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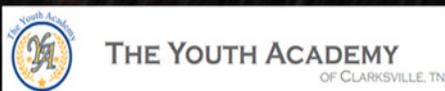
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Publisher's Message

Fall is definitely here. The leaves have changed and are dropping faster than usual with all the dryness we've had this year. We drove to Florida for fall break in October and in just a few days I could tell a difference in the trees on our way back. I always love this time of year.

We're proud to have the Edmondson family on our cover this month. Chris and Kim have been writing articles for many years in our Faith and Family section, and it was a pleasure to photograph their beautiful family at Dunbar Cave. Thank you to Colleen Devigne, our graphic designer, who doubled as photographer that day.



Originally David Barbee was scheduled to take the picture, but as I'm sure many of you are already aware, David has been diagnosed with Lymphoma, so was unable to take the portrait. Our thoughts and prayers are with David, his wife Marjorie, and their family, as he battles and beats this disease.

On a lighter, and admittedly self-serving note, I want to mention another endeavor we have started. You may have noticed the ads for Swirlz Art Studio in the past few issues. If you're a Facebook fan of ours you probably have seen some of the postings about this business. My friend and business partner, Jennifer Mead, are the owners. I have wrestled with revealing the connection to Swirlz in these pages. The more I thought about it the less it made sense to avoid it. If you're not familiar with Swirlz, it is an art studio where you can come and learn to paint in an evening. Even with no prior painting experience or artistic ability you will go home with a finished painting of your own creation. We've only been open a couple of weeks, but the response has been very positive, and I think many people will love coming out for a date night, girls night out or even alone to have a relaxing, creative evening.

I promise not to turn *Clarksville Family* into the Swirlz bulletin board! But Jennifer and I are so excited about our new business, and the fact that we were able to bring something like this to Clarksville. Swirlz is located in the Warfield Towers shopping center, next to The Looking Glass restaurant. All of the details are available on www.swirlzart.com. If you're remotely interested, look for us on Facebook because we plan to have a lot of contests and special offers.

With Thanksgiving just around the corner I am certainly thankful for many things: my family, my friends, our wonderful city, and the fact that we get to share *Clarksville Family Magazine* with all of you. Thank you to all of our advertisers for their continued support in allowing us to bring this to you free each month. And of course thank you to our readers, who make it all worthwhile.

May you have a safe and happy Thanksgiving with your families. Have a great month!

Sincerely,
Carla Lavergne

Clarksville Family

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

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THE SWIMMING EAGLES

LOCAL SWIM TEAM BUILDS COMPETITIVE SWIMMERS AND STRONG KIDS

by Pamela Magrans

Swimming is excellent exercise. As parents we often see this for ourselves. For those of us who have treaded water in a wave pool frantically trying to keep up with our bouncing youngsters—we know first hand that swimming builds (and demands) strong muscles. Most of us have watched our children splash around all day at the beach only to find

themselves asleep as soon as their weary little heads hit the hotel pillow.

We know that swimming is great exercise—that is obvious by the tired bodies we haul home after a long summer day at the pool—ourselves included. We encourage our children to swim and look forward to those long hot days at the pool because we inherently know it is good for our children. They are happy, kinetic and we can sit and watch!



learn teamwork and push for their personal best. For these swimmers—it is a year round sport.

DO EAGLES SWIM?

The Swimming Eagles team members wear black caps showing the profile of a golden eagle. These children and youth represent the teamwork and patriotism that our community is known for. The Swimming Eagles is a not-for-profit, parent-run swim team. Their mission is to develop abilities in the swimmers that will inspire and empower them to achieve excellence through a positive competitive swimming experience. The Swimming Eagles are led by Coach Meg Brasuell. Meg joined the Swimming Eagles several years ago when her family moved from Mississippi to the Clarksville area. Her twin sons are both on the swim team.

Swimming is a whole body exercise; it works every muscle. Swimming is considered the safest exercise because it is low impact and does not cause stress on the bones and joints, like running or exercises that put pressure on the body. The natural buoyancy of the water creates a setting where the body is weightless.

What makes this form of exercise even better is that it can be fun too! Some local children and youth have discovered that swimming is not only fun and good exercise but also a way to make friends,

Participants on the swim team learn not only the fundamentals of all four competitive swim strokes but they also build confidence, good work ethic and incorporate fitness into their daily lives. Children or youth who have a basic knowledge of the backstroke can participate. Teams of swimmers are grouped by the coach based on ability and age. Participants attend swim meets occasionally and compete both individually and as a team.

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Kendra Wesbrock signed her two sons up for the swim team this past April. Andrew (a 3rd grader at Lucas Elementary) practices twice a week and Christian (a 6th grader at Mahaffey Middle)



practices three times a week. Neither of them had previously participated in competitive swimming but heard about the swim team and decided to give it a try. Both boys are also active in boy scouts and take guitar lessons.

“It is good exercise and good experience working with other kids,” said Kendra. “They can work as a team and also work on their solitary skills.”

For Kendra, watching her boys build self esteem and get the many physical benefits from swimming is its own reward. Her husband is deployed and the swim team is a great way to create structure in their routine. While her husband is deployed it is up to her to transport the boys to and from activities, so it helps to find a sport where they can both participate at the same time.

A SWIMMER'S PERSPECTIVE

Ethan Bisgaard is a 17-year-old Swimming Eagle and a student at Northwest High



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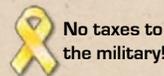


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School. He became a Swimming Eagle five years ago. Both of his older siblings were also Swimming Eagles.

"I enjoy swimming because it keeps me in shape and it gives me a challenge to overcome," said Ethan. "Swimming helps by giving me motivation to keep swimming during the hard parts in practice or the tough parts in life."

Ethan already knows that the skills he has learned in the pool have life long advantages and usefulness. This is a sport that he can continue for the rest of his life.

For a younger swimmer, Will (a second grader at Clarksville Academy), he just enjoys the time in the pool. "It's really fun. I like

the freestyle," he said. "But the hardest thing is staying up on the backstroke."

LOCAL AND ON THE ROAD

The swim team is broken into groups based on skill and experience. They practice weekly at one of the Ft. Campbell pools or at APSU. The more advanced swimmers practice three times, while the younger ones practice twice a week.

The Swimming Eagles also travel to competitions. They compete in Bowling Green, Paducah, Owensboro and Brentwood. They travel one or two times a month on weekends between September and March. Participation in meets depends on the advancement of the swimmer.

The Swimming Eagles is a year round sporting venue that offers many children and youth a chance to exercise, have fun and compete on a team.



IN RETROSPECT

As I watched the young swimmers backstroke down the APSU outdoor pool one evening during fall break—it was evident that this type of swimming is a blending of fun and work. In between laps they took time to laugh together, while holding lightly to the side of the pool. They rested for a moment and got some pointers from their coach. Clearly it takes work to swim correctly, to follow the technique and form of specific swims. It also takes concentration and stamina. As in any sport this takes commitment and effort.

As the water splashed up on my camera and began to sprinkle on my shoes I wanted to dive with them into that heated pool in October. Beyond being a healthy activity, it just looked like a lot of fun. A father standing by tells me that his son swims three miles at each practice. That is nine miles of swimming each week! What great exercise for a growing boy, I think to myself.

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By the time I left my own seven year old was asking me about the Swimming Eagles. "Who are they?" he asked. "Can I be on that team?" Apparently, their practice had impressed my son. In their matching swim caps they do look like a group of super heroes— super kids and swimming eagles!!



To learn more about the Swimming Eagles and view information about fees and schedules visit www.swimmingeagles.com or call (931) 431-9014.

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VETERANS DAY

by Deane Schultz

I feel subdued today... No, thoughtful is more accurate.

Visited an old soldier today—one I hadn't seen since 1979; Command Sergeant Major Luis Esparza. Upon finishing up the SF training in '78, he was my first boss—one I didn't like, and one I set out to make his life miserable. I was SUPPOSED to go to a Special Forces A-Team, but for some reason I got stuck in a staff job at Battalion level... not something a certain Tall-Good-Looking-Hard-as-Steel-Green-Beret was SUPPOSED to be doing! Nope! I was meant for the coveted A-Team.

(All this from a 20 year old kid with one year in the service—me—doing this to a soldier who came into the army in 1949, was the highest rank an enlisted soldier could be, and who had two wars under his belt.)

With this attitude, I set out to do all sorts of little things to mess with him—like put my nearly 600 pounds of barbell weights in front of my clothes storage locker so he couldn't

inspect it as Sergeant Majors do. My imagination for such juvenile things had no limits. My “partner-in-crime” Brad and I would get hauled into his office while the rest of the Battalion staff grew hushed. We would then get our butts chewed—yet again. He would yell and yell, then end up with an animated, “Now, got OUT of here!!”

Such memories...

But as of late, different memories come to mind. As I thought back to after each well-deserved chewing-out, if my retreating form happened to turn around to glance back at him I saw a much-softened look about him, usually accompanied with a slight smile. Then it hit me; although he had full rights to throw me out of his unit, he was somewhat fond of me despite all my youthful arrogance. Perhaps he was remembering another young soldier of 1949. And then I realized...

...he cares.

Caring can go both ways. Through the old SF soldier list

I found out that now 70 year old CSM Esparza had a quadruple bypass surgery recently. Although from North Carolina he had surgery in Nashville and was recovering at his daughter's home here in Clarksville.

A strange thing

happened—the Lord whispered in my heart, “Go see him.” I thought, “ME?! Why, he won't even remember me. And if he does, unless senility has set in, he will remember what a PITA [*pain-in-the-...*] I had been.” But the heartfelt thought wouldn't leave.

So I did see him today. When I walked into his daughter's home, I was greeted with “Oh, I remember YOU!”

I didn't know whether to continue in or turn around and RUN!

After that? I sat down and visited with a whole new perspective. Here was a man a fraction of his former size and presence—brought on by a number of ailments that age can cause. But in this old soldier's eyes I still saw something larger. Something from before.

Now that we were both retired, I suppose that make us equals. But ya know, a part of me still felt young—like I didn't know anything compared to this man who has been through so much. Three hours later we were still trading pictures and stories and memories and, well...life.

And when I left this time I got a different type of send-off...

“Come back again sometime.”

That meant the world to me. And I will.

The A-Teams came later—after some much needed lessons and growing up of a certain young soldier. Once again, in God's perfect timing, He put me where I needed to be. Maybe for both of us...

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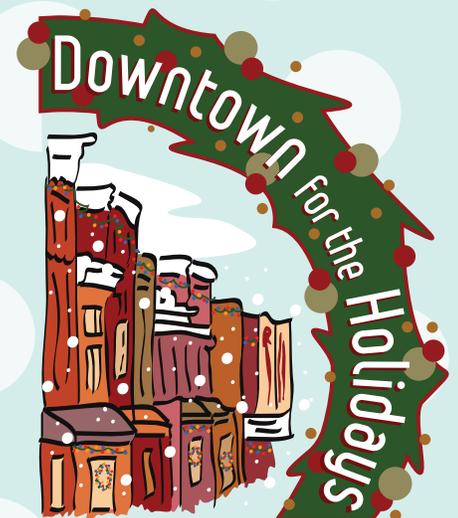
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WAHM, SAHM, SAY WHAT?

by Twila Murasaki

A couple of years ago I began a wonderful little massage therapy clinic. I loved making money helping others and yet getting to be my own boss. As things moved along and my little clinic grew in clientele something happened that threw a big wrench into everything I had planned. I became pregnant. Though it wasn't planned my husband and I were ecstatic to have the new addition to our family, however for nine long months I agonized over my business that I had worked so hard to build. Should I put the baby in daycare and forge on as planned? Should I stay home and devote myself completely to the little one and my older son, giving up my clinic?

It took nine months and me holding my littlest love in my arms for the first time before I could make the decision that would change my life and all of my well laid plans forever. I could not say good-bye each day to my baby and focus on my career. For me, that was simply impossible. So my husband and I accepted the new roles we would play, he as the sole bread winner and me as the full time housekeeper and caretaker of our children. I had officially become a Stay At Home Mommy a.k.a. a SAHM.

As days progressed into weeks, and weeks into months the baby grew and I was left with more and more time and not enough to do. I decided it was time to learn to sew, craft, and scrapbook which turned into decorating the house, which turned into remodeling our house—which resulted in me being chin high in projects.

My husband eventually put his foot down and suggested I find just a couple of things that I love and do something with it. The snowballing effect had reached its climax and I began to write and do photography more seriously. Through my husband's faith and support not only did I become a published writer but even managed to set up my own studio where I am able to do photography professionally (Twilight Photography of Hopkinsville, KY). This was the point where I had transformed myself from your everyday crafty SAHM to a Work at Home Mommy a.k.a. a WAHM. I was getting to help my husband financially (which allowed us more freedom) and still spend each day raising our children.

I am truly blessed with getting the best of both worlds. Getting to know other mothers out there I have discovered many beautiful and

amazing women who have walked every path of motherhood be it a SAHM, WAHM or working mommy. All are tough choices and each with their own rewards.

For many mothers it would be wonderful to be a full-time SAHM and just focus on child-rearing and not bill-paying, but unfortunately as the financial strain becomes more evident being a SAHM becomes a reality for a minority and a dream for most.

As time passes, and the purse strings tighten, the decision about returning to the kind of work that will help pay the bills becomes imminent. Some moms will choose to go back to work either due to finances or their own special reasons. However, some, like myself, may choose to venture into being a WAHM.

Establishing a new work at home business will take some time and patience and may cause your immediate finances to take a hard hit, so make sure that you have some residual funds saved in your bank account to allow for a lack of income during the first few months of your new found career. It will also cost in materials, advertising, etc...be prepared! However, depending on what you're doing most start-up

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at-home enterprises can network on free sites, advertise, and sell whatever it is you have to offer. I've listed a few below to help you get started.

- www.etsy.com
- campbell.bookoo.com
- clarksville.craigslist.org

Some WAHM's find success by focusing on their specialty niche and begin an online business promoting such. The first thing that a prospective WAHM needs to do is to identify what her interests and skills are. I've always had an affinity for writing and taking great pictures. I have a friend who fixes computers, I know someone who knits, another person who tutors children, and another who bakes yummy treats for special occasions.

I've seen clever mommies come up with some interesting and very unique ideas that end up as a surprisingly successful business. The possibilities are endless and, to be completely honest, the more unique or creative your niche is the less competition and the better chances of success. There are plenty of informative websites on the Internet that will offer helpful hints to moms on how to get started with a work at home enterprise. I've picked just a handful of the numerous sites out there that can offer ideas, information and support.

It is absolutely imperative that you take the time to do proper research into your chosen niche before you start any work at home enterprise.

- www.wahm.com
- www.wahmzone.com
- www.wahmnetwork.com
- www.wahm-2-wahm.com
- www.wahmforums.com
- www.freelancemom.com

Not everyone is into crafts or up for starting a whole new business on their own. If you fall into this category you might consider the possibility of working from home for an employer on a contractual

basis. This at least takes away some initial risk until you feel that being a WAHM is right for you. Once again the Internet is loaded with lots of opportunities but be very wary of scams—if it sounds too good to be true then it most probably is—so do your homework first and ask lots of questions before you commit to anything. I've listed several tips

on common scams and the Better Business Bureau's quick guide on what to do to protect yourself.

1. WEBSITE PYRAMID SCHEMES

Often you'll see people (even locally) bragging about the big paychecks they've been receiving from a supposedly well established company, usually under the guise of selling one thing or another.

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Some sites will even provide the people who sign up with false documentation to “prove” what they’re saying is true. Their posts, emails and ads are often begging people to look and join these sites to make amazing money like they have. How this works is that the websites will generally have a product or webpage that you have to first purchase and then you try to sell the product/job to others to get paid a small amount of money per person you get to join.

