R) (M), received her certification from Nashville General Hospital. She is a 17-year Gateway Medical Center

employee and has been a full-time Mammographer since 1999. Karen is the Section-Leader of Gateway's Breast Health Center and is a member of the Middle Tennessee Mammography Society.

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

Sources: American Cancer Society [www.cancer.org](http://www.cancer.org), Susan G. Komen Foundation [www.komen.org](http://www.komen.org), The Mayo Clinic [www.mayoclinic.com](http://www.mayoclinic.com), Web MD [www.webmd.com](http://www.webmd.com).

© Copyright 2010—Community Health Systems.



 You'd do anything for your family. Schedule your mammogram today.

A screening mammogram is important for early detection of breast cancer. It can, in some cases, detect a lump in the breast before you or your physician can feel it. That's why the American Cancer Society recommends a screening mammogram for all women age 40 and older or those considered to be at risk. Gateway's Breast Health Center makes getting your annual mammogram easier than ever, with four digital mammography suites and quick, in-department registration. So do it for yourself. Do it for your family.

Call 931-502-1180 today to schedule your appointment. For more information, call 931-502-1510 or visit [www.todaysgateway.com](http://www.todaysgateway.com).

  
**GATEWAY**  
MEDICAL CENTER

651 Dunlop Lane, Clarksville, TN 37040

Gateway's mammography program is accredited by the American College of Radiology and the U.S. Food and Drug Administration.

Take this short quiz to test your knowledge about Down syndrome. Answers will be given at the end.

**True or False:**

1. Down syndrome occurs in one of every 733 live births in the United States every year, making it the most commonly occurring chromosomal condition.
2. Babies with Down syndrome are usually only born to older mothers, over the age of thirty-five.
3. There are less than 10,000 people with Down syndrome living in the United States today.
4. Down syndrome occurs when people have three copies of the 21st chromosome instead of the typical two.

This alters the course of development and causes the characteristics associated with Down syndrome.

5. A few of the common physical traits of Down syndrome are low muscle tone, small stature, an upward slant to the eyes, and a single deep crease across the center of the palm.
6. The life span of a person with Down syndrome is very short, usually only about 25 years.
7. Down syndrome does not discriminate against race, gender, or economic level.
8. People with Down syndrome attend school, work, participate in decisions that affect them, and contribute to society in many wonderful

ways. Some even grow up to live on their own, drive and get married!



9. All people with Down syndrome experience severe cognitive delays and therefore should be grouped together in the same setting.
10. Because of people with Down syndrome, we should be more aware of using the word "retarded" as it is hurtful to those with cognitive disabilities.

My name is Renee Garcia, and our family's journey with Down syndrome began in May 2004, just three months after we moved here to Clarksville from Southern California when my husband, Frank, was stationed at Fort Campbell. I was 25 years old and pregnant with our third child, our second daughter. Everything was going great! I had a very smooth pregnancy, especially compared to the last two, and we were very excited to welcome this new little girl into our home.

Everything was going according to our plans. I had dreams of my two daughters being best friends. I knew

Quality Flooring from A to Z .

carpet • vinyl • ceramic tile  
laminates • hardwood • area rugs



**MOHAWK**  
**floorz**

Mon - Tues - Thurs - Fri: 9 a.m. - 7 p.m.  
Wed - Sat: 9 a.m. - 5 p.m.  
115 Terminal Road Clarksville, TN 37040

931.553.8555

they would look alike and I could dress them alike. They could do each other's hair and play with dolls together and one day share clothes and secrets and talk about boys! They would be each other's best friends. Cassidy and Kennedy would have the sister I always wanted in each other. Her big brother Kameron would be watching over her and taking care of her. I couldn't have been more excited!

Before we knew it, I was in labor. We called our friends and family from the hospital and we were ready to be a family of five! A few hours later Kennedy was born. Everything went fairly well and we settled into our room and



began making the phone calls to let our loved ones know she had arrived.

A little while later, a pediatrician walked into our room and sat down on the end of my bed. I've always heard people say that there is a moment in time that you can break your life into two: before

and after. This was one for me. She laid her hand on my leg and said, "Mr. and Mrs. Garcia, we have reason to believe your daughter has Down syndrome." And our world crumbled.

I immediately thought, "No, you're wrong. I'm too young. This doesn't happen to 25 year olds, this is something that happens to 40 year olds!" My next thought was, "My baby is going to die." As the doctor pointed out Kennedy's physical features that made them think of Down syndrome, my heart and my dreams for my kids shattered into a million pieces. I knew that nothing would ever be the same again.

We went through so many emotions after that...fear, sorrow,

Ages  
Infants to  
School Age



Serving  
Sango, East  
Montgomery,  
& Barksdale

## LITTLE COUNTRY SCHOOLHOUSE

Learning is Play, and Play is Learning

State-Certified  
Private Kindergarten  
and First Grade (K-1).

Pre-K Curriculum Used:  
Learning Programs of The Letter People,  
Creative Curriculum and Math Their  
Way. Each curriculum follows  
State Guidelines.

2010-2011  
Come check out our high  
quality infant, toddler,  
preschool, & Pre-K programs



Extra Activities  
offered for age 3 & up:  
Dance, Gymnastics,  
& Karate.

Thank you for  
nominating  
**LCSH**  
for Best of  
Clarksville  
nine years!



840 Highway 76, Clarksville, TN (off exit 11, on MLK parkway)  
Phone: 931-358-5775 • Email: [littlecountrysc@gmail.com](mailto:littlecountrysc@gmail.com)  
[www.littlecountryschoolhouse.com](http://www.littlecountryschoolhouse.com)

## October is Breast Cancer Awareness Month!

We will be donating a portion of our sales on all **Pretty in Pink** cupcakes to **Susan G. Koman for the Cure** throughout October. Help us support a great cause!

**10% off  
MILITARY  
& STUDENT  
DISCOUNT  
with id**

**BUY ONE CUPCAKE  
GET ONE half off**

*Expires 11/1/2010. Must  
present ad to redeem.  
not valid with any other offers*

**40** Jumbo size cupcake flavors  
and counting. New flavors  
added all the time!



**f** LOTS OF SPECIALS POSTED ON FACEBOOK

931-503-1717 [www.TheSweetestBatchCupcakery.com](http://www.TheSweetestBatchCupcakery.com)  
Tuesday-Friday: 10<sup>30</sup>-5<sup>30</sup> (unless sold out early) Saturday: 10<sup>30</sup>-3<sup>30</sup>

anger...anger at ourselves (did we do something wrong?) and at God. How could He let this happen to our beautiful daughter? Slowly though, we emerged. Armed with information about our new baby girl and our Lord guiding the way, we entered into the world of Tennessee Early Intervention and the different therapies she needed to thrive. In time God clearly showed us His plan for Kennedy's life and our lives as we faced different issues with her. Because of Kennedy we grew closer as a family and closer in our walk with God. We learned we *had* to lean on **Him** for *all* things.

As Kennedy grew, her personality grew with it. She drew people in everywhere she

went. And all those dreams that I had for her when I was pregnant? Well they're all coming true... when the girls were younger I dressed them alike all the time, and they love to play with each other's hair. They play dolls together and share all kinds of common interests—like their love of ice cream and all things Hannah Montana. I have no doubt that one day they'll be talking about some cute boy somewhere, but I'm in no rush for that to happen! People tell me all the time how much they look alike. There is no denying that they are sisters! Kameron is the best big brother I could ask for! He loves Kennedy so much and is always looking out for her everywhere they go. I pray that they will always be close.



Kennedy has been through a lot medically in her six years of life. She has had over 20 surgeries. She battled Leukemia in 2007 (at the same time her baby brother Keeghan was born!) and she is thankfully now in remission. She had spine fusion surgery and had to wear a halo for awhile, and has had several things come up that are not common to Down syndrome.

Through it all, she has remained strong and happy and she has fought so hard. We are so thankful that she is still here with us and are praying for years and years of good health for her now!

In 2008, we became aware of an organization called Reece's Rainbow who was helping orphans with Down syndrome in other countries find families here in the United States. These orphans, because of their disability, would be taken from their baby home at the age of four or five years old and sent to an institution where they usually die within a year. Many of these institutions leave these children with no medical care and very little food and water. The children are left cold, hungry and tied to their beds for days on end.



**Now accepting & selling Fall & Winter clothing & merchandise**













**Breast Pump Sales & Rental**



**Children's & Nursery Furniture**



**Girls Dress up Clothes**



**LOTS of Dressy Holiday wear for Boys & Girls!**



**Once upon a child**  
"Kids' stuff with previous experience"

**Mon-Sat 9am-8pm • Sun. 12pm-6pm**

**2728 Wilma Rudolph Blvd.**  
(Suite 1, in Austin's Square, next to TJ Maxx)

**(931) 645-9346**

**\$5** off  
any purchase of  
**\$30 or more!**

**Once upon a child**  
Clarksville, TN  
Please use by October 31, 2010

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

**Once upon a child**  
Clarksville, TN  
Please use by October 31, 2010

I started promoting Reece's Rainbow on my blog and helped them raise funds for their cause when one little girl caught my eye. I sent her picture to my husband and we committed to be her prayer warriors. After a while, my husband came to me and suggested that we adopt her. I had a million excuses why we shouldn't (like the fact that we already had four other children), but I promised I would pray.

With lots of prayer and armed with updated information and pictures—and God **clearly** opening all the doors—we committed to adopt our new daughter Kellsey on Thanksgiving night of 2008. With the help of family, friends and our amazing church, we traveled to Ukraine a year later and she officially became our daughter on November 15, 2009. She has been the perfect completion to our family.

If you would have asked me seven years ago if I could have handled a child with Down syndrome, I would have immediately said, "No way. Not me." Thankfully God doesn't

always ask our opinions on things. He knew that His plans for our family were far more perfect than I could have ever dreamed. It may not always be easy, but nothing that's worth it ever is.

So, how did you do on the quiz?

Statements 1, 4, 5, 7, 8 and 10 are all true! You can read more about these on my blog [www.myspecialks.com](http://www.myspecialks.com) all month for Down Syndrome Awareness Month!

Number 2 is false: The incidence of births of children with Down syndrome increases with the age of the mother. But due to higher fertility rates in younger women, 80% of children with Down syndrome are born to women under 35 years of age.

Number 3 is false: There are more than 400,000 people living with Down syndrome in the United States.

Number 6 is false: Life expectancy for people with Down syndrome has increased dramatically in recent decades—from 25 in 1983 to 60 today.

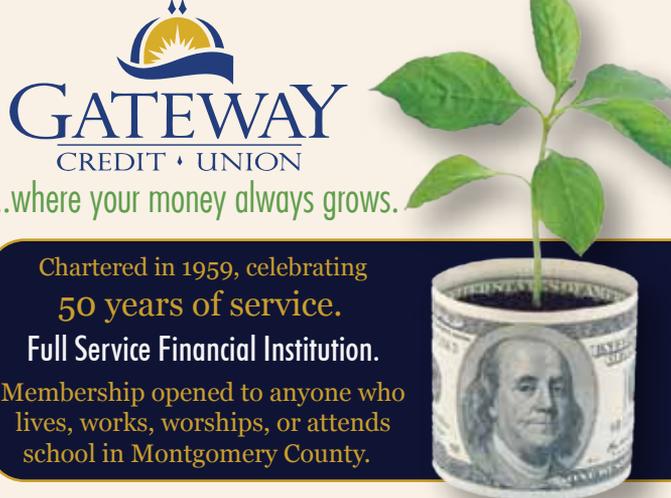
Number 9 is false: All people with Down syndrome experience cognitive delays, but the effect is usually mild to moderate and is not indicative of the many strengths and talents that each individual possesses.

All facts were taken from the National Down Syndrome Society Website. You can find more information at [www.ndss.org](http://www.ndss.org). If you know someone locally who has a family member with Down syndrome, you can put them in touch with the Down Syndrome Association of Middle Tennessee at [www.dsamt.org](http://www.dsamt.org). You can visit Reece's Rainbow for more information on donating or international adoption of children with special needs at [www.reecesrainbow.org](http://www.reecesrainbow.org). You can take the pledge to Spread the Word to End the Word at [www.r-word.org](http://www.r-word.org).

Photos courtesy of Jamie Wright Photography, [www.jamiewrightphotography.com](http://www.jamiewrightphotography.com).



**Full Spectrum Pediatric Therapy**  
*"Big Help For Little People"*  
**Specializing in Pediatric Occupational Therapy & Physical Therapy**  
**Autistic Spectrum Disorders**  
 1100-A Ted Crozier Sr. Blvd **(931) 906-0440**



**GATEWAY**  
 CREDIT • UNION  
 ...where your money always grows.  
 Chartered in 1959, celebrating **50 years of service.**  
 Full Service Financial Institution.  
 Membership opened to anyone who lives, works, worships, or attends school in Montgomery County.  
 100 Otis Smith Dr. (off Ted Crozier Blvd) • [www.gatewaycreditunion.com](http://www.gatewaycreditunion.com)  
**931.551.8271** 

## BON VOYAGE!

by Kim Edmondson

I really like Autumn. I guess you could say I have a soft spot for the changing leaves, the carving of pumpkins, the celebration of harvest, and the chance to snuggle a little closer to the ones you love because the air has a little chill in it. However, even with all of the things I enjoy about Autumn I am always sad to see Summer go.

I know down here in the South we can have some hot summer days that are downright miserable. But even those days don't sway my love of gatherings

with friends and family, homemade ice cream, playing in the sprinkler with my boys, and enjoying a late afternoon rain shower that helps to cool things off just a little.

This year I have realized that even though I enjoy both of these times of the year, what I am having trouble with is the changing of the seasons. Moving from one season I love into another that I love almost as much has left me feeling a little uneasy. Even though I know there

are great things in the season ahead, I hate to leave the other one behind.

For example, this year for Autumn break our family is going on a cruise. When I say family, I am not just talking about Chris, the boys and me.... I mean *the family*. In all there will be 11 of us, including my sister-in-law with her husband and children, as well as my mother and father-in-law. The love and generosity of my in-laws has made this trip possible. They want to give us all a chance to get



**Heel Pain?  
No Relief?**

Radial Spec Shock Wave Therapy may be your solution!

- Non-surgical
- No Needles
- 86% Cure Rate
- Office-Based
- 7 treatments only \$350.00
- The new standard for heel spur pain

We offer Dr.'s Remedy® Enriched Nail Polish

- Safe
- Toxin Free
- Antifungal
- Restores rather than destroys nails

**CALL FOR AN APPOINTMENT TODAY!**

Schussler  
**FOOT CARE**  
Centers

VISA MasterCard CareCredit Financing Available

[www.footcarecenter.com](http://www.footcarecenter.com)

**1-800-552-3338 • 931-552-3338**  
1762 Memorial Drive • Clarksville, TN 37043

**NORTHCREST CENTER**  
*for*  
**WOMEN'S HEALTH**



**Shana Dowell, M.D. OB/GYN**  
now seeing  
**New Patients**

- Annual Exam
- Gynecology Care & Surgery
- Incisionless In-Office Tubal Ligation
- Infertility
- In-Office Procedure to Stop Heavy Periods
- Obstetrics/Maternity Care
- Urinary Incontinence
- Vulvar Disorders

**NorthCrest**  
Imaging and Specialty Clinic

2536 Highway 49, Suite 120 • Pleasant View, TN 37146  
Call to schedule an appointment **615-384-1625**

together and make some great memories. While I love the idea of that, and know that we will have fun on the cruise, the thought of getting there is what makes me cringe—just a little. Why? Because standing between the cruise ship and us is a 13-hour ride with seven people in one SUV. See what I mean about transitions?

Life here at home is on a schedule. We have a routine. For the most part, we all know what to expect each morning when we get up and as we go through our day. As for the cruise, once we board the ship and depart, the fun times will be non-stop. We will all see things we have never seen before. We will swim and play and eat great food—and not do any laundry—it's going to be great! But what about the journey there? No matter how much I love my family (and believe me it is a whole big bunch) I've been on trips with them before. I know that three boys and four adults in one car for 13 hours can take its toll pretty quickly. It doesn't

# Swirlz art studio



## what?

It's the NEW girls night out! Start with a little wine (or a lot), throw in some music, paints, and a canvas and you just might walk out with a masterpiece!

## who?

Anyone ready to get creative and have FUN! (No artistic ability required!)

Professional instructors will guide you step by step in painting your very own creation!



kids classes too!

Opening Friday Oct. 22nd – Book online now!

save  
**\$5** off your Swirlz  
Art session!



Must have coupon  
Valid through 12/31/2010 • CFM 10



## where?

Swirlz Art Studio  
329-E Warfield Blvd • Clarksville, TN



Join our Facebook page to stay plugged into the latest news about our grand opening, giveaways and other fun info including how to book your first art session!

[www.swirlzart.com](http://www.swirlzart.com)

matter how many snacks, games, books and movies we bring, there is only a certain amount of time that love prevails before the

complaining begins. The journey will be the tough part.

I don't know about you, but often there are places in my life just like that. I am comfortable and

happy in the routine of what is happening, but I know there is a change ahead, and even if it is for the better, sometimes the journey from one thing to another can be the real challenge.

Thankfully, we have a promise from the Lord that reminds us that no matter the transition or the season of life He is always with us and He knows what is coming.

*"For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope."*

Jeremiah 29:11

Believe me, I know that some of life's transitions can be very hard. What was wonderful one day, can be heartbreaking the next. But through it all, the love and faithfulness of the God who created us and loves us beyond measure will not change.

