

December 2010

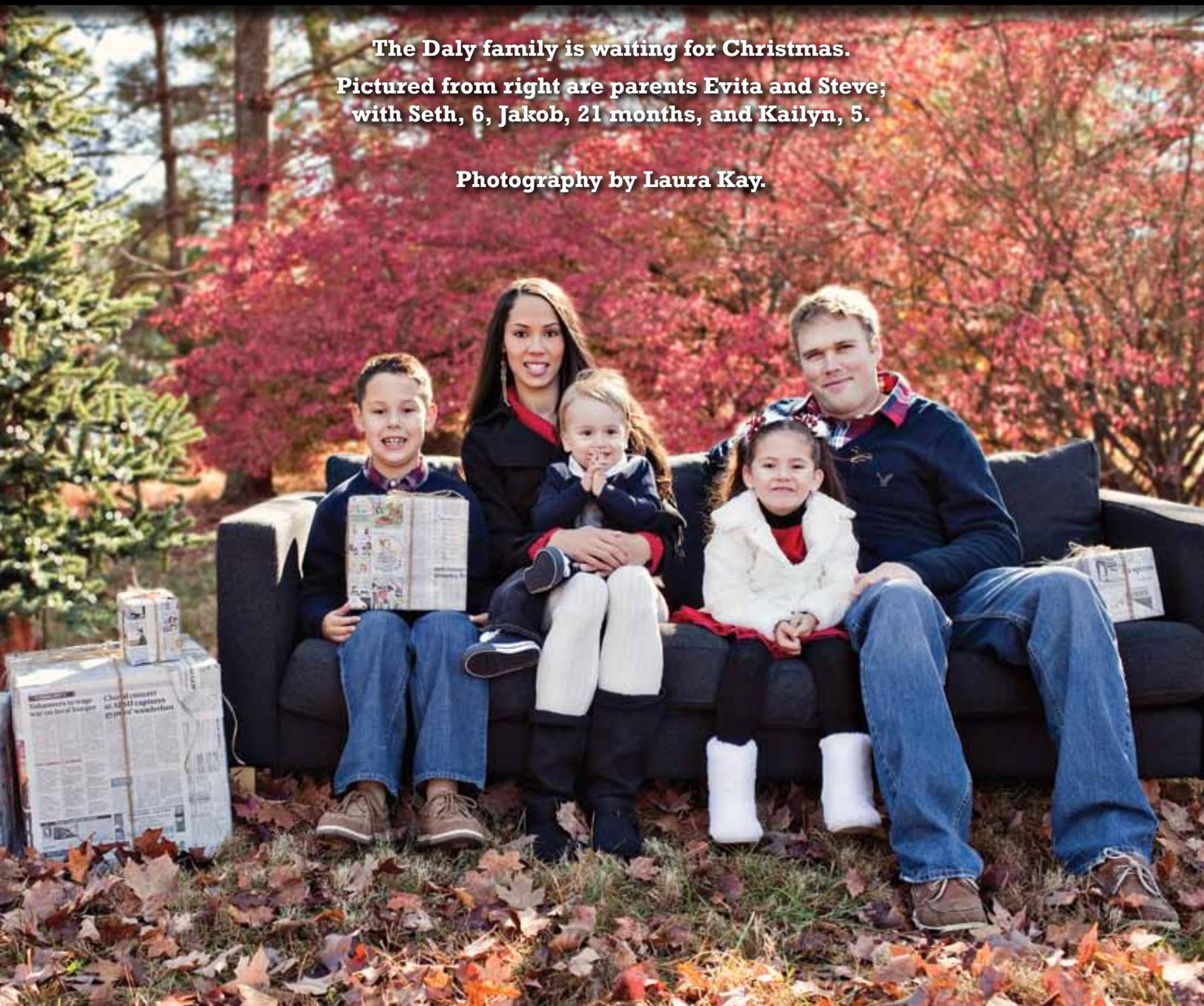
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Photography by Laura Kay.



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Holidays!*

# Publisher's Message

I know it's cliched, but I cannot believe that this year is already almost over!

Our city has been through a lot in 2010. The May flood turned Clarksville, and most of central Tennessee, upside down. They say it was the worst flood in human history for our area. Some of the physical damage is still evident even now, and the emotional and financial effects will linger much longer for many.

In that tragedy the strength of our community showed brightly. Neighbors, families, and total strangers pulled together to help one another. That camaraderie is one of the many great things I love about this city.

Our Clarksville family has seen its share of emotional events this year too. Close friends have fallen ill, while others have brought a new life into the world. Like any family, we take the good with the bad, and always try to make the best.

Next year we will have a new mayor, Kim McMillan. It will be Clarksville's first female mayor. We also have a few new council members. Our city continues to grow rapidly, while our economy is still on the mend from the recession. I wish the new administration the best at steering Clarksville in the right direction.

As for this month's issue, it is packed with plenty of Christmas and holiday-themed articles. Among them are a bunch of great craft ideas. They should offer something fun to do on any of those days when the weather keeps you stuck inside.

If you venture out and about be sure to visit all of the fun Christmas activities sponsored by the city. See the article on page 12 for a list of everything that is available this year. It's all free, and a great way to enjoy the season.

All of us at *Clarksville Family Magazine* wish you and your families a merry Christmas and a safe, and happy holiday season this year. We hope you get what you want, and especially what you need.

Here's to an even better 2011!

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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### Special Thanks

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## TWICE AS NICE

by Taylor Lieberstein

Like many modern day women, Evita Daly wears many hats. She is a mother, a wife, a student, a business owner, and a former America's Next Top Model contestant. The thing that sets her apart is she is wearing all of those hats at the ripe age of 24. She has successfully made it through many battles, put together her "perfect" family and made a career out of something she has a passion for doing.

"I could not think of anything I would rather be doing right now," said Daly, about her life.

Growing up things seemed always to be tough for her at home. Her mother rarely paid her any attention and her father was busy with work. She counted down the days until she could leave home and do what she pleased, the usual feelings of a teenage girl approaching an eighteenth birthday.

She did just that, left home as soon as she could. In 2004 she moved out, got pregnant by her high school sweetheart, and soon after married him. He joined the army and that is how she ended up in Clarksville. This relationship was rocky for its entire duration. He ended up deploying and she was raising her new baby boy all by herself. To say the least she wasn't happy about her husband's absence. Time passed, they had another child together a little over a year later. She ended up moving back to her hometown in Virginia to stay with her mother. Things were too hard with two small children and no daddy at home.

Shortly after she got settled in back at her parents' home she heard that America's Next Top Model was holding auditions

nearby. Her mother wanted her to go and try out for the show. Modeling was a passion she had previously pursued, but she had been so busy that she pushed it aside. She went out and auditioned with the knowledge that she did not really have a shot because of the odds. But to her surprise, Evita got a call back. She was heading to Los Angeles for season seven of America's Next Top Model with Tyra Banks.

"At that point in my life I was trying to figure out what I was going to do with my life and so I thought I would go ahead give it a shot and see where the opportunity took me," she recalls.

Her time on the show was a good one and a rare chance to do something fun, but it was short lived. Soon she was back at home wondering what to do with her life. After a series of events she decided to move back to Clarksville. Her marriage ended, and she found herself raising her two children on her own. She wanted to go in a different direction because things were not working the way she had planned.

She was on her own, working multiple jobs, and was living in a house with her two small children. She still did not have a plan, she was just living. One of her jobs was at a furniture store. That furniture store is significant because it is where she met Steve, her current husband and business partner.

"He just came in, looked around, asked me out, and life has been like a dream since then."

Steve made Evita happy, he was great with her children and he was wonderful to her. She had

dated a couple of men after her divorce, but they were all about her and never about her children. She said that is what seemed most promising about Steve Daly. Her suspicions were right. He was the one for her and her children. It was not long before they moved in together, then moved into a bigger house, sealed the deal with a ring, and added another child to the Daly family.

Evita stopped working so that she could go back to school and raise the kids. Steve continued working for the Army. When the time came for him to deploy Evita was not at all excited, as she had been through this before. She knew how hard it was to raise a brand new baby alone, and this time she would have two others to take care of as well. Instead, Steve moved to another unit and avoided the deployment.

Things were finally going well for Evita. However money was still a little tight with her not working. So the mother of three living on a single income needed some new clothes for herself. She bought a lot of designer clothing off of Campbell Yard Sales. They were nice clothes and she got them for a ridiculously cheap price, but none of them fit her. She decided to list them individually and sell them on Craigslist and Campbell Yard Sales. She made almost \$300 off of the bag of clothes she purchased for only twenty dollars. After that she made a hobby of buying and selling clothes, a pretty profitable one at that.

Clothes were piling up in her kitchen and she had quit cooking to avoid getting a food smell on the clothes. Steve was ready for these clothes to go. Long

story short, she started her own business, a gently used clothing store called Twice as Nice. To begin she bought a small store and ran it herself. When Steve finished out his time in the Army he joined her in the business.

This past summer the couple moved to a new store at 919-C Tiny Town Road. This location doubled their size from the previous one, and business has been booming.

Evita explained that most days they are putting in 13 hours, if not more, but neither of them mind because they know that it will all pay off. Their youngest son, Jakob, is the "door greeter," since he has not yet started school. Their two other children come down and help after school.

"My life is exciting and I feel good about what I am doing. Customers constantly give me praise for having done so much at my age, and it makes me feel good," said Evita. "Things can always get better, and for me they did."

Evita is happy doing everything she is doing right now. She has the family she always wanted and a career that she loves. She is currently in school at Hopkinsville Community College working towards a business management degree. The Daly family plans to open another store near Sango by next spring.



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## CHRISTMAS PRESENT, REMEMBERING THE PAST

by John McDonald

I had not worked in theatre for a while (in layman's terms: for months). For a job during the holidays, I was demonstrating corkscrews at Bloomingdale's in the housewares department on the fifth floor. Few people ventured up there, and a corkscrew was the last and thoughtless gift you might have gotten for someone you didn't really know or care to know, or a have-to gift at best. But there I was, making minimum wage and grateful for it.

I had read in the theatrical trade paper about an interview, pre-audition for Thornton Wilder's *Our Town*, so I went by and dropped off a photo and resume with no real hope. The corkscrews would get me through the holidays, if nothing else.

The next day, I got a call to come and audition. Again I went, and did my best, but looked around the room and saw many more Georges than *Our Town* could use, and traipsed off to Bloomingdale's to do the corkscrew routine.

Another callback, fewer people, and more times in and out of the audition room with a number of different Emilys. I waited.

The stage manager has the thankless job of thanking everyone for coming...and asking the chosen

few to stay. An Emily was called, and a McDonald was asked to stay. I picked up my bag filled with resumes and pictures and headed for the exit.

As I was about to leave, the stage manager said, "Aren't you McDonald?"

I said, "Yes, but you want him," at which time I pointed to Scott MacDonald. He was the flavor of the month and the actor who always got the callback, if not the part itself. He had everything going for him, and he was handsome to a fault, rather like Tyrone Power with cold black curls.

"No," said the stage manager, "We want you."

The story should end here, but it doesn't. I was introduced to the young woman playing Emily and told that we would be signing contracts in a few days. I was stumped, but not stupid. I still managed to make it to the fifth floor and those corkscrews for a few more days.

A call came, and I was asked what I wanted to play the part of George in *Our Town*. This query more than surprised me. I was being asked what I wanted, as in how much money. I said, "Shouldn't an agent negotiate this for me?"

"No, no," said the director/producer.

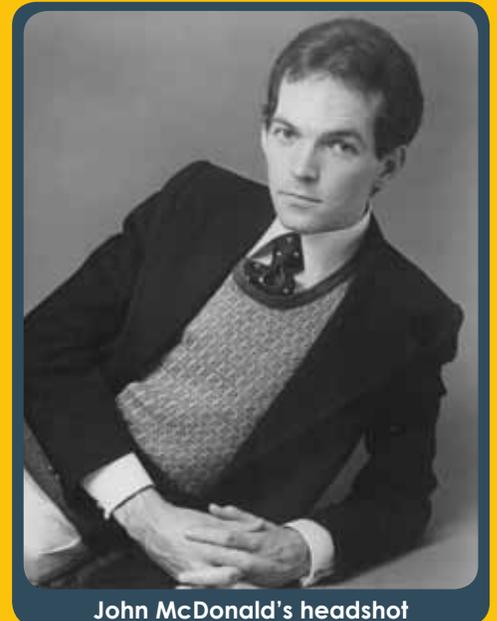
"Oh." Without thinking, I found myself saying, "I'd like whatever Emily is getting."

He said, "Okay, it's \$25 above minimum."

I thought, "Great!" I had done my first equity production at The Long Wharf in New Haven, playing John in *The Lion in Winter* for \$105 a week, so \$130 was high cotton for me in 1969.

On Christmas Eve Eve, December 23, snow was

falling outside the studio, and it was beautiful. I opened the contract and, to my amazement, found out that it was \$25 above Broadway minimum:



John McDonald's headshot

\$350 a week—a small fortune in those days. You could have knocked me over with a feather. And, on top of that, I was given a check for \$250 on signing, the cost of train fare from New York to Huntington, Long Island, for the entire rehearsal and run of the play. But I didn't have a bank account with enough in it to cash a \$250 check on Christmas Eve Eve.

I think I walked in circles for a while until I got to Le Dog Store, a posh place on the East Side that sold posh dogs to posh people. My first New York friend, Jerry Comisky, worked there. He said, "Sit down, and as soon as I sell a dog, I'll cash your check." I sat for maybe 20 minutes, tops.