2. NIGERIAN CHECK CASHING SCAM

The Nigerian check cashing scam usually involves transferring funds internationally. The scam artist attempts to build trust with the victim by offering official looking legal contracts, fictitious letters of credit, and phony documents bearing company letterhead, payment schedules and bank drafts.

Once the scammer has garnered the victim's trust, money orders, checks or wire deposits are sent to the victim to be “processed.” The victim is asked to cash the money order (wire deposits will send the money directly to the victim's accounts) or check, and send a percentage of the total back to where it came from. The funds are sent back to the scammers (usually the prey is told to keep a part of the funds for themselves, as payment for their services). Eventually the victim's financial institution will learn that the transaction was a fraud. The funds are then subtracted from the victim's account and he or she is made liable for all of the lost money. I'm a personal fan of requiring proof of a verified PayPal account whenever I deal with someone that's not local as you can always have them checked out to ensure their legitimacy.

3. WORK-AT-HOME JOB LISTS

These scams sell lists of companies that are hiring for work-at-home positions. The problems with most of these lists are that they are rarely updated and often yield a list of useless leads.

4. ENVELOPE STUFFING SCAMS

These scams frequently require a “registration fee” which must be paid before work begins. Once the fee has been paid, the “employee” is asked to post an ad, at the “employee's” expense, which is often the exact same ad that the “employee” responded to using his or her own contact info. Once the “employee” receives a response to their ad, he or she will stuff an envelope with information and instructions on how to get started and mail it to the new applicant. The victim is “paid” based on the total amount of responses received from their ads. This is very similar to the website pyramid scheme but far more involved.

5. MEDICAL BILLING

Advertisements for these prepackaged businesses always contain an initial financial investment. The ad or solicitation glosses the idea over by telling its buyers that only a small percentage of medical claims are transmitted electronically and that the market for medical billing is wide open. In reality, the medical billing industry is fierce and revolves around several very large and well established firms. Because competition is so widespread, few consumers who purchase medical billing business opportunities are able to locate clients to generate enough revenue to make a profit, and they usually can't even earn enough money to recover their initial financial investment.

6. RESHIPPING

Reshipping scams often start out with an employment offer, usually via e-mail. Like the Nigerian scam, these “employers” offer fake contracts and other documentation to make them appear legitimate. Once the victim's confidence has been acquired, packages are sent to the victim's residence with instructions to reship the packages to another address. Once the package has been reshipped, the victim is “guilty” of receiving and shipping stolen property. This often leads to a visit from police.

7. PHISHING

Phishing scams are often cleverly hidden attempts to get your account information. These e-mails appear legitimate, with professional-looking company logos and information, and often claim that there is a vital need for you to log into your account and verify personal information. If you receive one of these e-mails, check the destination URL on the provided link before attempting to login or submit any information; the links could actually lead the addressee to a false web site. The victim may be asked to update their banking

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information or other sensitive information, which the site owner (a.k.a. scammer) will use for any number of illegal purposes.

PROTECT YOURSELF

Before you send any money responding to job ads or completing job placement contracts, the Better Business Bureau offers the following tips to help job seekers avoid these types of scams:

- Avoid job listings that use these descriptions: “package forwarding,” “reshipping,” “money transfers,” “wiring funds” and “foreign agent agreements.” These and similar phrases should raise a red flag.
- Don’t be fooled by official-sounding corporate names. Some scam artists operate under names that sound like those of long-standing, reputable firms.

- Never forward or transfer money from any of your personal accounts on behalf of your employer. Also, be suspicious if you are asked to “wire” money to an employer. If a legitimate job requires you to make money transfers, the money should be withdrawn from the employer’s business account, not yours.
- Don’t give out your personal financial information. A potential legitimate employer will not request your bank account, credit card or PayPal account number. Only provide your banking information if you are hired by a legitimate company and you choose to have your paycheck direct deposited.
- Don’t fax copies of your ID or Social Security number to someone you’ve never met. Credit checks and fake IDs can be attained with this information.

Only give these documents to your employer when you are physically at the place of employment.

- If you have questions about the legitimacy of a job listing, contact your Better Business Bureau, your state or local consumer agency or the Federal Trade Commission.

There are many advantages to being a WAHM. With support from your family and careful research and planning before you start a home-based venture you will be well on your way to carving out a successful enterprise for yourself that could one day see you as the next “mompreneur” of your chosen career.

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LIPOSUCTION AND BODY SCULPTURE

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

Although liposuction is a relatively new form of cosmetic surgery, there have been several recent improvements in the technique. One of the most significant improvements has been the introduction of the **Tumescent Technique**. It is now recognized world wide as the technique permitting the greatest safety, the most rapid recovery, the least pain and the best aesthetic results.

It is also the only technique that, in the hands of a qualified surgeon, permits liposuction totally by local anesthesia, avoiding the dangers of general anesthesia, IV sedation and narcotic analgesics.

Body sculpture by liposuction is literally a dream come true. Localized accumulations of fat, which are often inherited and prove impossible to eliminate by exercise or dieting, can now be removed permanently by this liposuction technique.

Body fat tends to increase gradually over the years. After the age of 30, an individual tends to add fat according to a genetically predetermined pattern. This fat distribution is often resistant to exercising and dieting. An example of this is the fat that appears on the abdomen and hips of a woman, especially after pregnancy, or love handles in men. For many people who have inherited excessive accumulations of fat, liposuction is the only realistic means of changing the body's silhouette.

Other areas that can also be treated besides the abdomen,

hips and love handles are the thighs, knees and beneath the chin or neck. In men, the most common treated area is the love handles, abdomen, breast or chest and the neck/chin area.

The concept of liposuction is surprisingly simple. Liposuction is a surgical technique that improves the body's contour by removing excess fat from fatty deposits located between the skin and muscle.

Liposuction involves the use of a small stainless steel tube, called a cannula. The cannula is connected to a very powerful suction pump and is inserted through small skin incisions. The removal of fat is accomplished as the suction cannula creates tiny tunnels through the fatty layers. After surgery, these tiny tunnels collapse resulting in an improved body contour. The incisions are so small that no stitches are used. The incisions heal by themselves and are extremely difficult to detect.

The large volumes of dilute local anesthetics infiltrated into the fatty tissue cause the tissue to become swollen and firm, or tumescent. The Tumescent Technique magnifies the fatty area that is to be treated by liposuction. If there is an area that has not been completely treated, this is more easily detected because the area is swollen and enlarged. Thus the risk of post-surgical irregularities and unevenness is minimized.

Results are permanent as fat cells that are removed do

not grow back. As long as the patient does not gain excessive amounts of weight, the new, more pleasing silhouette is permanent. A woman who always tends to put weight on her thighs and knees, will find that after liposuction, these areas are less likely than other areas to accumulate fat when she gains weight. In fact a number of patients have had liposuction and have subsequently gained weight. The areas originally treated by liposuction have maintained their new desirable silhouette, whereas areas not treated by liposuction have been the sites of new deposits of fat.

The best candidates for liposuction are in good health and have realistic expectations of liposuction. There is neither a definite age limit, nor weight limit for patients who are "good candidates" for liposuction. However, some of the happiest patients have been individuals who are somewhat obese. It is important to emphasize that liposuction is not a treatment of general obesity. Liposuction surgery is not effective as a last resort for people who are unable to maintain a reasonable weight by dieting. However, an overweight person whose weight has been stable for many years and has certain problem areas of fat may be an excellent candidate for liposuction.

Quick return to normal activities is achieved because the Tumescent Technique eliminates bleeding and because the residual anesthetic solution drains out so quickly,

there is less inflammation and the healing process is significantly accelerated.

Also, because of the significant decrease in swelling, inflammation and pain after the surgery, patients are able to return to normal physical activities very soon after the procedure. There is no limitation to physical activity other than what common sense would dictate. Some patients are able to return to jogging, golf, light aerobic exercise within a week or two after this procedure. Some patients do find the soreness after surgery more significant than others, but on the average, most patients

are quite surprised at how quickly they are able to return to normal activity.

If you have a question or concern about Tumescent Liposuction or other cosmetic procedures we encourage you to submit your question to: info@mdkaye.com. Type "Clarksville Family" in the subject area.

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

of Cosmetic Surgery and the American Society of Cosmetic Breast Surgery.



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THE SPORT OF FLYBALL

by Taylor Lieberstein

Looking for a way to build your dog's confidence while teaching discipline and giving it an outlet for all its energy? The Queen City Road Runners participate in a sport that offers all three of those things called flyball. Flyball is an organized sport for canines and their owners that is recognized among pet lovers worldwide.

There are two sanctioning flyball organizations, the North American Flyball Association (NAFA) and the United Flyball League International (U-FLI). With over 400 active clubs and 6,500 competing dogs, NAFA is recognized as the world's leading authority on flyball and the sport's top sanctioning organization. NAFA started in 1985 and has continued to grow from there. There are tournaments, an official rule book, and titles and awards to be won.



Locally, the sport is played by a team called The Queen City Road Runners, which was founded by Elias and Deborah Yoder. They started their non-profit dog training club in late 2007. The club's mission is to provide a fun and safe environment for dog sport enthusiasts.

Deb and Eli first learned of the sport after working closely with the American Society for the Prevention of Cruelty to Animals (ASPCA) in

the animal rescue efforts following Hurricane Katrina in New Orleans in 2005. They adopted Katie, a Labrador retriever. Katie was just under four months old when the disaster struck her home in



Louisiana. The hurricane presented Katie with many fear and social issues. Her new owners took her love for the tennis ball and started working closely with her. Through flyball they turned her into the loving pet and the competitor she is today.

The Yoders take on dogs like Katie, as well as dogs that just want the experience of belonging to a club, and the exercise and camaraderie that comes along with it. Their roster of canine competitors is currently at 12 dogs with seven more dogs in training.

Flyball is a team sport, four dogs and four handlers race against another team of four dogs and four handlers. The race goes as follows: each dog on a team, in turn, races down their lane, jumps four hurdles, executes a 180 degree turn on the flyball box, releases a ball, catches it, and returns over the four hurdles to the start/finish line. As each dog returns over the start/finish line, the next one goes charging down the lane. The first team to have all four dogs finish the course without making a mistake wins the heat.

Many benefits can come from competing in the sport with your canine. It is an exciting sport for

both the dog and the handler. For the dog it is an organized activity that offers an outlet for energy and builds confidence while teaching discipline. For the handler, the sport helps in developing a

stronger bond with the dog and teaches ways to better handle the dog. Both benefit from maintaining active lifestyles as well as sharing goals and milestones with each other.

Each team races four to six times a day while at tournaments. At the end of the tournament each team is ranked according to wins. Individual dogs can earn points towards titles at each heat race. Points and titles are accumulated over an entire racing career.

The sport welcomes all breeds and ages of canine competitors with only two exceptions: the dog must be at least a year old and must be physically healthy. Older dogs can compete as well. There is a special class for them called "veterans," specifically for dogs over seven years old.



There are many rules that come along with the sport to ensure that the races are fair and all dogs have an even chance at winning. Each team races against teams with similar speed times. In addition, the hurdles that the dogs must jump

are determined by the shortest member of each team. Therefore there is no need to worry that your pet could not keep up with the others.



Handlers are involved in the races too. The handler lines up with their competing canine to keep the dog motivated, focused and ready to run. The handler rewards their dog with a “party” after successfully completing their run. The “party” can be a game involving their favorite toy or simply a taste of their favorite treat.

A dedicated dog and handler can be ready to race in about six to nine months. However, it is recommended that you and your dog allow yourself about nine to twelve months after your first flyball class to start competing on a flyball team, since flyball is a series of complex behaviors. For that reason the club owners break down the series into discreet actions and train to proficiency before adding all the steps together into a complete run so that your dog is not overwhelmed.

There are essentially three phases each handler and dog must process: introduction to the basic concepts, completing a flyball run in a practice setting, and learning to race. Practices are held weekly, and although they are not mandatory, the more you practice the sooner you and your dog can be ready to start winning flyball titles.

The Queen City Road Runners are currently accepting new students. Each student will complete a basic eight week flyball class, which is held on Sunday afternoons. They are also offering three months free membership into the club to any pups adopted from the Clarksville-Montgomery Humane Society or Animal Control. Anyone interested in learning more about flyball or the club can contact Eli or Deb at (931) 220-4907 or visit their website at flyballdogs.com/qcrr.

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COMING HOME

by Chris Edmondson

We took our family on vacation to Florida during fall break a few weeks back. We had a blast! My wife and I spent one day at Walt Disney World with our boys, and my parents bought us tickets to go on our first cruise! There were eleven of my family on this floating city—Kim, my three sons, my mom and dad, my sister and her husband and their two kids, and myself. Needless to say, it was a little crazy with all of us on a cruise ship to the Bahamas! It is so great to get away sometimes and recharge your batteries. Have a change of scenery, and eat food that you would never ever try while living in Tennessee (escargot, anyone? They *don't* taste like chicken!!).

It is good to just get away sometimes, but there are some drawbacks about leaving home, aren't there? The one thing I don't like about getting away is sleeping on a different bed. My back hurts. I toss and turn. The bed is either too soft or it's like you're sleeping on a concrete slab! And what about using a different pillow? Too soft, too hard, and you never do know who drooled on the hotel pillow the night before! No, I like my pillow. And when I sleep, I have to have a fan. It's a noise thing. Anyone else? *Yeah, it's good to get away, better to return! It's good to leave, but it's better to return.*

Jesus told a story about going on a trip. He told a story about a boy who left home. And if cruise ships were around during Jesus' day, this son chose the party ship *Carnival Cruise Lines*. If he chose to go anywhere, it was to Las Vegas, hoping that what happens in Vegas stays there! Let's listen as Jesus tells us this story...

Jesus told them this story:
 "A man had two sons.
 The younger son told his
 father, 'I want my share of

your estate now, instead of
 waiting until you die.'

Luke 15:11-12a

This son said the most unimaginable thing a son could say to a dad. He said, "Father, would you go ahead and give me my share of the estate?" Because a younger son doesn't say to a father, "Hey dad, would you just pretend like your dead for a minute? Because when you die, I am going to get a part of this estate, so let's just pretend that you're dead. And you just go ahead and give me what I am going to get anyway when you die." That is the most disrespectful thing you can say to a father. And then Jesus, in His characteristic way of confusing everybody said...

"So his father agreed to divide his wealth between his sons. A few days later this younger son packed all his belongings and took a trip to a distant land, and there he wasted all his money on wild living.

Luke 15:12b-13

There it is! This guy is planning one sweet vacay! "Here I come Carnival Cruises!" This wild, rebellious son has one party after another party. Night after night, he gains more and more friends. Lots of people know who he is, because every weekend there is party after party. He spends every single dime his father spent his lifetime amassing to one day leave as an inheritance for his sons—he spends all of it over the course of a few months. This is a worst-case scenario, right?

"About the time his money ran out, a great famine swept over the land, and he began to starve.

Luke 15:14

This is moving from bad to worse, isn't it? He has spent all his money, and now he needs a job. So he goes

to work on a farm, where things get so bad that the only job he could find was feeding pigs! This Jewish boy is in the worst possible conditions.

"Things got worse and worse, and one day the son thinks to himself, 'You know what? My father has servants. I am nothing but a servant to a farmer I don't even know. My father has servants like this, and he treats his servants better than this guy is treating me. Maybe I can go back and apply for a job. Maybe I can go home—not as a son, because that is over—maybe I can go home and just become a hired hand.'" So the son gets up and begins his long journey home, thinking about what to say and how he's going to say it.