*For great is his love toward us,*

*and the faithfulness of the LORD endures forever.*

Psalms 117:2

**The events of our lives do not surprise Him. He**



# Christmas Mini Sessions

PACKAGES STARTING AT JUST \$99 FOR DIGITAL OR PRINTS

*Now Accepting Reservations!*

**STANLEY FAMILY**  
photography  
WWW.STANLEYFAMILYPHOTOGRAPHY.COM

931.233.9569

EMAIL: DENA@STANLEYFAMILYPHOTOGRAPHY.COM

DENA STANLEY is a local professional photographer specializing in (but not limited to) newborn and childrens' photography. With over 5 years of experience, she has been working in the Clarksville/Ft. Campbell area since 2007.

knows every detail of the life we live and the fears and struggles we face, both big and small. Perhaps you find yourself in the place of moving from one season to another. Life seems to be moving along just fine, but you know that a change is coming. Don't be worried or afraid, the Lord is right there with you. Call out to Him for help and strength, and He will meet you right where you are.

We can be certain that the seasons of life will change. Even the Bible tells us so:

*For everything there is a season, a time for every activity under heaven.*

Ecclesiastes 3:1

But through every change, we can be certain that the Lord is leading the way. Let's trust him to make the transitions of our lives a place to grow closer to Him. Who knows, we may experience the best trip of our lives! Bon Voyage!



## FALL for FITNESS!

Don't wait until *after* the holidays to get healthy.

### GIVE A LITTLE GET A LOT:

Bring in 2 canned goods or non-perishable items for our Food Drive and save **\$20 off** your enrollment fee.

Valid through 10/31/2010 must have ad

24 Hour • Co-ed • Secure • Access to over 1000 clubs

Stop in today for a **FREE** mini-membership!



2690 Madison Street  
Suite 160  
Clarksville, TN 37043  
**931-241-8884**

[www.anytimefitness.com](http://www.anytimefitness.com)

## 2011 CTS Coupe is Here!



CTS



SRX

# Cadillac



Escalade



DTS



No Tax to the Military

**931.552.2020**  
**1.800.685.8728**

722 College St. • Clarksville, TN

**JamesCorlew.com**

Go Online for Our Entire Inventory • Latest Incentives • Shop 24/7 • Finance Application • Trades Appraised • Online Payment Calculator

# INSIGHT INTO BREAST AUGMENTATION

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

*(Editor's Note: Clarksville Family Magazine has elected not to publish the before and after photographs of Dr. Kaye's breast augmentation surgeries. Those images, as well as all of Dr. Kaye's Before and After photos, are available via the Before and After Photos link on [www.advancedcosmeticky.com](http://www.advancedcosmeticky.com).)*

Breast Augmentation is the second most common cosmetic surgical procedure in the U.S. today, with over 350,000 procedures performed annually. There are four basic questions a woman considering this procedure will need to answer. These issues will need to be thoroughly discussed with your surgeon.

The first questions are... **What can breast augmentation do for me and am I a good candidate?**

A straight forward breast augmentation can improve the shape of the breast and enhance the volume (size) of the breast. Women commonly want to restore the volume and shape of their breast after the changes of childbearing. In particular, the upper part of the breast can look flatter or concave after children. Of course, many women just want to enlarge their breast to a size that they never had. This should be a decision made carefully over time, not a "snap decision." She should be in good health with no medical

problems that are not under good control.

The second decision is: **Saline vs. Silicone implant device?**

All modern breast implants have a silicone outer shell, but they can be filled with saline (salt water) or silicone. Saline is much less expensive and poses no problems if it should leak since it is already a natural component of the body. Silicone may have a more natural "feel" to some. However if the implant is placed behind the chest muscle this makes less of a difference.

The third decision to be made involves the options



**Lana's Dance Centre**  
"Where Quality Dancers Turnout Better"  
[lanasdancecentre@yahoo.com](mailto:lanasdancecentre@yahoo.com)

**Now Enrolling**

**1/2 off First Month!**  
(not valid for 6 or 4 week classes)  
New students only • Must have ad  
Expiration Oct. 31, 2010

**NEW 6 week Adults Classes**

Adult Jazz Club Latin & NEWEST Dance Craze  
BOLLYWOOD Also offering KIDS ZUMBATOMIC for ages 4-12.



**New Toppie Twirlie Class for 2-year olds!**

41-A Bypass  
1808 Ashland City Rd.  
Clarksville, TN.  
**(931) 503-8050**

Now with **TWO** locations to serve you better!

1919 Tiny Town Rd.  
(exit 1, by Great Escape Movie Theater)  
Clarksville, TN.  
**(931) 494-5312**

**Reminder!** Come visit us at the Clarksville Community Health & Fitness Expo Oct 23rd at APSU in the Red Barn

WATER CARE SYSTEM

**BAQUA Spa**



**Pure & Simple**  
Chlorine-Free. Bromine-Free. Care-Free.



With BaquaSpa, the water feels the way it should – fresh and soft on your skin. Spend less time testing and balancing, and more time enjoying your spa.



**Vicki's Pool & Spa Place**  
[www.vickispoolandspa.com](http://www.vickispoolandspa.com)

1134 College Street  
Clarksville, TN **(931) 645-9786**

of **how and where to place the implant?** This requires a physical examination and a detailed discussion between patient and surgeon.

The fourth factor to be considered is **where to do the procedure?** For almost all women, a trip to the hospital for general anesthesia is not necessary. The average procedure can be performed safely and efficiently in a well-run office operating room or surgical suite and takes between one to two hours. Recovery is about one week on the average.

A breast augmentation can enhance not only a woman's shape but improve her self image and sense of femininity.

They are some of the happiest patients in my practice.

For more information on breast augmentation go to our website, [www.AdvancedCosmeticKY.com](http://www.AdvancedCosmeticKY.com) or call our office toll-free at (866) 234-0470. You can also submit a question about this or other cosmetic procedures to: [info@mdkaye.com](mailto:info@mdkaye.com). Type "Clarksville Family" in the subject area. To schedule an individualized consultation with Dr. Kaye call or visit the website listed below.

Dr. Mitchell D. Kaye performs an array of cosmetic surgery services. He is a fellow of the American College of Surgeons, American Board of Facial Plastic & Reconstructive

Surgery, and a member of both the American Academy of Cosmetic Surgery and the American Society of Cosmetic Breast Surgery.



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

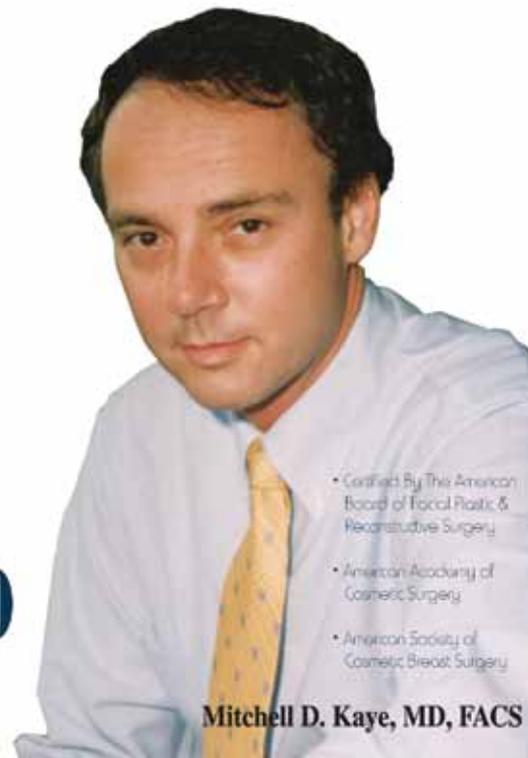
## Advanced Cosmetic Surgery Center of Kentucky



Mitchell D. Kaye, M.D., FACS

Advanced  
COSMETIC SURGERY  
Center of Kentucky

- Breast Augmentation & Lift
- Abdominoplasty (Tummy Tuck)
- Facelift
- Eyelid Surgery
- Liposuction
- Rhinoplasty
- Facial enhancement
- Facial Implants
- Fat Transfer
- Facial Fillers
- Juvéderm
- Sculptra
- Botox® cosmetic
- Radiesse
- Chemical Peels
- Laser Resurfacing
- Obagi Skin Care
- Latisse



- Certified By The American Board of Facial Plastic & Reconstructive Surgery
- American Academy of Cosmetic Surgery
- American Society of Cosmetic Breast Surgery

Mitchell D. Kaye, MD, FACS

Advanced Cosmetic Surgery  
Center of Kentucky

**Complimentary  
Consultation**

**\$125.00 Value**

Call to Schedule

Expires 10/31/10

**1-866-234-0470**

(toll free)

Financing available

[www.AdvancedCosmeticKY.com](http://www.AdvancedCosmeticKY.com)

# SPOOKY SPECIMEN JARS

by Kendall Welsh

I don't know about you, but my favorite season is fall. Fall decorating, fall sweatshirts, fall cooking. Fall. I love it. So, knowing that I needed to come up with a craft for fall this year, my kids of course focusing on Halloween—I started playing with ideas.

Three days later and over seven crafts later, I still wasn't sold on a final idea

(check out my blog at [www.artifactsemporium.blogspot.com](http://www.artifactsemporium.blogspot.com) for the ideas that didn't make it in this month's article). Then Paige from Hodgepodge called. She was having an event at the shop for a military group, and they asked if she would add a craft for the evening. She called me asking if I had any ideas for fall, and to keep the budget to less than \$5 a person. We came up with this craft!

It is so much fun and you just get endless ideas. Do this with a friend and their kids like we did—let the creativity flow! Plus it is a craft that you can use all year round! Don't stop at Halloween, you can do this for winter, Christmas, Valentine's Day and more! We will also have these for sale at ARTifacts (I couldn't stop making them) along with all kinds of other creative, fun ideas for



**Step 1**

*Pick a container that will be like your characters home (specimen jar).*



**Step 2**

*Measure the inside of the jar from the bottom to the top. Subtract 3/4 inches—this is the height of the character you will put inside your jar.*



**Step 3**

*If you use a printed character, print it based on the measurement from step 2 above. If you are creating your own artistic creature, make sure that it is also no taller than the 3/4 inches under the lid.*

Nov 6 & 7  
12-4pm

Classic Creations  
Photography 931-624-8003  
\*Serving the Clarksville, Ft Campbell area since 2006\*

## Santa is coming to the studio!!

\$45 includes 2 5x7's, 8 wallets & 10 Holiday cards

\*limited spots, must pre-book\*

Also Pre-Booking  
Fall Family  
Portrait Sessions

50% OFF the session fee and a FREE brag book  
for pre-booking by October 22nd!

# Chloe's Boutique

A CELEBRATION OF STYLE

Bring in this ad to receive  
**\$5 off**  
Your Widgeon coat purchase.  
at CHLOE'S BOUTIQUE  
Must present ad to redeem.  
Expires 11/15/10

NEW  
Fall &  
Winter  
Apparel  
Arriving  
Daily!

Limit 1 coupon per visit & cannot be combined with any other offers or sale items

HOURS: Monday through Saturday 10am -4pm

615.746.0116  
6517 Highway 41-A South  
IN PLEASANT VIEW  
Across from Wendy's at Pleasant View  
Academy. Look for the Green Awning!

Over 60 shoe styles & designer clothing brands including:

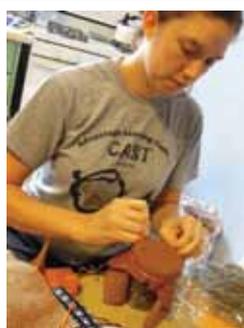
decorating this fall season. Stop by and see what we can do to help you bring some creativity and vintage style to your fall season.

#### Supplies

- Clear glass or plastic jars (remove all labels) no shorter than four inches tall
- Hot glue gun
- Moss and/or raffia

- Printed characters (you can get some images on our website)
- Small fabric pieces
- Various Halloween novelty items (I got most of mine from the Dollar Store)
- Fishing wire, twine, ribbon, strings or thread, etc.

Kendall Welsh is the manager of ARTifacts, an art & antique emporium in Historic Downtown Clarksville. See more photos of this project and other fall projects on her blog [www.artifactsemporium.blogspot.com](http://www.artifactsemporium.blogspot.com) and learn more about the craft and art classes being offered at ARTifacts this fall.



#### Step 4

*If you are creating your own creature, make sure you know how you are going to stand or hang it in the jar. You can use twine, fishing line, wire, etc. If using the printed character, print it on heavy cardstock paper. Fold the tab on the bottom of the figure toward the back. Using the hot glue gun, glue the tab down to the inside bottom of the jar.*

#### Step 5

*Add filler to the bottom of the jar. Use dried moss, spider webs, burlap, fabric, buttons, other novelty items, etc. Use glue to secure, if desired.*

#### Step 6

*Pick the fabric that you want to keep your creature/character trapped inside the jar. Put a line of hot glue on the top of the jar. Place the fabric on the top, let the glue cool. Tie a ribbon, twine, etc. around the top to keep the fabric in place (and your creature IN!).*



## BARE NAKED LADIES

by Jessie Carter, PT

I don't think there is ever an age or level we reach when we should stop listening to the advice of those more wise or knowledgeable. We all have things we excel at but no matter how masterful we become at a skill, there is always someone from whom we can learn.

For example, when I was in early elementary school, I was fascinated with gymnastics. My parents got me in lessons, I attended competitions, and I practiced diligently. This was around the time of Mary Lou Retton and

those fabulous long-sleeved leotards that looked like the American flag. Even though I had a good chance of being over 5' 8", I was convinced I was going to be an Olympic gymnast.

After mastering cartwheels, I wanted to do them constantly. One summer night, my 80-year-old Aunt Kass was babysitting my sister and me. I had been in the backyard doing cartwheels—one after the other—when Aunt Kass ran out to hurry me inside.

She huddled me up and shooshed me in the door

saying that Mr. Murphy from next door had called and told her to come out and get me. Huh? Were my toes not pointed? Did I not finish properly? Was I not proficient at sticking the landing? No, Aunt Kass informed me that if I wanted to do cartwheels in a dress, I needed to have underwear on.

Oh. Lesson learned. I'm sure I would have eventually figured this out on my own but why not implement the advice of one more wise and knowledgeable? Who

You owe it to your child to visit  
The Giving Tree Child Care Center

# Preschool and Pre-K Programs



Part time and full time available. Experienced teachers.

Extracurricular activities including dance, karate, gymnastics, computer lab, spanish, Kindermusik.

Daily computer lab time in our study! Lessons on: handwriting, science, math, computer lab skills, letter and word recognition, reader-readiness activities and lots of hands on learning.

3,000 square foot gym for physical education lessons and 4 playgrounds.

Our Advanced Heating & Air Unit Eliminates 90% of all Airborne Germs & Allergies



THE  
**Giving Tree**  
CHILD CARE CENTER, INC.

3216 US 41-A South Clarksville, TN 37043

**931.358.0028**

[www.thegivingtreechildcare.com](http://www.thegivingtreechildcare.com)

knows how long I would have continued to make that mistake over and over.

We've all heard the unofficial definition of insanity—doing the same thing over and over and expecting different results. Breaking the cycle of insanity is possible. All we have to do is seek the guidance and expertise of someone more knowledgeable—and then listen and apply what we learn.

Even though I've been athletic all my life and my profession focuses on rehabilitating individuals with injuries, I was clueless when it came to getting back into a regular workout routine. I was terrified of big box gyms—all the sweating, grunting, and weight machines were definitely not my thing. So I did what was safe—I walked, rode my bike, put in an hour on the elliptical, and on and on. While it was movement, I found that I wasn't losing weight or accomplishing my fitness goals. I kept doing the same thing over and over, expecting to get a different result.

Starting a workout routine can be even more intimidating. Most of us

understand very little about what it takes to maintain a healthy lifestyle. This can be scary and overwhelming. Talk to a fitness professional and you will learn an entirely new language. If you ask a friend who hits the gym regularly what they did during a workout you might hear phrases such as skull crushers, prisoner squats, and mountain climbers. No wonder so many people are afraid of starting a workout routine!?!?

The attire that "fit people" wear is also quite confusing and complicated. I never knew that Spandex could

come in so many different forms with pockets for devices that I don't even own. While I have come to appreciate the function in some of the sweat-wicking shirts I have purchased, I wonder if my children will view the clothes that I wear during a workout the way that I look back at high cut leotards and leg warmers?

People avoid starting a fitness routine because they don't talk the talk. They don't look the part. They don't have the right clothes or shoes. They are afraid. They are afraid of the machines, the exercises,

# SOFT IS FOR PILLOWS



**Classes forming now - kids and adults...**

# GRAVITY

**Launch your body renovation!**



## HIGH POINTE

*physical therapy • fitness • massage*

291-C Clear Sky Court . 931.920.4333

[www.highpointetn.com](http://www.highpointetn.com)

what people will think, that they will get hurt, that they won't be good at it—worse yet, that they will fail.

Now is the best time to start down the road to a healthy lifestyle. At this point in the year, a lot of people start procrastinating about exercising and eating right. Things are typically pushed off until the New Year because we're too busy or over-committed. The holidays are approaching and of course nobody wants to exhibit self-control around big meals and homemade treats. But ask yourself this question—has

your New Year's resolution to lose weight and get fit ever resolved anything?

When it came to my own health and wellness, I kept doing naked cartwheels. I ignored the advice of people more knowledgeable than myself. Finally, I realized it was time to put on my big girl panties and stop the insanity. It was time to ask for help and get moving. I challenge you to do the same ;-)

Jessie is a physical therapist at High Pointe in Clarksville.