With cash in hand and glee in my heart, I hurried toward home, but first stopped at Zabar's, New York's West Side deli which has been made famous by appearing in numerous films, a lot of them starring or directed by Woody Allen.

I picked up a small bounty of goodies. On the street, I purchased the smallest tabletop Christmas tree



Our Town with Emily, George (John McDonald) and stage manager (Clem Fowler)

and, at the local bodega, a box of six assorted glass ornaments, more than filling up this bare and needle-less Charlie Brown Christmas tree. I phoned a small group of good souls who I knew most likely would be having a thinner Christmas than my corkscrew job was offering, and invited them over for what was the most Dickensian Christmas party I have ever been part of. Sharing my new-found wealth gave me as much pleasure as a Vanderbilt fete.

I joined the cast for the first rehearsal the day after Christmas (referred to in the U.K. as Boxing Day) and discovered one actor, Clem Fowler, who was rather famous as he had been in Richard Burton's *Hamlet*, and later films like *Diner* and *Age of Innocence* (he's the flower stop attendant who serves Daniel Day-Lewis). Clem had a car and, for five dollars a week for gas, we would share a ride to Huntington, Long Island. Over the ten-week rehearsal and run that bargain fare ended up making me \$200 dollars richer in the process!

\* \* \*

A year ago I wrote about Santa coming to my house when I was about five years old. It is a cherished memory that I have kept alive and well for over sixty years.

Some time ago, I was asked to be Santa at the Madison Street United Methodist Church preschool. Anne Wall was short one fat, old man. I was not old then, nor was I fat, but a bed pillow, some clown white and a red rosy nose would do the trick.

I did my duty for a dear friend and asked to borrow the costume over the weekend, working it out with my brother

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that I might make-up and change in his neighbor's carport. My idea was to recreate for my brother's children that same magic which had been created for me.

When I arrived, it was an unseasonably warm December night, and his good neighbor had left the light on for my transformation. I put on the costume atop my jeans and shirt, whited-out my brows, reddened my nose, doffed the beard, wig and hat of the jolly ol' elf, and turned to go to my brother's house.

As I turned, I noticed for the first time the dead deer, wide-eyed and tongue extended, in the back of the neighbor's pickup truck. It was an ill omen, which unfortunately I did not heed.

I knocked on my brother's door, and my niece Kirby answered. She, too, was about five. She did not greet Santa as I had hoped she would,

but rather she gave me the wailing welcome which might be awarded to the Wicked Witch of the West.

A few moments later, there was brother, carrying Chelsea in his arms. She had at least been warned that Santa was at the door. In utter disbelief, she came to view the event in the comfort of her father's arms. The arms did nothing to deter



Rough sketches by Clare Coyle Taylor of set components for Madison Street United Methodist Church's annual Christmas show.

children cry. There is a lesson to be learned, but it is far too obvious to nominate here.

\* \* \*

The best Christmas gift I was ever given—better than the Lionel train and the Schwinn bike or the Cartier watch—was helping my dear friend Clare Coyle Taylor paint a scene drop for Madison Street United Methodist Church's annual Christmas play.

My second Christmas in Clarksville, I visited many of our local churches. I walked into Madison Street United Methodist and was welcomed by LaNelle Norman, to whom I said, "I'm not a member." She smiled as she handed me a warm cup of cider and said, "All are welcome here."

To work alongside someone as talented and creative as Clare Coyle Taylor, as fun-loving and crazy as I am, is a blessing which I managed to stretch into three days of bliss. Three large buildings came to life: only two the first day, for energy and creativity had waned and two was all that we were capable of doing. I came in the next day to find the third building drawn in and windows and doors added to all three.

the screams which were delight-less and embarrassing to watch, as I was the cause of this misguided adventure.

I went back to the dead deer, removed Santa from my face, and returned to the scene of the crime, this time as Uncle Buddy. But Chelsea and Kirby were skeptical at best and looked into my eyes for further recognition of their own unspoken fear that dear Uncle Buddy was also that evil Santa: Santa who made

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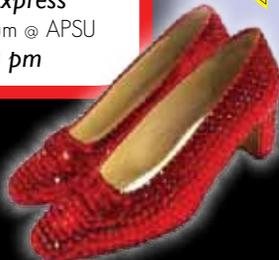
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But on the third day, the window dressing was still undone, and the planned intricate details of storefront delicacies and holiday finery were impossible to accomplish in so short a time. I volunteered something I could easily do, and she let me. I put huge green wreaths in every window with big red bows on each and every one. I'll never forget that touch of kindness. All are welcome, even me.

So to Clare, who drops everything—and I mean everything—to come to our aid here at the Roxy, I could not but offer my hand and paint-clothes in aid of her efforts at Madison Street UMC.

The company, the camaraderie, and the passersby who oohed and aahed gave us the will to finish. However, the custodial staff, who had already figured that these two “arty types” would take the glory and leave the clean-up to them, were apprehensive. But when Clare and I pulled out the Brillo and slid across the floor, scrubbing out imperfections, we won them over as well. The whole three days ended with sincere goodbyes and thank-yous.

Later that evening, Clare hung the work for the Thursday night ArtWalk that she had created along with her sons, Nathaniel and Bobby Conroy. I so look forward to going to the theatre.



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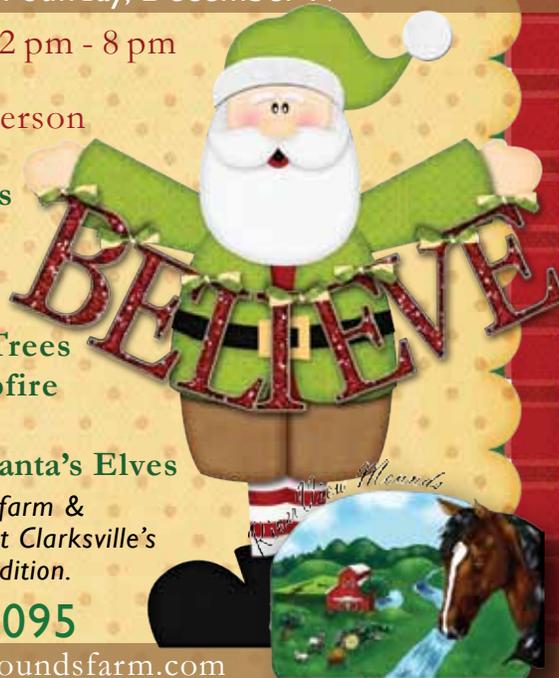
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## CHRISTMAS ON THE CUMBERLAND

by Candice Waite

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All of the displays have been changed to LED bulbs. Not only does it make all of the displays appear brighter, but this will be a huge energy and cost savings in the long run for the City of Clarksville.

**Downtown for the Holidays**

Join us for yet another Clarksville tradition and hometown celebration, December 4th, at our 4th Annual Downtown for the Holidays event. The event kicks off at 3:00 p.m. with the 3rd Annual Jingle Bell Jog sponsored by the City of Clarksville and R3 Running. Family activities will begin at 4:00 p.m. followed by the much anticipated 51st annual Clarksville Christmas Parade presented by the City of Clarksville and the Clarksville Jaycees.

Returning this year is our 2nd Annual Christmas Cookie Bake-off, sponsored by the City of Clarksville and Ingredients. Bake your favorite holiday treat and submit your entry to Ingredients, located at 100 Strawberry Alley, by 5:00 p.m., December 4th. The entry fee is five samples for judging along with two dozen treats which will be donated to the Madison Street United Methodist Sunday Dinner Program. Entries will be judged according to taste, presentation, and originality.

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**Jingle Bell Jog**

**3pm**

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**Caroling & Family Activities**

**4pm**

Hosted by City of Clarksville and  
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**Christmas Cookie Bake-off**

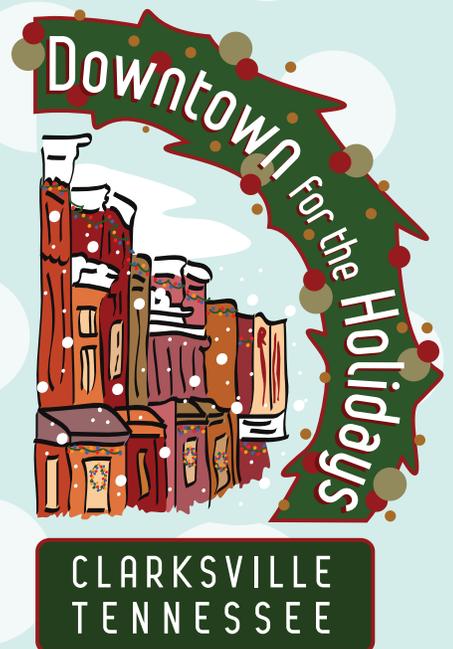
**4pm**

Hosted by City of Clarksville &  
Ingredients

**51st annual Clarksville  
Christmas Parade**

**5pm**

Hosted by City of Clarksville &  
Clarksville Jaycees



As the season changes to winter, it is common to winterize the car, home, and outdoor irrigation systems, to list a few. But, who thinks about taking the time to winterize the skin? On average the skin tends to be oilier in the summer, dryer and more dehydrated in the winter. Cold winter winds and dry air can wreak havoc on the skin causing severe dryness, itching, eczema flare ups, and even severe cases where skin can possibly crack or bleed.

Being the largest organ of the body, the skin serves to protect the body as a barrier from bacteria. When the skin is broken, it cannot fully function as the first line of defense from infections. With any change in the environment, the skincare routine should be adjusted to provide maximum protection from the elements, whether it is the heat, cold, wind, or extreme dryness. Reactions to the changing environment, such as utilizing indoor heating units, can also contribute to a breakdown in the integrity of the skin's protective nature. When the environment takes its toll, various skincare treatments and products are readily available to keep the skin in optimal health and functioning in its protective role.

When dry, flaky skin appears, exfoliation is key; however, be sure to use a gentle scrub and not one that is too harsh or abrasive. An abrasive scrub can actually be more harmful to the skin than helpful. Cuts and tiny abrasions of the skin can occur when scrubbing too hard. A professional quality facial exfoliant will help remove dead skin cells without damaging the skin. Skinceuticals C + AHA serum is a 2 in 1 antioxidant that works to improve the appearance of aging skin both inside and out. Pure L-ascorbic acid helps protect against UVA and UVB rays, prevents premature aging, and stimulates collagen production. On the skin's surface, a 10% concentration of

alpha hydroxy acids combining both glycolic acids and lactic acids, exfoliates the dead skin cells away to leave a smoother, more youthful appearance.

Chemical peels and microdermabrasion are two excellent skincare treatments to receive when the skin needs extra help with exfoliating. Both treatments are designed to exfoliate, improve skin texture, and decrease fine lines. An aesthetic grade peel is a light peel treatment that allows the skin to flake off one to three days post-treatment. Some clients like the rejuvenated appearance that is seen following a chemical peel but don't have the patience for the peeling phase. If peeling is not desired, a professional microdermabrasion is an option. This manual exfoliation treatment leaves the treated skin feeling smoother immediately following the procedure.

Lips are particularly vulnerable to cold winter winds especially for those who have a habit of licking their lips. It is important to keep lips moisturized by applying an emollient lip balm. For those prone to chapped lips, the Skinceuticals Antioxidant Lip Repair provides antioxidant protection with Vitamin E. This lip treatment smoothes lip lines by gently exfoliating and promoting collagen synthesis. Sun protection is also a key step in keeping skin beautiful and healthy. It is important to remember sunscreen is not only for the body, but for the lips as well. It has been noted that lip cancer is on the rise and most don't think to apply sunscreen to the lips. Coloresscience Sunforgettable Lip Shine SPF 35 gives the sun protection needed while providing a clear gloss that can be worn alone or on top of lipstick to add shine. The highly refined minerals protect the skin from sun and environmental damage.

Skin that is dehydrated or not properly moisturized appears dull and lifeless. A quality moisturizer helps protect the skin and provides the moisture the skin may be lacking during the colder months. Skinceuticals Renew Overnight Dry is ideal for normal to dry skin types. This moisturizer contains a 10% hydroxy acid blend that refines the skin overnight by gently exfoliating in order to diminish fine lines, wrinkles, and other signs of premature aging. The skin needs water in order to look supple and function properly. The Hydrating B5 Masque from Skinceuticals provides intense replenishment to dehydrated, stressed skin. This product is not only good for the face, but can be applied to any dry area of the body such as knees, hands, elbows, and feet.

For many people, applying sunscreen during the summer months is common practice but neglected during the winter. But the fact is, sunscreen is not just for those sunny summer days. Sun damage can occur on cloudy, rainy, or overcast days. Winter sun and environmental elements are just as damaging to the skin. Apply a broad spectrum sunscreen about 30 minutes before going outside. Reapply frequently when outside for a long period of time or if perspiring. An SPF of 30 is recommended for every day use.

There are other things that can be incorporated into the daily routine to improve overall skin health. Try to avoid long hot showers as they tend to break down the lipid barrier of the skin and lead to moisture loss. As relaxing as hot baths may be, showers are recommended. Humidifiers are an excellent way to put moisture back into the air. Place a few humidifiers throughout the home and office to keep the skin from becoming too dry and scaly. Air from indoor heating systems can be just as irritating to the skin. A

humidifying system can help the skin stay supple instead of getting dry and cracked.

Hydration of the skin from within is accomplished by drinking plenty of water. Hot herbal tea provides the antioxidants the body needs and is a great choice of drink when the winter chill is in the air. People often assume that if their skin appears flaky then they must have dry skin, when in fact, they can still have oily skin but it will appear dry as the skin is simply dehydrated. Misdiagnosing the condition can lead to wasting money on the wrong skincare products. Seek the advice of a skincare professional in order to receive a proper skin analysis.