"So he returned home to his father. And while he was still a long distance away, his father saw him coming and was *filled with love and compassion...*

Luke 15:20a

If you're a person who is far away from God, do you know what your heavenly Father feels when He thinks of you? Compassion—not anger. Compassion. Look at what the father does in this story:

"He ran to his son, embraced him and he kissed him. 'Quick! Bring the finest robe in the house and put it on him. Get a ring for his finger, and sandals for his feet. And kill the calf we have been fattening in the pen. We must celebrate with a feast, for this son of mine was dead and has now returned to life. He was lost, but now he is found.' So the party began.

Luke 15:20b, 22-24

Great story, right? This is where I wished the story ended. But it doesn't.

"Meanwhile, the older son was in the fields working. When he returned home, he heard music and dancing in the house, and he asked one of the servants what was going on. 'Your brother is back,' he was told, 'and your father has killed the calf we were fattening and has prepared a great feast. We are celebrating because of his safe return.' The older brother was angry and wouldn't go in. His father came out and begged him, but he replied, 'All these years I've worked hard for you and never once disobeyed you...'

Luke 15:25-29a

The big brother says, "I haven't gone anywhere! I have been here. Did I wander off? No! I'm still here! My younger brother's been the one partying and spending your money."

"And in all that time you never gave me even one young goat for a feast with my friends. All the while he squandered your money on prostitutes...'

Luke 15:29a

"You never focused on me like you focused on that hellion of a younger brother of mine! He comes home, and you throw him a party! What's up with that? Dad, why are you so *focused* on the rebellious son? Why are you so *focused* on him and not me?"

"My son,' the father said, 'you are always with me, and everything I have

is yours. But we had to celebrate and be glad, because this brother of yours was dead to me, but is alive again; he was lost and is found.'"

Luke 15:31-32 (NLT)

The Father says, "He decided to live his life as if I were dead. He went and left—for all practical purposes, he had died; there was no relationship. I couldn't connect with him. But he's alive again. The prodigal was lost, but is now found. *That is my story. That is your story. That is our story.*

Though a lot of people have heard of this story, many times we forget the bigger context of this story. This is one of three stories Jesus tells about something that is lost: a *lost sheep*, *lost coin*, and a *lost son*. The focus of these stories isn't the found, but the lost. Jesus

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doesn't focus on the 99 sheep that were found, but the one that was lost. Jesus doesn't focus on the nine coins that were found, but the one that was lost. This story isn't called "The parable of the Big Brother who is found," but the "Parable of the prodigal son." What Jesus is saying by telling these three stories is that God's focus has always been on the lost. That is what Jesus said in Luke 19:10...

Jesus said, "I have come to seek and to save that which was lost."

Luke 19:10

That was Jesus' purpose statement. His mission. That was His focus. And that should be the church's focus. The reason why we do church in the way we do at oneChurch—with drums, DJ's and lights, speaking about real stuff that everyone struggles with

like relationships, sex, work and parenting—the **reason why we do church this way is to give people something to come home to!** Because all of us have left home.

Many of you grew up in church where you heard, "No!" "No!" "No!" So when you went to college, you said, "YES!" So many people leave the church in their 20's. They sign up for Carnival cruise lines (*I mean, college*) only to find out that the money doesn't last. The high doesn't last. The relationships don't last. You find yourself with student loans, a hangover, and a string of one-night stands. Your mess took you farther than you wanted to go and cost you more than you were willing to pay. You left God only to find emptiness and brokenness. And you start to look back over your shoulder and think, "I have made a mistake." So you start to return. And that's where

many of you reading this are now; you're taking a few steps back to God. Some of you haven't been to a church in years, but you've been thinking about trying church again. Trying God again. And you're taking a step back towards your heavenly Father.

So many people are welcomed back into the warm embrace of our Heavenly Father and to judgmental stares of older brothers and sisters sitting in pews in their Sunday best.

Let me just say plainly—if you have left God, *you can come back home*. Not only that, God wants you to come back. Home. He has left the porch light on for you, and He is welcoming you back with open arms. And the reason why oneChurch does church the way we do is that we're hoping and praying that you come back to God, and we want to give you something to come back to! Because we believe that

church *can* be different. That church *should* be different. That church should feel more like a homecoming party when you return... and less like a firing squad.

Maybe it's time to *come home*. Take a step in God's direction and *come home*. We promise to throw a party for you!



Chris Edmondson has been married to Kim for 17 years and is a father to three boys. He is one of the pastors of oneChurch, a church for those disconnected to God. oneChurch meets at Northeast High School across from the Great Escape Movie Theatre. Check them out online at www.onechurch.tv.

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FAITHFUL WOUNDS

by CH (CPT) J. Clark Sneed

“Faithful are the wounds of a friend; but the kisses of an enemy are deceitful.” Proverbs 27:6

My eight year old daughter began this year’s Christmas list: “1. A kitten that is alive.” She looked up at me with big blue eyes, touched with a hint of sadness that I might say “no.”

“No,” I said, unraveling my soul from her little finger. “We have a cat, and it’s still very much alive.”

I hate my cat. Someone decided, while I was TDY, that it would make a fine addition to the family: a huge, stray, feline monster named “Tinker-Bell.” It turned out to be an aggressive, alpha male who still hasn’t gotten used to the fact that I live in the house, too. I took him to the vet and had his aggressive and alpha

removed in two short snips. We re-classed him “Tinker-Bob.”

I could have stalled, offering Kristen that deceptively hopeful response, “Maybe.” Instead I told her the truth, so she could get over the fact that our house has enough furry companions for the next decade or so. She’s still upset, but she’ll recover. And quickly.

Ministry, especially among Soldiers, has taught me to wound with the truth rather than kiss with a lie. The chaplain must be approachable, known among his or her Soldiers, full of compassion and ready to speak the truth in love. The Proverbs link the words “mercy” and “truth.” The former tells you I’m on your side. The latter tells you I’m going to call you out when you’re stupid.

Do you know someone engaged in stupidity? They’re drinking too much, but don’t admit it. They’re having really long talks with that person who happens to not be their spouse, but they’re “just friends.” They’re about to buy that thing that will enslave them to debt forever, but the payments are just right. Let them know you care by telling them the truth, in love. Don’t be part of the crowd that cheers them on, blowing kisses to their destruction. Be the one who is willing to wound because you’re on their side—the faithful friend.

CH (CPT) J. Clark Sneed
Battalion Chaplain
4/3 Infantry Regiment,
The Old Guard

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GIVE THANKS! by Dr. Holly Benedict

Hello sweet fall. Fall is such a wonderfully refreshing reprieve to the hot, sweaty, dog days of summer. Leaves are turning majestic shades of fiery red, golden yellows and vibrant orange. Pumpkins are on doorsteps, and the crisp, coolness in the air makes us feel a sense of joy at the beauty of the season. Perhaps you can smell neighbors baking apple crisps and pumpkin bread, or the tobacco farmers burning their fields. Nostalgia may encompass your senses as you revel in the fall festivals, the pumpkin patches, the warmth of campfires and roasting marshmallows.

Thanksgiving is a humbling time of year that is special because we can pause to reflect on our blessings and give thanks for the gift of another year that we have received. This season of Thanksgiving is a time of giving thanks and showing gratitude for the bounty of our lives.

If you are having a hard time thinking of reasons to be thankful this holiday season, here are a few ideas to help get you in the spirit of thankfulness.

- Be thankful for simply being alive. If you woke up this morning, then you have been given the gift of another day.
- Be thankful for your health. Money cannot buy health—it is a priceless gift.
- Do you have a family? Children? Friends? If so you are truly blessed beyond riches or gold. The best things in life aren't things.
- Are you a football fan? Well, turn on the television—football seems to be the only thing playing during this time of year.
- If you have a job you are blessed. According to www.bls.gov/news as of Feb. 2010, there are 14.9 million unemployed Americans. If you like your job that's icing on

the cake. If you don't like it—at least you are able to provide for yourself and your family with food on the table and a roof over your heads.

- Can you pick up a newspaper, book, or magazine and read? If so, you are fortunate and should be thankful. According to Education Portal, 2007, there are 42 million adult Americans who cannot read.
- You live in a land where you enjoy the freedom of religion. You do not have to fret or fear persecution for your religious beliefs.
- In the United States of America, if you or your loved one is injured or sick you can go to an Emergency Room with or without health insurance and you will not be turned away.

Slip *into* that *little* black dress *This holiday season...*



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- The United States of America has clean, running water (in most cases you can determine whether it is hot or cold).
- Americans have indoor plumbing; electricity and heaters/air conditioners available—all of these are reasons to be thankful.
- With the flip of a switch the dishwasher washes the dishes, the microwave cooks food, and the washing machine and dryer do the laundry. That is something to be thankful for.
- Do you have a car? Does your car have a heater? Air conditioner? Radio? While we sometimes take these conveniences for granted, we should really be appreciative.
- Where do you get your food? We no longer are forced to eat only what we can grow. Grocery stores offer readily available fruit, vegetables, meat, etc. If you're craving it, you can find it.
- Hello—drive through fast food! What a luxury to pull your car up to a window, request your order, pay, and voila—a hot meal is placed in your hands.
- If you have your eyesight, hearing, and sense of taste, you are blessed.
- There was once a time when computers and the Internet were not readily accessible. Now, you can go to the local library or purchase your own household computer and the World Wide Web is only a finger stroke away. What an awesome thing!
- Be thankful for memories. We have digital cameras/photos, video cameras, emails, computer hard drives and the World Wide Web to help us collect and maintain our favorite memorable moments, forever.
- You are blessed that there is a military hero away from his/her family fighting for your freedom right now. This military hero may or may not enjoy a cold turkey dinner to celebrate the Thanksgiving season in a far away land; away from his/her family

and all of the comforts of home. Say a special prayer for our brave soldiers, airmen and seamen. Freedom isn't free.

- Most importantly, you should be thankful that our Savior, Jesus Christ died for all of our sins. You are blessed if you call Him friend.
- And, lastly for a little comic relief: Be thankful that you're not a turkey—especially around the Thanksgiving season. I'd rather be a human being sitting at the table waiting for my hot turkey to be carved and scooped onto my plate, than to be the turkey on the table. Ha!

Hopefully you gleaned some reasons we can all be thankful. Be encouraged to develop your own "thankful list" to look at during this season, or every day. We are all so very blessed and sometimes need to be reminded of the positives in our lives. Blessings to you and yours.

As we beckon another season and reflect on the blessings of the past year let us all bask in thanksgiving at all of the blessings that make our nation and homeland so great. Enjoy your friends, cherish your family, and remember to tell each and every one of them how much they mean to you. May you enjoy much love and laughter as you devour your turkey, sweet potatoes and dressing and remind yourself of how blessed you are—we should not take things for granted.

"As we express our gratitude, we must never forget that

the brightest appreciation is not to utter words, but to live by them."

- John F. Kennedy

A Thanksgiving Poem to make you smile:

*May your stuffing be tasty,
May your turkey be plump,
May your potatoes and grave
have nary a lump.
May your yams be delicious,
And your pies take the prize,
And, may your Thanksgiving
dinner stay off your thighs!*

- Unknown



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.





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TRENDY FAUX PINECONES

by Becky Lyons

This is a great project that I was introduced to back in my teen years and I have decided to update it a bit and make it trendy. These are faux pinecones made with ribbon and Styrofoam eggs.

SUPPLIES

- Styrofoam Egg
- Ribbon (7/8 inch wide, approximately 5 yards long, and 3/8 inch wide approximately 6 inches long)
- Pins (small silver)
- Thimble
- Glue
- Scissors

MEASURE IT AND CUT

You want to start by measuring your ribbon and then begin cutting. I measure my ribbon by using a fold method. Take each side and fold

them down to bottom edge, this will create a nice point and just trim your excess ribbon away.



You now have a piece of ribbon to use as a template to measure and cut the rest of your ribbon pieces. The number of ribbon pieces needed will vary depending on their placement on the egg.

FOLD YOUR RIBBON AND PIN AWAY

We will be using the same fold method described above as we attach the ribbon pieces to the egg. Fold your ribbon and pin it to the egg at the widest point to hold it in place. Add an additional pin on the other side, leaving the point loose.



Your first few pieces of ribbon and their placement are the most important. The first four should be placed at the very tip of the egg with the points overlapping slightly;

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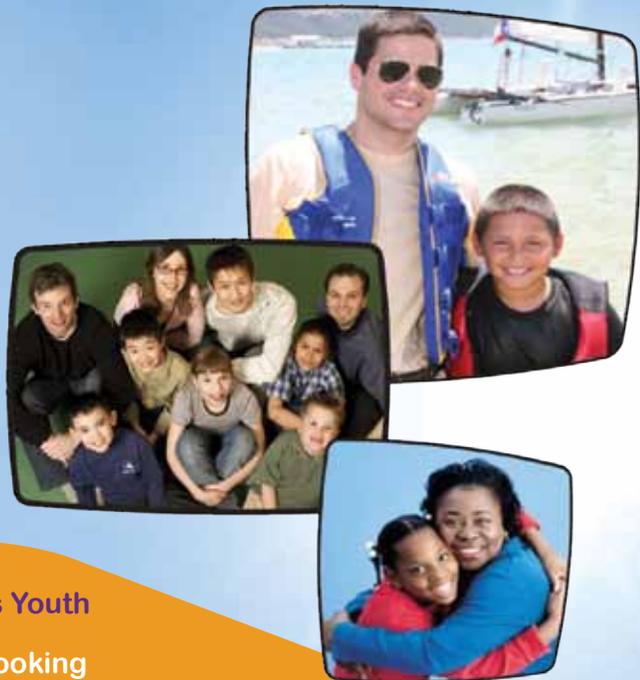
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concealing the egg. You will then continue folding and attaching the ribbon to the egg all the way around; again, each piece overlapping enough to conceal the egg. (Use your thimble to save your fingertips.)



FINISH IT OFF

After you have covered your egg in ribbon, a bow and a loop to hang it by should be added. There is no right or wrong way to do this project, so be creative! I decided to use a matching ribbon (usually 3/8 inch or smaller) and just made a loop and glued it to the top of the egg. I also made a bow and attached it with glue as well.



These make great gifts, and look great on the Christmas Tree or in a basket for decoration during the holidays.

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. She also loves custom orders and can be reached at snugabugzboutique@yahoo.com.

About the Photographer: Rebecca Matt is a local photographer. She can be reached at picsbybecca@gmail.com and her work can be seen on her website www.picsbybecca.com.

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SHOP BUT DON'T DROP

by Jessie Carter, PT

Low back pain has been a common theme around the clinic lately. Every year around this time, there seems to be an increase in patients complaining of back pain—aches and pains from raking leaves and performing yard work, back strain from lifting moving boxes, or chronic pain that patients have dealt with for years that they want to address before the holidays.

With yard work in full swing and holiday shopping right around the corner, I thought this would be the perfect time to talk about preventing and treating low back pain. If you experience low back pain, you are not alone. Approximately one quarter of Americans experience low back pain within the past three months at any given time.¹

The American Physical Therapy Association (APTA) offers these tips to prevent low back pain on their website www.moveforwardpt.com:

- Keep your back, stomach, and leg muscles strong and flexible.
- Keep your body in alignment, so it can be more efficient when you move.
- Don't slouch—keep good posture.
- Use good body positioning at work, home, or during leisure activities.
- When lifting, keep the load close to your body.
- Ask for help or use an assistive device to lift heavy objects.
- Maintain a regular physical fitness regimen. Staying active can help to prevent injuries.