High Pointe is a registered health club with the State of Tennessee and offers physical therapy, personal training, fitness, and massage services.

For more information, call (931) 920-4333, visit [www.highpointetn.com](http://www.highpointetn.com) or become a fan of High Pointe Rehab, LLC, on Facebook.



Preparing for the ACT assures that you will never be left out of the fun...

*...prepare yourself for higher education!*

Our services include: Tutoring in all subject areas • Dyslexia reading curriculum  
Evaluation of reading, math & writing skills • ACT preparation • Study skills



2535 Madison Street • Suite F • Bluestone Center Clarksville, TN  
[www.BeyondTheBooks.net](http://www.BeyondTheBooks.net) • [beyondthebooks@bellsouth.net](mailto:beyondthebooks@bellsouth.net)

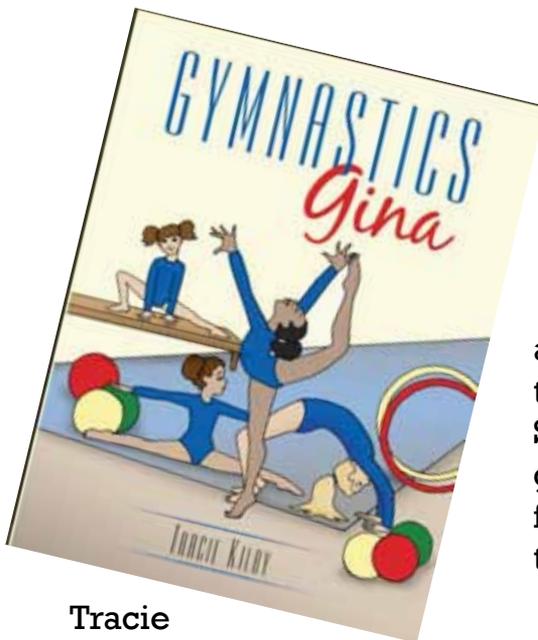
**(931) 358-5405**

# LOCAL AUTHOR PUBLISHES CHILDREN'S BOOK

Tracie Kilby, a local writer, has just published a children's book called *Gymnastics Gina*.

The book is about a girl who begins to hate the sport she used to love. The sport is taking her away from the things she loves. Gina wrestles with what to do.

You can pick up a copy of *Gymnastics Gina* locally at Borders and Books-a-Million. Or if you would prefer to order online visit [www.traciekilby.com](http://www.traciekilby.com) or [www.Amazon.com](http://www.Amazon.com).



Tracie has a B.S. in Human Science with an emphasis in Foods, Nutrition, and Dietetics from Mississippi State

University in Starkville, Mississippi. She has worked as a teacher for several years with the Clarksville Montgomery County School System.

Currently Tracie is a wife, a stay-at-home mother of two girls, and an author. She has always written great stories, but this is the first time the public will get to enjoy one of them.

You can learn more about her at [www.traciekilby.com](http://www.traciekilby.com).

**Alpha Clinical Research**

**NEEDS YOU**

**We Conduct Trials for:**

- Diabetes
- Gout
- Psoriasis
- Flu Vaccine
- Ulcerative Colitis
- Crohn's Disease
- Healthy Men ages 55 and older
- Infant Formula
- Peyronie's Disease
- IBS (Irritable Bowel Syndrome)

*Get Reimbursed for Your Time & Travel Expenses.*

**Insurance Not Required to Participate**

**Alpha Clinical Research, LLC**

**931.920.2525**

[info@alphaclinicalresearch.com](mailto:info@alphaclinicalresearch.com)

[www.alphaclinicalresearch.com](http://www.alphaclinicalresearch.com)

**PLAN FOR THE DAY**

when your baby becomes a college freshman.

Let's talk college savings plans today.



**Sharon Patterson, Agent**  
2017 Wilma Rudolph Blvd  
Clarksville, TN 37040  
Bus: 931-552-0359  
[www.sharon-patterson.com](http://www.sharon-patterson.com)  
[sharon.patterson.b1wt@statefarm.com](mailto:sharon.patterson.b1wt@statefarm.com)



**LIKE A GOOD NEIGHBOR, STATE FARM IS THERE.®**

Providing Insurance and Financial Services

Consult your tax or legal advisor for specific advice.  
State Farm • Home Offices: Bloomington, IL  
[statefarm.com](http://statefarm.com)

P036284 07/05

**Herbs & Vitamins**

**Get Hooked on Fish Oil!**

Omega 3s for attention, focus, skin disorders, arthritis, and high triglycerides.

**Stop in today and ask about special discounts on our services for Clarksville Family Readers**

**906-1100**  
2842 Wilma Rudolph Blvd  
(next to Kohl's)

# THE LIST

by Rachel Roberts

Most new mothers get advice from their girlfriends on what to expect when they first bring that little bundle of joy home from the hospital: no sleep, 2:00 a.m. feedings, and the overwhelming need to sprint into the nursery at every little coo and grunt that is heard coming out of the baby monitor. But you don't hear as much about what to expect once that child turns two. Or three. Or seven. As I was attempting to shower in peace the other day, I had to laugh at the thought of some of the things I sacrificed when I became a mom:

- The luxury of going to the bathroom...alone
- A clean vehicle that doesn't consist of half-eaten fries, half-empty sippy cups, two weeks' worth of school papers, and five stuffed animals
- Sleeping past 6:00 a.m.
- Glass doors free of hand-prints

- Watching a T.V. show that does not center around a kitchen sponge who lives in a pineapple in the ocean
- Going through the day without being asked a million and one random questions, or being asked to do a million and one random activities ("Why do dogs have whiskers?" "Let's play momma squirrel and baby squirrel!")

On the other hand, I couldn't even begin to imagine all the things I would gain from becoming a mom until I actually experienced them:

- Listening to them recite spelling words or read a book, and the indescribable pride you feel that "they finally get it"
- Hearing that sweet, tiny voice say "I love you"

- Hugs, sloppy kisses, and the uncontrollable urge to laugh whenever they are giggling so hard they can barely breathe
- Fixing their hair and shopping for cute little girls' clothes
- Becoming Santa Claus, the Easter Bunny, and the Tooth Fairy
- Watching their pure joy and excitement as they open gifts on Christmas morning
- Displaying a school paper with an A+ and a smiley sticker on the fridge
- Having someone tell you that you're the "best mom in the world"

Of course, any mom can tell you that you don't have to make a list to know that the rewards of having kids outweigh the sacrifices, hands down. However, I *would* like to be able to go to the bathroom alone every once in a while.



pretty **in pink**  
PHOTOGRAPHY  
PrettyInPinkPhoto.com  
504.982.8000



Bringing *FASHION* to Clarksville!  
Children . Seniors . Portraits . Family . Couples

Lose Weight  
**Feel Better**  
Live Longer

- Real, Personal Attention
- See a board-certified physician at every visit
- Nonsurgical, Medical Weight Loss
- Registered Dietitian Services Available



**\$20 off** medication for new clients during **October.**  
offer valid through 10/31/2010

10% Discount for military, police, fire and emergency medical services employees (ID required)

**ThinRx**  
Weight Loss Centers LLC

Dr. Jason James  
662 Sango Road, Suite C,  
Clarksville, TN 37043  
Phone: 931.245.1500  
Toll Free: 877.672.9020  
WeightLossClarkville.com

## WAGS TO WITCHES

by Brett Story

Deep beneath the main floors of the Riverview Inn in downtown Clarksville lies a world that only a chosen few ever see. It's a world of coffins, tombstones, and cobwebs where monstrous things happen. If you listen closely, you can hear the merciless screams of...FUN!

Once again, the Clarksville Humane Society will be taking the regal ballrooms of the Riverview Inn and turning them into the stuff that fills nightmares for the 4th Annual Wags to Witches Fur Ball Bash.

This year's façade of fantasy and horror, around 200 attendees will attend the Monster Mansion themed event. As these brave souls draw near the party entrance, they will walk through a most unusual graveyard of staked heads, gnawed bones, and severed limbs. Once inside the lobby area, attendees will see the house that blood, sweat, and fears built: the outside of the Monster Mansion itself.

Suddenly, there's a flash of light!

But don't be afraid. It's only photographer Tina Hartman

capturing you and your ghoulish friend in all of your Halloween finery.

Then it's time to visit the reaper, or the ticket taker, before you pass beneath the stone porch and into the darkness within.

Once inside, you'll realize the full horror of what is in store for you. You'll pass ghosts, goblins, and quite possibly some guacamole...as you pick the meat from tables of gore-may finger foods, potion-like drinks, and devilish deserts.

Spirits will also be available—but don't dare forget to tip the ferryman or it could be your last.

The guest list includes ghouls so famous that they are known by their first names alone: Freddy, Jason, Michael, Frankie, Drac, and Wolfy.

All of this mixed with the bone rattling tunes of DJ Scott Chase make for a howling good time.

If dancing isn't your thing, you can haunt the silent auction tables in the lobby. You might pick up a great item for a steal!

Yes, this is where the black magic happens, and we want YOU to be a part of it.

Not only was the Humane Society of Clarksville-Montgomery County's Wags to Witches Fur Ball Bash voted "best charitable event" of the year, but it is also an event that historically makes a killing to help the four-legged members of our community.

The price for a ticket into the depths of horror: \$50.

The benefit that our four legged friends gain from the money raised at this event: priceless.

So put on your hippest Halloween threads, paint up your face, and join us at the Wags to Witches Fur Ball Bash benefiting the Humane Society of Clarksville-Montgomery County.

We promise it to be a howling good time.

Tickets can be purchased online at [ClarksvilleHumaneSociety.org](http://ClarksvilleHumaneSociety.org) or any Cumberland Bank & Trust location. Call (931) 648-8042 for more information. The event starts at 7:00 p.m. and lasts until midnight.



## Christian Basketball & Cheerleading Program

FOR CHILDREN K-8TH GRADES

COST OF \$60 PER CHILD INCLUDES:

For basketball players: Jersey, referee fees, award & celebration  
For Cheerleaders: Uniform, pop, -poms, award & celebration

REGISTRATION DEADLINE IS OCT. 21ST  
PRACTICES BEGIN WEEK OF NOV. 1ST

One game and one practice each week @ the FLC

Register NOW @ the Family Life Center or call for more information

Hilldale Baptist Church Family Life Center  
250 Old Farmer's Road, Clarksville TN ~ 931-368-0205

4th Annual **Wags to Witches**  
**Fur Ball Bash**

*Make it a fun parent's night out!*

SATURDAY, OCTOBER, 23<sup>RD</sup>

WWW.CLARKSVILLEHUMANESOCIETY.ORG

931-648-8042








## RELOCATING TO BEREA, KENTUCKY

by Clint Patterson

Two years ago, my family and I moved to Clarksville. I was stuck in bureaucratic limbo for over a year and a half while I waited for Governor Blagojevich to sign my already approved job transfer and Illinois' state budget crisis continued to worsen. So, we decided to take a chance. Clarksville was looking for a new City Forester, and it seemed like just the place to make a new start.

I always liked this area, since spending a summer as a forestry intern at Land Between the Lakes years ago. And, it was practically home to my Murray, Kentucky-raised wife, Sheri, who also has relatives in the Hopkinsville area. She couldn't wait for this "Northerner" to bring her back "down South."

My co-workers back in Illinois gave me a terrific sending away party, complete with some "gag

gifts" featuring a straw hat, corncob pipe, and rope belt; which, they said, would help me to fit in down here. They didn't realize, and neither did I, what a diverse and up and coming city Clarksville was.

I was the one who ended up being the "hillbilly," as I settled into my City Forester job. Before, I had been District Forester over six counties in Southern Illinois that, combined, have less than half the population of Clarksville. There wasn't even a cell phone signal there. For the life of me, I couldn't figure out why people kept referring to Clarksville as a "small town," when it was such a big city to me.

Well, it's hard to believe Clarksville has been our home for two years now. I had to learn some new things, but hopefully I've served well as your District Forester. I know I have really

enjoyed meeting a lot of the people around here, giving presentations to area garden clubs and the like, and writing my articles in *Clarksville Family Magazine*. It was nice to get some more trees planted around town too.

So many people have been so friendly, so interesting, and so helpful to us. I will especially miss the many fine folks at the Street Department and the Parks and Recreation Department, which I have had the privilege of working with these last two years, as well as several folks from other departments, the Tree Board, and over at City Hall. I will also miss the people we've become friends with at Grace Community Church.

We had every intention of staying here; purchasing our home in Sango just over a year ago. It seems like things have really been happening here since we arrived,

NOW OPEN IN CLARKSVILLE...

### ACHIEVE MEDICAL WEIGHT LOSS

ACHIEVE HEALTH. ACHIEVE HAPPINESS. ACHIEVE WEIGHT LOSS.

- Doctor supervised program
- Health screening and blood work
- B-12/Lipotropic injections

1715 WILMA RUDOLPH BLVD.  
SUITE C  
CLARKSVILLE, TN

931.648.2600

Phentermine  
Available

[www.achievemedicalweightloss.com](http://www.achievemedicalweightloss.com)

Military discounts available.

## Air Quality Campaign

GO  
GREEN!

Walk, ride your bike, use public transportation, or car pool.

Consolidate trips and/or drive to a central location and walk.

Keep the maintenance up on your vehicle.

Avoid idling in your vehicle for long periods and open the windows instead of air conditioning when possible.



This ad is sponsored by the Clarksville Urbanized Area MPO and the Federal Highway Administration (FHWA) For more info go to [www.cuampo.com/news.html](http://www.cuampo.com/news.html)

too. Hemlock is on the way, all sorts of city projects are underway, and more are coming.

However, deep down, I'm a "country boy." I love to be in the woods. I got into forestry to manage forests, not do landscaping amid the hustle and bustle of an ever-growing city.

When I became aware of an opportunity to apply for the Forester position at Berea College, I had to go for it. The Berea College Forester is responsible for managing the historic 8,000 acre Berea College forest; the first managed forest in Kentucky.

This was the chance of a lifetime for me. I could hardly believe my eyes as I filled out an application which included, among its workforce expectations, to "encourage plain and sustainable living"! This is a college at which students pay no tuition, but instead work for their education, and live in an "eco-village." Now that's my kind of place!

Berea College, founded in 1855, was the first integrated college in the South, and was formed by abolitionists and radical reformers. Their historic purpose is to "promote the cause of Christ," based on the scriptural foundation that "God has made of one blood all peoples of the Earth."

This hardly seems radical to me. In fact, it's music to my ears. Appalachian music that is...

Anyone who has read any of my articles knows that I value history and culture as much as nature. Berea is known as the "arts and crafts capitol of Kentucky," and it is indeed one those few places where history, culture and nature have been united, preserved, and cultivated into a thriving modern day community.

October the fourth, I will start my new career as Berea College Forester. I believe it was my experience as a City Forester...where I honed my article writing and other communication skills...that helped to distinguish me from among the many other well qualified candidates.

I want to thank Clarksville for welcoming me and my family while we were here. It will be exciting to stop in from time to time, visit old friends, and see Clarksville's marina, Greenway expansions, Ft. Defiance, and other projects as they are completed.

Thank you, Clarksville, for the last two years.



# 35<sup>TH</sup> Annual Craft & Collectibles Show

Over 100 Vendors

Door Prizes | Must be present to win!!

<b>Saturday</b> October 16th 9 a.m. - 5 p.m.	<b>Sunday</b> October 17th 12 p.m. - 5 p.m.
--	---



Located on

Ft. Campbell, KY.

For complete directions, go to

<http://www.fortcampbellosc.com>  
click on "Craft Fair"

## Admission

\$5 for One day

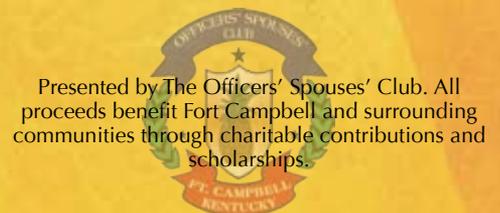
\$8 for Two days

• 15 years and under FREE.



## VENDORS WANTED!!

For more information contact  
JoAnn O'Connor 931.542.6183  
or Tammy Nolan 931.542.3458



Presented by The Officers' Spouses' Club. All proceeds benefit Fort Campbell and surrounding communities through charitable contributions and scholarships.

A Holiday Sampler 2010

## IT'S PARTY TIME!

by Twila Murasaki

The moon has risen on All Hallows Eve. You feel a chill of spooky horrors in the night air as the moon shines brightly on the trick or treaters roaming the streets in their ghostly garb. It's the last night in October.

It is officially Halloween night and you've decided to have a hauntingly happening Halloween party. How frightfully wonderful! But where should you start in planning your Halloween fête? For the benefit of the festively uninclined I've written 10 easy steps to help you in planning a great Halloween Party that will have all those ghoulish ghosts, wicked witches and grim goblins screaming with delight.

**Step 1: Who, what, when, where? It's a Halloween bedlam here!** Think about who the party is for; for you or your children? An adult Halloween party can be very different from a child's spooky party when it comes to planning the theme, decorations, recipes and drinks. Though adults and older children generally love to be frightened to the point of early grey hairs, you'd likely end with tears and nightmares if you tried the same for smaller children. So when planning your event keep the ages of your guests in mind. Once you have that figured out, it will be time to pick the hour and location of your Halloween party, not to mention the guest list!