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

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## CHRISTMAS DECOUPAGE PLATES: A SIMPLE & AFFORDABLE CRAFT FOR THE HOLIDAYS

by Dr. Holly Benedict

If you are anything like me and the word “craft” makes you break out in hives, then this is perfect for you. No hives needed. My friend, Kim, introduced me to this idea as a birthday party platter plate and once she showed me what a cinch it was to do, I decided to make a cookie plate for Santa’s cookies. I thought it would be a neat tradition to make our own “Santa’s Cookies” plate and then one day my kids can use it for their kids. But, these plates aren’t limited to birthdays and Christmas. These decoupage plates can be used for a variety of occasions and holidays and created to suit each. And, another wonderful treat—they are very friendly to your wallet! Happy Decorating!



### Items you will need:

- One clear, glass plate. (I purchased a clear, glass dinner plate at the Dollar store, but they also have clear plates at other discount stores.)
- Tissue paper. (Since I decided to create a Christmas platter, I purchased red tissue paper.)
- Confetti. (For Christmas I found Christmas trees, snowmen, candy canes, etc.)
- Mod Podge Glue. (I purchased this at Hobby Lobby. A small bottle, which is all you will need, will cost around \$3. Check the newspaper for coupons as Hobby Lobby sometimes has 15-50% off regularly priced item coupons in their sales ads. You can also find this glue at other craft stores.)
- Paint brush or something to spread the glue onto the plate. (I “borrowed” my children’s paint brushes.)

### Directions:



1. Clean the clear, glass plate to ensure there is not any sticky residue left from the price scan sticker on the plate. Allow the plate to dry well.



2. Paint a thin layer of Mod Podge glue onto the bottom of the plate and arrange the confetti in the design you

wish. After the confetti is applied to the plate, allow the glue to dry for 10-15 minutes.



3. Paint another thin layer of Mod Podge onto the plate (be sure to paint the outer edges with the glue). Place one piece of tissue paper onto the plate and smooth out any bubbles or creases. Allow the glue to dry for a few minutes.



4. Using scissors cut the edges of the tissue paper off (that aren’t glued to the plate) and tada—you have just created a wonderful, one of a kind masterpiece.



These decoupage plates are wonderful, economic ways to

make someone feel special. For under \$2 you can create one. Simply bake some homemade cookies or brownies, place them on the plate, and voila—you have a thoughtful gift for a special friend, neighbor or teacher.

Merry Christmas and have fun getting crafty!



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

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## LESSONS ON PAINTING AND PARENTHOOD

by Pamela Magrans

Parents are artists. We take a blank palette home from the hospital and lay it in a simple crib. We cover it with love, dapple on some discipline, add water and food as needed. In time we add more complicated media like education, culture, character. We layer the artwork with time and experience, adding different shades as time allows. Sometimes we cover our mistakes with more color, hoping the finished product won't reveal our own blemishes. Sometimes others stick their paintbrush in our masterpiece and influence the end result. Eventually we look at it and realize that, as with any artwork, that child is an evolution of ourselves and the world where it was created. We can sit back and marvel at our creation, proud but surprised that we had anything to do with its beauty. As I painted a picture of two red and yellow poppies last month I was reminded of how much painting is like parenting.

That is my art metaphor for the month—inspired by Swirlz—a new local business operated by two moms.

**My Swirlz night out**

I visited Swirlz Art Studio on the night of its dress rehearsal. It was a Saturday night. My husband and the boys went to the movies while I took my girls night out with fellow *Clarksville Family* staff writer, Brenda Hunley, (of the “Chester the Chipmunk” stories that appear monthly in this magazine). Thirty women—some friends, some strangers—entered the doors and were greeted by the calming sensation of teal and brown freshly painted walls. This was dress

rehearsal. The studio had not opened to the public yet—we were the test group.

Brenda and I found some seats towards the middle of the studio. Draped on the chair was the much-needed black apron. We gently filed into line to receive our canvas. Then we were guided to the back of the studio where we dispensed our own paint, guided by the step-by-step directions posted on the wall. Two pumps of red, three pumps of white, and so forth—until a rainbow was waiting on my palette.



Soft discussions floated through the room as each woman

got her supplies and found a seat. We each placed our crisp white canvas safely on the easel—like a child in its crib. The room was quiet as we all waited for instructions from the art instructor who was positioning herself on the raised floor in front of us.

Next to the art instructor on an easel rested a painting of red and yellow poppies. The poppies were vibrant and cheerful against the teal backdrop. That poppy painting was our sample of what we would create over the next two hours.

I begin to doubt myself. I doubted my ability to reproduce the strokes necessary to create anything lovely. But the instructor was encouraging and began walking us step by step through the beginnings of our masterpiece. I began to look back at Brenda's poppies—I preferred hers over mine. “Can we trade?” I joked.

However, soon, all of our paintings began to resemble poppies. The colors began to jump from the canvas and the objects looked familiar. Two hours later—we were all artists with a masterpiece to prove it.

As we fanned our paintings back and forth speeding up the drying process, a new feeling of accomplishment emerged in me. When I returned home that night, my sons were waiting anxiously in the kitchen. “Let me see,” they urged. “It looks pretty,” they both agreed. I could not help thinking of all the times my sons have brought me drawings from preschool, scribbled coloring book pages, and timeless masterpieces from Mrs. Hoenie's art class. Countless times I have adorned compliments on them for their drawings and scribbles. For the first time Mommy had painted something special and they reveled in the chance to praise me.

It was then that my painting and my parenting came full circle—art and life repeats itself.

**The inspiration behind Swirlz**

Two local moms partnered in opening Swirlz Art Studio. Jennifer Mead and Carla Lavergne had frequented a similar business in Nashville and kept seeing

Clarksvillians there. They agreed that Clarksville would also benefit from a “do-it-yourself” art studio.

Their vision for Swirlz was to have a place for people to go and have an unforgettable evening filled with friends, fun, and fabulous art that they created. Jennifer and Carla assumed that if Clarksville residents were traveling to Nashville for this type of business, then it would also



be successful here. Judging from the interest so far—they were correct.

“Clarksville needed a place for people to go and be entertained. To participate in creating their own piece of art that they didn’t even think they could do,” said Jennifer.

Co-owner, Carla Lavergne, is the publisher of *Clarksville Family Magazine*. Starting up a business from scratch is not new to her—as she embarked on the same adventure years ago when she began this magazine. For her starting an art studio meant stepping outside the box and trying something new. “We are not painters or artists, we didn’t know any painters or artists, and this was a totally different thing from anything we had ever done before,” she said.

What makes this business so interesting is that anyone can be creative. Carla said, “no artistic ability or prior painting experience is required. However, that doesn’t mean that if you are experienced or advanced that you should stay away.” There are also advanced classes for the budding artist who needs a challenge.

“We’ve also had some people that have never picked up a brush before who find that they really do have a hidden talent for painting, and they are hooked,” said Carla.

**Any reason to celebrate is a reason to Swirlz**

Swirlz also accepts reservations for private classes. In October (Breast Cancer Awareness Month) Swirlz hosted the SEE Pink Breast Cancer Survival Group. They painted the “Pink Tree of Life” during their art party. For Kelly Blevins the best part of her Swirlz night out with See Pink was “the bonding and laughter that took

December at

# Swirlz art studio




**“Lovey Dovey”**  
Thur., Dec. 9th 7-9pm



**“Lavender Moon”**  
Fri., Dec. 10th 7-9pm



**“Squaresville”**  
Sat., Dec. 11th 7-9pm



**“Frosty”**  
Sat., Dec. 18th 7-9pm



**“Silent Night”**  
Thur., Dec. 23rd 7-9pm

View the Swirlz Art Calendar  
& book your class online at  
[www.swirlzart.com](http://www.swirlzart.com)

## Kids Classes:



Sat., Dec. 11th  
“Handprint Wreath”



Sat., Dec. 18th  
“Krazy Daisy”



Wed., Dec. 29th  
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(Near the Looking Glass in Warfield Towers)



Join our Facebook page to stay plugged into the latest news about our latest news, help us choose what paintings go on the calendar, giveaways and more!

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

place during the event. It made me realize that anyone can be creative and have fun painting.” When Kelly took her “Pink Tree of Life” painting home her four year old daughter Chloe said, “Mommy, it’s beautiful! Can I have it, please?” The painting now hangs in the kids’ playroom as a constant reminder of not only mommy’s new found artistic ability, but also a celebration of the support network of SEE Pink and Kelly’s faith and perseverance throughout her own experience with breast cancer.

Swirlz will be celebrating certain events and will sometimes tailor painting themes to holidays. December is especially a fun month to try out this experience. “Most people don’t think about decorating their home with art for the holidays. We have several paintings that would look great on the mantel,” Jennifer said.



Swirlz will also introduce children’s classes during December and over the Christmas break, and plan to continue offering kids classes throughout next year.

After my one Swirlz night out I too am hooked, and will be putting it on my birthday wish list. It is a great way for a mother and daughter to spend an evening, or for a couple of high school friends to pass the time. It might even be a fun and new date

night! Whatever your fancy—be sure to book early, as limited space is available in each class.

**To find out more**

If you want to discover the artist in you visit their website at [www.swirlzart.com](http://www.swirlzart.com). The website has calendars of all available classes. You may also connect with them on Facebook under “Swirlz Art Studio.”

Reservations are needed for classes. All adult classes (ages 13 and up) are \$35 and include all material to create a masterpiece in two hours. Children’s classes are \$25 and typically take 90 minutes or less. Children under the age of 13 need to be accompanied by an adult, but there is no charge for the adult if they are not also painting.

Swirlz Art Studio is located at 329-E Warfield Boulevard, in Warfield Towers, by the Looking Glass restaurant.

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Does your Christmas spirit get lost in the flurry this time of year? Is your household so chaotic during December that it could drive even Bob Cratchit to rip out his hair? You might as well accept the fact that not even the Grinch can stop Christmas from arriving; so we must all learn tactics for surviving the holidays with our sanity (and our hair) firmly in place.

It is actually possible to go from absolutely stressed to blissfully blessed. To tame the Grinch from within and create a more simplistic, joyful holiday season this year, follow the ten Grinch-busting tips I've listed below, and you'll go from overwhelmed to overjoyed faster than you can say "God bless us all, everyone!"

## 1. LOWER YOUR

**EXPECTATIONS** Don't fall for the propaganda that can wreck your holiday. You'll make yourself crazy comparing your traditions, your home, your family, or your holiday with anyone that makes you feel less than perfect. Remember that you ARE NOT Martha Stewart! Quit trying to win the perfect holiday award for the yummiest cookies, the most ornate decorations, or the most expensive gifts. Remember these key words throughout the holiday season: DO LESS, ENJOY MORE. Make each and every day of the season a present to yourself. You deserve it!

## 2. CHANGE UP ROUTINES

Why do we feel that we must continue to always do things just as they've always been done? Don't be bound by old traditions. Think outside the box and think about new ways of doing things to make the holidays easier on yourself.

Hint: Who says you HAVE to cook an enormous meal for 20 people every year? Could you, maybe just this one time, have a simple get together instead?

Better yet, let Aunt Martha take a turn at hosting this year's celebration. Or perhaps you could suggest that this year the women cook and all other family members do the clean up? Why should the men of the house gorge themselves till they must unzip their pants and then collapse on the couch to watch TV, while the women who've cooked for weeks continue to slave away in the kitchen tackling a mountain of dishes? Would it kill them to help in the kitchen once a year as a special Christmas bonus to you?

## 3. DON'T DO ALL OF THE WORK YOURSELF

Involve every family member, right down to the tots. If you can't do it as a family, then maybe it's not something worth doing at all. Turn shopping, decorating, gift-wrapping and baking into family-time activities.

## 4. PLAN AHEAD

Work smarter, not harder. Do as much as possible in the months before Christmas to leave December open for spontaneous fun. Get the car serviced in the fall so it will be ready for traveling through the holidays, start addressing Christmas cards during the summer while you're sitting in the warm sun sipping cool lemonade. However, we all know planning ahead isn't always an option, considering how quickly the months can fly by. If it's too late to plan early and you're already in the middle of mass pandemonium, don't panic. Memorize the Serenity Prayer and repeat it often! (God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference!) Believe me, it helps to remind yourself.

## 5. SPEND LESS MONEY

Nothing accumulates stress in the season like worrying about how you'll

pay the credit card bill come January. Remember that it's the thought that counts for those that love you. Think of creative gifts you can give, or even make, that cost less but express your love a great deal more.

**Hint #1:** *Keep a log of all your expenditures. Know each day how much money you've spent so far. You will probably be surprised to learn how quickly it adds up and this understanding may help you control your spending.*

**Hint #2:** *Stay out of stores as much as you can. Every time you step foot into a store, be it a mall or specialty shop, you are subjected to cunning marketing tactics. Shop fast. The more time you spend in the store, the more cash it will cost you.*

**Hint#3:** *How about giving a few of your own special treasures as gifts? Perhaps a book you love that may have special meaning to someone or a special trinket or piece of jewelry someone has admired? A gift that's worth more than anything from a store is a handwritten letter or even a home-made card telling someone how much they mean to you, so be creative!*

**Hint#4:** *If you must shop, a list can be your best friend. To avoid impulse buying, stick to only what's on your list and pay only with cash. You'll think twice before purchasing an excessive gift you really can't afford.*

## 6. SIMPLIFY THE GIFT

**SHOPPING** Plan in advance, make a list, and stick to it. Shop throughout the year rather than doing it all at the very last minute. Instead of individual gifts, buy one item for the whole family such as a board game, coupons and/or gift certificates for restaurants or stores, cell cards, school supplies, or gift baskets. Or exchange names

within the family so everyone needs to buy only one gift, rather than one for each person. I've implemented rules at different times that stipulated that it had to be a yard sale or a thrift store find under a certain price. That made it a lot of fun, as everyone tried to find the coolest stuff at the best buys. Another option is to divide up the shopping. Maybe the husband could purchase all the men's gifts and the wife could buy all the gifts needed for women. The kiddos could buy for the other children and the teens can select gifts for others their age too. This way, everyone's more likely to get things they like.