So what about the shopping season? Black Friday is one of my favorite days of the year—I'm not an aggressive, knock-you-down

shopper but I can brave the crowds with the best of them. But shopping around the holidays can turn into an all-day, exhausting event. Consider these tips to keep your body from wearing down before you do:

- **Wear comfortable shoes such as walking or running shoes when shopping.** When it comes to walking the mall, comfort should win out over your cutest pair of heels to prevent stress to your ankles and feet.
- **Lighten your load when you can.** If you have young children, consider using your stroller for packages. If you are shopping for a lot of items or for a long period of time, consider making frequent trips to your car to drop off packages. This provides extra exercise while reducing the stress on your back muscles.

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- **Distribute the weight of packages and shopping bags evenly on both sides of your body.** This means that you have to avoid holding all your bags in one hand to sip your favorite Starbucks drink or fumble for your keys. This also means avoiding what I call “attitude standing”—propping all your weight through one hip (often times to hold a child propped on that same hip). This type of positioning can create undesirable forces through the hip joints, pelvis, and spine.
- **Keep your suitcase (I mean purse) weight to a minimum to avoid undue stress and fatigue.** Only carry necessary items such as your wallet and keys. When carrying your purse, consider strapping that makes your body work the least or uses large joints over smaller joints. For example, use a bag that has a shoulder strap or can be worn as a backpack instead of a purse with short, handheld handles.
- **Plan ahead if possible.** Whether you are going to camp-out to get the best deals or do a marathon shopping spree, you can ease physical and mental stress by making a list and avoiding prime shopping times. Remember that long lines and busy parking lots increase your time standing and walking. If you must be a part of the hustle and bustle this month, check out www.blackfriday.info to get a jump start on your shopping plan of attack.

I Have Low Back Pain—Now What?

While most back pain is mild and resolves on its own, some pain persists or comes back repeatedly over time. A lot of my patients who have experienced low back pain for years tell me they have tried

multiple treatment options without success. They also report that each time the pain returns, it seems to worsen.

When you experience low back pain, one of the best things to do is to stay active and continue with your normal routine as much as possible. This seems to contradict the old approach of “putting someone to bed” when he is “down in his back.” The APTA states that bed rest for longer than a day can slow down your recovery. If your pain worsens or lasts more than a few days, then it is time to see your physical therapist. Immediate medical attention should be sought if you experience loss of bowel or bladder control, numbness in the groin or inner thigh, and/or pain that does not change with rest.

The mad rush of the holidays is just around the corner. Following

these simple tips and taking care of your body will allow you to enjoy the season and shop without the drop.

¹Spine, 2006



Jessie is a physical therapist at High Pointe in Clarksville. High Pointe is an outpatient physical therapy clinic for children through adults. High Pointe offers physical therapy, personal training, fitness, and massage services. For more information, call (931) 920-4333, visit www.highpointetn.com or become a fan of High Pointe Rehab, LLC, on Facebook.



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COLDS AND THE FLU

by Garig Vanderveldt, M.D., Emergency Physician

Colds and the flu are both highly contagious airborne viruses. Both viruses most often occur in the fall and winter months and have unpleasant symptoms. Together, these viruses are the leading cause of missed school and workdays in the United States, and account for a large number of physician and emergency room visits every year. Ultimately, though the actual symptoms caused by the flu and colds do differ, the treatment for both largely remains supportive care targeted at relieving a patient's symptoms.

The most common symptoms of a cold are within the respiratory system and may include fever, a runny nose, nasal congestion, sneezing, cough or sore throat. Treatment for these symptoms

is available through over the counter medication designed to treat the various symptoms of a cold.

- Antihistamines can help control symptoms such as a running nose, sneezing and watery eyes.
- Decongestants relieve nasal and sinus congestion.
- Non-steroidal anti-inflammatory medicines reduce pain, fever and inflammation.
- Expectorants loosen mucus from the respiratory tract, alleviating chest congestion and discomfort.

The best way to treat a cold is to drink plenty of fluids, use the over the counter medications discussed above, and rest. In the event that symptoms continue

to worsen despite these treatments, you may need to seek treatment from your doctor. In addition, there are several bacterial illnesses that may mimic some or all of the symptoms of a common cold, such as pneumonia or strep throat. For these patients, antibiotic therapy is appropriate. Finally, special attention must be given to the very young, the elderly, and other

groups of people with weak immune symptoms. In these populations, even a common cold may occasionally require hospitalization.

While a cold generally attacks the respiratory system, the flu can impact the entire body and influence multiple systems. Symptoms of the flu often include a fever between 100 F and 104 F, headache, body aches, fatigue, nausea, vomiting and diarrhea. In otherwise healthy patients, the flu can usually be treated with rest, fluids and over the counter medication targeting the symptoms. In addition to those medications used in treating the symptoms caused by a cold, there are over the counter and prescription treatments that may help treat the added symptoms seen with the flu.

- Anti-nausea medications help with stomach discomfort and vomiting.
- Prescription antiviral medicines may shorten the duration of the flu, but usually help only if taken within the first day or two of developing symptoms. In addition, these drugs are very expensive and often ineffective because of growing resistance to these medications. Thus, these drugs are often only prescribed for severe cases requiring hospitalization and certain populations, such as the very young, elderly, and immunosuppressed patient groups.

As with a cold, if symptoms continue to worsen despite supportive care at home, you should seek medical attention. In addition, because the symptoms of the flu often include



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vomiting and diarrhea, potential dehydration may necessitate an emergency room visit and even hospitalization.

Immunization against the flu remains the single best method of prevention and spread of the virus. The virus changes every year, so see your doctor each flu season to get immunized to help minimize or avoid these symptoms altogether. Unfortunately, there is no immunization against the cold, but washing your hands frequently, not touching your face with your hands, and covering your mouth when you cough or sneeze can be a strong defense for both you and those around you.

Both the cold and flu can cause severe symptoms and may greatly impact your daily activities. However, remember that with a yearly flu shot and good personal hygiene, you can improve your chances of avoiding both this season.

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



Dr. Garig Vanderveldt, Emergency Physician, received his medical degree from Jefferson Medical College, Philadelphia, PA; completed his residency in emergency medicine at Thomas Jefferson University Hospital in Philadelphia; and completed his fellowship in cardiovascular emergencies at Stanford University in California. Dr. Vanderveldt is a member of Emergency Physicians of Montgomery County and practices at Gateway Medical Center.

Sources: www.cdc.gov, pediatrics.about.com, www.niaid.nih.gov, www.bchealthguide.org.



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HOMESCHOOLERS' FABULOUS FALL LESSONS

by Dianne York

Fall is definitely a great time to take the classroom outdoors or to the kitchen. This is my favorite time of year when the weather turns brisk and the changes in nature are mystifying. A science lesson is simply a walk through Dunbar Cave trails, or your own backyard with a magnifying glass, a bug catcher, and a good dose of curiosity. Children are naturally curious if provided the opportunity and encouragement to explore.

This is also the time of year when I talk with many parents who are gathering information and trying to decide whether they are well suited for the homeschool adventure. Many well-seasoned homeschool parents will agree that the opportunity to enrich their child's education is priceless. Sitting across the table from a newly enlisted homeschool parent, I reassure her that education is not limited to the classroom or the kitchen table. The opportunities to educate your child are limitless.

One trip to a museum can provide a science lesson, a chance to incorporate math and history, and can be summarized by a writing lesson that serves to preserve the memory as well as encourage a meaningful journal exercise. Add a camera and you have a great photography lesson as well as a chance to expose them to photo editing and printing from your computer or just about any photo finishing department. Although a good curriculum is necessary, a day spent with the standard textbooks cannot match the lessons learned by first-hand experience; not to mention the quality time that you spend with your child. Parents are finding out how much they enjoy being involved with their child's learning and are able to observe learning styles and interests that were not apparent during the homework time at the end of a long day.

Many parents choose to participate in a tutorial or co-op program that provides the core curriculum in Math,

English, Science, and Social Studies in a more structured environment, while allowing them the time to provide enrichment such as a family field trip, project, or activity. Clarksville has an abundance of field trip opportunities that are available without leaving town. Grab your camera and something to take notes and head out to one of the following:

- **The Custom House Museum**
www.customhousemuseum.org
 (931) 648-5780, 200 South Second Street in downtown Clarksville.

Enjoy a great day of exploration in the art galleries and the train exhibit. Through November 14 you can enjoy the *The River Inside* exhibit by Nashville photographer John Guider, following his journey along the Cumberland River, through the Mississippi River and ending in New Orleans.

Now through January 16 the children and adults will enjoy *Peculiarities & Curiosities* where



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They have great member or visitor rates, and offer FREE admission on the second Saturday of every month.

- **River View Mounds Farm**
www.riverviewmoundsfarm.com
 (931) 624-1095, 1715 Boyd Rinehart Road, Clarksville.

If you didn’t get a chance to visit during their regular season browse their website and see what they offer in the way of parties and upcoming Christmas specials. This is a great place for family fun, complete with hayrides, a pumpkin patch, corn maze, horse shoes, a petting zoo and more during their Fall Season.

- **Historic Collinsville**
www.historiccollinsville.com
 (931) 648-9141

A great way to see how things really were in the “good old days.” This is history coming to life. A great field trip for groups or individuals. Tour the log cabins and take a trip back in time without leaving Southside, a small community south of Clarksville.

- **Dunbar Cave Natural Area**
www.state.tn.us/environment/parks/DunbarCave/index.shtml

This is a jewel in our own backyard. The state park provides hiking trails, wildlife, an education center, a cave, and the most scenic area for great photography. Take a picnic and make a day of it. Office hours vary by season so visit the website to schedule a group or stop by equipped to spend a day of learning with the park as your classroom.

A few miles out of Clarksville...

- **Fontanel Mansion and Farm**
www.fontanelmansion.com
 (615) 724-1611

Located in Whites Creek, Tennessee off I-24 between Clarksville and Nashville, this is a great same-day trip. Open Tuesday through Sunday this is a working farm with all of the extras. A restaurant that features home-cooked food grown right on the farm is a treat for the whole family.

- **Land Between the Lakes**
www.lakebarkley.org

This website will provide many events and opportunities in the area. The Elk and Bison Prairie and The Homeplace, a mid 19th century community, provide a wealth of history while letting you actually step back in time to experience life during that period. The Golden Pond Planetarium, open through mid December, allows children and

adults to be guided through the night sky inside the planetarium. The Amish Country in Marion, Kentucky, (270) 965-5015, is another look back at history through life in a working community. You can download a map and get information from the website above.

- **Adventure Science Center**
www.adventuresci.com
 (615) 862-5160

Located at 800 Fort Negley Boulevard in Nashville, you can visit the Sudokum Planetarium as well as the many hands-on adventures. Exhibits change, so visiting the website is the best bet. Plan to stay the day. You can take your lunch or buy snacks from the lunchroom area vending machines. You won't want to rush. Kids of all ages 5-85 will enjoy.

On those cool days, stay at home and take the enrichment activities to the kitchen. There is no better way to teach measurement or

emphasize basic science concepts than to cook up some goodies in the kitchen. Not only can you reinforce nutrition, you can bond over a batch of cookies that you will enjoy making and eating together. Children can build confidence and a sense of family involvement through merely preparing a snack or meal to share with the family. Lessons taught in the kitchen can last a lifetime. Here are three yummy Fall recipes that you will enjoy preparing with your children:

TURKEY CHILI

When you just can't face another turkey sandwich, toss the remaining turkey leftovers into this spicy chili. This Mexican-inspired medley, made with kidney beans, corn, green pepper, jalapeno pepper, garlic and onion, is sure to spice things up.

Ingredients

- 1 clove garlic, chopped
- 1 onion, chopped
- 1 medium green pepper, chopped

- 2 fresh jalapeno peppers, chopped
- 2 tbsp. (30 mL) vegetable oil
- 2 cups (500 mL) chopped leftover turkey
- 1 can (19 oz./540 mL) white kidney beans, rinsed and drained
- 1 cup (250 mL) corn niblets (frozen, canned or fresh)
- 1 tbsp. (15 mL) all-purpose flour
- 1 tbsp. (15 mL) Mexican chili powder (or whatever you like)
- 1 tsp. (5 mL) ground cumin
- 1/2 tsp. (2 mL) salt
- 2 cups (500 mL) chicken or turkey broth

Cooking Instructions

1. In a large saucepan or Dutch oven, cook garlic, onion, green pepper and jalapeno pepper in vegetable oil for about 5 to 7 minutes or until softened. Add chopped turkey, beans, corn, flour, chili powder, ground cumin and salt. Stir well

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to mix, then add chicken broth. Bring to a boil over medium heat, then reduce heat to low and simmer for 15 to 20 minutes.

2. Serve hot, with rice, tortillas or corn bread.

OATMEAL RAISIN COOKIES

15 minutes to prepare

10 minutes to bake

Makes approximately 48 cookies

Ingredients

- 3/4 cup butter, softened
- 3/4 cup white sugar
- 3/4 cup packed light brown sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 1-1/4 cups all-purpose flour
- 1 teaspoon baking soda
- 3/4 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 2-3/4 cups rolled oats

- 1 cup raisins

Directions

1. Preheat oven to 375 degrees F (190 degrees C).
2. In large bowl, cream together butter, white sugar and brown sugar until smooth. Beat in the eggs and vanilla until fluffy. Stir together flour, baking soda, cinnamon, and salt. Gradually beat into butter mixture. Stir in oats and raisins. Drop big teaspoonfuls onto ungreased cookie sheets.
3. Bake 8 to 10 minutes in the preheated oven, or until golden brown. Cool slightly, remove from sheet to wire rack. Cool completely.

HOT CHOCOLATE MIX

Ingredients

- 8 cups dry milk (8 qt. box)
- 3 cups hot chocolate mix
- 1 3/4 cup coffee creamer

- 2 cups confectioners sugar

Directions

Mix together well and store in an airtight container. Serve 3 heaping spoons of mix with hot water. Enjoy!

The time with your child is time that you can teach, whether it is on a hiking trail, on a farm, or in the kitchen, the lessons are priceless and go far beyond what any curriculum can provide. Learning should be fun and fruitful. Take the opportunity this Fall to open the doors to learning and enjoy every minute of it!

Dianne York is owner/director of Advantage Learning Center. Questions and comments may be sent to educationalc@gmail.com.

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WATCH YOUR BACK

by Candace Pelfrey, Licensed Aesthetician

Has a blemished back, shoulders, or décolleté (chest) kept you from wearing a special dress, blouse, or swimsuit? These areas are just as susceptible to blemishes, acne, sun and age spots, and wrinkles as the face. In fact, the décolleté is more vulnerable to damage because the skin is thinner, less moisturized, and often neglected in the sun protection regimen. Ideally, the décolleté and back should be treated with proper skincare just like the face. Without proper care of these areas, a harsh contrast between the well protected healthy skin of the face and the sun damaged, discolored skin of the neck and chest is visible.

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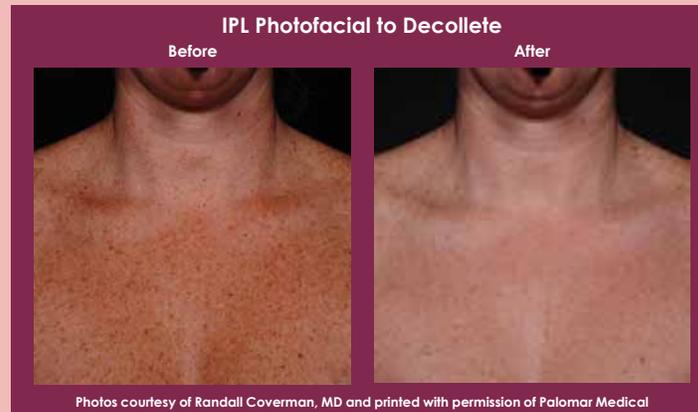
Intense Pulsed Light (IPL) technology is proven safe and effective as a non-invasive treatment suitable for sun spot removal and permanent hair reduction. It allows the light to penetrate the skin in pulses and specific wavelengths according to what condition is being treated. Once the light reaches the targeted skin cells, heat energy is produced strong enough to permanently disable the hair follicle or rejuvenate the skin, depending on the selected application.