**Step 2: Ve Vish to have you at our party for dinner!** This is your chance to have some fun and set the mood of your unforgettable night of horror, thrills and chills by sending out unique and spookily inviting Halloween invitations. You can choose to buy them or if you have a flare for being unique you can make them yourself with anything from construction paper, ribbons and glitter markers, to buying some inexpensive Halloween paper eye masks and writing an inviting message on the back. I'm a personal fan of allowing the kiddos

to paint faces on one side of a mini pumpkin and writing the invitation on the other side. Be creative and have fun with it but don't forget to include all of the important information like place and time and a request for RSVP to your Halloween party.

**Step 3: Plan the murderous menu!** Now the party would not be a party without a lot of yummy Halloween munchies. Plan a menu and write out your shopping list. For less stress on the hectic Halloween night try to do as much in advance as possible, and try to pick Halloween recipes that can be made ahead and stored or frozen. Once again, don't forget to think of the ages of your guests—there are a lot of fun Halloween foods for both kids and adults. You can also pick up almost any family or food-oriented magazine throughout October at your local grocery store for clever ideas on making your fiendish foods even more spooktacular.

**Step 4: What's a party without Pumpkins?** Plan to buy your pumpkins two or three weeks early, at the very least, to get the best selection. By selecting a variety of sizes and shapes of pumpkins, you will be able to make a variety of interesting jack-o-lanterns. Also miniature pumpkins make great party favors, children's activities and/or Halloween decorations. Where's the place to pick out the prettiest pumpkins? If you go to pick out your own pumpkins from the farm you can usually get better prices and better selections than from the stores. As a side activity for adults that don't mind getting a little messy, you can always throw in a pumpkin carving contest for ghoulish grins and ghostly giggles.

**Step 5: Dress up, dress down, come as you are or come as a clown!** There's always something exciting about putting on a costume and taking on another identity for the night. So prepare yourself and your family's Halloween party

costumes as early as possible so that you don't have to run around in a panic trying to put something together at the last minute when that time would be much better spent trying to bob for apples. It's easy to find a lot of clever costume ideas that won't cost an arm and a leg or be too time consuming online. If you're planning a children's party they can have a howling good time by making their own Halloween masks with paper plates, string, glue and various other materials.

**Step 6: Fun times for Halloween!** Halloween crafts and games are especially popular for young Halloween party goers, but that doesn't mean that adults wouldn't enjoy the fun of Halloween by showing off their fangtacular talents. So think about what Halloween activities your guests would be interested in and gather all the materials you need in advance. Be sure to have some extra Halloween activities in case a game that you were expecting to take an hour only lasts for a whopping thirty. Chilling charades, bobbing for apples, pumpkins, masks and a little mayhem are all classics that go a long way for a successful Halloween bash. But remember, what's a game without a prize? Prizes can be easy and inexpensively assembled by a quick trip to your local novelty or dollar store or ordered online to be delivered straight to your door.

**Step 7: Mash it like a monster!** There's no better time than now to start thinking about what kind of music you want at your Halloween party celebration. What kind of mood do you want for your party? Are you looking for some fun party songs to dance the night away, or hauntingly chilling background music for a dinner party, or a collection of sing-a-longs for the children to groove to? You can get the mood started off before they ever come inside by incorporating some Halloween special effects outside with horrific Halloween

sounds as your guests walk up to the front door. There are a lot of special CDs available around this time of year to set the scene and prepare your guests for what's in store.

**Step 8: Let your guests remember the night with a party favor!** Party favors add an extra treat of fun to any Halloween party and are a wonderful addition as something for each guest to take home. They don't need to be elaborate or even costly and can range from a quick picture of them in their ghostly garb to a small bag of candies to make up for not getting to walk the paths to other haunted homes.

**Step 9: Dress it for success!** Decorations for your front yard and house for Halloween can be a lot of fun and again don't need to be costly. You can get a lot of great eerie Halloween effects by experimenting with some horror lighting placed around your indoor and outdoor Halloween decorations. You can even make fun spirit jugs. All you have to do is take several empty milk jugs and draw faces on with permanent marker. Cut a small hole in the back to put in some lights (from a string of white or red Christmas lights) and voila your yard is filled with cute little spooks.

**Step 10: The goblins are coming!** The first guests are almost at your doorstep. Have a quick look around to see if all is ready and that your house is a safe setting. Keep a porch light on so that everyone can see any steps or other obstacles, and make sure all of your guests have a way back home after the Halloween festivities draw to a close.

**Remember!** Your Halloween party doesn't need to be fatalistically elaborate to be a huge success, the main components of a great Halloween party are a few willing participants that want to have some fun, a few

simple Halloween decorations and props, toss in some spooky music and definitely the Halloween food—and you will have a roaring Halloween Party. So when the party starts, enjoy yourself! It will be a hauntingly great time.

Some great links for ideas to bringing out the Halloween in your party are:

[crafts.kaboose.com/holidays/halloween/](http://crafts.kaboose.com/holidays/halloween/)  
[makingfriends.com/halloween.htm](http://makingfriends.com/halloween.htm)  
[allfreecrafts.com/halloween/index.shtml](http://allfreecrafts.com/halloween/index.shtml)  
[enchantedlearning.com/crafts/halloween/](http://enchantedlearning.com/crafts/halloween/)  
[craftideas.info/html/cpi\\_fall.html](http://craftideas.info/html/cpi_fall.html)  
[kidsturncentral.com/holidays/hcrafts.htm](http://kidsturncentral.com/holidays/hcrafts.htm)  
[amazingmoms.com/htm/halloweenfun.htm](http://amazingmoms.com/htm/halloweenfun.htm)  
[allcrafts.net/halloween.htm](http://allcrafts.net/halloween.htm)

**FREE!** **FREE!** **FREE!**

# HALLOWEEN IN OAK GROVE

PRESENTED BY: OAK GROVE TOURISM AND OAK GROVE COMMUNITY CARES

**SAT. OCTOBER 30TH - 6PM-9PM**

**WAR MEMORIAL WALKING TRAIL PARK  
101 WALTER GARRETT LANE - OAK GROVE, KY**

**Free Food and Drinks • Trick or Treat Alley  
Puppet Show • Playground • Haunted Trail  
Hay Ride • "Story of the Bell Witch"  
told by William Turner at 8:30pm**

FOR MORE INFORMATION CALL OAK GROVE TOURISM AT  
270-439-5675 OR OAK GROVE COMMUNITY CARES  
AT 270-889-7724.

**FREE!** **FREE!**

## PEACE & LOVE SHELF

by Becky Lyons

This month we are going to make something old and not so cool into a trendy piece of furniture.

### SUPPLIES:

- Scissors
- Two coordinating fabrics
- Modge Podge
- Paint brushes
- Sponge brush
- Furniture piece of your choice
- Spray paint
- Acrylic paint
- Coordinating ribbon
- Double-sided tape
- Ink pen

### BE A FRUGAL FURNITURE

**FINDER:** I headed to the New Spring Thrift Store to start my hunt. I came across a small wood chest and a shelf with pegs. I chose to go with the



wooden shelf with pegs. It was cheaper, needed less prep work, and I'm a fairly frugal girl!

**BECOME INSPIRED:** Next I made the trip to Hobby Lobby with my six year old and began choosing my fabric. This is sometimes a challenge for me since I have a love for fabric even though it tends to stack up and never get used. I found a very busy, fun, bright print for my background and a more subtle coordinating one for my lettering. Let's be honest—my six year old picked it out because I couldn't make up my mind!

**GET COORDINATED:** I then headed to the paint department and turned my creative juices up a notch to find a color to coordinate with my fabric. I decided to use spray paint because it's quicker and easier than actually brushing paint on the large surface. Spray paint also tends to be less of a mess when I am chasing a toddler around in the middle of my project. Once again my very decisive six year old chose

the color. While I am in this section I chose two colors of coordinating acrylic paint to use as accents! The Modge Podge and paint brushes are all on this same aisle.



**PAINT IT:** Once home I laid my wood shelf out in the yard and spray painted a layer to allow it to dry while I chased the toddler around the yard. Then I applied another layer and finally a third. I left some great blue paint on the grass that I am sure my hubby will not be a fan of when he sees it!

**CUT IT UP:** Next I took my base fabric and laid it out and trimmed it to size. When you cut the fabric it doesn't have to be perfect because you will add some trim to cover the rough edges. Then I brushed a coat of

**BLADES HAIR & COLOR GALLERY**

*Do something fabulous for yourself, that doesn't cost a fortune!*

Full service hair salon specializing in *hair coloring, extensions & corrective color.*

*Full staff of over 20 years experience!*

Owners Dana Dawson & Rhonda Myers, working together 23 years

**Call today for weekly specials!**

**931.648.9713**  
1850 Memorial Dr. Suite C

First Baptist Church Clarksville invites you to...

**Sunday, October 31**  
**5:00 pm - 7:00 pm**  
**Corner of Commerce St. & Hiter St.**

Join us for a family-friendly alternative to trick-or-treating! Lots of games, inflatables, candy and FUN!

**No scary costumes, please.**  
**EVERYONE IS INVITED!**

For more information, please call First Baptist at 931-572-1508

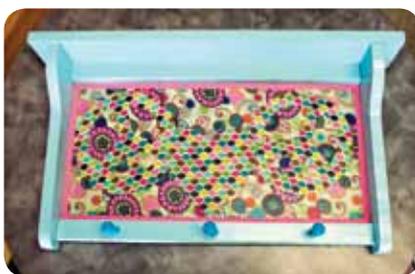
Modge Podge on the wood and placed the fabric on it. I added more Modge Podge to the top. Be sure to coat the fabric very well, you really want to saturate it. Simply use your fingers to get any wrinkles or bubbles out (it's okay to get messy).

**LAYER AWAY:** While waiting for the Modge Podge to dry cut out the design for the top. I couldn't find my stencils so I drew a heart and two peace signs and cut them out. I then used my Modge Podge again to add the designs and coat the entire fabric area again. If you would like to add any glitter or embellishments, now is the time to do it. After this dries, add a few more layers of Modge Podge over the entire surface, letting each layer dry in between.

**TRIM IT UP:** I also have way too much ribbon laying around the house so I found some coordinating ribbon and added some double-sided tape to it to cover the rough edges of my fabric (make sure it is permanent tape).

**NOTE:** I ended up only using one color of acrylic paint and I used it on the pegs because the spray paint didn't adhere too well. I opted out of painting any extra designs because I liked it the way it was.

Now you're done. Hang it up and be proud!



Becky will be giving away this shelf to one lucky *Clarksville Family Magazine* reader. To enter to win become a fan by liking the following three pages on Facebook and posting a comment about this article to: *Clarksville Family Magazine*, *Snugabugz*, and *Pics By Becca* (one entry per page for a total of three entries).

There will be a random drawing for the winner and

the winner will be announced in November's *Crafty Mama* article. You can see the shelf in person by visiting Quiznos on Madison Street where it will be displayed until the winner is drawn.

Becky Lyons (aka *Crafty Mama*) makes a wide variety of handcrafted items which can be found at "This Old Place" upstairs in Booth 40, and on her website [www.snugabugz.com](http://www.snugabugz.com). She also loves custom orders and can be reached at [snugabugzboutique@yahoo.com](mailto:snugabugzboutique@yahoo.com).

About the Photographer:

Rebecca Matt is a local photographer. She can be reached at [picsbybecca@gmail.com](mailto:picsbybecca@gmail.com) and her work can be seen on her website [www.picsbybecca.com](http://www.picsbybecca.com).

**PERLAMORE TRUNK SHOW**

**SPECIAL BUYS AVAILABLE FROM OCTOBER 1-11 ONLY!**

**BUSY Beads & Moore**

Become a fan of ours on facebook!

1960 I-b Madison St., Clarksville, TN  
931-552-5545  
[www.BusyBeadsAndMoore.com](http://www.BusyBeadsAndMoore.com)

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

**BUY 3 CHAMILIA BEADS AND GET ONE OF EQUAL OR LESSER VALUE FREE**

**CHAMILIA**  
YOUR LIFE. YOUR STYLE.

only available  
**October 1-4**

Become a fan of ours on facebook!

**BUSY Beads & Moore**

1960 I-b Madison St., Clarksville, TN  
931-552-5545  
[www.BusyBeadsAndMoore.com](http://www.BusyBeadsAndMoore.com)

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

## POTTY TRAINING 101

by Dr. Holly Benedict

Wouldn't it be wonderful if we could wave a magic wand and "poof" our children were instantly potty trained? Perhaps I would use said magic wand to also fold and put away the laundry as well as vacuum the carpet, cook dinner...okay, you get the idea. But, in reality, potty training is a process that mommies/daddies and their children must learn together.

My family is currently in the potty training trenches. Yikes—potty training. It was an obstacle just to get my son to hold his own bottle, then we had sippy cup boot camp, and now we are beginning our potty training adventure. The costs for a bag of pull ups provides great motivation for me each time I pay the cashier and mutter to myself all of the other things the \$20 could have purchased.

Off I went to the store to arm myself with knowledge and equipment about potty training. I came home

equipped with a potty training DVD (my son watched three seconds of it and decided it wasn't very interesting), a potty training book, a potty chair, and a potty training seat to place on the toilet. Oh, and very cool dinosaur disposable wipes. As I devoured the potty training novel (hey, I love to read) I turned the last page of the book with the realization that every child is different and there is no "right" way to potty train. Time and patience are the two best words of advice while potty training your munchkin. Good luck!

Below are some tips for your potty training adventures.

- Look for signs from your child that he/she is ready to start potty training. Some signs to watch for are:
  - ◇ Your munchkin wants to sit on the potty
  - ◇ Your toddler does not like to wear diapers
- ◇ He/she shows an interest in wearing underwear
- ◇ Your child asks to have his/her diaper changed
- ◇ Your toddler asks questions about using the potty
- ◇ Your child tries to imitate adult potty behavior, or is old enough to audibly tell you that he/she wants to use the potty
- ◇ He/she has predictable potty times
- ◇ Your tike can follow simple directions.

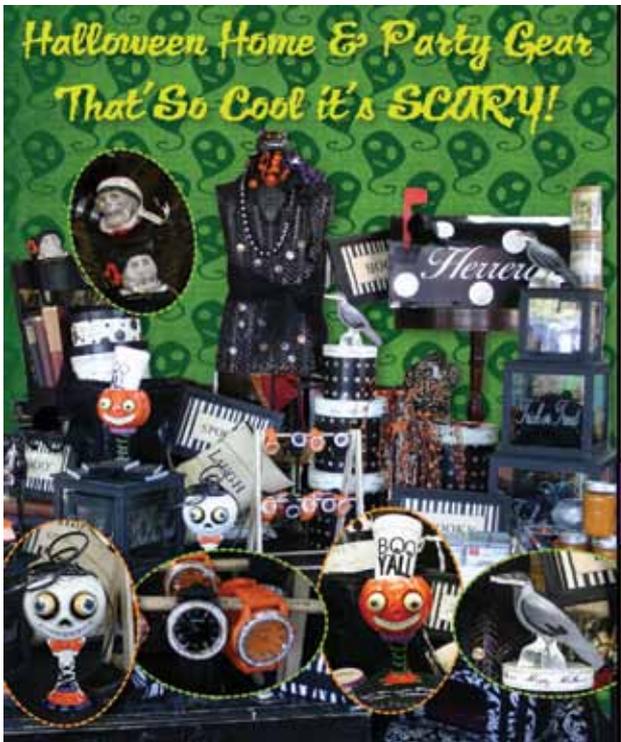
- Be realistic. Potty training is not going to happen overnight. There may be some great, consistent days where your child is developing a potty training schedule and then suddenly your child may have accidents. Don't fret. As frustrating as this can be, remember it is normal. Changes in routine, diet, and mood can offset potty training. Also, be cognizant of reminding your tike to go to the bathroom.

- Incentives: To spark some potty training motivation for your venture, let your tike pick out some awesome underwear with his/her favorite characters plastered all over them. Perhaps wearing "big kid" undies may ignite some spark and motivation into your child for the potty training adventure.

- Tangible rewards: Find out what motivates your child. Here are some ideas:

- ◇ Make a sticker chart to place on the wall. Each time your child uses the potty-he/she places a sticker on the chart. Once a certain number of stickers are obtained "reward" your child.
- ◇ Get a jar and let your child place a marble inside each time he/she successfully does or attempts to potty. Once the jar is full your child receives a special treat.
- ◇ Treats or rewards may vary from a trip to the ice cream

**Halloween Home & Party Gear**  
That's So Cool it's SCARY!



Clay Rice




Have your child's silhouette frozen in time.  
Coming to Fleur De Lis for one day Only!  
Silhouette artist, Clay Rice

Thur. Nov. 18 10am-6pm  
Schedule your appt. now!

Your Bunco Gift Headquarters!

Be sure to check out the Fleur De Lis Home Decor display in the Orgain Showroom.



**Fleur De Lis**  
Tradition With A Twist  
100 Main St.  
Downtown, Clarksville, TN  
931-591-3021

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

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

Please use by Oct 31st, 2010  
Must have coupon

parlor, a favorite toy or game, candy, a “date” with mommy or daddy, a trip to the zoo, a special picnic, a visit to the playground, a new book or puzzle...you get the idea. I’m sure your tike can provide more ideas for you.

- **Be consistent:** Make sure to notify grandparents, aunts/uncles, babysitters, Sunday School teachers, etc. of your child’s potty training schedule.