You could also choose a gift theme each year. If the theme is books, you would buy all your gifts at a book store or online. If you choose a theme of entertainment, you would buy movie passes or movie rental gift cards for everyone. If there are a lot of men on your gift list, a hardware theme might be well appreciated. If you're as forgetful as I am, buying everyone on your list the same or at the very least similar things can make it a lot easier to remember what you gave whom in past years!

- 7. CELEBRATE YOUR FAMILY AND COMMUNITY** Schedule time for relaxing and fun together. Put it on your calendar and make it a top priority. Don't let anything stop you. If you're too busy to drive through the different neighborhoods with the children looking at the lights and listening to holiday tunes, re-arrange your schedule. Spend an evening as a family reading Christmas stories, poems and just remembering Christmases past. For the younger ones, try writing letters to Santa together. It's amazing what the little tikes want to tell him.

If you have to shop or attend recitals or parties, don't go alone. Take the family along and include elderly friends and lonely neighbors too. This idea can even apply to cooking, baking, decorating and gift wrapping. There's nothing wrong with inviting someone to do it with you. It will make your tasks easier, not to mention, more fun and they'll appreciate getting to spend some time with you. Whatever you have in mind to do, share it with someone and make it quality instead of crazy time.

- 8. CREATE LASTING MEMORIES** Be picky. Don't fill every moment of the season with frenzied activity. Think quality over quantity. Your goal should be to share happy times by being together. Reading and telling stories together, a relaxed go at decorating the tree as a family, singing carols, making snow angels, throwing some snowballs around or just sharing a cup of hot cocoa and enjoying the night's stars can be more satisfying than attending every concert, play, and party of the season. Volunteer as a group to organize a toy or coat drive, or sort food at a food bank, deliver meals on wheels, or serve Christmas dinner at a homeless shelter. These are memories you'll cherish forever and can possibly give others a Christmas to remember as well.

- 9. TAME THE INSATIABLES** Maneuver the family's focus toward the needs of others and how your family can help. Assist everyone to develop an attitude of gratitude instead of always feeling as if they need something more to be happy. Talk about ways to share the season's happiness with others. Instead of the usual wish lists, make a list of ways to be generous.

***Hint:** These might include helping someone with shoveling, baking, cleaning, shopping, or decorating. Or choose a volunteer project you can work on together as a family.*

Volunteering is a great way to teach children compassion. It develops character, leadership, self esteem and a sense of community. Volunteering also helps offset the materialism of our culture. The key is finding a cause the whole family can identify with.

Keep the TV turned off as much as possible to steer clear of commercials. They only give your kids ideas of more useless things they think they just have to have in order to survive another day. If you want to watch a Christmas show, rent the DVD or go online.

- 10. CREATE SOME FUN NEW TRADITIONS** Buy a nifty new cookie cutter each year to add to a collection, or share at the dinner table every night something you've each read such as a Christmas story or poem, a joke, holiday trivia, or even a riddle.

***Hint:** A few more traditions that can lighten your oft times heavy workload: Instead of an elaborate holiday feast, why not have friends over for a potluck Christmas Eve dinner where you provide only the dessert? Another tradition kids would love is to go out for pizza on Christmas Eve.*

It's the little things that can make life more meaningful. I like the concept of starting a Christmas tradition of practicing not-so-random acts of kindness every holiday season and maybe even extending this "kindness" throughout the year. Make a game out of the pay it forward concept. Whenever I go through a drive-thru at a fast food place I always tell them to put my coin change towards the next

# mix & mingle in style...

person's meal. I don't know who they are but it makes me feel good every time to think that I may have lightened someone's mood by just a few cents.

After all is said and done and you look around this holiday season...I make only one last suggestion...RELAX.

To enjoy the season, we have to remember what's truly important. Each of my suggestions involve togetherness, helping, enjoying, sharing, and most importantly...savoring the moments so that they can last you a lifetime. This Christmas will be a season full of opportunities to reach out to and enjoy others. Don't miss them! Compel yourself to spend more "down time" with others just hanging out. It's more important than you may think. Take the time to truly experience feeling the joy of the season. Make it a "feel good" holiday rather than a "look awe-inspiring," one day of the year, picture-perfect event. Create a warmer, more loving inviting celebration by focusing on each other and just being a family, a neighbor, a friend.

Now that you've got an idea on how to tame your inner Grinch...take a deep breath, turn on the Christmas lights, gather your loved ones close to you, relax in your favorite easy chair, and watch angel Clarence earn his wings for the fifty-second time. Only this year, you'll be able to concur with George Bailey that it really is "A Wonderful Life."



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# EXERCISE CLASS MAKES ME WANT TO RUN (AWAY)!

by Moriah Robinson, ATC, CSCS

The holiday season is upon us... stacks of wreaths, overpriced wrapping paper, small Santa Claus ornaments, large Santa Claus ornaments, and every soul in Clarksville crowded into narrow aisles. This infestation of shoppers is exactly why I will be avoiding Wilma Rudolph Boulevard for the next month. Although I love Christmas and the accompanying festivities, the shopping experience reminds me that I am a true introvert at heart.

Even though I enjoy people, I have always craved my own space to recuperate and breathe. After a busy social week, I desire nothing more than to curl up alone with a good book for several hours. Just hang a "Do Not Disturb" sign on my doorknob and we'll call it a day! I also find this aversion to people carries over into other aspects of my life. Nothing helps me forget the stresses of life more than a long,

solo run. If I go to the gym, I'm there to work—alone. Do not talk to me. Do not slow me down. I'm there to work hard and feel the burn, not to socialize.

Even though my nature is to go it alone, my perspective on people, "me" time, and solo exercising has changed over the last few years. I have begun to see social interactions not as an energy drain but as a wonderful chance to connect. This new outlook has been a slow growth process and is mainly due to two things.

First, I married a wonderful man who knows no stranger and is literally a walking social calendar. I learned quickly in our first year of marriage that we would be busy almost every night of the week, and we would always be the last couple to leave an event. My social butterfly loves being around people simply because he loves people. He

derives energy from hearing their stories and developing a personal bond with them. He believes that life is about loving God and showing God's love to other people. Even though my natural tendency is 180 degrees in the other direction, it is difficult to be married to a person like this and not be affected in some way.

If our marriage wasn't enough to change my view of people, my career change could have served as the catalyst. I

became a personal trainer, and personal training is an industry that centralizes around relationships. You can't just like people—you have to have an authentic passion for helping people. Finding joy in inflicting physical pain is not enough—you actually have to care for the person you are hurting! ;-)

As a trainer, I've discovered I actually love being around people. All of my clients have their own stories, stresses, and joys in life. By connecting with them, I quickly learned that every face can smile and hide the heavy burdens of life. We walk past people every day who are hurting and need a comforting hand. Perhaps we cross paths with that person in order to be the one to offer encouragement or lift them up in prayer. I find that my clients need emotional encouragement just as much as they need physical encouragement—honestly, I find that I need their help and encouragement as well.

As I began to experience the blessings of social interaction and the importance of building relationships, I began to appreciate the value of exercise classes. While we were stationed in Charlottesville, Virginia, I began to take spin classes with other military spouses. I found that my competitive nature kicked in, and I worked harder than I had in years. I was determined not to be the slacker in the group! In addition, I developed a bond with some of those girls that I would not have pursued otherwise. I have seen this also in our GRAVITY classes at High Pointe. It has been fun watching the group dynamics of our classes, and it has been a joy to see our clients interact with each other so positively. In fact, it seems they push harder, sweat more, and laugh more if they are in a group versus working out by themselves.

In the midst of this holiday season, I encourage you to join an exercise class (we are starting new GRAVITY classes in January, by the

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way)! Grab lunch with an old friend, or maybe reach out to someone who is new in our community. The point is to embrace the gift of fellowship and to view people with eyes that see the value in each person. We were, after all, created to enjoy relationships!

Don't get me wrong...I still have moments when I fall flat on my face when it comes to showing love to others. But exercise class taught me how group exercise and social interaction can be a blessing—an opportunity to develop and deepen relationships. I don't pass on an opportunity for a solo run, but I also value the dynamics of a group of individuals with a common goal.

With that said, I will still not join the masses of Clarksville for holiday shopping. I will be at home...happily shopping online and avoiding the crowds. Or maybe I'll send my husband out to navigate the malls. To all socialites and introverts alike, have a blessed Christmas!



Moriah is a personal trainer at High Pointe and is currently taking new clients for individual training and GRAVITY classes. She is a proud Army wife and expecting mommy. High Pointe offers physical therapy, fitness programming, personal training, and massage therapy services. For more information, check out High Pointe's website at [www.highpointetn.com](http://www.highpointetn.com) or call (931) 920-4333.



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# FANCY CLOTHESPIN CARD HOLDERS

by Becky Lyons

### SUPPLIES:

- Ribbon
- Hot Glue
- Scissors
- Clothespins (the wood ones work best)
- Your decorations of choice
- Pushpins

### TO MAKE YOUR CLOTHESPINS:

Start by measuring your ribbon. You will want your ribbon to be the length of the clothespin. In my



case the clothespin is almost 3.5 inches long, so I cut my ribbon to

4 inches. You will need to seal the ends of your ribbon. The easiest way I have found is to quickly run a lighter across the ends. Do this very quickly, just enough to barely



melt the end of the ribbon. If you would rather stay away from fire just get some fray check and use it on the ends of the ribbon, it will do the same thing.

Now you need to attach your ribbon to the clothespin. Use your hot glue to attach your ribbon to



the top of your clothespin. I tend to wrap mine around the top and bottom to give it a more finished look.

I like to add "accessories" to my clothespins as decoration. Simply take your decoration and glue it to the clothespin. I used

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a few different items to decorate including my Grinch-themed bottle caps and a handmade bow.



**TO MAKE YOUR CLOTHESLINE:**

Take some cute ribbon and cut it to your desired length. For this demonstration I am hanging it on the wall so I just use a push pin to attach each end to the wall. Depending on where you choose to hang your clothesline you might need to attach it differently. Then add your cards with the clothespins and you have a simple

yet decorative way to display all the cute Christmas cards you get this year.

Merry Christmas!

(The finished product is on display at Quiznos on Madison Street.)



Becky Lyons (aka Crafty Mama) is the owner of the Yahoo! group CraftBuys ([groups.yahoo.com/group/craftbuys/](http://groups.yahoo.com/group/craftbuys/)), and makes a wide

variety of handcrafted items which can be found on the following websites:

[www.snugabugz.com](http://www.snugabugz.com)  
[snugabugzboutique.etsy.com](http://snugabugzboutique.etsy.com)

She also loves custom orders and can be reached at [snugabugzboutique@yahoo.com](mailto:snugabugzboutique@yahoo.com).

Special thanks to Amanda Rye for her help with this project.

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## WHAT CAUSES A TOOTHACHE?

by Dr. Lance Harrison, Jr.

While decay often is cited as the primary cause of a toothache, it's important for you to have a complete oral examination to determine the cause. Other dental causes of a toothache include: infection, gum disease, grinding teeth (bruxism), tooth trauma and an abnormal bite. Tooth eruption may be the cause of tooth or jaw pain in babies and school-age children.

TMJ, sinus or ear infections, and tension in the facial muscles can cause discomfort that resembles a toothache, but often these health problems are accompanied by a headache. Pain around the teeth and the jaws can be symptoms of heart disease such as angina. If your dentist suspects a medical illness could be the cause of your toothache, he or she may refer you to a physician.

### Why does my tooth ache?

You may have a dental cavity or advanced gum disease. The first sign of decay may be the pain you feel when you eat something sweet, very cold or very hot. If the pulp—the inside of the tooth that has tissue and nerves—has become irritated, this can cause pain in your tooth.

### What are the symptoms of a toothache?

Because the symptoms of a toothache may resemble other medical conditions or dental problems, it can be difficult to diagnose the cause without a complete evaluation by your dentist. If you notice pus near the source of the pain, your tooth may have become abscessed, causing the surrounding bone to become infected. Or the pus could indicate gum disease, which usually is

characterized by inflammation of the soft tissue and abnormal loss of bone surrounding the teeth.

Contact your dentist immediately if you have any of the following symptoms:

- Fever
- Difficulty breathing or swallowing
- Swelling around the tooth area
- Pain when you bite
- A foul-tasting discharge

### How do I alleviate the pain if I cannot see my dentist right away?

Anyone with a toothache should see a dentist at once for diagnosis and treatment because, if left untreated, your condition can worsen. However, if you are unable to schedule an emergency appointment, a self-care treatment can temporarily alleviate pain and inflammation from a toothache:



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- Rinse with warm salt water.
- Gently floss teeth to dislodge any food particles trapped between teeth.
- Take an over-the-counter pain reliever such as aspirin, ibuprofen or acetaminophen to relieve pain. If your child has a toothache, use acetaminophen.
- Never put aspirin or any other painkiller against the gums near the aching tooth, as it may burn the gum tissue.
- Apply an over-the-counter antiseptic containing benzocaine directly to the irritated tooth and gum to temporarily relieve pain. Direct application of oil of cloves (eugenol) may also help to numb the gums. The oil may be rubbed directly on the sore area, or you may soak a small piece of cotton and apply it to the sore tooth.
- If there has been some trauma to the tooth, a cold compress may be applied on the outside cheek to relieve pain or swelling. If your tooth has been knocked out, forced out of position, loosened or fractured, visit the dentist's office or a hospital emergency room immediately.