Photofacial therapy uses light energy to improve the skin's appearance and reduce signs of aging. This IPL treatment is ideal for treating brown spots, uneven skin texture, reduces pore size, all while stimulating collagen production.

HAIR REMOVAL

Unwanted hair is inconvenient and embarrassing for both men

and women. Short-term solutions such as shaving and waxing can be painful and time-consuming often leaving skin irritation and ingrown hairs. IPL offers a more permanent



solution to unwanted hair and can be performed on varying skin types from light to dark with hair that is both fine and coarse. Certain medical conditions may exclude some people from IPL and therefore, it is important to review your complete medical history prior to treatment.

The IPL handpiece emits pulses of filtered light that are absorbed



by cells responsible for growing new hair without damaging the surrounding tissue. The light energy is converted to heat, which then loosens the hair and disables the follicle cell resulting in permanent hair reduction. The large cooling crystal on the handpiece chills the skin before the light pulse is administered which allows for

more comfortable treatments than electrolysis and waxing. Another benefit of IPL treatments is that, unlike shaving and waxing where you have to allow the hair

to grow out before the next treatment, the hair is removed before it is visible so you have no unsightly hair waiting to be removed. You may remain hair free!

CHEMICAL PEEL

A chemical peel is an aesthetic procedure that improves skin tone, lightens age spots, improves acne scars, and decreases fine lines

by removing the outer layers of damaged skin, prompting the body to generate a new layer of healthier skin cells.

Chemical peels are available in both aesthetic grade (light) and physician grade (deep) solutions. Aesthetic grade peels combine scientifically-proven ingredients allowing accelerated cell turnover, stimulate collagen, and improve elastin fibers in the dermis with no downtime. Aesthetic grade peels are usually recommended in a series of six with monthly applications.

Physician grade peels are deeper than aesthetic grade peels; and therefore, do require some downtime. The post care instructions for physician grade peels

calls for plenty of rest and limited movement in order to speed up your recovery time. The skin will be pink in color and a thin crust may form over the treated area. Recovery time varies depending upon the strength of your chemical peel.

MICRODERMABRASION

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The precise diamond chip size and vacuum settings assure appropriate amounts of exfoliation with no messy crystals to contaminate your environment. Microdermabrasion offers superior skin rejuvenation with no downtime from daily activities. Makeup may be applied post-procedure.

FACIAL

A professional facial offers more to your skin than cleansing. The back is a difficult area to reach during routine bathing and can be left dry and flaky or oily and blemished without proper care. The aesthetician uses a selection of carefully chosen professional products to nourish and pamper this often neglected area that are unavailable for home use. Customized to your specific skincare needs, the back and decollete facial consists of deep cleansing, steam to hydrate and lift impurities, exfoliation, therapeutic mask, light massage, and moisturizing. Extractions can be performed on back acne blemishes.

SKINCARE PRODUCTS

Obagi Medical offers a product designed just for the décolleté. The ELASTiderm Décolletage System gradually

reduces hyperpigmentation (discoloration), including freckles and age spots, in as little as four weeks. Clinical studies have also shown a visible reduction in fine

lines and wrinkles after four weeks of use. Proper use can help correct, restore, and maintain the radiant, youthful glow of your décolletage skin.

Skincare lines are not

all created equal when it comes to achieving desirable results. Medical grade skincare lines are based on scientific research and are proven to enhance the skin's appearance

while effectively treating skin conditions such as acne, sun damage, and aging. Because medical grade skincare is physician dispensed, the percentage of active ingredients is much higher than over-the-counter products purchased at your local department store. Consult your Aesthetician for a proper skincare regimen.



Photos courtesy of Alan Rockoff, MD and printed with permission of Palomar Medical



Candace is a Licensed Aesthetician, Certified Aesthetics Consultant, and Certified Laser Technician at

Cumberland Aesthetic Laser Center, 2285 Rudolphstown Road, Suite 200, Clarksville. She may be reached at (931) 552-3292 and rntdesk@cumberlandlaser.com.

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HOW DOES PREGNANCY AFFECT MY ORAL HEALTH?

by Dr. Lance Harrison, Jr.

It's a myth that calcium is lost from a mother's teeth and "one tooth is lost with every pregnancy." But you may experience some changes in your oral health during pregnancy. The primary changes are due to a surge in hormones—particularly an increase in estrogen and progesterone—that can exaggerate the way gum tissues react to plaque.

How does a build-up of plaque affect me?

If the plaque isn't removed, it can cause gingivitis—red, swollen, tender gums that are more likely to bleed. So-called "pregnancy gingivitis" affects most pregnant women

to some degree, and generally begins to surface as early as the second month. If you already have gingivitis, the condition is likely to worsen during pregnancy. If untreated, gingivitis can lead to periodontitis, a more serious form of gum disease.

Pregnant women are also at risk for developing pregnancy tumors, inflammatory, non-cancerous growths that develop when swollen gums become irritated. Normally, the tumors are left alone and will usually shrink on their own after the baby's birth. But if a tumor is uncomfortable and interferes with chewing, brushing or other oral

hygiene procedures, the dentist may decide to remove it.

How can I prevent these problems?

You can prevent gingivitis by keeping your teeth clean, especially near the gumline. You should brush with fluoride toothpaste at least twice a day and after each meal when possible. You should also floss thoroughly each day. If brushing causes morning sickness, rinse your mouth with water or with antiplaque and fluoride mouthwashes. Good nutrition—particularly plenty of vitamins C and B12—help keep the oral cavity healthy and strong.

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More frequent cleanings from the dentist will help control plaque and prevent gingivitis. Controlling plaque also will reduce gum irritation and decrease the likelihood of pregnancy tumors.

Could gingivitis affect my baby's health?

Research suggests a link between preterm, low-birthweight babies and gingivitis. Excessive bacteria can enter the bloodstream through your gums. If this happens, the bacteria can travel to the uterus, triggering the production of chemicals called prostaglandins, which are suspected to induce premature labor.

When should I see my dentist?

If you're planning to become pregnant or suspect you're pregnant, you should see a dentist right away. Otherwise, you should schedule a checkup in your first trimester for a cleaning. Your dentist will assess your oral condition and map out a dental plan for the rest of your pregnancy. A visit to the dentist also is recommended in the second trimester for a cleaning, to monitor changes and to gauge the effectiveness of your oral hygiene. Depending on the patient, another appointment may be scheduled early in the third trimester, but these

appointments should be kept as brief as possible.

Are there any dental procedures I should avoid?

Non-emergency procedures generally can be performed throughout pregnancy, but the best time for any dental treatment is the fourth through sixth month. Women with dental emergencies that create severe pain can be treated during any trimester, but your obstetrician should be consulted during emergencies that require anesthesia or when medication is being prescribed. Only X-rays that are needed for emergencies should be taken during

pregnancy. Lastly, elective procedures that can be postponed should be delayed until after the baby's birth.

Dr. Lance Harrison Jr. graduated from Howard University College of Dentistry in Washington, D.C. Due to his research training, Dr. Harrison has published in the journals of Brain Research and Pharmacology Biochemistry and Behavior. He is currently one of the dentists at Clarksville Dental Spa.



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FALL FAMILY BANNERS

by Kendall Welsh

Sometimes the most simple decorations, make the most impact—and create the best memories. This project was so much fun and very quick! Adding a nature walk to gather items added to the excitement, and of course great family time.

Supplies

- Jute thread, ribbon, string, etc
- Card stock cut into 4" x 4" square
- Collection of dried beans, dried leaves, buttons, acorns, pine-cones, glitter, etc.
- White glue
- Scissors
- Hole punch

Step 1 – Collect the items you want to use to make your fall banner.



Step 2 – Lay out the items in the form of the letter on the card stock.



Step 3 –Put the glue down on the card stock, adding the items to the card as you go. Heavier items may require a hot glue gun. Once you are done with this step, it is important to let

everything dry completely before moving to the next step.



Step 4 – Once completely dry, punch holes in the upper top left and right corners of the card stock.



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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.



Step 5 - Run the ribbon through the holes, leaving at least 12 inches on each

end to tie or hang on your mantle or wherever you want to celebrate the holiday!

Please share your final banners with us on our Facebook page! We'd love to see how different everyone's banners turn out.

Kendall Welsh is the manager of ARTifacts, an Art & Antique Emporium in downtown Clarksville. ARTifacts features over 30 local artists, artisans & antique dealers. Learn more about ARTifacts and see more photos of this project at www.artifactsemporium.blogspot.com.



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A SAFE PLACE TO CALL HOME

by Twila Murasaki

November reminds me of the gathering of friends and family to home and hearth, big bountiful dinners that will guarantee to destroy any diet plan and preparing for the coming cold with a determination that Jack Frost cannot defeat. However with our second son hitting the stage of toddling about, opening doors and drawers, climbing anything he can and so much more I'm reminded that this month also happens to be the month for child safety and protection awareness.

When you have a little one about, be it yours or just a visitor, you should become aware of how dangerous a home without baby-proofing is. I like to call it mommy-vision. After the birth of my first son coffee tables became a jumbled mass of sharp corners, low placed

glass turned nightmares into reality, and electrical outlets as hair raising monstrosities. I couldn't help but see things in a whole new and frightening way. As the years passed and my son grew older, my mommy-vision receded and my guard slowly relaxed. Surely, I thought to myself, my elder son made it through his toddler years without anything serious happening so I'll be able to stave off the worrying the second time around...

I was wrong. The day came when my eight month old tossed me a cute little grin over his shoulder and then crawled with supersonic speed to the very steep stairwell in our home. Don't get me wrong, my husband and I had done your usual basic precautions, but the

incident left me with my super mommy-vision firmly in place.

There can be no doubt that child proofing your home should be a priority; one that you should consider not only if you have children, but if your friends or family with children will ever be visiting your home. Child proofing doesn't even have to be a long and drawn out process. Just a few simple precautions should keep the ER visits low for the coming holidays.

If you aren't sure how to baby proof your humble abode and don't have any children of your own you can have a small get together with friends or family that do have children. Make a game out of finding the danger points together. Shared mommy-vision is better than no mommy-vision at all. I've also listed a few tips below



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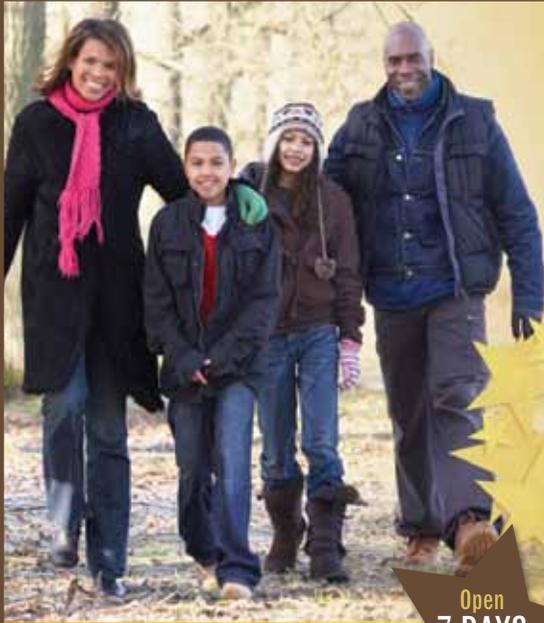
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to help anyone get started on the path of child safety in the home.

1. If It Doesn't Look Safe, Then It Probably Isn't!

As a parent, you probably have a fairly good idea of what is and isn't safe for your child. If something seems dangerous, figure out what you can do to make it safer. For example, staircases always pose a danger to a small child. Why worry about your child falling down the stairs when you can install a child safety gate (often called a baby gate) at the top AND bottom to keep your youngster off the stairs when you're not watching? Trust me, this is a must for a home with stairs. No one can focus 100% of their attention on their child 100% of the time and all it takes is a split second for the kiddo to have the (mis)adventure of a lifetime.

This won't prevent the older kids from sliding down the banister or taking the steps too fast but at least it will prevent the



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little ones from climbing onto and ultimately falling down the stairs. When installing a baby gate on the stairs, make sure it's held firmly in place. Do not use pressure mounted gates. While they may seem strong to you, small children can easily put too much pressure on the gate (think of your little angel as a battering ram running at it full force when playing) causing it to dislodge and fall. There are gates specifically designed for staircases and these are always your best option when dealing with such a dangerous foe as the dreaded stairs.

2. Learn From Your Children.

Your children WILL find the most dangerous things in your home whether you thought they could

or not. They'll even find incredibly creative things to do that you would never have considered a possibility, and yet can get you on a first name basis with all of the nurses at the emergency room. Also, if your child gets hurt from their endeavors, don't assume that your little ray of sunshine has learned his or her lesson and will avoid making the mistake again because chances are, they will! Be thankful if you find out about it before any damage is done and take the necessary steps to prevent it from happening again.

3. Store all Medicines, Cleaners and Other Dangerous Substances Out of Your Children's Reach

Move all poisonous substances out of the

reach of your children. Safety is far too often overlooked for convenience sake. If you have to store any type of cleaning substances/chemicals or medicine within a child's reach, be sure to put safety latches on your cabinet doors and/or drawers. If at all possible, store cleaning materials and medicines out of a child's reach and sight.

Razors are another item that can be dangerous to an unsuspecting child. Children love to imitate adults. Don't give them the opportunity to mimic shaving with a real razor—the results can be very painful.



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4. Prevent Children from Accessing Windows and Blind Cords

You've probably heard horror stories of children falling several stories after pushing on a "secure" window screen or falling out of a window a parent thought they could never reach. Children are extremely creative and curious as they find ways to get into, onto and out of things you would never imagine possible. I admit to testing the reach of my little one by putting something he wants at a tester point and let him, with my supervision, try to get it.

Be sure all windows, whether screened or not, are securely locked. You can purchase a child safety door lock or child safety window lock at most stores.

Blind cords are another potential hazard for children. Cords should be wrapped up and secured out of reach a child. You can easily wrap the cord around a hook on the wall



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or even around itself and then tuck it out of sight on a curtain rod or on the top of window blinds.

5. Protect Outlets

Common outlets can be a danger to young curious minds who like to put things where they don't belong. The easiest way to protect children from an outlet is to use a safety plug to cover each outlet. The safety plug is inserted into the outlet much the same as you would insert a plug. As long as the safety plug is in place, nothing can be put into the outlet and the plugs are very difficult for children to remove. My little guy has definitely put them to the test every chance he has gotten.

6. Child Toy Safety

Remove small toys from the reach of young

children. Small toys and small pieces of just about anything can pose a choking hazard to young kids. Our little family has dubbed all small items as "choke-ables." Don't be comforted by the fact that your child "never puts things in his or her mouth." Be safe rather than sorry by getting in the habit of picking up anything that is less than three inches in diameter.

Older children should be taught to pick up and put away their toys and to recognize other small hazards to prevent their younger siblings from getting an item that could prove dangerous. My elder son makes ten cents per choke-able he finds on the ground or on any

low lying surface. For us, it's a win/win game that he enjoys playing.

Another source of choking that is often overlooked is edible items. Foods that seem safe such as grapes, hotdogs, apples and hard boiled eggs; should always be cut into small pieces to avoid choking. Hot dogs should be served in quarters or halves to make them easier to chew.