According to the Mayo Clinic, most children will master daytime bladder control within the first six months of potty training. Nighttime bladder control can sometimes take months or even years. So, invest in pull-ups, night time underwear or mattress covers to protect the bedding.

Also, be mindful that if your child is resisting the attempt to even try using the potty, don’t push him/her.

This may indicate that your child is not yet ready to begin potty training. Simply try again in a week or month.

On a personal note, my newly three year old son is on week two of minimal accidents in his big boy underwear. These days of using the potty have been no small feat in our household. Many strategies have been attempted unsuccessfully until I finally realized what motivated my three year old son. The answer was simple, and will make a dentist either cringe, or sigh in relief for future revenue: **CANDY**. To be more specific—Jelly Beans or M&M’s! I’m hoping to wean the candy once potty training becomes more of a habit and part of our routine; however for now...the candy is working its magic.

I take solace in the fact that when I was in high school everyone I know used the potty. Unless someone was wearing a Toy Story Pull up and I just didn’t know! Best of luck in your potty training adventure.

Children are likely to live up to what you believe of them.  
Lady Bird Johnson

Helpful Potty training websites:

- [babycenter.com](http://babycenter.com)
- [babylove.com](http://babylove.com)
- [pottytrainingconcepts.com](http://pottytrainingconcepts.com)
- [pottytrainingsolutions.com](http://pottytrainingsolutions.com)
- [onestepahead.com](http://onestepahead.com)



Dr. Holly Benedict is a military wife. She has two sons, ages one and three years old. Dr. Benedict is a college professor and is currently writing a book for military wives. Feel free to email questions, comments, or story suggestions to [holly.benedict@yahoo.com](mailto:holly.benedict@yahoo.com).



**Free Consultation**  
For NaturalFill  
*\$100 value*

*Expires 10/31/2010*



*A younger looking you,  
naturally.*

- Uses your own natural fat
- A Natural Wrinkle Filler
- Long Lasting Results
- No maintenance treatments

Juvederm • Botox • Perlane • Restylane  
SmartXide DOT CO2 Laser System  
Massage Therapy • Microdermabrasion  
AquaLipo • NaturalFill  
Laser Hair Removal • Tattoo Removal  
Permanent Makeup and More!  
Spa Parties Available

**Bella Medical Spa**  
(931) 245-0500  
[www.bellamedspa.com](http://www.bellamedspa.com)



400 Franklin Street

APSU & Military Discounts Given

Gift cards available on our website

# TIME FOR ATTENTION, NOT PANIC

by Dianne York

With the first nine weeks behind us, most parents can breathe a sigh of relief that things are settling in and your children are getting into their routines and working toward your expectations. However, what if you are not in that category? What if grades are not up to par and your routines are anything but calm and productive? Now is the time that parents have to stop and take note of their children's situation and address the measures needed to remedy the issues.

There is a lot of hype and a focus on grades and test scores in our schools today. This is a positive thing for students that are successful and that produce the results that everyone is looking to measure. Some of you may remember how it felt to get a report card put in your hands and your teacher saying, "Now, remember to show this to your parents as soon as you get home, and bring it back with your

parent's signature tomorrow." If you were a good student, a rush of excitement came over you, realizing that great things would await you when you presented this piece of paper to your parents. The anticipation of shouts of "Hurrah!" and if you were lucky, some cash or other type of payment for a job well done, made the delivery so much the sweeter. For those of you that were not so lucky, your scenario may have gone something like this...the report card was put in your hand, as you watched your friends comparing their grades you rushed to hide yours, hoping that no one would even know you were in the room, much less ask you what grades you made. This was followed by the fear of how your parents would respond when you showed the grades at home. You may have anticipated being grounded for weeks, missing your favorite TV shows, or worse yet,

being compared to your siblings or your friends. How many of you forged your parent's signature on that failing report card, or declared that you had lost it?

After a few years of teaching, it became quite evident that report card day was a day of mixed anticipation. Some of my eager students could not wait for them to be passed out and would be so excited with the results of their hard work. Yet others became sick with the thought of disappointing their parents. One little boy, who was not one of the lucky ones, tried very hard to leave his behind, but I made sure he had it tucked safely away so as not to lose it. Little did I know that he was met with his greatest fear, angry parents. I soon found out that some students are not only disappointed with themselves, but are truly afraid to face their parents. This little boy did not show up for class the next morning, nor

the next. When he returned, it was clear to me that he had just cause for wanting to leave his report card behind and spare himself the wrath of his parents. From then on, I was very thoughtful of the grades I put on report cards, knowing that while some were elated to show off their prize grades, others were fearful to take them home.

I share this story to let both parents and students know that grades are mere reflections of a period of time spent on subject matter. They do not necessarily reflect the knowledge or ability a child possesses. True, we all want to have some instrument to measure accomplishments, but realize they do not always produce an accurate picture, nor should they make a child feel less self-worthy or fearful.

In fact, there are many things that should be brought to your attention when grades falter. There

are several signs that may indicate that your child has issues that not only affect grades, but seem to spill over into their social life, and their attitudes.

Often when grades go down, it is a warning sign in other areas of their lives. A child who has brought home good grades in the past, but now shows a steady decline, requires a bit more attention. A few signs to look for include:

- A change in friends
- A change in energy level
- Reluctance to go to school
- An "I don't care" attitude
- An increased interest in video games

**A change of friends** may be a feeling that they just do not belong with their usual friends. Sometimes this is a good thing and can result in improved grades, a refocus of their attention, and a fresh chance to make the improvements necessary

to improve their performance at school or at home. While children are young, parents can make a great impact on their child's outlook and expectations. A positive environment that provides encouragement and the desire to do their best can result in self discipline and motivation to do well on grades and personal achievement. If the latest choice of friends seem to be heading your child in a direction that is not positive, then grades may be going in that direction, as well.

**A change in energy level** may indicate physical issues that result in loss of attention, being overly tired, or an apparent inability to comprehend and retain information. Could your child be suffering from environmental or food allergies that are making them feel bad and therefore keeping them from working up to their potential? With the increase in additives and

# Cold Ca\$h for Cool Style

*Have you checked out Plato's Closet?*



We buy and sell gently used guys and girls clothes, shoes and accessories from all your favorite brands.

Oh...and don't forget, we pay you cash for those trendy items you no longer wear. You'll look great and your wallet will feel even better!

2250 Wilma Rudolph Blvd.  
Clarksville, TN 37040  
(minutes from Governor's Square Mall)

**931.542.9894**  
\*Military family owned and operated

Reuse. Recycle. Restyle.<sup>™</sup>  
www.platosclosetclarksville.com

**PLATO'S CLOSET**

## ADVANTAGE LEARNING CENTER & CAST

Join us for...  
**STEM classes**

- \* Pre-K Music
- \*Art classes
- \*Vocal / Instrumental classes
- \*Modeling
- \*Drama
- \*Dance: Ballet, Lyrical, Acro, Jazz, Hip-Hop, Cheer, Tap
- \*ACT Prep
- \*1-on-1 tutoring
- \*Homeschool tutorial

**A FEW SPACES AVAILABLE IN SEVERAL CLASSES!**

**CHICK-FIL-A NIGHT! SUPPORT US ON**  
**October 20th & November 17th!**

Performance opportunities for our Winter Program.

**(931) 648-BOOK**  
reports.alc@gmail.com  
480 Warfield Blvd.



preservatives in processed and fast foods, children are often finding it more difficult to pay attention and learn in the classroom environment. Take note of your child's diet and any changes that may be affecting their success in school. If a child is appearing tired and lethargic, pay attention to the bedtime routines, what they eat and do before bed each night. Some simple changes may make a big difference in their work and their success. Without the proper rest, nourishment, and exercise, the level of their work may decline causing poor grades and lower self-esteem.

**A reluctance to go to school** is often seen as normal for older students. True, a younger child appears more eager, but if a child is experiencing success he or she usually does not mind going to school regardless of their age. All of us enjoy what we are good at, but not many of us get too excited

about doing things that are really hard for us. Whether it be our jobs or the gym, we do not usually enjoy things we do not excel in. A child is no different. It is very hard to continue to work each day, do the assignments and still not get good grades. A different approach or a change in the environment may be needed to let your child experience success so that they can move forward and realize that learning can be fun.

**The "I don't care attitude"** is a major sign and should not be ignored. If this is new for your child, it is so important to find out the cause and intervene as a parent. All students want to do well, just as all children want to please their parents. The "I don't care" attitude is usually to cover up the "I can't do it" feeling they have about themselves. Here is your chance for intervention. Tutoring often

gives them the added confidence to begin to feel like they can do the work, and do it well.

Last, but not least is **the increased interest in video games**. Working with children everyday has made me increasingly aware of the time spent with controllers in hand. Next to texting, this is the best workout for thumbs I have ever seen. All joking aside, this is a very serious matter. I have seen bright, intelligent students lose the ability to carry on a good quality conversation without involving some aspect of video games. It has become their social network, much the same as Facebook, MySpace, etc. Many of these games involve chat rooms where they meet and confide in friends, often ones they have never met except in the "virtual world." Hours spent in front of video games take away time they could be spending reading, studying, or being involved in

**It's Rocktober at Mary's**

We're all stocked up so you can ROCK!

**Hurry in for the best selection!**

Buy now or layaway for Christmas! (60-day layaway)

Instrument and voice lessons available! Call now to register for group or private lessons.

**MARY'S THE MUSIC STORE**

305 North Riverside Drive, Clarksville, Tennessee 931.552.1240  
 Mon-Fri 9am-6pm Sat 9am-5pm www.marysmusicofclarksville.com

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

Mark your Calendars!

Tue. 10/05: Sango Elementary 4-8 pm  
 Wed. 10/06: St Mary's Preschool 4-8 pm  
 Thu. 10/07: Norman Smith Elem 5-8 pm  
 Tue. 10/19: East Montgomery Elem. 4-8 pm  
 Wed. 10/20: Advantage Learning Ctr 4-8 pm  
 Thu. 10/21: Barksdale Elementary 5-8 pm  
 Fri. 10/22: Acro Dance Express 4-8 pm  
 Tue. 10/26: St. Mary's Elementary 4-8 pm

Also don't forget:  
 \* Concert with Lydia Walker Thurs Oct 28th 7-9pm

**Chick-fil-A FALL FESTIVAL!**  
 Sat. October 30th 5-9pm  
 Come join us for games, prizes and pose with the CFA cow for pictures. Anyone who comes in dressed in costume will get a free dessert!  
 Madison Street location only

extra-curricular activities including sports. The effects of constant interaction with the images on the screen makes taking notes in a class seem mundane and meaningless. The repeated acts of violence in some of these games make a harsh word to friends or family seem not so sharp. They see and hear it over and over, so when they start saying and doing these same things in real life, they do not see why it is so harmful. Not all video games involve violence but they do involve an amazing amount of time and concentration. No wonder they do not get excited in a classroom. A teacher cannot compete with the action of a video game.

Please pay attention to what your child is doing with his or her free time. A game system in the bedroom strongly affects your child's performance. Students who are falling asleep in class are admitting that they are sometimes

on the games until the wee hours of the morning. It is a bit unsettling to me to think that the last thing children do before going to sleep at night might be killing and shooting things rather than relaxing and doing something positive and meaningful. The video games are here to stay and can be a great reward as well as a fun family activity. To have the gaming systems in the family room rather than a child's bedroom allows for family interaction as well as monitoring both the materials being viewed and the hours spent viewing them.

If any of these situations sound familiar, or if you have seen these signs, now is the time to pay attention and not panic. Grades are a big deal and cannot be avoided. All students: public, private, and home school are held accountable through their grades. It is our job as parents to be aware of our

children's surroundings and do everything we can to help them be successful. Our attention and approval is so very important to our children. The importance of being available and attentive cannot be underestimated. We are our children's keepers and our jobs are priceless. Pay attention and do not panic, for a good foundation and a wholesome environment will result in good things. Putting all things in perspective good grades should be rewarded, but a healthy child with a good self concept gets an A in my book any day!

Dianne York has over 30 years experience in education and is the director of Advantage Learning Center, a center for academics and performing arts. Your questions and comments are welcomed at [educationatalc@gmail.com](mailto:educationatalc@gmail.com).



**Fall Auto Show 2010**  
October 8th - 10th  
See the latest models from your local automotive dealers.

**PRIVATE MILITARY SHOPPING NIGHT**  
**SUN., OCT. 17 @ 8:30 P.M.**

Attention all Military! We invite all of you to shop with us for extra discounts, giveaways, food sampling, & more! Be sure to Register to Win for a chance to win a \$500 Mall Gift Card from Steve Nash-Keller Williams. All Customers must show Military ID and use the Main Mall Entrance.



**Harvest Festival**  
**Sat., Oct., 30, @ 8:30 p.m.**

Fun activities for the entire family including games and prizes! **Attention Trick-or-Treaters:** Look for the orange pumpkin in the windows of participating stores.

**GOVERNOR'S SQUARE**  
M A L L

2801 Wilma Rudolph Blvd.  
(931) 552-0289  
[www.governorssquare.net](http://www.governorssquare.net)

## STRAIGHT LINE FENCE

931-980-6809 • Dependable, Reliable, & Professional



Variety of fences to choose from: Wooden, Vinyl, Chain Link, Ornamental Iron, and more!

**Custom-made Wrought Iron Handrails**

We offer cleaning and staining to maintain your fence or deck!

Check out our photo gallery online at [www.straightlinefence.net](http://www.straightlinefence.net)

**SAVE \$100** OFF ANY \$1000 OR MORE SERVICE

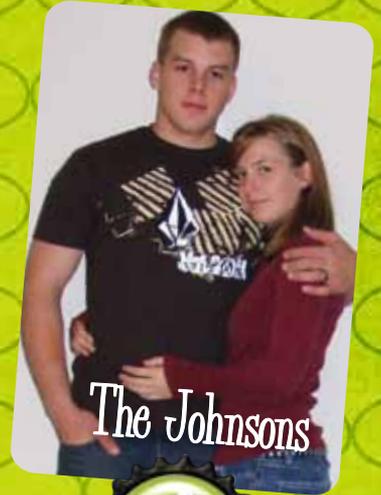
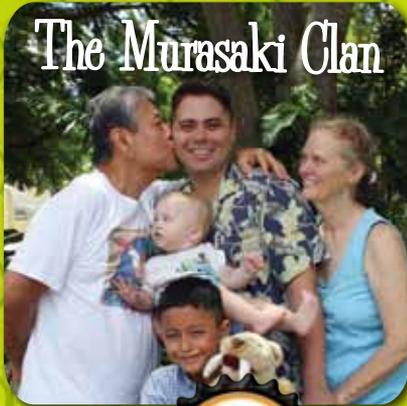
Must present coupon at time of estimate. Expiration: 12-31-10  
Coupon Code: Clarksville Family

**Free Estimates**

Phone: 931-980-6809 • Fax: 931-551-9360  
[www.StraightLineFence.net](http://www.StraightLineFence.net)

# CANDID

# Clarksville

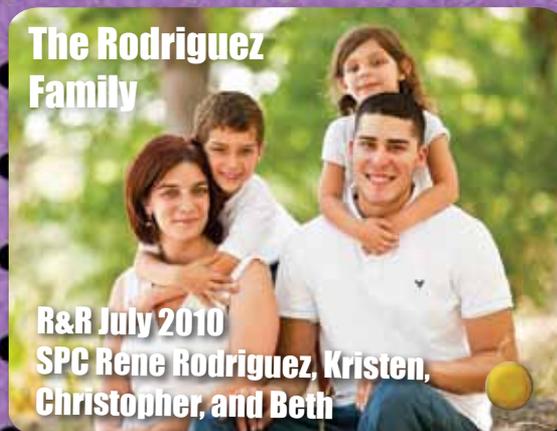
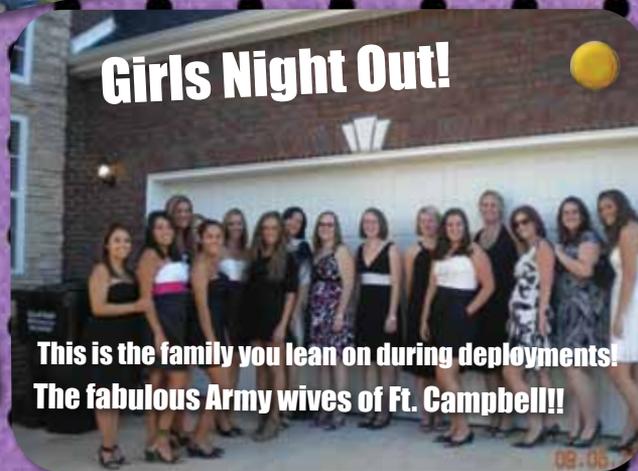


email your photos to: [candid@clarksvillefamily.com](mailto:candid@clarksvillefamily.com)

# FT CAMPBELL FAMILIES

\*\*\*  
WE  
SUPPORT  
OUR  
TROOPS  
\*\*\*

\*\*\*  
GOD  
BLESS  
OUR  
TROOPS  
\*\*\*



email  
photos to:

[fcf@clarksvillefamily.com](mailto:fcf@clarksvillefamily.com) by October 15th

# CHESTER THE CHIPMUNK: MISSING MAIL

by Brenda Hunley Illustrated by Willie Bailey

“Ranger Bill wants to meet with us tonight!” whispered Boomer Chipmunk as he read the little note tucked in Chester’s mailbox. Flipping through the rest of the mail, Boomer mumbled, “Junk, junk, and a note from Grandpa Chipmunk!” Looking around to see if anyone was watching, he quickly stuffed it, along with the rest of the mail in his backpack and raced into the Chipmunk home and shut the door behind him.