**How can my dentist help?**

Your dentist will conduct a complete oral examination to determine the location and cause of the toothache, looking for signs of swelling, redness and obvious tooth damage. He or she may also take X-rays looking for evidence of tooth decay between teeth, a cracked or impacted tooth, or a disorder of the underlying bone—problems that the dentist may not be able to find through a routine exam.

Your dentist also may prescribe pain medication or antibiotics to speed the healing

of your toothache. If, by the time you see your dentist, your tooth has become infected, then treatment could require removal of the tooth or a root canal procedure, which involves removing the damaged nerve tissue from the middle of a tooth.

**Is there a way to prevent a toothache?**

The key to preventing toothaches is establishing a regular oral hygiene routine and sticking to it. For example, failure to brush and floss regularly after meals can significantly increase your risk of developing cavities. After you eat, bacteria in your mouth feed on sugar and starch and produce acid that can "eat" a hole (or cavity) in your tooth's enamel. If the cavity is not filled, it can cause considerable pain and potentially destroy the dentin, pulp, and the tooth's nerve.

Here are a few tips to help reduce your risk for developing a toothache:

- Brush at least twice a day, preferably after every meal and snack.
- Floss once a day to prevent gum disease.
- Visit your dentist twice a year for oral examinations and a professional cleaning.

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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## THE HARD FACTS ABOUT KIDNEY STONES

by Dr. Dino DeLaurentis, Board Certified Urologist

Kidney stones are inconvenient, often unexpected and notoriously painful. More than 10 percent of Americans will suffer from a kidney stone at some point in their lives, and a person who has already had a stone has a 50 percent chance of developing another. Fortunately, many of these stones can be prevented by minor lifestyle changes.

In order to prevent kidney stones, it is important to understand how they develop. The kidneys are two bean-shaped organs located deep in the abdomen under the ribs. They filter the blood to remove excess fluid, electrolytes and waste. They also help regulate salts, phosphates and other substances. Stones can develop in the kidneys when there is an imbalance between these factors. The most common stones are a combination of calcium and oxalate or phosphate. These substances crystallize together if they are too

concentrated in the urine. Stones also can be related to frequent urinary tract infections, medications, or certain chronic medical conditions.

Kidney stones can occur with little warning. A person is not likely to have noticeable symptoms unless the stone causes a blockage or is accompanied by an infection. Potential signs of a stone include sudden onset of back or flank pain, bloody or cloudy urine, especially if nausea, vomiting or fever accompanies either of these signs. A person generally becomes aware of the stone when it dislodges itself from the kidney and plugs somewhere in the urinary tract. This event is marked by excruciating pain caused from urine backing up into the kidney.

Most small kidney stones pass without causing any problems or permanent damage. Stones that are

large or will not pass on their own often require surgical treatment by an urologist. Lithotripsy is one such procedure whereby shock waves are sent through the patient's abdomen to break up the stone so it can pass more easily. When this is not effective, the urologist can either remove the kidney stones through a minimally invasive technique where a small incision is made in the back, or he or she can pass a small telescope through the bladder to visualize and remove the stone.

The most effective way to prevent stones is to drink plenty of water so that crystals in the urine can be dissolved and flushed out of the urinary tract. Another way to prevent stones is to have a balanced diet. Too much salt, fast foods and animal protein increases the chance of developing a stone. Eating plenty of whole grains, fresh fruit and vegetables helps lower the risk and benefit the body as a whole.

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Finally, an active lifestyle helps prevent kidney stones. Too little physical activity causes the bones to release calcium into the bloodstream, which eventually lands in the kidneys.

Not all kidney stones can be prevented, and many factors play a role in their development. However, simple lifestyle changes can reduce your chances of developing one. If you would like to learn more about the causes, prevention and treatment of kidney stones, call Dr. Dino DeLaurentis at (931) 553-2800.

*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. Dino DeLaurentis, D.O., F.A.C.O.S., is a board certified Urologist who received his medical degree from Midwestern University in Downers Grove, IL. He completed his urology residency at Cook County Hospital in Chicago, IL. Dr. DeLaurentis has practiced urological surgery since 2005, served as the urology residency program director at Cook County Hospital, and has recently relocated to Clarksville from Chicago. He is a fellow of the American College of Osteopathic Surgeons and a member of the American Urological Association. Dr. DeLaurentis is accepting new patients and can be reached at (931) 553-2800.

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Sources:

American Urological Association  
[www.urologyhealth.org](http://www.urologyhealth.org)

Mayo Clinic  
[www.mayoclinic.org](http://www.mayoclinic.org)

Health Communities  
[www.healthcommunities.com](http://www.healthcommunities.com)



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# HOMESCHOOL FOR THE HOLIDAYS

by Dianne York

‘Tis the season...up to our eyeballs in dates and deadlines. Homeschooling families have to complete required curriculum before the semester ends, fill out reports, and submit grades. How will it all be accomplished? How can we fit “learning” into our busy schedule?

Homeschooled students have the advantage of being able to learn throughout the day, everyday. The learning process should include the standard curriculum in conjunction with skilled learning experiences. A typical day mixes all types of activities to enrich and enhance the subject areas. No Consumer Math program is

complete without the hands-on experience of creating a budget for Christmas shopping and learning to shop the bargains necessary to make the choices and stay within that budget. An Elementary student may include a letter to a distant relative or friend as part of their Language curriculum. Planting a window herb garden and flipping through recipes to incorporate these herbs into your family meals makes science come alive.

The fondest memories I have of the holidays are the times we scattered materials all over the kitchen table and made gifts for the relatives and friends that would appreciate the time

spent on homemade Christmas presents. My girls still mention our “paint-stick reindeer” when we talk about Christmas crafts. This was a great item picked up at our church’s craft day. In addition to crafts, we managed to spend time at local activities taking in the spirit of Christmas as a family. Spending several nights driving through the streets to look at the lights became a part of our traditions, lasting to this day. Find out what is going on in your community and take advantage, especially of the free activities that are family oriented. Clarksville has much to offer including: Christmas on the Cumberland, the Custom House



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 8am to 10am.  
 Madison Street location only

Museum, and RiverView Mounds. Here you will find activities and interests that are enjoyable for both children and adults. Nashville is a great one day trip. Visiting the Hermitage, Cheekwood, Opryland, and all of the lights around town will provide for a relaxing trip, not so far away.

Years ago, when my girls were very young, I ran across the book *A Cup of Christmas Tea* by Tom Hegg. It is a fabulous story of a young man spending time with an elderly relative and realizing that the best gift is often time spent with someone you love, and that sharing a cup of tea can be priceless. That Christmas I went to a discount store and found the perfect mix-matched sets of teacups and saucers for my favorite friends and relatives and provided enough tea bags for the girls and I to share tea and time to reminisce and catch up on what was happening in our lives. I especially cherish the time spent with my great-aunt since she was not around for many holidays after our visit. What a great time we had, and what fond memories we have to keep. This is learning at its best!

When things get hectic and there is just not enough time in your day, remember that this is the season for reflection and giving. Give your children the opportunity to experience giving and the time to build memories for reflection later in their lives. Time spent making gifts and/or crafts will become the stuff memories are made of. Children do not realize that they are learning to follow directions, measure, and take turns, as well as lessons in patience and the meaning of doing something for others. Some things just do not require textbooks.

I have included some easy, inexpensive craft ideas to do at your kitchen table. The two craft ideas listed here can be found at [www.amazingmoms.com/htm/christmas\\_crafts.htm](http://www.amazingmoms.com/htm/christmas_crafts.htm), a website with many craft ideas for all ages.

For the younger child, here is great craft idea that is a new twist on preserving the hand and foot prints for years to come.

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**You'll Need:**

- Large plastic eyes
- Large red pom-poms (glitter pom-poms are a fun addition!)
- Brown construction paper, craft foam or cardstock paper
- Lighter brown or tan paper for the ears (optional)
- Construction paper in any color; optional if you would like to glue the reindeer onto another piece of paper.

**How to Make It:**

1. First, with one shade of brown, cut the antlers and reindeer, using your child's handprint and shoeprint as a pattern.
2. Then, cut the ears with the other brown. We used a lighter shade of brown to add yet another layer to the ears but that's not necessary.
3. Glue the antlers together at a slight angle. Then add the ears and glue the head on last. Glue the eyes and nose on the head and add a smile with a marker. It's that simple!

A sparkling ornament may be better for the older child. This is a great idea for gift giving.

An ornament is easy to ship, safe to pack, and can last for years.



**Sparkling Beaded Snowflake**

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1. Cut the pipe cleaners in half so that you have four pieces.
2. Make a cross with two pieces, twist and secure. Then add the other two pieces, twist and secure.
3. Add a few beads to each piece of pipe cleaner. Bend the ends of each piece just enough to prevent the beads from falling off. Add an ornament hanger or make a loop with the pipe cleaner for hanging.

Whether you choose to spend your time reading about the history of the holidays, or revisiting the biblical Christmas Story, cherish the time you have teaching your child about your family, its customs and traditions. What better way to understand the customs and traditions around the world than starting in your own home? A child is eager to learn and his or her curiosity will lead you through the lessons. Teach them to inquire and encourage them to care. These lessons will provide them the reasons to learn and the desire to explore. Deadlines will come and go, but the chance to provide meaningful education is now, and the results will carry on for a lifetime. Let this Christmas season find you up to your elbows in fun crafts, recipes, and the beginnings of some fabulous traditions.

Someone once told me that your children will remember the sounds and smells of Christmas in your home, not the fact that your laundry was done and the house was spotless. Ahhh, what a relief...so cook something good and let laughter fill your home. Merry Christmas!

Dianne York is owner/director of Advantage Learning Center. Questions and comments may be sent to [educationatlc@gmail.com](mailto:educationatlc@gmail.com).

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## LOCAL CHRISTMAS SHOPPING

by Taylor Lieberstein

If you don't know where to start with your Christmas shopping, relax. Here are some ideas of gifts to give this Christmas, and they can all be found right here in Clarksville. Whether you are shopping for your BFF, daughter, mother or co-worker, there are many creative options this year. Shop these local stores to find more personalized and unique presents this Christmas.

### Cherry Lane

1490 Madison Street

(931) 552-2655

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

This gift shop offers popular gifts to put under any tree this December. Tervis Tumblers are great gifts for anyone: each is insulated for hot or cold beverages, sweat proof, and carry a lifetime warranty. They also offer a great selection of bath soaps including handcrafted shea butter and olive oil soap that comes wrapped in original photos of Clarksville. Cherry Lane also carries costume and sterling silver jewelry for all ages and occasions. And as always they offer free gift wrapping.



*Favorite gift:* The TOKYOMILK line. My favorite scent is Dead Sexy and it is offered as a lotion, perfume or bath soap.

### Artifacts

125 Legion Street

(931) 249-0454

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

If you want to find a gift that no else will get them, shop here. Everything in this store is unique.

The entire store is filled with original artwork. Most items are vintage and handcrafted. They have everything from jewelry made of antique dishes, to vintage home décor and hand painted silk scarves. Another fun gift they offer is the personalized architectural alphabet prints. The alphabet photos are made of images from Clarksville. You can order your name, your favorite word, and more.



*Favorite gift:* Angels of Reclaim. These are all handcrafted of vintage, recycled items. They are all different and they are a great decoration for any room.

### Hodgepodge

125 Franklin Street

(931) 647-0444

[www.hodgepodge-home.com](http://www.hodgepodge-home.com)

Get a personalized gift this year. Here you can find anything you ever needed to decorate your home and more. Hodgepodge offers so many cute things you may want to build a gift here. You can give two or three fun gifts instead of just one.



*Favorite gift:* Scented bar of soap that is French made and milled, an iron soap dish that has a scroll

design, and a waffle weave hand towel with a monogrammed letter on it.

### Fleur de Lis

100 Main Street

(931) 591-3021

on Facebook

Candles are always a good gift. Fleur de Lis has Candle Queen Candles, which anyone on your list will be excited to open. They come in over 20 fun scents, including drama queen, pear berry and angel wings. Right now they have a wide variety of seasonal gifts such as their decorative Christmas plates with various sayings painted on them. They are also carrying the traditional Elf on the Shelf set this year—every family should have one at home.



*Favorite gift:* Monogrammed wine bottle covers. Slip these onto any wine and now your bottle is super cute.

### Busy Beads & Moore

1960 I-b Madison Street

(931) 552-5545

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

Make your own gift or have a gift made here. Snowflake ornaments are great for teachers. You buy the Snowflake ornament form and decorate it with whichever beads you like. Here you can create jewelry for anyone. From rings to bangles to broaches, this store is sure to have something you want to give this year. Design it all yourself, a gift cannot get any more personalized than this.



*Favorite gift:* CHAMILIA bead charm bracelets. Again, you can design this yourself, so you can choose any style bracelet, any color scheme, and any bead charms you wish.

For the person who is impossible to shop for, get them gift cards.

**Swirlz Art Studio**  
329-E Warfield Boulevard  
(931) 320-9647  
[www.swirlzart.com](http://www.swirlzart.com)

Get them a gift card to come paint and be creative. You should probably get yourself one also so you can come and share the fun with your

friend, sister or best friend. Gift certificates are only \$35.