7. Child Water Safety

Never leave small children unsupervised around standing water. All it takes is a moment of distraction for true horror to happen. Common household items such as buckets, toilets, bathtubs, filled sinks, bird baths, ponds, spas and pools can be a serious danger to your youngster. There



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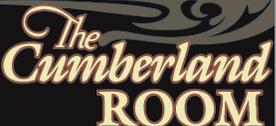
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are many inexpensive safety devices that can be used to make these things safer. For example, you can use a toilet lid lock to prevent small children from raising the toilet lid and taking an accidental and unsupervised dive into the bowl. Self-closing springs are available for doors and gates that lead to water areas. Although it may be inconvenient, a padlock or other locking device should be used on all gates leading to pools, spas and ponds as even the bigger kids need supervision when dealing with water. The lock should be relocked after each use to ensure safety to the smaller members of any family.

There is no substitute for adult supervision but there are plenty of things you can do to make your children and those of your friends and family safer and your supervisory job a little bit easier. So enjoy this season of coming together and have a safe and Happy Thanksgiving!

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A MATTER OF TRUST...

by Jennifer Stanford

Teens...ready or not, here they come! If you're already a parent of teens, you know that these years can be challenging, rewarding and so unpredictable! When do you start and how do you prepare for these years? Regardless of age, two or 12, everything you do now will impact their teenage years, high school, college—their future. That's quite a bit of pressure, huh? How do you even know you're doing everything, or anything, right? You have to have trust.

I'm a mom of three boys, 20, 18 and 16, and have dealt with completely different issues with each one of them. They seem like real nice kids

when we're out in public, so I must have done a few things right! It certainly didn't come easy! When I thought I needed help, I turned to the books for answers: Dr. Spock and *What to Expect During the First Year*. Searching the instruction manuals only made things worse, because when they didn't work on my boys, I felt like a failure. So, after exhausting all two of my resources (back in the day, rooms had computers, not people!), I called my mom! It would have been too easy for her to tell me what to do, so instead, she told me to take every one of my parenting books, and throw them away.

"You need to trust your own instinct instead of someone who has never met your child." Now, I'm not saying to throw away your books, or stop Googling for answers (as if!), but use your resources as a guide, and then trust yourself to do what is best for your child.

When did I start trusting my boys? Really don't know the answer to that. I didn't wake up one morning and say, "Hmmm, I should trust them today." Looking back to the time I started building that trust, it took me back quite a long time.

My parents taught me how to trust. They trusted me

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enough to choose my own path—many times. From the time that I began going out with friends, my dad always told me if I needed him to come pick me up for any reason at all—call. I never had to. My mother waited up for me every night that I went out; not to quiz me about my evening's activities, she simply wanted to make sure I got home okay. When I got home, she'd ask if I had a good time, and then she went to bed. I never really gave her a reason to not trust me; I tested the waters plenty of times, but never to the point of breaking that trust. In turn, I trusted them, and had respect for them. Finally, and probably most importantly, I trusted myself to know right from wrong. I listened to my instinct, and trusted that I was making the right choice—and maybe, my instinct was my parent's voice. Regardless, I listened.

Most of my friends did not have this same experience. They were set up for failure when their parents “stopped” trusting them. Their mileage was checked before they took the car out; they were interrogated when they

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got home; and if they were two minutes late, they were grounded. Their parents found fault in everything they did, so eventually, they stopped trying to please them. My friends did not respect their parents and had no problem crossing the right/wrong line several times. Most of them have good relationships with their parents now, but it was not an easy hill to climb. I don't really like hiking all that much, so avoiding that hill is extremely important to me!

As they reach these teenage years and begin searching for their own identity; they

need guidance, and probably always will, but they do not need demands.

My boys will always need guidance and advice, but at some point they will develop their own interests. As they grew older, they needed to express their opinions and I had to listen. I had to put my own plans for them aside and really listen; I had to learn what **they** liked and didn't like; what they were really interested in and why, and guide them from there. I have to **trust** that I had done my job well enough for them to make the best decisions. Helping to prepare them for the more difficult times

ahead of them—college, life, careers...is much more beneficial than being told what to do and who to be.

So, I think we have the "why" and "when" to trust, but **how** do you even begin this whole trusting process? It all starts when you tell your little one that they did a good thing and that you're proud of them. Trusting them at 17 is telling them that they have done a good thing and you're proud of them. They respond in very similar ways at both ages 7 and 17.

I look back at the things that helped build our trust. When they wanted to take their training wheels off their



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bike, it was kind of scary, but I had to do it sooner or later! My instinct told me it was time; I trusted them enough to take the training wheels off and let go of the handlebars; and they trusted me enough to go. They have fallen a few times (haven't we all?), but they got back up and tried it again. They still trusted that I had not taken them off too early. Teenagers need this same kind of trust as they endeavor new opportunities. The problems are bigger, and your instinct becomes a little less prominent because you have SO many different options, but at some point you are still going to have to let go of those handle bars! Trust yourself, and never let your trust in them fade; you will all be glad that you did—at least, I know this whole thing seems to be working in my family.

“Trust is the highest form of human motivation. It brings out the very best in people. But it takes time and patience.”

- Stephen R. Covey

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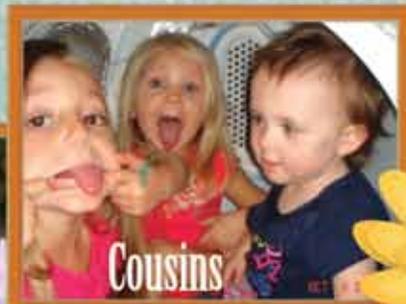
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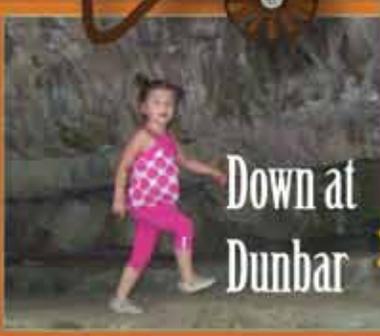
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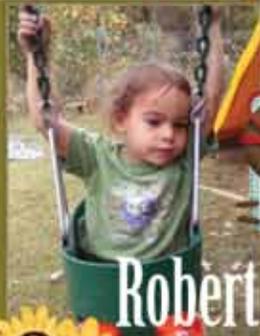
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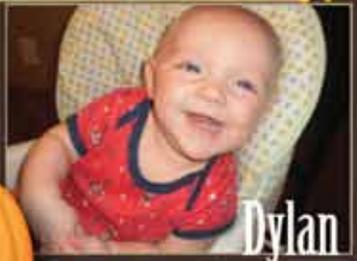
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photos to:**

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WELCOME GRANDMA & GRANDPA CHIPMUNK!

by Brenda Hunley Illustrated by Willie Bailey

There were pumpkins, small bales of straw, a few little mums in flower pots, and even a scarecrow set up outside of Chester the Chipmunk's home. Lily the dragonfly and Boomer Chipmunk had worked all morning putting it together.

"Okay Chester! We are ready! Come look!" called Lily.

Chester peeked out the front door. "What?" All he could see was Boomer jumping up and down clapping his paws together, and Lily doing back flips in the air. Looking around, he swung the door wide open, and then he could see what they were so excited about.

Chester inhaled deeply. "Wow! It looks like we are ready for Thanksgiving around here."

Boomer ran over toward the fall display. Pointing he squeaked, "Chester! Do you see the scarecrow I made? Do you see? Do you see?"

Chester took several steps and stood in front of the scarecrow looking at it very intently. "Yes! Hmmm. Hey! That's the hat I found this summer and one of my handkerchiefs! Yes, that looks good Boomer!" Boomer puffed up his chest with pride and moved out of the way so Chester could see the whole display.



"Chester, do you like the color of the mums I brought for you?" asked Lily.

Chester really didn't care what color the mums were

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that Lily picked out; he liked anything that Lily made. Blushing, Chester said, "Yes, Lily, the orange mums are perfect."

As the friends stood and admired the scene in front of Chester's home, Dart flew up and joined them.

"Nice! What's with the decorations?"

"We have special guests coming in for Thanksgiving; they're going to stay with Boomer and me for a while."

"Oh, okay. Uh, Lily, are you ready to go?" Dart asked.

"Yes! I'm ready!" Lily said, picking up her camera.

"Where are you guys going?" asked Boomer.

"I'm going to take some pictures of the soccer game and Dart will write about it for the school newspaper!" answered Lily.

"You guys have fun! Dinner is at 6:30!" said Chester, reaching for his broom.

"We will be finished before that! See ya then!" shouted Dart over his shoulder.

Waving goodbye to their friends, Chester looked at Boomer. "Well, are ya ready? Mom and Dad should be here soon."



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“Yes! I want to make some pumpkin bread! Hey, did you go get any chestnuts? You know they are going to want to roast some in the fire.”

While Boomer worked in the kitchen, Chester cleaned up the chipmunk home. He breathed in the sweet smells of the bread baking, the vegetable stew bubbling, and the fresh bedding made of leaves and pine needles. Yes, his home was ready.

Knock! Knock! Knock! Boomer was concentrating so hard on watching the bread bake; he jumped when he heard the knocking. Laughing at his brother, Chester opened the door. It was Mom and Dad Chipmunk, pushing baby

Hazel and Coco in the stroller. The twin Chipmunk girls had been born just this summer. Now that they were sitting up, they didn't scare Boomer quite as much as they did when they were first born.

“Oh, boys! How are you?” asked Mom Chipmunk, placing a bowl of snacks on the table.

“Mom! Did you see the scarecrow outside? I made that! Mom!” Boomer was so excited he was running around the room talking non-stop.

“Welcome! We are good. Can I help you with anything?” asked Chester, taking Hazel out of her seat.

Dad's whiskers were twitching. “Mmmm...

something does smell good, what do you have cooking over there Boomer?”

“Vegetable soup and pumpkin bread!” answered Boomer.

“My favorite!” said Dad Chipmunk, as he placed Coco next to her sister in the playpen.

“How was the weather on the walk over?” Chester asked, hanging their coats in the closet.

“It is getting chilly out there! The wind is definitely picking up,” Mom Chipmunk said, wrapping her sweater tightly around her body.



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As the family got settled around the fire, there was another knock on the door. This time it was Lily and Dart.

“Hey guys! Come on in! How was the game?” asked Chester.

“It was great! Just wait until I show you the pictures!” replied Lily.

“You look chilled dear, would you like a cup of tea?” asked Mom Chipmunk, giving Lily a warm throw to wrap around her shoulders.

Just as Lily and Dart got settled around the fire and started talking about the soccer game, another knock sounded at the front door.

Knock! Knock! Knock! Knock! Boomer ran to the door, and peeked out. “It’s them! They are here!” he said, running about the living room.

“Umm, Boomer! Open the door so they can come in! It’s chilly out there!” scolded Dad Chipmunk.

Chester opened the front door. In walked Grandma and Grandpa Chipmunk. Soon everyone was talking all at once, sharing dinner together. Before long the sky was dark, the harvest moon was high in the sky, and the Chipmunk home was cozy and warm with family and friends sharing stories around the fireplace.

Happy Thanksgiving everyone!



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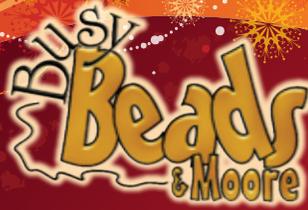
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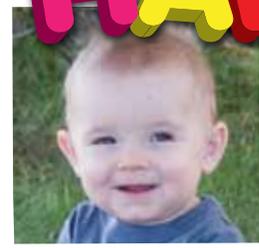
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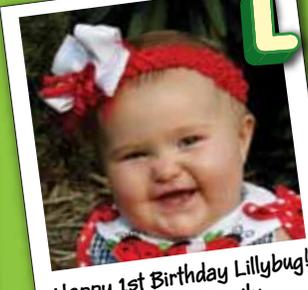
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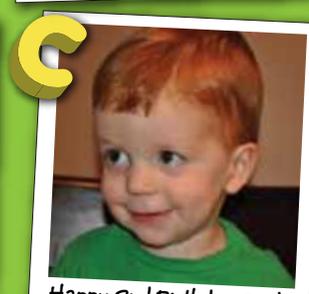
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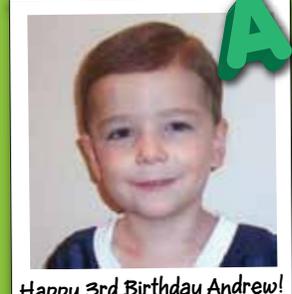
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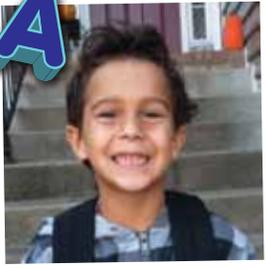
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information call the church office at (931) 647-7768 or (931) 216-6644.

CLARKSVILLE FIRST CHURCH OF THE NAZARENE HOPE RIDERS

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

A COUNTRY CHRISTMAS 2010

Presented by RiverView Mounds Century Farm, Friday, November 26 through Sunday, December 19. Time are Friday and Saturday from 2:00 p.m. to 8:00 p.m., Sunday from 2:00 p.m. to 6:00 p.m. Located at 1715 Boyd Rinehart Road in Clarksville, they offer precut Christmas trees, Sl'Hay rides with Santa's elves, a visit to Santa in his workshop, Christmas lights and campfires. Visit www.riverviewmoundsfarm.com or call (931) 624-1095 for information.

FAMILY LIFE CENTER ACTIVITIES

Monday through Friday, 5:30 a.m. to 9:00 p.m. (except Wednesday, 5:30 a.m. to 5:00 p.m.), Saturday, 7:00 a.m. to 4:00 p.m. 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, sculpting, Zumba, circuit, senior fit aerobics and beginner step (all classes are \$3). Visit hilldale.org 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 we have a brand new Pumpkin Train and

Chick-fil-A

Madison Street Spirit/Fundraiser Nights
1626 Madison Street
(931) 648-4468

1 MANNA MONDAY
MANNA CAFE

4 THURSDAY
NORMAN SMITH*

9 TUESDAY
MOORE MAGNET

15 MANNA MONDAY
MANNA CAFE

16 TUESDAY
EAST MONTGOMERY

17 WEDNESDAY
ADVANTAGE LEARNING CENTER

18 THURSDAY
BARKSDALE ELEMENTARY

22 MONDAY
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.

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 for details or call us at (615) 382-7593.

MANNA CAFE CANNED FOOD DRIVE

November 1 through 30 at Chick-fil-A, 1626 Madison



Now open in Sango.

By Appointment only
Monday thru Saturday

bangz
hair by Sheryle

931-603-6069

CREATIVE HAIR DESIGN AND PROFESSIONAL COLORING

O·P·I
REDKEN bigsexyhair equeage
MATRIX JOICO it's a10



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

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

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

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

Street. For every 10 non perishable items you bring in you will receive a coupon for a free Chick-fil-A Chicken Sandwich. All food donations will go to Manna Cafe Ministries.

OWEN FARM FALL FESTIVAL

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 for information.

November

1 MONDAY EPILEPSY AWARENESS MONTH

Nearly three million people in America have epilepsy or some form of seizure disorder. November has been designated Epilepsy Awareness Month for over 40 years, yet we rarely hear about it. There is still a stigma attached to having epilepsy. Learn more at www.epilepsyfoundation.org.

2 TUESDAY ELECTION DAY

State General and City elections. Visit www.montgomerycountyttn.org for more information.

4 THURSDAY SEE PINK MEETING

6:30 p.m. at Exit Realty off Exit 1. We will have a guest

speaker. 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.