“Chester!” he called. There was no answer.

“Chester!” Boomer called again for his brother. He felt a rumble in his tummy so he decided to make himself a snack. Finishing his juice and

two peanut butter sandwiches he was now ready to continue looking for his brother.

“CHESTER!” he called. Only silence answered Boomer.

Boomer walked to the hallway, and called his brother’s name again. When there was no answer, Boomer shrugged his shoulders and took one of his story books out of his backpack and sat down to read. He quickly got bored with that, so he turned on some music and danced around the room. The dancing made him thirsty again, so he went back to the fridge and grabbed another drink. While he drank his juice he finished coloring a picture he left on the kitchen table. As time passed, Boomer remembered he was



looking for Chester, so he decided to go look for Chester down in the treasure room.

The treasure room is a secret room down deep underground in the Chipmunk home where Chester and Boomer keep

**ACRO DANCE EXPRESS**  
**NOW ENROLLING for Fall Dance Classes**  
 ADE provides the broadest base of professional quality dance training in all styles of dance in a positive, motivating, family friendly atmosphere.  
 Memories in Motion Photography

**VOTE ADE BEST OF CLARKSVILLE!**  
 NEW... Spirit "Cheer" Classes  
 Call for more info!!

**25% off** Classes for one month (new student only, exp Nov. 2010)

**2007, 2008, 2009, 2010 National "Elite Experience" Champions.**  
 Small Classes in All Styles & All Levels  
 Family Discounts, Payments on every budget

**Acro Dance Express**  
**931-648-3636** 660 Horace Crow Dr.  
 On the Bypass across from UPS

look for us on facebook [www.acrodance.webs.com](http://www.acrodance.webs.com)

**Fall Festival**  
*A FREE fun family event!*

Decorate Cookies  
 Enjoy Coloring Pages  
 Play Games  
 Meet the Chick-Fil-A Cow

**Thur. Oct. 28th, 5 p.m. - 8p.m.**  
 Governor's Square Mall location only

Chick-fil-A  
 Chick-fil-A at Governors Square  
 2801 Wilma Rudolph Blvd Ste 530  
 Clarksville, TN 37040 • (931) 645-5144  
[www.chick-fil-a.com/governorssquare-tn](http://www.chick-fil-a.com/governorssquare-tn)

various things they find when playing around Dunbar Cave. Chester has a workshop down there where he fixes these treasures and sometimes gives them to his friends and family for presents.

“Chester?” called Boomer outside the door to the treasure room. Pushing his ear up against the door he listened hard. Not hearing anything, he knocked and called his brother’s name again. “Chester!”

“WHAT?”

Boomer jumped! Looking around, he couldn’t see his brother. “Chester?”

“Yes?”

“Where are you?”

Laughing, Chester popped out from behind a bunch of hazelnuts piled in a nearby tunnel. “What’s up little brother?”

“We got mail!”

“Well then, let me see,” Chester said, stepping toward Boomer.

Boomer looked in his pockets and shook his head. “I had it just a few minutes ago.”

“Maybe you dropped it on the floor,” suggested Chester. After several minutes of looking around the tunnel, the brothers didn’t find the mail.

“Okay Boomer, what did you do after you got the mail out of the mailbox?”



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

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

Please use by October 31st, 2010  
must have coupon

Go **GLAM** this  
Halloween  
at Rhythm Rags!

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

931.647.5301

RHYTHM RAGS



Are you dealing with the pains of infertility and barrenness?

Are you currently undergoing infertility treatments, or thinking about pursuing it?

Are you looking for a way to make a difference in the life of a child?

Do you just need to be around other ladies who understand what you are going through?

Support Groups meet monthly in Clarksville, TN  
Please contact Lemon for date, time, & location

Whatever your need, Sing O Barren Woman Support Group is there for you.

Sing O Barren Woman is a new support group in Clarksville. The purpose of this group is to help form a place of safety, bonding and open discussion for women who are dealing with or have dealt with the issues of infertility. This group will meet once per month.

For more information, please contact  
**Lemmonstine Poindexter**  
at 931-302-0184 or [lemon.poindexter@yahoo.com](mailto:lemon.poindexter@yahoo.com)

News • Business • Events • Arts & Leisure

# Clarksville Online

The Best in  
Local Information  
and News Coverage

www.clarksvilleonline.com

## Hot Potato Kids



Save 25% off any  
one Halloween  
related item.

Not valid with any other offers  
Valid till 10/31/10

Bring your little  
spooks by on Sat.  
10/30 for a  
special treat  
(while supplies last).

View our website or facebook page for other sales!  
OPEN HOURS: Thurs & Friday 10-6:00, Saturday 10-3:00

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

"I ugh...I saw a small folded piece of paper and I set the mail down so I could see what was on the paper."

"Piece of paper?"

"Yes, it was a note from Ranger Bill to us!" said Boomer, clapping his paws together. "There were some coupons and junk mail, and a note from Grandpa too!"

Chester shook his head, "Boomer! That is a lot of mail! Let's go back to the beginning and see where you left it."

Coming into the living room, Chester looked around. Everything was a mess. There was music coming from the stereo, books sitting on the table and papers on the floor. In the kitchen, the fridge door was

open and there were empty juice boxes on the table, and crumbs on the table, floor, and countertops.

"Boomer, you sure do know how to make a mess!" Chester said, as he began cleaning up the mess.

Boomer hung his head, and helped his brother clean up. When they were finished, they looked around but neither of them found the missing mail.

With a big sigh, Chester suggested they go outside and start from the beginning at the mailbox, where maybe Boomer would remember where he put the mail.

Outside Chester and Boomer looked all around the mailbox and the bushes around their

home. "Chester, I can't find anything," Boomer said, wringing his paws.

"Me neither! What did you do after you looked at the mail? Did you look at it outside, or inside?"

"Uh, outside."

"Okay Boomer, think! Did you put it in your pocket, or how did you get it inside?"

Suddenly, a big smile spread across Boomer's face. "I remember! I put it in my backpack!"

Rushing inside, Boomer grabbed his backpack and dug out the pile of mail for Chester.

Chester sat down and quietly read for what seemed like



## Are you hitting your target audience?

Advertising in *Clarksville Family Magazine* allows you to target your message to local readers who are regularly seeking specific products and services for their family.

Call today to join our *Family!*

- 10,000 issues distributed at over 160 locations across Clarksville & Ft. Campbell every month
- 2nd largest print medium in town
- Full color glossy ads & free ad design
- A full month of advertising
- Locally owned

Ad campaigns starting at just \$195 per month



### Rachel Phillips

Advertising Sales

(931) 216-5102  
rachel@clarksvillefamily.com

EDEN  
day spa & salon



Be sure to stop by and see us on Thursday, October 7th at Best of Clarksville for lots of FREE goodies, drawings, good food, fun and much more!



150 HILLCREST DRIVE 931.552.2313 WWW.EDENDAYSPAS.COM

forever to Boomer and then said, "Grandpa and Grandma Chipmunk are going to come visit us for Thanksgiving!"

"Yay!" clapped Boomer, dancing around the room.

"...and Ranger Bill wants us to come down to the Ranger Station and eat 'smores with him tonight."

"Chester what are 'smores?"

"Oh, you are in for a treat! Just wait and see!" Chester said, setting the mail down next to his chair.

"When can we go?" asked Boomer.

"It says to come when we can, so we might as well go now."

The two chipmunks hurried to the Ranger station and met Ranger Bill. They helped him build a little campfire, sang songs, and got to eat hot dogs on a stick. And best of all, got to eat some 'smores!

"Graham cracker, melted marshmallow, and chocolate, YUMMY!" giggled Boomer, as he wiped leftover marshmallow off his whiskers.

"What a great night! Thank you so much, Ranger Bill!" sang Chester and Boomer, as Ranger Bill dropped them off at their front door.

"You are welcome guys! Sweet dreams!"



**little Visionary**  
Preschool & Childcare

New Building Coming Soon!

Ages 6 Weeks-12 Years • Age-Appropriate Playground & Equipment  
Parental Room Monitoring System • Biblical Scripture & Values  
Spanish • Sign Language • Computer Lab • 3 Star State Rating  
First-Aid & CPR Certified • Most Staff is CDA Certified/Working Toward Completion

450 Ringgold Road, Clarksville, TN 37042 (931) 647-3950  
littlevisionary@bellsouth.net



**MAXX'D OUT**  
COLLISION & TOWING

- 24 Hour Towing
- Full Collision Repair Shop
- Custom Paint & Graphics
- Free Estimates
- Insurance Certified
- Rental Cars available

931.431.6096  
2631 Ft. Campbell Blvd

**Discover Clarksville**  
Business Directory • Movie Listings • Photos • Weather

**Discover Local Arts**  
**Discover Local Events**  
**Discover Local Businesses**

**Come Discover Clarksville!**  
**www.discoverclarksville.com**



**Clarksville's premier event center**

- 320 Person Capacity
- Full Kitchen
- Sound System
- Tables & Chairs Included In Rental

AVAILABLE FOR WEDDINGS, FUNDRAISERS, COMPANY FUNCTIONS, SCHOOL EVENTS & CLASS REUNIONS

Call to reserve your date today!  
931-647-3942  
2525 Hwy 48, Clarksville, TN 37040  
MEGRANDLE@CHARTERINTERNET.COM  
WWW.THECUMBERLANDROOM.COM

**The Cumberland ROOM**

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

# HAPPY BIRTHDAY!



Happy 1st Birthday Ayden!  
Love Mommy, Daddy, & Ethan



Happy 1st Birthday Adan & Victoria.  
We love you so much. Mama & Dada.



Happy 1st Birthday Allison!  
Love, Mom, Dad, & Mallor



Happy 1st Birthday Dane

G



Happy 1st Birthday Gabriel!!  
We Love You !!Daddy & Mommy

K



Happy 1st Birthday Taylor Kate!  
WE Love You!

C



Happy 2nd Birthday C.J.  
Love, Mom & Dad

k



Happy 2nd Birthday Kaylynn!  
Love Mommy, Daddy & Mason

K

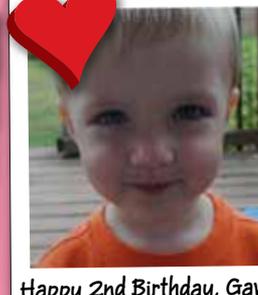


Happy 2nd Birthday Khloe!  
Love Mom & Dad

S

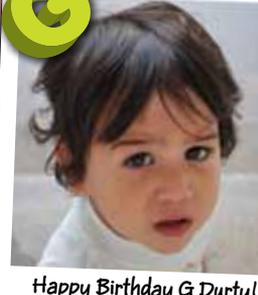


Happy 2nd Birthday Skyler!  
Love, Mom & Dad



Happy 2nd Birthday, Gaven!  
We love you! Mommy, Daddy & Mia

G



Happy Birthday G Dirty!  
Mommy & Daddy love you!

E



Happy 3rd Birthday Elisabeth!  
Love Mommy & Daddy



Happy 3rd Birthday Kristian!  
Love Mom, Dad & Nyck

M



Happy 3rd Birthday Mia!  
We love you, Momma & Daddy

B



Happy 3rd Birthday Boston!  
Love You! Mommy & Daddy

S



Happy 3rd Birthday Skyla Lin  
From GPA & GMA

B



Happy 4th Birthday Bellemy!

C



Happy 4th Birthday Cole!  
Love, Mom, Dad, Parker & Chloe

N



Happy 4th Birthday Natalie!  
Love Mommy, Daddy & Evie

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

# HAPPY BIRTHDAY!



Happy 5th Birthday Jonas!  
We love you, Mom, Dad, & Alex



Happy 5th Birthday Tiffany!  
Love Mommy, Daddy & Jae



Happy 5th Birthday Zion!  
We love you, Mom & Dad



Happy 5th Birthday Mattie!



Happy 6th Birthday Gracen!  
Love, Mommy & Daddy



Happy 6th Birthday Mckinlee!  
Love you to the moon! Mommy



Happy 6th birthday Damarri!!  
Love Mommy



Happy 6th Birthday Colin!  
Love, Dad, Mom, & Ethan



Happy 7th Birthday Kaylee!  
Love, Daddy, Mommy, & Bella



Happy 8th Birthday Baker!  
Love, Mom, Dad, & Kaitlin



Happy 8th birthday Carson!  
Love Mom & Dad



Happy 9th Birthday Miranda!



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 Tenth Birthday Bryan!  
We love You Bubbha!



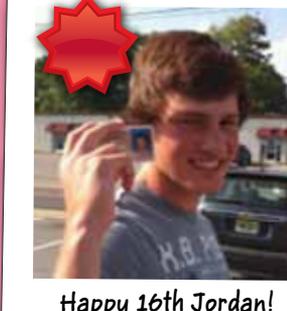
Happy 11th birthday Kali!  
Love, Mom, Eric, Rian, Erik & Drake



Happy Birthday Dylan Cottrell  
Love Mom & Da



Happy 14th Birthday Kayne  
Love Mom & John



Happy 16th Jordan!  
Love Mom, Jeb, Hannah & Jude



Happy 18th Joshua  
Love, Mom, Brandon, Skye, & Brodey

Ongoing

**BOYD'S PUMPKIN PATCH & CORN MAZE**

8:30 a.m. to 6:30 p.m. through October 31 at 1425 Hwy 76. Pumpkins \$0.25 per pound, corn maze \$4 for ages 6 and older, free for children 5 and younger. Visit [www.boydspumpkinpatch.com](http://www.boydspumpkinpatch.com) for information.

**CANINE FLYBALL CLUB**

The Queen City Road Runners meet most Sunday afternoons at their indoor training facility (call in advance for times). Flyball is a fun family sport where a relay team of four dogs race another team, jumping a series of four hurdles, trigger a spring loaded box to release a tennis ball, and race back to the handler. The Road Runners Club teaches the sport using a positive approach, emphasizing the human/canine bond. Family members of all ages are welcome. The sport is open to

any breed. Call (931) 220-4907, email [icflyball@earthlink.net](mailto:icflyball@earthlink.net), or visit [www.flyballdogs.com/qcrr](http://www.flyballdogs.com/qcrr) for more information about this exciting canine sport.

**CELEBRATE RECOVERY**

Friday nights with refreshments at 6:15 p.m. and the meeting at 7:00 p.m. at Grace Church of the Nazarene, 3135 Trenton Road. A Christ centered 12-step ministry. For more information call the church office at (931) 647-7768 or (931) 216-6644.

**CLARKSVILLE DOWNTOWN MARKET**

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

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

return the vendor application that can be found on [www.cityofclarksville.com](http://www.cityofclarksville.com). Vendors from outside Clarksville are also invited to participate.

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

**CLARKSVILLE FIRST CHURCH OF THE NAZARENE HOPE RIDERS**

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

**Chick-fil-A**

**Madison Street Spirit Nights**

1626 Madison Street  
(931) 648-4468

**5 TUESDAY SANGO ELEMENTARY**

**6 WEDNESDAY ST. MARY'S PRESCHOOL**

**7 THURSDAY NORMAN SMITH ELEMENTARY\***

**19 TUESDAY EAST MONTGOMERY ELEMENTARY**

**20 WEDNESDAY ADVANTAGE LEARNING CENTER**

**21 THURSDAY BARKSDALE ELEMENTARY\***

**22 FRIDAY ACRO DANCE EXPRESS**

**26 TUESDAY ST. MARY'S ELEMENTARY**

**SPIRIT NIGHTS ARE FROM 4:00 P.M. TO 8:00 P.M., EXCEPT THOSE NOTED WITH AN ASTERISK WHICH START AT 5:00 P.M.**

visit [www.hoperiders.blogspot.com](http://www.hoperiders.blogspot.com) for upcoming rides and events.

**FAMILY LIFE CENTER ACTIVITIES**

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

**HONEYSUCKLE HILL FARM**  
1765 Martins Chapel Church Road, Springfield. Through October 31. Monday-Friday we are open for Farm Tours by reservation only. This year

**HONEYSUCKLE HILL FARM**

**Corn Maze!**  
**Pumpkin Patch!**  
**New Pumpkin Train!**  
**Military Discount!**

**\$1 off**  
**Regular Admission**  
1765 Martins Chapel Church Road  
Springfield • 615-382-7593  
Not valid with any other discounts.  
Offer expires 10/31/2010

**#1 in Fall Family Fun**

**www.honeysucklehillfarm.com**

we have a brand new Pumpkin Train and a Pumpkin Cannon that can shoot a pumpkin over 2,000 feet. Our six acre corn maze is a tribute to the Middle Tennessee Council, Boy Scouts of America for 100 years of Scouting. Visit [www.honeysucklehillfarm.com](http://www.honeysucklehillfarm.com) for details or call us at (615) 382-7593.

**OWEN FARM FALL FESTIVAL**  
October 2 through November 13, Saturdays 10:00 a.m. to 6:00 p.m., Sundays 1:00 p.m. to 6:00 p.m. at Owen Farm, 825 Crocker Road, Chapmansboro. Activities include a helicopter ride, corn maze, corn crib, pumpkin patch, hay rides, barrel train, farm animals, duck race, 60-foot "drop zone slide," and more. See ad on page 53, call (615) 642-0294, or visit [www.owenfarm.com](http://www.owenfarm.com) for information.