**Plato's Closet**  
2250 Wilma Rudolph Boulevard  
(931) 542-9894  
[www.platosclosetclarksville.com](http://www.platosclosetclarksville.com)

Offers gift cards for the girl that can never have too many pieces of clothing.

**Twice as Nice**  
919c Tiny Town Road  
(931) 802-6090  
[www.twiceasniceclarksville.com](http://www.twiceasniceclarksville.com)

Another gently used name brand clothing store, is also offering gift cards this holiday season.

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

or

**Eden Day Spa**  
150 Hillcrest Drive  
(931) 552-2313  
[www.edendayspas.com](http://www.edendayspas.com)

are great places to treat anyone on your Christmas list. And lucky for you they sell gift cards for all amounts.

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(931) 358-2828

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both offer delectable choices.

Think outside of the box and get the people you love things that they will love. And keep these "sure to please" gift ideas in mind when you are Christmas shopping this year.

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## SPEECHLESS

by Chris and Kim Edmondson

Have you ever had one of those moments in life where you were just speechless? A time when your words completely failed? Your mind might have had a million thoughts flying through it, but in the end all you could come up with were questions, shock, disbelief and then...silence?

There was a man in the Bible who had a similar experience. His name was Zechariah. He was a man who lived during the time of the New Testament. Zechariah was no ordinary man, he was a priest. And to make things even more exciting, he was also favored by God.

“When Herod was king of Judea, there was a Jewish priest named Zechariah. He was a member of the priestly order of Abijah, and his wife, Elizabeth, was also from the priestly line of Aaron. Zechariah and Elizabeth were righteous in God’s eyes, careful to obey all of the Lord’s commandments and regulations.”

Luke 1:5-6

Zechariah and his wife Elizabeth were well known in their community. Each of them was from a priestly lineage, and they were known as righteous people. They were examples to those around them of living out the commands of God. They were well known and probably well liked. But even with all of the good things about their lives, there was a bit of sadness too:

“They had no children because Elizabeth was unable to conceive, and they were both very old.”

Luke 1:7

In Biblical times, one of the greatest signs of blessing on a family was the gift of children. From the earliest accounts of families in scripture, children are considered a treasure, and the families who had

many children were considered highly favored. Often times, women who did not have children were looked down upon, and even shunned. As a woman, it was lonely and difficult to be childless. Even though Elizabeth had favor with God and was known for keeping His commands, she did not have any children, and therefore walked that painful journey and endured the feeling of disgrace.

Thankfully, the story does not end there!

One day Zechariah was serving God in the Temple, for his order was on duty that week. While Zechariah was in the sanctuary, an angel of the Lord appeared to him, standing to the right of the incense altar. Zechariah was shaken and overwhelmed with fear when he saw him. But the angel said, “Don’t be afraid, Zechariah! God has heard your prayer. Your wife, Elizabeth, will give you a son, and you are to name him John.”

Luke 1:8, 1:11-13

This is where the story gets interesting. During Zechariah’s week of service in the temple, he has an encounter that will change his life forever. And, not only his life, but Elizabeth’s life as well. The angel appears to Zechariah and says congratulations, you are going to be parents!

Let’s keep reading:

Zechariah said to the angel, “How can I be sure this will happen? I’m an old man now, and my wife is also well along in years.”

Then the angel said, “I am Gabriel! I stand in the very presence of God. It was he who sent me to bring you this good news!

“But now, since you didn’t believe what I said, you will be silent and unable to speak until the child is born. For my words will certainly be fulfilled at the proper time.”

Luke 1:18-20

Understandably, Zechariah had a few questions after the angel Gabriel shares the exciting news. Who could blame him for wondering how all of this would come to be? Surely he and Elizabeth had come to accept the fact that they would not have children, and especially now that they were both quite old. So the question of “How I can be sure this will happen?” does not seem out of place in our minds. But obviously Gabriel did not agree. He points out the fact that it is God who has sent him with this exciting news, and calls Zechariah out for his unbelief. And then comes the result of Zechariah’s unbelief, he is speechless.

Meanwhile, the people were waiting for Zechariah to come out of the sanctuary, wondering why he was taking so long. When he finally did come out, he couldn’t speak to them. Then they realized from his gestures and his silence that he must have seen a vision in the sanctuary.

Luke 1:21-22

Can you imagine when Zechariah came out of the temple at the end of his time of service being unable to speak? I can just picture him trying to do sign language and “holy” charades in an attempt to convey to those outside of the temple what the angel told him while he was inside the temple.

So what about us? When is the last time that you or I have been left speechless after an encounter with the Lord? When is the last time that I have read His word and been so affected by the truth that greatly

impacts my life that I have nothing to say? When is the last time that you really thought about the gift of Christ, and sat speechless in the thought of a God that would send His son in the form of a baby to prove to us that He loves us more than anything? When I truly stop and take the time to realize the magnitude of our great God and how He longs to be in a relationship with me, and with all of us, not only does it cause me to feel incredibly grateful, it also leaves me with nothing to say. How could I possibly find the words to adequately express my thanks to this amazing God?

This Christmas as we take the time to reflect upon the greatest gift that has ever been given to mankind, Jesus Christ, the Son of God, perhaps we will find ourselves speechless as we stand in awe of Him.

Oh yes, there is one final piece of good news in this story:

Soon afterward his wife, Elizabeth, became pregnant. "How kind the Lord is!" she exclaimed. "He has taken away my disgrace of having no children."

Luke: 1:24-25

A beautiful benefit of being found speechless over the goodness of our God, is that in time, He always gives us the opportunity to thank Him with all that we've got!

May the wonder of our God and His gifts to us, that have the power to take our breath away and leave us speechless, lead us right back to the thankfulness and praise of His Great Name! Merry Christmas to you.



Chris and Kim Edmondson have been married for 17 years and are the parents to three boys. Chris 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](http://www.onechurch.tv).

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## THE GIFT OF GIVING

by Rachel Kennedy Roberts

My oldest daughter, Madelyn, had strep throat a few weeks ago, causing her to miss almost an entire week of school. Apparently, while recuperating on Gran and Papaw's couch during those five days, she caught up on her share of television, including all the latest commercials for this year's coolest toys. That following Saturday, she handed me a piece of paper, on which she had scribbled a partially misspelled list of all the things she wants for Christmas.

My younger daughter, Ella Jaymes, cannot yet read nor write, so she has not prepared a list of what she wants. Instead, I get to hear "I want that" after every commercial that comes on, regardless of whether it is advertising a Barbie doll or a sandwich from McDonald's. She has reached the age of knowing that Christmas means gifts, and uttering the words "I want that" means that she may very well get whatever it is she says she wants.

Don't get me wrong, my children are not spoiled rotten. They don't get every little thing they ask for. At the same time, I do try to buy them a lot of the things they want, within reason. I was raised by very generous parents. They were fair and kind and I always had more than I needed and probably

entirely more than I deserved. For this reason, I would like to raise my children in the same manner. It's hard not to want to buy my children everything they ask for, for the fear of having to see the disappointment in their eyes when they open that last gift and realize they didn't get the one thing they really wanted.

While I would love for my children to have everything on their lists, I also don't want them to lose sight of the true meaning of Christmas, which is of course Jesus' birth. I want them to understand the spirit of giving. Last year, my sister and I decided to participate in Operation Christmas Child. Operation Christmas Child is one of the ministries of Samaritan's Purse, an organization that helps in the "aid of the world's poor, sick, and suffering" ([www.samaritanspurse.org](http://www.samaritanspurse.org)). Essentially, we packed shoe boxes full of gifts for underprivileged children. The cool part was that my three year old and my seven year old got to help out. Sure, my three year old fell asleep, and my seven year old was more concerned in color-coordinating the items within the box than what the box actually symbolized. But they participated, nonetheless. And this year, they're going to do the same. I think it's important for them to

understand that Christmas isn't all about receiving, it's about giving. And that there are children in this world who won't have a bunch of toys under the tree this year. That they may not even have much food to eat on Christmas morning. That the contents of this one box will bring them more happiness than they could possibly imagine. When you think about the fact that one shoebox holds a needy child's entire Christmas, all of his hopes and wishes and dreams, it really puts things into perspective.

I'm looking forward to our 2nd Annual Operation Christmas Child Shoebox Packing Party. And since my girls are a year older, I think they'll appreciate it a little more. Maybe Ella Jaymes will stay awake this year. Perhaps Madelyn won't beg to keep every tube of lip gloss she packs. But definitely, it will remind me that even if I don't buy my children everything that is on their lists, they are still fortunate beyond belief. We all are.

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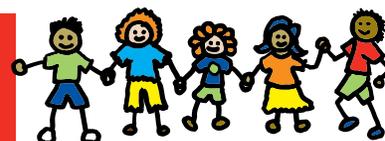
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# SPOOLS OF ORNAMENTS

by Kendall Welsh

With the holidays coming up, my kids start talking about all the gifts they are going to give to their friends, teachers and family members. When I start adding up all the money they will need to have gifts for all those people, I am overwhelmed. Each year I try to come up with a crafty idea to teach them more about putting time, effort and love into their gifts—and less focus on the cost of the gift.

This year I feel I hit the creativity jackpot with the gifts they made. We made wooden spool ornaments! The creative ideas just kept pouring out of them (and a couple of moms too!)—it is truly amazing how many things you can create with wooden spools and a bit of creativity!

- Glue (we even used a hot glue gun on the ones the moms made)
- Washable paint
- Markers
- Miscellaneous crafty items you have laying around



I started by showing the kids several photos on the Internet of ornaments that others had created with spools. You can start by sharing our photos instead (we have more on our blog [www.artifactsemporium.blogspot.com](http://www.artifactsemporium.blogspot.com) on the post dated December 1st if you

want to see additional and larger photos)—and then I really did just step back and watch them create.

They went crazy, playing and creating for over an hour! Then the moms took over and we played and created with the tidbits they left us. My girls are so excited about sharing these ornaments they made with their friends, family and classmates! Hope you have as much fun as we did!



Here's what you need to get started:

- Various sizes of wooden spools
- Pipe cleaners



*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](http://www.artifactsemporium.blogspot.com).*

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# I NEED A MIRACLE ON 34TH STREET!

by Jennifer Sanford

What happened to my baby? Buying Christmas gifts used to be SO fun, and easy! Unfortunately, since they entered the wonderful world of teenagers, I am reminded that those days are gone, gone, gone!

I seriously miss the days of shopping for a stuffed Barney (my kids will deny they ever watched that show until the day they die!) only to find the smallest one ever made, or the newest and greatest toys. Now what? My boys, 20, 18 and 16 are IMPOSSIBLE to shop for now. Christmas shopping for these guys is expensive and, many times disappointing for them—and me. As each year passes and they get older, their idea of an ideal gift, and my idea, is totally different.

If I could only decide what to get them in July, I could shop then and maybe find that “whatever gift” that they MUST have. But no! I wait until the last minute and, just like Barney, I won’t find it in December. I am a procrastinator, and every year the great ideas stop coming to my brain around Thanksgiving. So, just as every Christmas must come, I find myself giftless and stressed. I resort to asking their brothers, who know nothing by the way; leaving me out in the cold, freezing. I start shopping with the hope of finding SOMETHING to bring a smile to their handsome faces and, as a bonus, be grateful for.

Sometimes I stumble upon “a” great gift and, whether they like it or not, it’s a gift. I know this because one year I made

the mistake of writing a check! I thought it was great because they could get exactly what they wanted—wrong!!! Apparently, that is the ultimate insult to a teen because, “you didn’t even try to find the one thing that I wanted.” That check becomes worse when all of their friends do get “the” gift, and share its awesomeness with each other! Then it’s no longer about the actual gift (that takes away from the true meaning of Christmas!), but it’s the fact that the other kids’ moms were able to find the gift! I cannot keep up with those darn Joneses, and I don’t want to—but I still have the guilt.

I feel pretty confident that, whatever gift I find, it will fall under the category of “the newest technology known to man.” I know *they want* video games (all of which require an entirely new system)...*I want* them to get a job. They want concert tickets...I’m fine with the MP3 player. Speaking of which, they want a new one of those too—maybe the concert WOULD be less expensive after all! *They want* technology...*I want* to get them clothes, books and a job!

So—I have narrowed their gifts down to electronics—but I have my limitations. I know my kids, the general idea of what they want, what they need, and how much I can spend. I don’t want to shelter my kids and I want them to be happy; but I also know that I cannot compete with the Joneses. Regardless of my decision, I know that I need to learn the risks that come with everything electronic before running to the store

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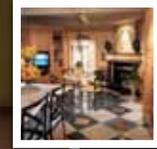
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For any electronic device—phone, Internet, video game, online video game, Facebook, Myspace, etc.—some of my decisions come with reservations. First, I must accept that my child was/is not perfect, and not above taking an occasional risk. So, I have to determine if my child is responsible enough to understand the risks, accept the consequences that come with them, and is mature enough to use good judgment when sending messages, photos, videos, etc. I have to acknowledge that they will be exposed to a whole lot that I don't approve from any/all of these sources. After accepting all of this, I have to explain everything to them without lecturing. Instead of shutting me out, I want them to know that I am concerned and caring, yet I trust them. If I discover that they have violated my rules, there are consequences—but they must be enforced. This is not something to take lightly, and they need to “get it.” Sometimes I cave in with other issues, but when it is potentially dangerous to them physically, or their future, I cannot afford to cave in. So some of the things that I need to look for with technology are: What type of cell phone with what features, and what age for any of it?