6 SATURDAY GREAT STRIDES FUN RUN/WALK FOR CYSTIC FIBROSIS

9:00 a.m. to 12:00 p.m. at Legends Bank, 310 North 1st Street. Lace up your running shoes and come out for the Great Strides fun run/walk for Cystic Fibrosis at Legends Bank. The day will include food, music, giveaways and fall fun. For more info, please contact Lesley McMahan at (615) 255-1167 or lmcmahan@cff.org. There is no registration fee, although a suggest donation is asked.

FAMILY FUN DAY

1:00 p.m. to 5:00 p.m. mall wide at Governor's Square Mall. Enjoy face painting, craft tables, and much more!

7 SUNDAY DAYLIGHT SAVINGS TIME ENDS

Set your clocks back one hour.

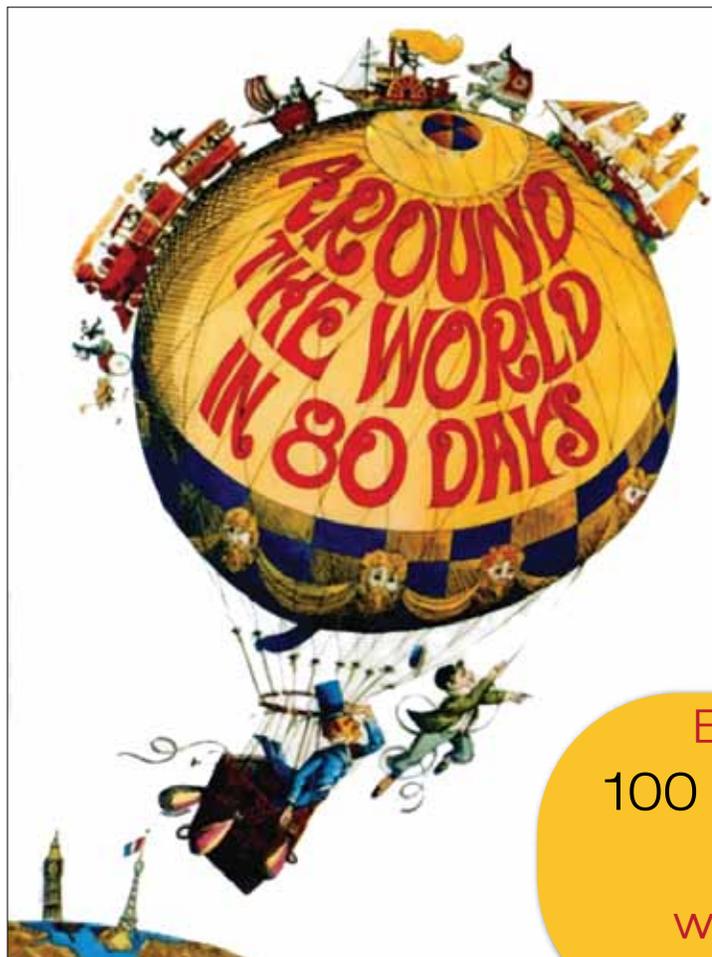
8 MONDAY ALZHEIMER'S CAREGIVERS SUPPORT GROUP MEETING

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

11 THURSDAY VETERANS DAY

NARFE CHAPTER 870 MEETING

11:00 a.m. to 1:00 p.m. at Golden Corral Buffet &



AROUND THE WORLD IN 80 DAYS

ADAPTED BY MARK BROWN
FROM THE NOVEL BY JULES VERNE

NOVEMBER 5, 6, 12, 13*, 19, 20 AT THE ROXY REGIONAL THEATRE

Box office hours: 9am-2pm
100 Franklin St • Clarksville, TN
(931) 645-7699
www.roxyregionaltheatre.org

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.

12 FRIDAY

HARRY POTTER EVENT

6:30 p.m. at Clarksville-Montgomery County Public Library, 350 Pageant Lane. The library will close at 6:00 p.m. for normal business but will reopen for the event at 6:30 p.m. Harry Potter fans rejoice! This event, suitable for the whole family, will unite wizards and Muggles for an evening of fun. The library will transform into Hogwarts and Diagon Alley. You will be able to choose and design your own wand. You may attend potions class and learn the mysteries of magic. There will be gaming in the Gryffindor commons area as well as trivia contests. The highlight of the evening will be a costume contest. Everyone is encouraged to come dressed as their favorite character or member of the "Harry Potter series" community.

The most philanthropic events will be a clothing drive in true S.P.E.W. fashion. Although the event is free, attendees are encouraged to bring used clothing for underprivileged house elves and other residents of Montgomery County. The clothing will be donated to a local charity for distribution. Contact J.J. Radtke at (931) 648-8826 or jj@clarksville.org for more information.

13 SATURDAY

HOLIDAY MARKET

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

merchant booths, homemade baked goods, frozen foods, silent auction and lunch. Fall and Christmas items. Call (931) 648-4068 for more information.

QUALITY ARTS AND CRAFTS FAIR

9:00 a.m. to 6:00 p.m. at Montgomery Central Elementary. Thirty local and regional Tennessee artists will be selling handmade pottery, woodwork, soap, candles, jewelry, felted purses, and much more. No commercial products will be sold. Free entry.

FRIENDS OF FT. DEFIANCE VETERANS DAY CIVIL WAR BALL

3:00 p.m. to 10:00 p.m. at Smith-Trahern Mansion, 101 McClure Street. There will be a ceremony honoring Civil War veterans in the Riverview Cemetery next door to the Smith-Trahern Mansion where the ball and dinner will be held. Afterwards there will be a Civil War period ball with Buffet Dinner to honor American Veterans of the Civil War. Dances of the Civil War era will be featured with lessons before every dance. A Silent Auction will be held during the ball. Tickets are \$30 each. Proceeds will help fund exhibits in the Ft. Defiance Interpretive Center and living history events at the fort. Contact Phyllis Smith at (931) 551-4560 or email pms007@bellsouth.net.

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 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. Contact Jessica Lee at (931) 551-6467 or jessica@clarksvillechildrenstheatre.org for more information.

14 SUNDAY

PROJECT LINUS MEETING

1:00 p.m. at First Christian Church, 516 Madison Street. Contact Jo Ann Pollard at

(931) 647-1827 or Carol Ballard at (931) 645-8896. The Project Linus mission is to provide love, a sense of security, warmth and comfort to children who are seriously ill, traumatized, or otherwise in need through the gifts of new, handmade blankets and afghans, lovingly created by volunteer "blanketeers."

16 TUESDAY

CLARKSVILLE SCRABBLE GAME CLUB

5:00 p.m. to 9:00 p.m. at Borders Books, 2801 Wilma Rudolph Boulevard. For more information contact Clay Sanders at (931) 647-3625.

SEE PINK MEETING

6:30 p.m. Girl's Night Out. Led by breast cancer survivors, Kelly Blevins and Lynne Woodson. Meetings help women who have gone through, or are currently going through



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

Thursday, November, 4 Guest Speaker
Tuesday, November, 16 Girl's Night Out

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

www.seepink2.blogspot.com
seepink2@gmail.com

treatment. Email www.seepink2@gmail.com for more information or visit seepink2.blogspot.com.

18 THURSDAY FREE BREASTFEEDING CLASSES

Held at Montgomery County Nutrition Education Center (WIC) in the Breastfeeding Room at 1:00 p.m. every 3rd Thursday of each month. 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.

20 SATURDAY R3 TURKEY TROT 5 AND 10 MILE RACES

8:00 a.m. in front of Beachaven Winery, 1100 Dunlap Lane. Sign up today at R3 Running, 2535 Madison Street Suite H or visit www.active.com.

2010 TEEN SUMMIT AND CLARKSVILLE WOMEN'S EXPO

9:00 a.m. to 3:30 p.m. at the APSU Red Barn on the corner of Drane and Marion. The purpose of the Teen Summit is to educate, enlighten, and motivate teens...our future business leaders. The event is FREE to all and will include various workshops/seminars, local vendors, and service providers. The workshops/seminars will cover area topics such as: polite attitudes, budgeting and saving, professional attire, interview skills, and

much more. In addition, our teens will be able to interact with leading professionals during a Q&A panel format.

SANTA ARRIVAL

2:00 p.m. at Borders Court in Governor's Square Mall.

SANTA PHOTOS

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

23 TUESDAY CHRISTMAS ON THE CUMBERLAND GRAND OPENING

Through Monday, January 3, 2011. Join Santa and special guests as they light up the Cumberland and over one million holiday lights along the RiverWalk and McGregor Park. Lights are

turned on at 5:00 p.m. each day and remain on until 10:00 p.m. on weekdays and 11:00 p.m. on weekends. Come enjoy the light displays and get into the Christmas spirit.

25 THURSDAY THANKSGIVING

26 FRIDAY DAY AFTER THANKSGIVING DOOR- BUSTERS

5:00 a.m. at main entrance of Governor's Square Mall. Don't forget your shopping list! The first 200 shoppers at the main entrance will receive a shopping bag filled with great merchant discounts. Lucky customers can WIN a Governor's Square Mall Gift Card from \$25 to \$50!

Think local. Buy local. Live Local

**As Consumers. . .
We have the power
to shape our city.**



**Thank you for
shopping in Clarksville.**

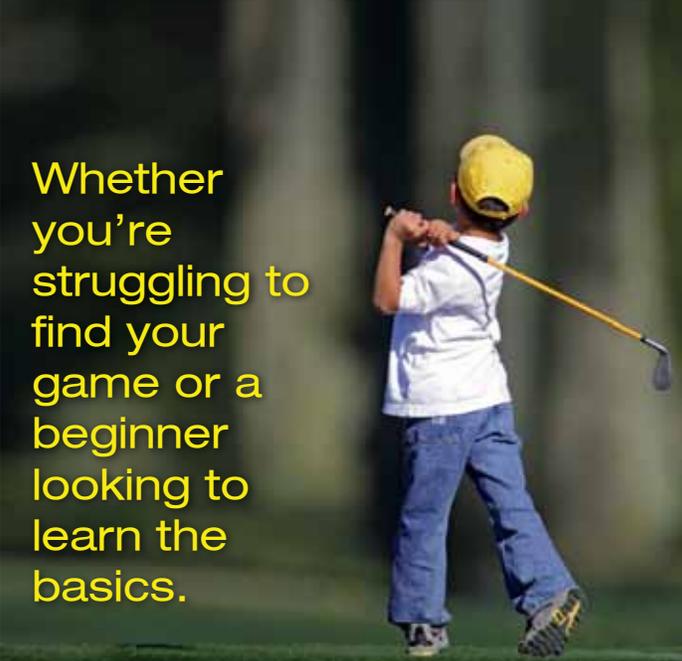
When we shop local, we are saying YES to a strong, vibrant local economy that translates into a unique and interesting community.

It is up to all of us to make Clarksville better. So please continue to support local businesses.

 **The Chamber**
Clarksville AREA CHAMBER OF COMMERCE

www.clarksvillechamber.com

**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

December

9 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.

10 FRIDAY AN EVENING WITH SANTA

6:00 p.m. to 9:00 p.m. at the War Memorial Walking Trail

Park, 101 Walter Garrett Lane, Oak Grove, Kentucky. Come for pictures with Santa, Christmas train rides, refreshments and gift bags (while supplies last). Brought to you by Oak Grove Tourism. For more information visit www.visitoakgroveky.com or call (270) 439-5675.

13 MONDAY 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.

**Submit your event
via email to
events@clarksvillefamily.com.
Please get it to us by the 15th
of the month to be included
in the next issue.**

CUSTOMS HOUSE MUSEUM & CULTURAL CENTER

200 South Second Street • (931) 648-5780 • www.customhousemuseum.org

Wednesday, November 10
“Let’s Find People”
10:30 a.m. to 11:30 a.m.
For children 3 – 5 years old and an adult. Younger siblings welcome. This program explores the museum from a child’s perspective and includes a story and a craft. Cost is \$7 for adults, \$2 for children

and includes admission to the museum.
Saturday, November 13
Free Admission Day
Friday, November 26
Holiday Trains
10:00 a.m. to 4:00 p.m. The “Snowflake Special” and other model trains will be running.

Closed: Veterans Day (Thursday, November 11) and Thanksgiving Day (Thursday, November 25)
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

AROUND THE WORLD IN 80 DAYS
Adapted by Mark Brown, from the novel by Jules Verne.
Stampeding elephants! Raging typhoons! Runaway trains! Hold onto your seats for the original amazing race! Join fearless adventurer Phileas Fogg and his faithful manservant as they set out to circle the globe in an unheard-of eighty days! Danger, romance and comic surprises abound in this

whirlwind of a show as five actors portraying thirty-nine characters traverse seven continents in this new adaptation of one of the great adventures of all time.
November 5, 6, 12, 13*, 19, 20.
CHARLES DICKENS’ A CHRISTMAS CAROL
Adapted for the stage by John McDonald.
This rollicking holiday morsel will sweeten your taste buds and warm even the hardest of hearts.

Ebenezer Scrooge meets the spirits of Christmas Past, Present and Future while rediscovering the true meaning of the holiday.
December 3, 4, 8, 9, 10, 11*, 15, 16, 17, 18*.
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.

the 12th anniversary of

Christmas on the Cumberland

along the riverwalk at mcgregor park

open nightly 5:00 - 10:00 pm and 5:00 - 11:00 pm friday and saturdays



Winning artwork: "Winter Wonderland" by Katlyn Melton

Please Join us for the
Grand Opening Ceremony on
Tues, November 23, at 6:30 pm



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. Deesree Williams: (931) 645-9969 or dwilliams@cctenn.org.

OAK PLAINS ACADEMY

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

OMNI VISIONS INCORPORATED

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

PHOENIX HOMES

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

YOUTH VILLAGES

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

ATHLETICS

BUDDY BALL SPECIAL NEEDS ATHLETIC LEAGUE

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

CLARKSVILLE IMPACT SOCCER CLUB

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

EMMANUEL FAMILY LIFE CENTER

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

IRON KNIGHTS YOUTH WRESTLING CLUB

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

WARRIORS SPECIAL NEEDS CHEERLEADING

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

SWIMMING EAGLES

We are a Fort Campbell based competitive swim team open to non-military families. Our competitive season runs through March. For more information please visit www.swimmingeagles.com call (352) 262-0627 or e-mail 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.

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, CAPPALactation Educator Trainer at (931) 451-3223 or ninemonthsandbeyond.com.

TENDER GIFT DOULA SERVICES

A doula is a "woman who serves." I am a labor support person who attends to the emotional and physical comfort needs of the laboring woman and her family to smooth the labor process. I offer several prenatal visits, childbirth education, phone support, and one postpartum meeting to ensure the mother is well informed and supported.

Doulas have been shown to reduce labor time, and the need for labor augmenting drugs, and pain medication, while increasing the mother's satisfaction with her birth. For more information call Katie Bulger at (931) 378-7233 or visit www.MyTenderGiftDoula.com.

CHILD CARE

CHILD CARE AWARE

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

MID-CUMBERLAND CHILDCARE RESOURCE AND REFERRAL

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

MONTGOMERY COUNTY CHILD CARE PROVIDERS BY AREA

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

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

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

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

PARENT INFORMATION NETWORK

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

PROGRESSIVE DIRECTIONS, INC.