## October

**1 FRIDAY ANNUAL FALL FESTIVAL**  
8:00 a.m. to 2:00 p.m. at Veterans Plaza, 3050 Pageant Lane. The event is hosted by the University of Tennessee and the Family and Community Education Clubs, with crafts, gifts, foods, and herbs booths with resale items. Educational exhibits will include Agri Tourism, Gardening and Landscape, Smith-Trahern Mansion: the Trees of Christmas, Environmental Advisory's 2010 issue "Fast Train to Clarksville," The History of Extension and many more.

At 12:30 p.m. come have "Cake on the Plaza," with special favors for all, as you help us celebrate 100 Years of UT Extension. Come meet FCE Club Members and find out how to be more involved with the Smith-Trahern Mansion and their Education Program. Just come out and have a good time. For more information contact Agent Martha Pile at (931) 648-5725 x29.

**30TH OKTOBERFEST**  
Also Saturday, October 2, 4:00 p.m. to midnight, at end of Economy Drive, near I-24 Exit

11. Family fun, German style. See ad on page 25, visit [www.edelweissclarksville.org](http://www.edelweissclarksville.org), or call (931) 624-5475 for information.

### 2 SATURDAY JUNIOR AUXILIARY HILLBILLY BALL

6:00 p.m. at Highland Ridge, 1601 Old Russellville Pike. BBQ, beer, and a corn-hole tournament. The Lauren Weakley Band will perform. Tickets are \$25 in advance/\$30 at the door. Tickets are available at the downtown Planters Bank, any Junior Auxiliary member, or contact [JenniferAMoore2002@yahoo.com](mailto:JenniferAMoore2002@yahoo.com).

### 7 THURSDAY SEE PINK MEETING

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

**8 FRIDAY FALL AUTO SHOW**  
Mall hours, mall wide through Sunday, October 10 at Governor's Square Mall. See new vehicles from local dealers.

### 9 SATURDAY PARDUE MEMORIAL CHURCH YARD SALE

7:00 a.m. to 1:00 p.m. at Pardue Memorial Church, 1895 Memorial Drive. All proceeds go toward mission work in Jamaica. For more information contact Pastor Len Scott at (931) 648-0459.

**11 MONDAY COLUMBUS DAY**  
**ALZHEIMER'S CAREGIVERS SUPPORT GROUP MEETING**  
6:30 p.m. at Clarksville-Montgomery County Public Library, 350 Pageant Lane. Call Patsy Shell at (931) 648-1884 for information.

**13 WEDNESDAY EARLY VOTING BEGINS**  
8:00 a.m. to 5:00 p.m. at Montgomery County Elections Commission, Veterans Plaza,



**brazilian blowout**  
certified salon

Now open in Sango  
By Appointment only  
Monday thru Saturday

931-603-6069

**bangz**  
hair by Sherylle

CREATIVE HAIR DESIGN AND PROFESSIONAL COLORING

O·P·I  
REDKEN bigsexyhair aquarege  
MATRIX JOICO if's a10



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

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

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

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



**The Clarksville Children's Theatre**

**ANIMAL TALES**  
ON SAT. OCTOBER 23RD AT THE MOUTH OF DUNBAR CAVE AT 11AM  
401 Dunbar Cave Road, Clarksville, TN

**NOW PLAYING**

The production will include an arts and craft activity beginning at 10:30am and a new original tale written by Clarksville writer, Joe Wojtkiewicz.

**FREE!** HOPE TO SEE YOU THERE!

Keep up with us on Facebook! [www.clarksvillechildrenstheatre.org](http://www.clarksvillechildrenstheatre.org)

350 Pageant Lane, Suite 404. Continues through October 28. Visit [www.montgomerycountyttn.org](http://www.montgomerycountyttn.org) for all dates and times.

#### 14 THURSDAY NARFE CHAPTER 870 MEETING

11:00 a.m. to 1:00 p.m. at Golden Corral Buffet & Grill, 2811 Wilma Rudolph Boulevard. Eat at 11:00 a.m., business meeting at 12:00 p.m. Call (931) 358-4855 for more information.

#### 15 FRIDAY JAMMIN' IN THE ALLEY— DIANA PELHAM

Music starts at 7:00 p.m. at Strawberry Alley downtown.

Free concert, open to the public.

#### 16 SATURDAY 35TH ANNUAL CRAFT AND COLLECTIBLES SHOW

9:00 a.m. to 5:00 p.m. and again Saturday, October 17 from 12:00 p.m. to 5:00 p.m. at Hanger #5, Perimeter Road, Campbell Army Airfield, Fort Campbell, Kentucky (Gate 7).

The Fort Campbell Officer's Spouses' Club presents "A Holiday Sampler 2010," their 35th Annual Crafts and Collectibles Show. Admission is \$5 for one day or \$8 for a two day pass. Children 15 and under are free. Come early and shop for the holidays. Over 100 vendors will be present.

Numerous door prizes will be awarded (must be present to win).

All proceeds benefit Fort Campbell and surrounding communities through charitable contributions and scholarships.

For more information contact JoAnn O'Connor at (931) 542-6183, Tammy Nolan at (931) 542-3458, or visit [www.fortcampbellosc.com](http://www.fortcampbellosc.com).

#### BARK IN THE PARK

1:00 p.m. to 3:00 p.m. at Heritage Park Bark Park, 1241 Peachers Mill Road. Bring your four-legged family members for a day of contests, demonstrations, prizes and more. Costume contest registration is from 1:00 p.m. to 1:45 p.m., the contest begins at 2:00 p.m. For more information please contact the Parks & Rec office at (931) 645-7476 or visit [www.cityofclarksville.com/parks&rec](http://www.cityofclarksville.com/parks&rec).

#### SENIOR DANCES

5:00 p.m. to 7:00 p.m. at Kleeman Community Center, 166 Cunningham Lane. Open to everyone ages 50 and up. \$2 per person. Entertainment and refreshments will be provided.

#### 22ND ANNIVERSARY SALE

8:00 p.m. at Pet Palace, 2448 Hwy 41-A Bypass. After hours event open to the public. 22% off most items Storewide. Flatscreen TV giveaway (must be present to win). 75 gallon aquariums for \$75. Call (931) 647-PETS (7387) or visit [www.petpalaceofclarksville.com](http://www.petpalaceofclarksville.com) for information.

#### 17 SUNDAY

#### PRIVATE MILITARY SHOPPING NIGHT

6:30 p.m. to 8:30 p.m. mall wide at Governor's Square Mall. All military and their families are invited to shop at Governor's Square Mall with extra discounts, giveaways, food sampling, and more. Be sure to register to win a chance to win a \$500 Mall Gift Card from Steve Nash-Keller Williams. All customers must show military ID and use the Main Mall Entrance.

#### 21 THURSDAY FREE BREASTFEEDING CLASSES

1:00 p.m. at Montgomery County Nutritional Education Center (WIC) in the Breastfeeding Room, 1850 Business Park Drive, Suite 103. Family members of prenatal women are welcome and encouraged to come. We discuss how to begin the breastfeeding experience successfully, troubleshooting challenges, how and when to pump, and how to continue breastfeeding for the length of time desired. Lots of Q&A, as well as some free breastfeeding supplies! Contact number is (931) 551-8777, ask to speak with a nutritionist.

#### SEE PINK MEETING

6:30 p.m. at Swirlz Art Studio, 329 Warfield Boulevard. Led by breast cancer survivors, Kelly Blevins and Lynne Woodson. Meetings help women who have gone through, or are currently going through treatment. Email [seepink2@gmail.com](mailto:seepink2@gmail.com) for more information or visit [seepink2.blogspot.com](http://seepink2.blogspot.com).

#### 23 SATURDAY AUDUBON PROGRAM BIRD WATCHING FIELD TRIP

8:00 a.m. to 9:00 a.m. at the Clarksville Greenway, off Pollard Road. Held by the Clarksville Department of Parks and Recreation as a follow up to the September class. For questions contact Kathy DeWein at (931) 221-6480.

#### ST. BETHLEHEM COMMUNITY FALL FESTIVAL

9:00 a.m. to 3:00 p.m. at St. Bethlehem Elementary, 2450 Old Russellville Pike. Come enjoy games, craft fairs, a cake walk, crafts, a basket auction, food, and entertainment.

#### PUMPKIN CHUCKIN' FALL FESTIVAL AND CRAFT FAIR

10:00 a.m. to 3:00 p.m. at Trinity Episcopal Church, 327 Franklin Street. See article on page 12.

#### ANIMAL TALES AT DUNBAR CAVE

The Animal Tales productions will feature a new animal adventure for each show. There will be an arts and craft



The source of many purchases to come.

  
**Clarksville Family**  
M A G A Z I N E

**Advertise smarter not broader.**

Targeting the most lucrative market in our community brings in more business, and smart businesses are advertising in Clarksville Family.

**AD DEADLINES: 15TH OF THE MONTH  
CALL NOW! (931) 216-5102**

activity at 10:30 a.m. followed by a production of one of our original animal tales beginning at 11:00 a.m. The show time is approximately 45 minutes.

All of our shows are audience participation, allowing the children a unique experience. The Animal Tales productions are free and open to the public. Clarksville Children's Theatre does, however, except donations at the end of the productions to help fund the production costs. For further information about the organization people can visit our web site at [clarksvillechildrenstheatre.org](http://clarksvillechildrenstheatre.org). Contact Jessica Lee at (931) 551-6467 or [jessica@clarksvillechildrenstheatre.org](mailto:jessica@clarksvillechildrenstheatre.org) for more information.

### **PARDUE MEMORIAL CHURCH FALL FESTIVAL**

11:00 a.m. to 3:00 p.m. at Pardue Memorial Church, 1895 Memorial Drive. There will be inflatables, games, food and much more for everyone to enjoy. Free to all. For more information please contact Pastor Len Scott at (931) 648-0459.

### **DOGGY PAGEANT**

12:00 p.m. to 4:00 p.m. at Pet Palace, 2448 Hwy 41-A Bypass. Costume Contest at 12:00 p.m., Fashion Contest at 1:00 p.m., Tiniest Dog at 2:00 p.m., Largest Dog at 2:30 p.m., and Best Trick at 3:00 p.m. \$5 per event. Everybody will receive a 10% discount card good for a year. Trophies and cash awarded to the winners. Call (931) 647-PETS (7387) or visit [www.petpalaceofclarksville.com](http://www.petpalaceofclarksville.com) for information.

### **WAGS TO WITCHES FUR BALL BASH**

7:00 p.m. at Riverview Inn, 50 College Street. See article on page 49. Call (931) 648-8042 or visit [www.clarksvillehumansociety.org](http://www.clarksvillehumansociety.org) for information.

### **28 THURSDAY**

**CHICK-FIL-A FALL FESTIVAL**  
5:00 p.m. to 8:00 p.m. at Chick-fil-A inside main entrance of Governor's Square Mall. Come enjoy cookie decorating, coloring pages, games, the Chick-fil-A Cow, and more. It

will be a fun night for families to come take part in. Call Britney Lee at (931) 645-5144 for more information.

### **CONCERT WITH LYDIA WALKER**

7:00 p.m. to 9:00 p.m. at Chick-fil-A, 1626 Madison Street. Call Sara Miller at (931) 648-4468 for more information.

### **29 FRIDAY**

#### **BIG BROTHERS BIG SISTERS GOLF FOR KIDS SAKE**

At Swan Lake Golf Course, presented by Sam's Club. Registration at 10:30 a.m., lunch at 11:00 a.m., tee off at 12:00 p.m. Shotgun start, cash prizes, teams of four. To register teams now call (931) 647-1418 or email [amy@bbbsclarksville.org](mailto:amy@bbbsclarksville.org).

### **30 SATURDAY**

#### **FRIGHT ON FRANKLIN**

4:00 p.m. along Franklin Street in downtown Clarksville. Prizes are bigger and better this year, don't miss it! Participate in a free costume contest at 5:00 p.m. To participate you must be registered by 4:30 p.m. You can register in advance at the Parks and Recreation department, or between 4:00 p.m. and 4:30 p.m. the day of the event at the registration booth. Prizes are awarded to the top three winners of each category.

#### **CHICK-FIL-A FALL FESTIVAL**

5:00 p.m. to 9:00 p.m. at Chick-fil-A, 1626 Madison Street. Anyone who comes dressed in a costume will get a free dessert. We will have games and the Chick-fil-A Cow will be there for pictures. Call Sara Miller at (931) 648-4468 for more information.

#### **HARVEST FESTIVAL**

6:00 p.m. to 8:30 p.m. mall wide at Governor's Square Mall. Fun activities for the entire family including games and prizes. Attention Trick-or-Treaters: Look for the orange pumpkin in the windows of participating stores.

#### **HALLOWEEN IN OAK GROVE**

6:00 p.m. to 9:00 p.m. at War Memorial Walking Trail Park, 101 Walter Garrett Lane, Oak Grove, Kentucky. Free food and drinks, trick or treat alley, puppet show, playground,

haunted trail, hay ride and at 8:30 p.m. "The Story of the Bell Witch" told by William Turner. Call Oak Grove Tourism at (270) 439-5675, or Oak Grove Community Cares at (270) 889-7724 for information.

### **31 SUNDAY HALLOWEEN**

#### **FALL FESTIVAL AND CONCERT**

4:00 p.m. to 6:00 p.m. at Excell Baptist Church, 328 Excell Road. Children are invited to come in costume and enjoy "Trunk or Treating," carnival games, inflatables, and more. All ages will enjoy free food, fun and a live concert by Lydia Walker and The Chris Beck Band.

All events are free and open to the public. Everyone is invited for great food, fun times and wonderful music. Take Hwy 41-A past the Sango Walmart to the light at Excell Road. Turn right onto Excell Road. For more information please call (931) 358-9695 or email [excellbcoffice@yahoo.com](mailto:excellbcoffice@yahoo.com).

### **FIRST BAPTIST CHURCH TRUNK OR TREAT**

5:00 p.m. to 7:00 p.m. at corner of Commerce Street and Hiter Street in downtown Clarksville. Join us for a family-friendly alternative to trick-or-treating! Lots of games, inflatables, candy and fun! Everyone is invited. No scary costumes, please. For more information, call First Baptist Church at (931) 572-1508.

## November

### **2 TUESDAY**

#### **ELECTION DAY**

State General and City elections. Visit [www.montgomerycountyttn.org](http://www.montgomerycountyttn.org) for more information.

**Submit your event via [www.clarksvillefamily.com/calendar](http://www.clarksvillefamily.com/calendar). Please have it to us by the 15th of the month to be included in the next issue.**

# GOLF LESSONS

All ages  
all skill levels

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



Instruction given by local golf champion,  
**Rob Long**  
By appointment only  
**(931) 338-1654**

## Clarksville-Montgomery County Public Library

350 Pageant Lane • (931) 648-8826 • [www.clarksville.org](http://www.clarksville.org)

### BABY AND ME LAP SIT

For infants up to 18 months old. Thursdays, October 7 & 21 @ 9:30 a.m.

### “BUILD AN OCEAN”

Program for families using LEGO building blocks. Saturday, October 9 @ 2:00 p.m. to 3:30 p.m.

### PAJAMA STORY TIME

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

### BUSY BEES

For children 18 months through three years old. Mondays, October 4, 11 & 18 @ 9:30 a.m.

### FAMILY TIME

For all ages. Mondays, October 4, 11 & 18 @ 10:30 a.m.; Tuesdays, October 5, 12 & 19 @ 9:30 a.m.

### GAMING PROGRAM

For everyone in the family. Come play Wii, Xbox 360 and board games with us. Friday, October 15 @ 1:00 p.m. to 4:00 p.m.

### HALLOWEEN STORYTIME

For everyone! Come dressed in costume and enjoy Halloween stories and a Halloween parade through the library. Friday, October 29 @ 10:00 a.m.

### JUST FOR ME STORY TIME

For children ages 4 and 5. Tuesdays, October 5, 12 & 19 @ 10:30 a.m.

### STORY TIME FOR HOMESCHOOLERS

Thursdays, October 7 & 21 @ 10:30 a.m.

### TEEN PROGRAM

For grades 7 to 12. Thursday, October 21 @ 5:00 p.m.

### TWEEN PROGRAM

Gaming program for ages 10, 11 and 12 years old. Tuesday, October 5 @ 4:00 p.m.

### TEEN ADVISORY BOARD

Meeting for grades 7 to 12. Thursday, October 7 @ 4:30 p.m.

### ANIME PROGRAM

For teens ages 13-18 years old. Saturday, October 2 at 2:00 p.m.

## CUSTOMS HOUSE MUSEUM & CULTURAL CENTER

200 South Second Street • (931) 648-5780 • [www.customshousemuseum.org](http://www.customshousemuseum.org)

October 3, 10, 17 & 24  
Visit the museum and register to win a copy of *The Original Adventures of Hank the Cowdog*. One book will be given away each Sunday. Admission is charged on Sundays. 1:00 p.m. to 5:00 p.m.

October 12  
The Clarksville Police K-9 Unit will give a

demonstration. The event is free with paid admission. 11:00 a.m. to 12:00 p.m.

October 17  
Children will make cat and dog paper bag puppets. The activity is free with paid admission. 1:00 p.m. to 4:00 p.m.

October 30  
John Erickson, author of the “Hank the Cowdog” books will perform. Times to be announced.

Check our website for details.

### Museum Hours

Tuesday through Saturday  
10:00 a.m. to 5:00 p.m.

Sundays

1:00 p.m. to 5:00 p.m.

### Admission

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

Free admission the second Saturday of each month.