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Verizon freebie; because of their friends or because they “NEED” the phone. Last month, a woman I have never met, called and asked if my son was giving her son a ride home. Her son told mine that his dad was coming to get him. That 15-year-old boy sat outside of the school for two hours before his dad arrived. I may have overstepped, but I told her this was an excellent reason to get her son a cell-phone. Our kids are coming and going much more than in years past, and getting rides has become the norm. Miscommunication does occur, and when my kid’s activities increased, I knew it was time.

Much to my boys’ disappointment, I have always gotten the cheapest phone with the least amount of features. I need to keep in touch with them, not provide them with computers-to-go. They are now 20, 18, and 16 and have never had the popular features. They can add any feature they want, but they have to pay for it.

**IMPORTANT: Last month, telemarketers were given the approval to call cell phones.**

**Register all of your phone numbers ON THE DO NOT CALL LIST. Not only is this irritating, but it is going to chew up all of our minutes like candy. Explain to your kids that they are not to answer any calls from numbers that they do not know. [www.donotcall.gov/register/reg.aspx](http://www.donotcall.gov/register/reg.aspx)**

Our kids learn from US! I ask that you accept, respect and teach them proper cell phone etiquette. If there is a verbal or written request to silence or not to use cells phones—they (we) are not exempt. I don’t need to hear about surgeries, problems, where you went, why, what he said, what she said, or what you did. If I question myself about using my cell phone, or have to hide it—I shouldn’t use it. Everyone deserves the respect to have our attention, and silence. Somehow, respect has become a foreign concept—our kids can’t learn it if we don’t teach them.

Technology owns our social communication. I remember, back in the day, when real people answered phones and connected me to the departments I needed.

Now, I just yell at the phone because I already hit that button twice or I’m returned to the main menu—again! Computers offer zero emotion, zero sincerity, and just plain don’t care. I want someone to care about me!

I want my kids to learn how to communicate with people, not Facebook, Myspace, texting, etc. All of this anti-personal interaction opens them up to dangerous territories, vulnerability, bullying, regret, and more. Kids MUST understand the importance of accepting friend requests only from people they know. I explain what I do when I have friend requests. If it’s from a stranger with no mutual friends—they get the automatic ignore. If we do have mutual friends, I ask our friend in common who the person is. THEN I decide if I should accept or ignore. So many kids have 1,000 or 2,000 friends. I don’t care how popular a person is, NO ONE has that many friends.

Occasionally, I check the history on our computers. If I find inappropriate sites, 98% of the time it was their friends. I can’t accuse them of lying, because



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they might just be telling the truth. If not, they now know that I'm aware of their activities on the computer. So much content on the Internet gives boys a false sense about "women" in general, including disrespect. I remind them of this, as well as any other harmful material they can find while "browsing!"

Finally (at least for now), videos, MP3 (or 6 or 8 or whatever) players, games all have their issues too! Have you listened to your kid's music, sat and watched the games they are playing, or movies they are watching? Entertainment continues to change, continues to be thrown in our faces through the TV, radio, Internet and friends. I think it's impossible to keep my kids away from all of it, and if I tell them they cannot listen to, watch, or play any of these—they are going to do it anyway—it's everywhere. What I can do, as with everything else, is simply explain the risks, inappropriateness, and why it's just plain not right. I cannot keep them from it, so I continually tell them why I don't like it...at all.

Beyond all of this technology, stressing about the gifts, and endless shopping—try not to forget why you're shopping in the first place. It's not "about" the gifts; it's the "why." Faith in God, belief in something, someone, or not, there is still a reason behind your gift giving. Remind your children, and yourself. And, seriously, good luck shopping for your teen!



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It's the most wonderful time of the year. As the holidays approach, Christmas cards arrive in the mail—a nice reprieve from bills waiting to be paid. Christmas carols are played on the radio, and Santa's elves fill the shopping malls bustling to and fro searching for Christmas cheer to spread. Christmas trees glisten with beautiful ornaments, Santa is perched at stores waiting to hear the Christmas wish lists from children, and families look forward to spending the holidays with one another.

If you are fortunate to live near family, then you can hop in your car for a short drive to enjoy some time with them, however, if you live further than an hour away, you may want to plan ahead to ensure a jolly and peaceful car ride. According to AAA, in 2009 an estimated 87.7

million Americans traveled over 50 miles from their home for Christmas holidays.

As the stress of the hustle and bustle peak, below are some strategies to make traveling with children as sweet as gumdrops and lollipops.

- Make sure your kiddos are dressed in comfortable clothing. Cotton clothes that are flexible, elastic waist bands and soft clothing are all essential for a smooth ride.
- Pack a cooler of your family's favorite snacks and drinks. This will save both time and money and will keep everyone's tummies happy.
- Buy a new toy (it doesn't have to be expensive) that your kiddos can play with in the car. Go to the Dollar Store and stock up on age appropriate toys. You could even wrap them individually and let your kiddos open a new one every hour. Entertainment for your children = relaxing driving time for you.
- DVD Players are awesome!!! If you don't have one in your car, then ask your friends if you can borrow one for the trip. You can purchase portable DVD players for as little as \$59. It is well worth the peace and quiet. Make sure you have different movies for the kids to watch. Pop a video into the player and voila, your kiddos are enjoying movies from the back seat of the car.
- Lap desks are great for older children. They can be used to color, draw, read, place snacks and drinks upon, create designs with play dough (if you trust your child not to make too much of a mess), or as a level surface to play puzzles and board games.
- When packing your car, place the kiddos' suitcases on top of yours. You are more likely to need something out of theirs.
- Pack extra changes of clothing where they are easily accessible should someone spill something or have an accident.
- Stash wet wipes and a few small grocery bags (for trash and anything else) in an easy to reach spot.
- Embark on your trip early in the morning so that your kiddos will nap in the car. It will behoove you to plan your travel around sleep and nap times.
- Consider driving through the night. If you do travel at night, make sure you have emergency phone numbers, map out stops along your route for gas in well lit areas, and ensure that you are alert and awake for the trip. Also, be sure that you can rest and relax once you reach your final destination. Safety is the number one priority!
- Get out of the car! A good rule of thumb is to stop around every three hours to let your kids get out of the car to stretch. Car seats are safe and secure and as a result they are not very user mobile. Children are unable to freely change positions in car seats, so it is essential that you allow your sweet munchkins to get out of the car for a few minutes to move around, jump, stretch and burn off some energy being kids.
- Use the time in the car with your children to find out about their lives. Engage them in conversations varying from their current favorite music, to sports and school affairs. In the busyness of life it can be hard to just sit and talk with children, you now have the perfect opportunity to bond.
- Sing Christmas carols together! 'Tis' the season.
- Safety is your top priority. You are carrying precious cargo in your car!

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- Stay positive and have fun. You are making memories your children will cherish for a lifetime!

On a personal note, I am from Georgia, so at least a few times a year I make the trek to my hometown with my two munchkins in tow. Most of the time my hubby is away fighting for our freedoms so I travel the open road as a single mother with my precious cargo in the back seat. From experience I have learned that it greatly behooves me to stop at McDonald's at the three hour mark to let my munchkins run around the playground. We have a DVD player in the car that I bought for around \$85 and it was the best money spent! I usually purchase a new DVD of cartoons for around \$5 that is new to my kids and they are always delighted to see something new. I stock up my car with easily accessible snacks, drinks, little toys, books, (anything that may entertain my kiddos while I focus on the speed limit and the exit signs). I truly hope these tips will make your holiday travel a little more peaceful and merrier.

The holidays are a magical time. You are living the memories that will be instilled in your children's hearts. So, if you're planning to stay home and enjoy your own Christmas tree, or if you're spreading the holiday cheer and traveling with your family, remember the reason for the season. Merry Christmas to you and yours.

"There are two ways to live your life.

One is as though nothing is a miracle.

The other is as though everything is a miracle."

—Albert Einstein



Dr. Holly Benedict is a military wife. She has two sons, ages one and three years old.

Dr. Benedict is a college professor and is currently writing a book for military wives.

Feel free to email questions, comments, or story suggestions to

[holly.benedict@yahoo.com](mailto:holly.benedict@yahoo.com).



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# WHAT CAN A FACELIFT DO FOR ME?

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

There are few procedures that I perform that produce a more positive and profound change for a patient than a facelift. The transformation in a person's appearance and self image can be truly dramatic. The signs of aging such as jowls, a loose and heavy neck, deep folds and facial creases that took years to develop can be minimized or eliminated in the few days required for the procedure and healing process. That person can see themselves as they did years ago and their friends and family are often speechless at the change. It is a kind of rebirth for many people and I find it deeply gratifying to see this transformation. I will try to answer some of the common questions that people ask me about the facelift process.

**What can a facelift do for me?** The people who benefit the most from a facelift are those who have sagging, extra skin and fat in the lower 2/3 of the face and neck. Deep lines beside the nose and loose dropped cheeks can be elevated. Ever notice that the jawline and cheeks of a young



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healthy person form a smooth oval curve? With age the jawline appears to square off as jowls and neck drop obscure that curve. The re-creation of this youthful curve is the most obvious change after a facelift.

**What other procedures are commonly done at the same time as a facelift?** Other procedures are necessary to improve the eyelids and forehead area. Fillers, fat grafting to increase facial volume, Botox and laser/chemical peels are useful additional tools.

**How is it done?** This procedure can be done through a relatively short incision that is hidden in the hairline and around the curves of the ear.

**How long does it take to do?** I personally don't "watch the clock" and everyone is somewhat different, but a good estimate is between two to three hours for most people.

**Where is it done?** Unless someone wants to use a surgicenter or hospital, this is an ideal procedure for a well equipped office. This saves a lot of money for the patient and streamlines the process greatly for them.

**Am I awake during this and does it hurt?** People are comfortably sedated and completely numb. General anesthesia is not necessary unless the patient requests this option. Avoiding general anesthesia has many benefits and makes recovery easier.

**How long is recovery?** Generally speaking, it is best to not have work or social obligations for at least a week. Medications to reduce discomfort are generally

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used for several days. It is good for people to walk and stay mobile for the first two weeks. After that, cardio exercises such as stair-steppers; elliptical machines etc. can be resumed. No weight lifting or straining should be done for the first three weeks.

**Who does better with a facelift, women or men?** Both!

**How long do the results last?** Most people look 10 or 15 years younger after a good facelift. They will continue to look 10 or 15 years younger than they would have otherwise as they age. In other words a 60 year old may look 50 after the procedure and will look 60 years old when they turn 70. Touch-ups may be done when desired.



Modern facelifts are now a commonplace procedure for a wide range of people in different walks of life. If you don't like what you see in the mirror anymore and you want to do something about it, that might include you!

For more information on facelift procedures go to our website, [www.AdvancedCosmeticKY.com](http://www.AdvancedCosmeticKY.com) or call our office toll-free at (866) 234-0470. You can also submit a question about this or other cosmetic procedures to: [info@mdkaye.com](mailto:info@mdkaye.com). Type "Clarksville Family" in the subject

area. To schedule an individualized consultation with Dr. Kaye call or visit the website listed below.

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



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

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## RAISING THE BAR

by Taylor Lieberstein

Students in Tennessee are getting ready to be put to the test as academic standards are being raised. Changes are being made community-wide in order to reach the goal of a 100 percent graduation rate in Clarksville.

The Clarksville-Montgomery County School System recently teamed up with Austin Peay State University, Tennessee Score, Montgomery County Education Foundation and the Clarksville-Montgomery County Homebuilders Association to hold an event called, "Raising the Bar for Students in Tennessee." The event was held to increase awareness of new standards and get the community involved in what educators are working towards.

In 2007 the U.S. Chamber of Commerce gave Tennessee an "F" for a lack of high standards in the classroom. A year later Tennessee responded by launching the Diploma

Project. Clarksville put their spin on the project labeling it "100 Percent Graduation is Clarksville's Business."

The 100 percent graduation initiative is a collaborative effort between the education, civic and business communities to assist in making sure that every child in the Clarksville-Montgomery County School System graduates from high school.

Higher academic standards are being put on students across Tennessee. Higher standards come along with harder tests and lower test scores. Alene Arnold, Statewide Operations Director of TN SCORE explains that this is not unusual.

"Our test scores are down because we have made the tests harder. In the past, our children's knowledge was not being tested as it should have been. Now we are on a scale that measures up to the rest of the country," said Alene.

You may remember that Tennessee was one of two states to win the "Race to the Top" grant money earlier this year. That award was approximately \$500 million dollars to implement school reform plans over the next few years. That award was a huge step for Tennessee school reform. The money cannot be used for anything that is not purely beneficial to students. For example the money cannot be spent on new school buses. This money will be used to make sure our students are able to keep up in the classroom and finish every grade.

And this funding is much needed in Tennessee schools. Seventy-five percent of students statewide are not proficient. We have to double the number of proficient students in the math category alone to meet "No Child Left Behind" benchmarks by the end of this school year.

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"I came out of CMCSS and I can see the tremendous improvements that have been made, specifically in the last 10 years. Our educators understand that students learn at different paces and they cater to that," Dr. Jamie Taylor said.

Implementing new programs is how Clarksville-Montgomery County plans to reach their goals. Two initiatives are already in place. Kenwood High School just launched the STEM Academy. STEM (Science, Technology, Engineering and Math) puts students in an engineering curriculum where they will learn the design and build process that is essential for multiple career choices. The other is the Middle College at Austin Peay State University. The middle college is in place to engage students who find it difficult to connect or become engaged in traditional high school programs.