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

CHILD PROTECTION & DOMESTIC CRISIS SERVICES

AL-ANON & ALATEEN

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

CLARKSVILLE RAPE AND SEXUAL ABUSE CENTER

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

CHAP PROGRAM OF CATHOLIC CHARITIES

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

DEPARTMENT OF CHILDREN'S SERVICES

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

LEGAL AID SOCIETY

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

MONTGOMERY COUNTY CHILD SUPPORT SERVICE

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

SAFEHOUSE

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

CHILDREN'S GROUPS

4-H YOUTH DEVELOPMENT

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

BOY SCOUTS OF AMERICA

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

GIRL SCOUTS OF THE USA

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

COMMUNITY OUTREACH

ALL NATIONS BIBLICAL STUDY CENTER

Offers tuition-free Bible courses to the community. Registration for the Spring Semester will begin in December. Ongoing Online Courses are also available. Visit 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 or www.ed2go.com/apsu.

ARMY COMMUNITY SERVICE

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

ASERACARE HOSPICE

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

COMMUNITY SCHOOL OF THE ARTS AT APSU

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

CRISIS CALL LINE

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

GATEWAY HOME HEALTH & HOSPICE

700 North Riverside Drive, Suite C-9. Serving the Clarksville area for 25 years. Offering nursing care, wound care, ostomy care, infusion therapy, home health aides, physical therapy, occupational therapy, speech therapy, hospice care, chaplain, social work, bereavement services and volunteer services. Servicing Montgomery, Cheatham, Roberston, 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 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, 8:00 p.m. to 8:00 p.m.
- Glasses voucher program for low income families
- Enfocando autism support group
- Notary services
- Parenting classes
- Third Thursday food pantry
- Clothes closet
- Translations
- Women empowerment classes
- Youth mentorship
- Gang prevention training

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

HOPE CENTER

A community service branch of the Family Guidance Training Institute, Inc. provides a number of community activities to include summer camps for seriously emotionally disturbed children, S.T.E.P. into the Light, a women's holistic wellness group, and Women's Share community. The Hope Center also offers a multitude of workshops for community organizations. For further information regarding our programs, please contact Julee S. Poole, Ph.D., Program Director at (931) 431-7580 or 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, humansociety@clarksville.com or clarksvillehumansociety.org.

LATINA ASSOCIATION

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

LOAVES AND FISHES

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

MEALS ON WHEELS

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

MONTGOMERY COUNTY WIC CLINIC

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

PREVENT BLINDNESS TENNESSEE

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

RADICAL MISSION

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

TENNESSEE REHABILITATION CENTER AT CLARKSVILLE

1575 Corporate Parkway Boulevard (past John Deere and Clayton Homes), a county/state agency, the TRC provides counseling, vocational evaluation, work adjustment, and job placement services for graduating high school students and adults with disabilities. (931) 648-5560.

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

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

UNITED WAY

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

VETERANS UPWARD BOUND

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

COUNSELING, SUBSTANCE ABUSE & MENTAL HEALTH ASPERGER/AUTISM CENTER

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

counseling, group counseling, family education and counseling, and psychiatric services. For further information regarding our programs, please contact Julee S. Poole, Ph.D., Program Director at (931) 431-7580 or juleespoolephd@aol.com.

BRADFORD HEALTH SERVICES

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

CELEBRATE RECOVERY

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

CENTERSTONE

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

FAMILY CENTERED SERVICES

901 Martin Street, (931) 503-4600.

THE FAMILY GUIDANCE TRAINING INSTITUTE

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

HOPE (HOMELESS OUTREACH PARTNERSHIP AND EMPOWERMENT)

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

LIFESOLUTIONS - ASPIRE & JOBLINK

611 Eighth Street, (931) 920-7210.

MENTAL HEALTH COOPERATIVE

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

OAK HILL RESIDENTIAL

118 Union Street, (931) 647-8257.

PASTORAL COUNSELING CENTER

The Pastoral Counseling Center at 516 Madison Street, is a ministry of professional care dedicated to healing and growth in human life and relationships. In partnership

with local congregations the centers are committed to providing clinical and education services to all who need these services. When you or someone you love is troubled by depression, marital or relationship problems, substance abuse, or a vague sense that your life is adrift, we can help. Professional support is available with fees based on your ability to pay. (931) 648-9009 or www.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.

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 TENNKY AREA AFS VOLUNTEER LEADERSHIP TEAM

The Miss Tennky 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 5,000 registered volunteers. To find out more about AFS go nationally to www.afs.org/usa and click on going abroad, hosting or volunteering. Locally, you may contact Becky Heywood at AFSbecky@comcast.net for volunteering and sending. To find out more about hosting locally contact Jackie Smiley at AFSjackie@gmail.com. The local web site is www.misstennky.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@misstennky.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! ClarksvilleMommies.Com is part of TheMommiesNetwork, a 501-C(3). Register to be part of ClarksvilleMommies!

CHARA (CHRIST-CENTERED HOMESCHOOLERS APPLYING RIGHTEOUSNESS ACADEMICALLY)

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

HOPKINSVILLE SAHM MEETUP GROUP

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

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

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

MOMS CLUB OF CLARKSVILLE

Come meet other stay at home moms at the MOMS Club®! The MOMS Club® is an international non-profit, non-religious, non-political organization specifically designed to support stay at home moms (including those that may work part time or have a home based business). Join us for one of our Open House meetings the first Friday of every month at 10:00 a.m. at Madison Street United Methodist Church. Enjoy breakfast while getting to know more about MOMS Club and meeting local MOMS. Activities include speakers and discussions, park days, field trips, cooking club, and activity groups like playgroups, walking, arts & crafts, and a monthly MOMS Night Out. We also do service projects for children and families in our community. Yearly dues are \$20. Most activities are during the day, when moms need the support most. Children are welcome at all daytime activities. For more information call (931) 472-5218 or visit: www.momsclubofclarksvilletn.com. See block 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 or (931) 431-2533, or visit us on Facebook under MOPS at First Baptist Clarksville.

MOMS Club of Clarksville Calendar

Wednesday, November 3 - **Lunch Bunch** at Chili's

Friday, November 5 - **General Meeting** 10:00 a.m. at Madison United Methodist Church. This month our guest speaker will be representing the Montgomery County Human Society. We are asking for donations that they can use such as: cat litter, cat/kitten food; dog food, dog/cat bedding; toys etc. Please join us for some food and lots of fun!

Tuesday, November 9 - **Firehouse Tour**

Thursday, November 11 - **Trip to the Nashville Zoo**

Monday, November 15 - **Breakfast Bunch** at IHOP

Thursday, November 18 - **Library Day**

Friday, November 19 - **Potluck Dinner** for spouses of deployed Soldiers

Monday, November 22 - **MOMS Night Out** at Blackhorse

Tuesday, November 23 - **Fall Craft** for the kids

Tuesday, November 30 - **Dinner Delight Night** (cooking club)

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 Jaime Wommack at jaimenicole711@yahoo.com and (931) 302-8922; or Amanda Hough at amandahough@gmail.com and (617) 204-1136.

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 or visit 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.

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 KCcorley77@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 (SECLAR HOMESCHOOLERS: ANY RELIGION, ECLECTIC)

SHARE is a non-religious home school group for Clarksville and the surrounding areas. All homeschoolers are welcome to join this group, regardless of religious beliefs, race, homeschooling methods, or family lifestyles. An online support and information network is available as well as bi-monthly meetings. This group is a community in which we all play an important role in deciding and implementing the activities we want for

our children. For membership information please visit: groups.yahoo.com/group/tnSHARE/

TENNESSEE EARLY INTERVENTION SYSTEM (TEIS)

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

WIC NUTRITION EDUCATION CENTER

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

RETIREMENT GROUPS

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

Meets on the 2nd Thursday of each month at the Golden Corral Restaurant, 2811 Wilma Rudolph Boulevard. We gather to eat at 11:00 a.m. with the business meeting starting at 12:00 p.m. We have a private area reserved, always have a speaker, and guests are always welcome. NARFE's mission is to preserve and protect the earned benefits of all Federal Employees and Retirees. We are the ONLY organization that works to protect the earned benefits of ALL Federal Employees, Retirees and their families. If you are now receiving, or expect to receive, a federal retirement annuity, then you should join us as a member and help us actively preserve our federal benefits. We need your support to increase our overall membership numbers. NARFE works on the national and state levels in Congress to propose and oppose legislation in the interest of the federal employee and retiree. With over 300,000 members nationwide and over 4,400 in Tennessee, we are a strong voice in Washington, DC. Please contact JC Whitney at (931) 358-4855 or e-mail at jcwhitney@cdeightband.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 or www.fortcampbellmwr.com/ACS/familyReadiness.htm.

AUTISM SUPPORT GROUP

Donna Richardson at (931) 503-2315.

CLARKSVILLE MONTGOMERY COUNTY MULTIPLE SCLEROSIS SUPPORT GROUP

A local support group for Multiple Sclerosis patients, family members and caregivers in the day to day management of M.S. Activities include guest speakers, up to date medical news, advances in finding a cure for M.S., and open forum discussions. Meets the third Tuesday of each month

(September through May) at 7:00 p.m. at First Christian Church, 516 Madison Street. For more information call Melba Dowdy at (931) 552-1486 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 Shree at InfantLossProject@yahoo.com or call the chaplain's office at (270) 798-8777.

SEE PINK

Lead by breast cancer survivors, Kelly Blevins and Lynne Woodson. Meets twice a month for the purposes of helping women who have gone through, or are currently going through treatment. E-mail www.seepink2@gmail.com for more information or visit seeink2.blogspot.com.

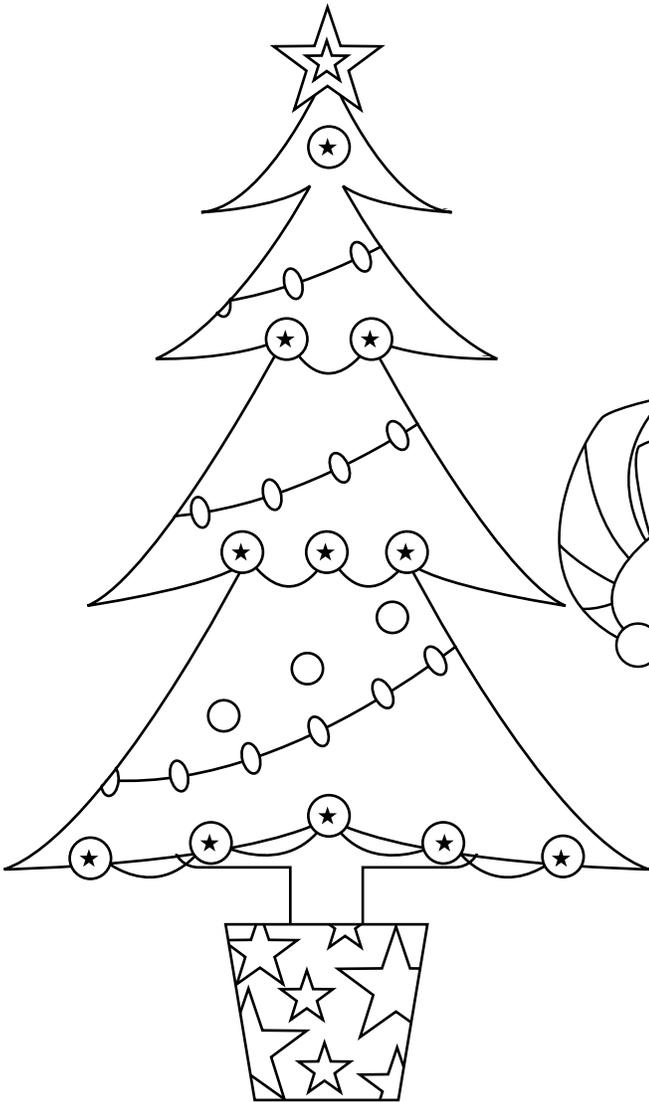
TENDERPAWS PET THERAPY

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

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.



Child's Name _____ Age _____

Parent's Name _____ Phone# (____) _____

Parent's Signature _____ Email _____

Mailing Address _____ Apt. # _____

City _____ State _____ Zip _____

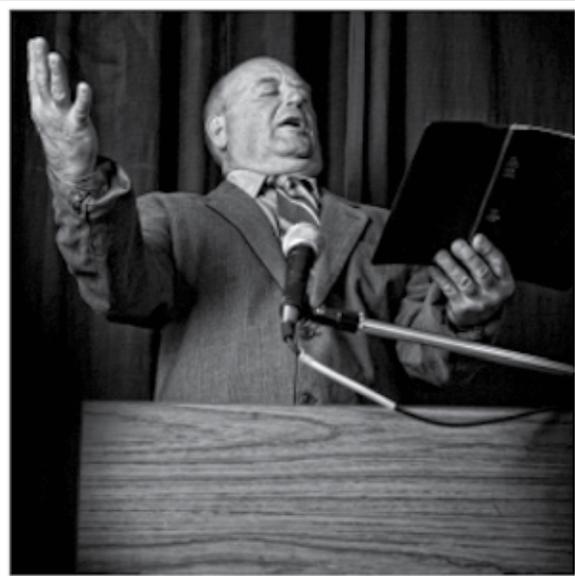
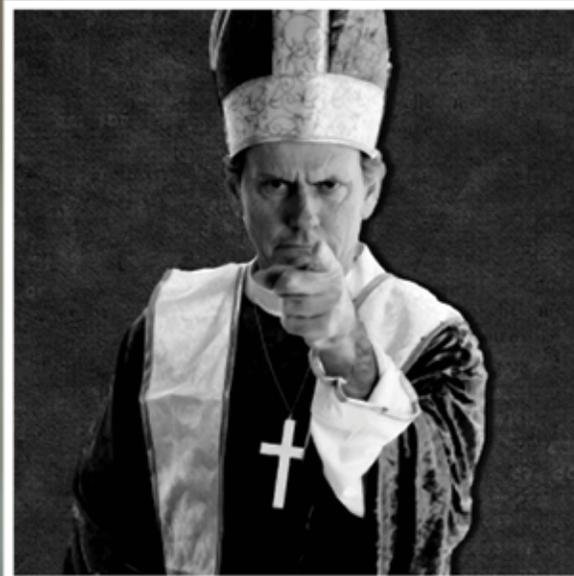
What you can win:

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

 <p>ENTRY:</p> <ul style="list-style-type: none"> Contest open to children ages 12 and under. One (1) entry per person per contest, please. To enter, either color the picture on this page or download and print it from clarksvillefamily.com, color it in however you like, and return your entry to Clarksville Family Magazine for judging. 	<p>YOU CAN SEND YOUR ENTRY (VIA U.S. MAIL) TO: Coloring Contest PO Box 31867 Clarksville, TN 37040</p> <ul style="list-style-type: none"> Be sure to include child's name, age, address, phone number, and e-mail address so that winners may be notified. <p>Contest ends 11/15/10</p>	<p>JUDGING:</p> <ul style="list-style-type: none"> Entries will be judged every other month, and prizes will be awarded accordingly. Entries will be judged on the basis of creativity. Eight prizes will be awarded in three age categories: ages 3 and under, ages 4-6, 7-9 and ages 10-12. Prizes may be claimed at either Chick-fil-A location in Clarksville (Governor's Square Mall or Madison Street). 	<p>WINNERS:</p> <ul style="list-style-type: none"> Winners will be announced in the December 2010 issue of Clarksville Family Magazine. Each winner will receive the following prize for their winning contest entry: Chick-fil-A Fun Pack as well as their name and winning artwork printed in the next issue of Clarksville Family Magazine. 
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****Tip:** Magic marker works best on the slick magazine paper. Best option for using crayons is to download and print onto regular paper.

One of these guys is doing his own thing...



You are an individual! Maybe you have not been in church because you don't like Christians, think church is boring and not relevant to your life?

Come experience a church designed for people like you and discussing the things that impact you!



onechurch.tv

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

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931-802-8663