## The Roxy Regional Theatre

100 Franklin Street • (931) 645-7699 • [www.roxyregionaltheatre.org](http://www.roxyregionaltheatre.org)

### SHOUT: THE “MOD” MUSICAL

Created by Phillip George and David Lowenstein. Continuity by Peter Charles Morris.

With its irresistible blend of hip-swiveling hits, eye-popping fashions and psychedelic dances from the ‘60s, this fun-filled musical will make you want to throw your head back and SHOUT! Using letters to an advice columnist, true confessions, quizzes and advertisements as a frame for such chart-topping hits as “To Sir With Love,” “Downtown,” “You Don’t

Have to Say You Love Me,” “Son of A Preacher Man,” “Goldfinger” and many more, this smashing revue tracks five groovy gals as they come of age during those liberating days that made England swing! October 1 & 2.

### DRACULA

Music by Frank Wildhorn. Book and Lyrics by Don Black and Christopher Hampton. Based on the novel by Bram Stoker. At twilight you will drink deep...and by the new moon live forever! Justin Barnum stars in this

terrifying and passionate new musical based on one of the most frightening novels ever written. Following Dracula’s lust for new blood and a small band of mortal men and women who must face his overwhelming seduction and mesmeric supernatural powers, this musical eclipses all other horror stories.

October 8, 9, 13, 14, 15, 16\*, 20, 21, 22, 23, 27, 28, 29 & 30.

### Curtain Times

7:00 p.m. Wednesday and Thursday  
8:00 p.m. Friday and

Saturday  
2:00 p.m. Selected Saturday Afternoons (indicated by an \* on the calendar)  
6:00 p.m. School of the Arts Productions

### Tickets

Musicals \$20 (adult)/\$15 (13 and under)  
Plays \$15 (adult)/\$10 (13 and under)  
Jr. Musicals \$10  
theotherspace \$10

School Matinees are \$7.00 per student. Please call for exact dates and bookings.

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

# Fright on Franklin

## Saturday, October 30

Sponsored by Planters Bank



### Trick or Treat along Franklin St. begins at 4 p.m.

- Participate in a free costume contest at 5 p.m.
- To participate you must be registered by 4:30 p.m.
- You can register at Parks and Recreation or same day at the registration booth between 4 & 4:30 p.m.
- Prizes are awarded to the top three winners of each category.

**Prizes are bigger and better this year - Don't miss it!**

THE CITY OF  
**CLARKSVILLE**  
TENNESSEE'S TOP SPOT

 Planters Bank

**Clarksville Family**  
MAGAZINE

## ADOPTION & FOSTER CARE

### CARING CHOICES OF CATHOLIC CHARITIES

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

### OAK PLAINS ACADEMY

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

### OMNI VISIONS INCORPORATED

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

### PHOENIX HOMES

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

### YOUTH VILLAGES

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

## ATHLETICS

### BUDDY BALL SPECIAL NEEDS ATHLETIC LEAGUE

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

### CLARKSVILLE IMPACT SOCCER CLUB

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

### EMMANUEL FAMILY LIFE CENTER

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

### IRON KNIGHTS YOUTH WRESTLING CLUB

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

## WARRIORS SPECIAL NEEDS CHEERLEADING

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

### SWIMMING EAGLES

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

### YOUTH WRESTLING PROGRAM

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

## CHILDBIRTH & PARENTING EDUCATION FAMILY BIRTH CENTER

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

### GATEWAY MEDICAL CENTER

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

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

### HEALTHY START

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

### LA LECHE LEAGUE OF

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

### NINE MONTHS & BEYOND

A comprehensive source for pregnancy, birth, breastfeeding and early parenting education and resources. Offers birth tub rentals, breastpump rentals, 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](http://ninemonthsandbeyond.com).

### TENDER GIFT DOULA SERVICES

A doula is a "woman who serves." I am a labor support person who attends to the emotional and physical comfort needs of the laboring woman and her family to smooth the labor process. I offer several prenatal visits, childbirth education, phone support, and one postpartum meeting to ensure the mother is well informed and supported.

Doulas have been shown to reduce labor time, and the need for labor augmenting drugs, and pain medication, while increasing the mother's satisfaction with her birth. For more information call Katie Gift at (931) 378-7233 or visit [www.MyTenderGiftDoula.com](http://www.MyTenderGiftDoula.com).

## CHILD CARE CHILD CARE AWARE

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

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

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

[www.tennessee.gov/humanserv/childcare/63/37043/](http://www.tennessee.gov/humanserv/childcare/63/37043/)

### PARENT INFORMATION NETWORK

Parents working to keep parents informed about issues that affect the community, education and our schools via a subscriber e-mail network, [clarksvillepin.net](http://clarksvillepin.net).

### PROGRESSIVE DIRECTIONS, INC.

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

## CHILD PROTECTION & DOMESTIC CRISIS SERVICES

### AL-ANON & ALATEEN

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

### DEPARTMENT OF CHILDREN'S SERVICES

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

### LEGAL AID SOCIETY

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

## MONTGOMERY COUNTY CHILD SUPPORT SERVICE

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

### SAFEHOUSE

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

## CHILDREN'S GROUPS

### 4-H YOUTH DEVELOPMENT

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

### BOY SCOUTS OF AMERICA

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

### GIRL SCOUTS OF THE USA

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

## COMMUNITY OUTREACH

### ALL NATIONS BIBLICAL STUDY CENTER

Offers tuition-free Bible courses to the community. Registration for the Spring Semester will begin in December. Ongoing Online Courses are also available. Visit [www.studythescriptures.net](http://www.studythescriptures.net) or call (931) 648-8844 for more information.

### APSU EXTENDED EDUCATION

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

### ARMY COMMUNITY SERVICE

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

### ASERCARE HOSPICE

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

### COMMUNITY SCHOOL OF THE ARTS AT APSU

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

### CRISIS CALL LINE

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

## GATEWAY HOME HEALTH & HOSPICE

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

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

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

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

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

## HOPE CENTER

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

## HUMANE SOCIETY OF CLARKSVILLE-MONTGOMERY COUNTY

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

## LATINA ASSOCIATION

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

## LOAVES AND FISHES

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

## MEALS ON WHEELS

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

## MONTGOMERY COUNTY WIC CLINIC

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

## PREVENT BLINDNESS TENNESSEE

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

## RADICAL MISSION

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

## TENNESSEE REHABILITATION CENTER AT CLARKSVILLE

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

## TWO RIVERS ASSOCIATION FOR THE EDUCATION OF YOUNG CHILDREN (TRAIEYC)

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

## UNITED WAY

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

## VETERANS UPWARD BOUND

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

## COUNSELING, SUBSTANCE ABUSE & MENTAL HEALTH ASPERGER/AUTISM CENTER

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

counseling, group counseling, family education and counseling, and psychiatric services. For further information regarding our programs, please contact Julee S. Poole, Ph.D., Program Director at (931) 431-7580 or [juleespoolephd@aol.com](mailto:juleespoolephd@aol.com).

## BRADFORD HEALTH SERVICES

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

## CELEBRATE RECOVERY

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

## CENTERSTONE

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

## FAMILY CENTERED SERVICES

901 Martin Street, (931) 503-4600.

## THE FAMILY GUIDANCE TRAINING INSTITUTE

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 501(c)3 licensed community mental health center and alcohol and treatment facility. Offering quality, private, compassionate services to persons who seek emotional wellness. Therapeutic and psychiatric services include: assessments, individual counseling, marriage and family counseling, group counseling, supervised visitation, mental health case management, and alcohol and drug treatment and education services. For further information contact Julee S. Poole, Ph.D., Program Director at (931) 431-7580 or [juleespoolephd@aol.com](mailto:juleespoolephd@aol.com).

## HOPE (HOMELESS OUTREACH PARTNERSHIP AND EMPOWERMENT)

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

## LIFESOLUTIONS - ASPIRE & JOBLINK

611 Eighth Street, (931) 920-7210.

## 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](http://www.mhc-tn.org).

## OAK HILL RESIDENTIAL

118 Union Street, (931) 647-8257.

## PASTORAL COUNSELING CENTER

The Pastoral Counseling Center at 516 Madison Street, is a ministry of professional care dedicated to healing and growth in human life and relationships. In partnership

with local congregations the centers are committed to providing clinical and education services to all who need these services. When you or someone you love is troubled by depression, marital or relationship problems, substance abuse, or a vague sense that your life is adrift, we can help. Professional support is available with fees based on your ability to pay. (931) 648-9009 or [www.pastoralcounselingctr.org](http://www.pastoralcounselingctr.org).

## THE PATH LIFE COACHING

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

## REGIONAL INTERVENTION PROGRAM

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

## VIVIAN HOUSE

125 Vivian Street, (931) 920-7235.

## WEEMS ACADEMY

812 Greenwood Avenue, (931) 920-7370.

## INTERNATIONAL ORGANIZATIONS

### MISS TENNENY AREA AFS VOLUNTEER LEADERSHIP TEAM

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

Currently, in the USA there are over 5,500 registered volunteers. To find out more about AFS go nationally to [www.afs.org/usa](http://www.afs.org/usa) and click on going abroad, hosting or volunteering. Locally, you may contact Becky Heywood at [AFSBecky@comcast.net](mailto:AFSBecky@comcast.net) for volunteering and sending. To find out more about hosting locally contact Jackie Smiley at [AFSjackie@gmail.com](mailto:AFSjackie@gmail.com). The local web site is [www.misstenny.org](http://www.misstenny.org). You may also contact locally Dr. Barbara Y. Wills for general information and how you may be involved here in the Clarksville area at [AFSPR@misstenny.org](mailto:AFSPR@misstenny.org) or (931) 378-7258.

## PARENT GROUPS

### CLARKSVILLEMOMMIES.COM

A Mommies Network community, was founded in September 2009 by Blythe Belenky to help connect and support Moms in the Montgomery County, Clarksville, Ft. Campbell and Hopkinsville areas. ClarksvilleMommies.com is for ALL types of moms including those who work full-time. The site offers chatting online in a private forum—discussing everything from the best photographers to the worst temper tantrums and all that

lies between—and meet-ups regularly at member-driven events around the area. And best of its all FREE! Everything—online support, playgroups, and MNOs are all FREE! [ClarkvilleMommies.com](http://ClarkvilleMommies.com) is part of TheMommiesNetwork, a 501-C(3). Register to be part of ClarkvilleMommies!

### 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, 2500 Old Farmers Road. Additional activities are held throughout the year. For further information visit [www.orgsites.com/tn/chara](http://www.orgsites.com/tn/chara) or e-mail [charatn@charter.net](mailto:charatn@charter.net).

### HOPE@HOME (HELPING OTHER PARENTS EDUCATE AT HOME)

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

### HOPKINSVILLE SAHM MEETUP GROUP

For information about the Hopkinsville Stay at Home Moms Meetup Group visit [sahm.meetup.com/1943/](http://sahm.meetup.com/1943/)

### LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

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

### MOMS CLUB OF CLARKSVILLE

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

### 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 throughout the school year at First Baptist Church downtown, 435 Madison Street. Each meeting begins at 9:15 a.m. and childcare is provided. For more information, please contact our 2010-2011 Coordinator, Carrie Abraham at [cchilcott@hotmail.com](mailto:cchilcott@hotmail.com) or (931) 431-2533, or visit us on Facebook under MOPS at First Baptist Clarksville.

### MOMS Club of Clarksville Calendar

- Friday, October 1—**General Meeting**  
Our guest speaker will be a member who will speak about couponing and how to save money. Please join us for a kids craft, food and fun!
- Friday, October 8—**Breakfast Bunch**  
Cracker Barrel
- Monday, October 11—**Dinner Delight Night**
- Thursday, October 14—**Pumpkin Patch**
- Wednesday, October 20—**Park Day**  
Billy Dunlop
- Saturday, October 23—**Hall O Wee Ones**  
Our annual Halloween party where there will be games, stories and a potluck dinner. It's guaranteed to be a ghoulishly good time!
- Monday, October 25—**Scrap N Chat**
- Tuesday, October 26—**Lunch Bunch**  
Old Chicago
- Thursday, October 28—**Stroller Rollers**
- Friday, October 29—**Library Day**  
(Halloween activities)

### 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](mailto:ftcampbellmops@yahoo.com).

### HILLDALE BAPTIST CHURCH MOPS

Meets most 1st and 3rd Fridays from 9:30 a.m. to 11:30 a.m. starting in September going through May. Childcare is provided and your first meeting is free. Come meet great moms and join in the fun. For more information contact Heather Lopp or Diane Carroccia, Co-Coordinator, email Diane at [dmc74.blondie@gmail.com](mailto:dmc74.blondie@gmail.com) or visit [www.orgsites.com/tn/hilldalemops/](http://www.orgsites.com/tn/hilldalemops/).

### SPRING CREEK BAPTIST CHURCH MOPS

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

### PARENTS OF MULTIPLES

An email support group for parents of twins, triplets and more that live in Clarksville or the surrounding area. Call Kelley Corley at (931) 358-0127 or e-mail [KCOrley77@aol.com](mailto:KCOrley77@aol.com) for more information.

### PARENTS REACHING OUT

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

### SHARE (SECULAR HOMESCHOOLERS: ANY RELIGION, ECLECTIC)

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

### TENNESSEE EARLY INTERVENTION SYSTEM (TEIS)

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

### WIC NUTRITION EDUCATION CENTER

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

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

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

### SUPPORT GROUPS ALZHEIMER'S CAREGIVERS' SUPPORT GROUP

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

### ARMY COMMUNITY SERVICE

At 5661 Screaming Eagle Boulevard, Fort Campbell, "Family Readiness" is 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](http://relocation@fortcampbellmwr.com) or [www.fortcampbellmwr.com/ACS/familyReadiness.htm](http://www.fortcampbellmwr.com/ACS/familyReadiness.htm).

### AUTISM SUPPORT GROUP

Donna Richardson at (931) 503-2315.

### CLARKSVILLE MONTGOMERY COUNTY MULTIPLE SCLEROSIS SUPPORT GROUP

A local support group for Multiple Sclerosis patients, family members and caregivers in the day to day management of M.S. Activities include guest speakers, up to date medical news, advances in finding a cure for M.S., and open forum discussions. Meets the third Tuesday of each month (September through May) at 7:00 p.m. at First Christian Church, 516 Madison Street.

For more information call Melba Dowdy at (931) 852-1486 or Mary Nell Wooten at (931) 647-8904.

### CLARKSVILLE OSTOMY SUPPORT

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

### CLARKSVILLE PARENT SUPPORT GROUP

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

### GRIEF & LOSS

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

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

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

### PARENTS HELPING PARENTS

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

### SEE PINK

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

### TENDERPAWS PET THERAPY

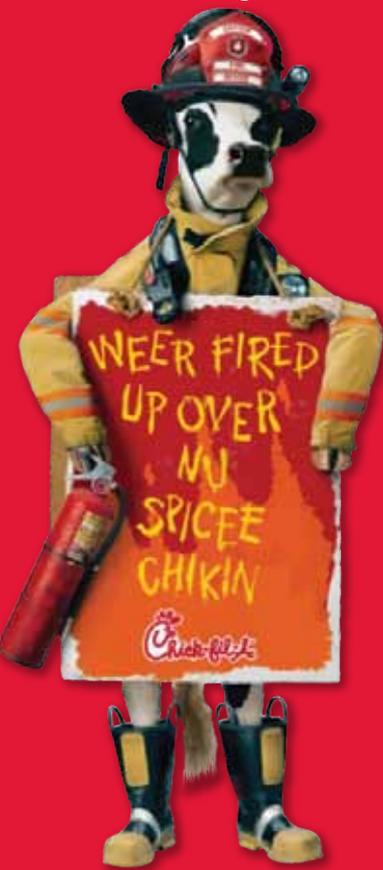
Tenderpaws Pet Therapy Group meets at 10:00 a.m. the first Saturday of the month in the Liberty Room of Gateway Medical Center. To have your pet screened call Kathy at (931) 553-8959.

### WARRIORS OF HOPE

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

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

# Coloring Contest Winners!



**FREE\***  
**Spicy**  
**Chicken**  
**Sandwich**

**\*With the purchase of a Large Fry and a Large Drink.**

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 November 30th, 2010.



**Ages  
0-3**

**Kendric Williams**  
age 3, Southside, TN

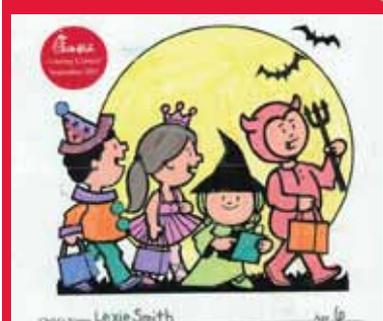


**Tapanga Bowers**  
age 3, Clarksville, TN



**Ages  
4-6**

**Maggie Loescher**  
age 5, Clarksville, TN



**Lexie Smith**  
age 6, Clarksville, TN



**Ages  
7-9**

**Dalten Stone**  
age 7, Clarksville, TN



**Austin Brown**  
age 9, Cumberland City, TN



**Ages  
10-12**

**Cheyenne Bramblett**  
age 12, Clarksville, TN



**Tabitha Sanchez**  
age 10, 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.**

We've all heard the old saying, "Seasons Change." Our lives go through seasons as well. Some good, some bad. God wants to walk through the changes of our lives with us.

Sometimes,  
Change can be a *Beautiful* thing.



**onechurch.tv**

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

[www.onechurch.tv](http://www.onechurch.tv)

931-802-8663