Raising the Bar featured an example of another way of learning for elementary and middle school math classes that may very well be seen in Montgomery County schools in the future. A demonstration was put on by Perry Wilson, CEO of "If I Had a Hammer," and the students from Moore Magnet Elementary. With Wilson's guidance they built a house large enough to fit the students inside. The students used teamwork and their knowledge of math to complete the build.

Hammer is a new approach that helps teach math to elementary and middle school students. So far over 500,000 children worldwide have benefited from its methods. The basic belief is that all children can learn, some children simply learn differently. The Hammer curriculum focuses its attention mainly on fractions because fractions are

commonly where children get lost in math, and that can put limits on their learning in future math classes.

Wilson started this program because of his own difficulties learning math in school.

All of these efforts are being made in order to make sure students are ready for post-high school educations. Today 80 percent of jobs require some kind of training beyond high school. All students need to be ready for college or a technical school, whether they plan to use it or not.

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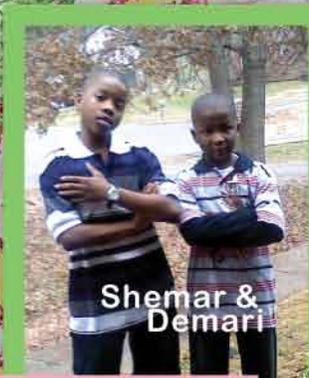
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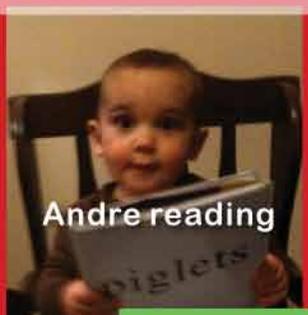
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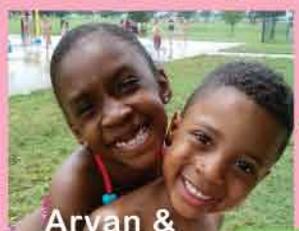
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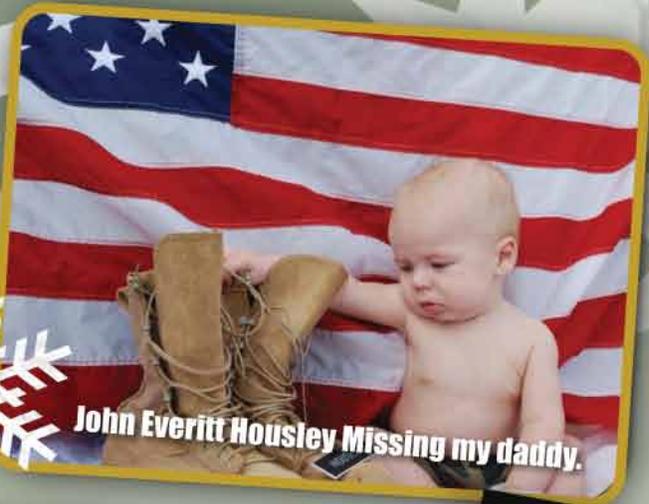
Chase



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

# FT CAMPBELL FAMILIES

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



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

email photos to:

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

# CHRISTMAS MEMORIES

by Brenda Hunley Illustrated by Willie Bailey

Gently nudging Chester awake with his paw, Grandpa Chipmunk whispered quietly, "Chester, it's time!"

Chester rubbed his eyes and sat up. As his mind began to clear, he remembered why his grandpa was waking him early. Today they were going to pick out the perfect Christmas tree.

Tiptoeing through the house, Chester was surprised to see Grandma already in the kitchen.

"Good Morning, Grandma." Chester whispered.

"Good Morning, Chester," She answered, placing the turkey and dressing into the oven. "What are you two up to so early this morning?"

"We are going to pick out the Christmas tree today!"

"Have fun you two; be home in time for dinner," said Grandma, as she walked back to wake up Boomer.

"We wouldn't miss Christmas Eve dinner for anything!" winked Grandpa. Quietly, Grandpa and Chester carefully shut the door closed behind them. Snowflakes were falling and the sun had just started to rise. It was going to be a beautiful day.

"Grandpa, I know where some really awesome ones are; follow me!" Chester called over his shoulder. With their breath fogging the air, the



two scampered across the crisp leaves, darting in and out of the woods looking at each tree, and trying to choose the perfect one.

## Why Wait Until New Years?

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WeightLossClarksville.com

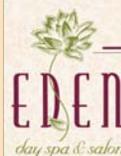
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Eden Day Spa & Salon  
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931-552-2313

Meanwhile, back at the Chipmunk home, Grandma Chipmunk and Boomer were up to their own secrets; but they were in the kitchen instead of outside in the cold. Grandma promised Boomer that she would share her secret cookie recipe with him, and the two had made plans to cook and bake Christmas goodies all day.

“Grandma, where is Grandpa and Chester?” Boomer asked tying his apron around his waist.

“They have gone out for a little while; they will be back in time for dinner,” Grandma said, pulling a mixing bowl down off the shelf. Handing Boomer some eggs, she showed him how to crack them without getting any shell pieces in the bowl.

“Now what, Grandma?”

“Now you are going to stir them up,” she said, handing him the whisk. While Boomer stirred the eggs, Grandma added some more things to the mix.

“Like this?”

“Yes! Very good!”

Grandma showed Boomer how to knead the dough, and then she split it in half and let him roll each batch into separate balls. She floured the counter surface, and showed Boomer how to use a rolling pin to smooth out the dough. Together they made pie crusts for three pies. Next, they took some fruit, cut it up, and put it in the shells. Once they were in the oven, the house was filled with wonderful scents.



## Full Spectrum Pediatric Therapy

*“Big Help For Little People”*

**Specializing in Pediatric  
Occupational Therapy & Physical Therapy  
Autistic Spectrum Disorders**

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## Santa Claws Is Coming To Town!

Saturday December, 11th from 11 am - 4 pm  
@ PetSmart on Wilma Rudolph Blvd.

**\$9.95**

Includes a 4x6 Professional Digital Photo with holiday collector frame.

The Clarksville Humane Society receives \$5 from every package sold!

Additional print sizes, cards and gifts are available for order from your session with 50% going to the Humane Society.

### Visit

ClarksvilleHumaneSociety.org to find out how to sponsor a homeless pet for the holidays.



Are you dealing with the pains of infertility and barrenness?

Are you currently undergoing infertility treatments, or thinking about pursuing it?

Are you looking for a way to make a difference in the life of a child?

Do you just need to be around other ladies who understand what you are going through?

Support Groups meet monthly in Clarksville, TN  
Please contact Lemon for date, time, & location

Whatever your need, Sing O Barren Woman Support Group is there for you.

Sing O Barren Woman is a new support group in Clarksville. The purpose of this group is to help form a place of safety, bonding and open discussion for women who are dealing with or have dealt with the issues of infertility. This group will meet once per month.

For more information, please contact  
**Lemmonstine Poindexter**  
at 931-302-0184 or lemon.poindexter@yahoo.com

News • Business • Events • Arts & Leisure

# Clarksville Online

The Best in Local Information and News Coverage

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

It was time to make the cookies! Grandma pulled a jar out of her purse. It was small and had a cloth top.

"Grandma, is that your secret ingredient?"

Grandma winked, "Yes, Boomer it is."

She handed the jar to Boomer. Boomer looked inside and was surprised to see it was empty.

"Grandma, its empty!" Boomer said, turning the jar upside down.

"This jar is for you. This is the jar my grandmother gave to me when I was a little chipmunk. Now I am passing it on to you."

Boomer shook his head, "But Grandma, how is an empty jar your secret ingredient?"

Grandma leaned over and whispered in Boomer's ear. "This jar has been full of love for years. You can't see it, touch it, or taste it, but it's still there. Every time you cook a special meal, you take this jar out and put a little bit of love into your recipe."

Boomer smiled. "I understand Grandma, and I'm going to keep this special jar right here on my shelf. That way, no matter what I'm cooking I will remember to add some love. But most of all, I will remember this day, and how much fun I had cooking with you!"

Grandma hugged Boomer tightly. "Today is a very special day for all of us."

"Merry Christmas!" Chester shouted, opening the front door. He and Grandpa brought in the

biggest tree the Chipmunk home had ever seen. For the next several minutes the chipmunks strung lights, and hung special ornaments on the tree. A soft glow from the twinkling of tree lights bathed the Chipmunk home as they sat down for Christmas dinner, and some of Boomer's special cookies. After they finished eating, they joined Grandpa by the fire and listened to him read the Christmas story.

"So, Grandpa, was a chipmunk there when baby Jesus was born?"

"Well, Boomer...that is another story."

## The Girly Girlz Pampered Palace!

Bring in un-expired can goods for the 2nd Harvest Food Bank receive \$.50 off spa services (\$.50 per can. Limit \$5.00)

Bring in an UNWRAPPED Toy for "A Wish Come True Christmas" and receive \$5.00 off your salon or spa service!



### Need Something for the Girlz to do on New Year's Eve?

Come have a Glam-Fabulous time ringing in 2011 with us!

**New Years Eve Girly Girlz Lock In**

Dec 31st 8pm until 12noon Jan 1st 2011

\$35.00 pp (ages 5 to 15)

Dinner and Breakfast provided.

Space is limited.

Call now to reserve your child's spot

Enjoy being Pampered for the New

Year 2011. Ala' Carte spa

services are also available.



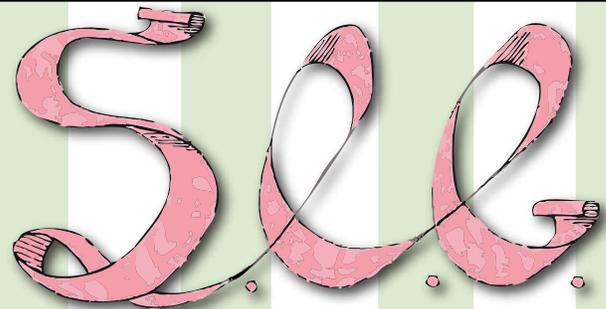
Starting December 1st we will be accepting appointments for spa services for adults. Enjoy a Lime Sugar Scrub, Chocolate Facial or Mango Manicure just to mention a few!

**931-905-0094**

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

[www.thepamperedpalace.biz](http://www.thepamperedpalace.biz) or [www.princesssteaparty.biz](http://www.princesssteaparty.biz)

113 N Riverside Dr., Clarksville, TN • 1007 S. Virginia St., Hopkinsville, KY



**PINK**  
Serve • Educate • Empower

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

Christmas Party at The Looking Glass Thursday, December 17th, 6:30pm. Please bring your spouse or any friends who have supported you.

(We love children as much as you do, but adults only at this event please. Thank you!)

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

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

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 fridays and saturdays



Winning artwork: "Winter Wonderland" by Katlyn Melton



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

# HAPPY BIRTHDAY!



Happy 1st Birthday Cameron!  
Love Mom, Dad & Tyler.



Happy 1st Birthday Collin!  
We love you so much



Happy 1st Birthday Laney Dove!  
Love Daddy, Mommy, Weston & Kingsley



Happy 1st Birthday Olivia Grace!  
Love Mommy, Daddy, Paige & Austin



Happy 1st Teagan



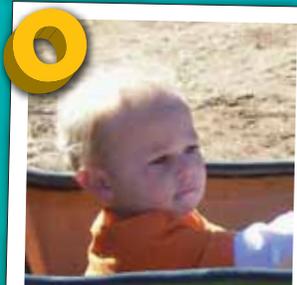
Happy 2nd birthday Diva Davaeah!  
We love you!



Happy 2nd Birthday Jadyn!  
Love you Mommy



Happy 2nd birthday Jamyia!!  
Love Mommy & Daddy



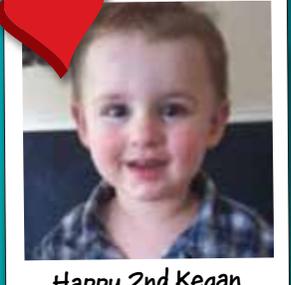
Happy 2nd birthday Owen  
We love you.



Happy 2nd Birthday Waylon  
Love Mommy & Daddy.



Happy 2nd Birthday Brody



Happy 2nd Kegan



Happy 3rd Birthday Cooper!  
Love Dad & Mamma



Happy 3rd Birthday Jake!  
Love, Mimi & Papa



Happy 3rd Birthday Kadence!  
Love Mommy, Daddy & Madison



Happy 3rd B-day Evander  
We love you!



Happy 3rd Birthday Bella!  
Mommy and bears love you!



Happy 3rd Birthday Piper!



Happy 3rd B'day Dillon  
'aka' Dilly Pickles LUV U LOTS



Happy 4th Birthday Kaitlin

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

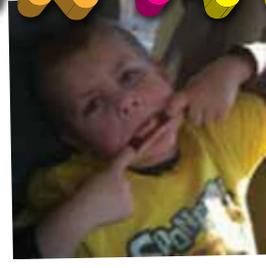
# HAPPY BIRTHDAY!



Happy 4th Birthday Savannah!  
Love Mommy, Daddy & Bubba



Happy 4th Birthday Abby  
Love Mommy, Daddy & Shelby



Happy 4th Birthday Jordan



Happy 4th Birthday Karley  
Love Mommy, Daddy & Jonah



Happy 5th Birthday, Caleb!  
We love you



Happy 5th Birthday Caden  
Love Mom, Dad, Carson & Cage



Happy 6th Birthday Shamaan!



Happy 6th Birthday Lauren  
Love Daddy, Mommy & Mallary



Happy 6th Birthday Taylor!  
Love Mom & Sis



Happy 7th Birthday Jackson!  
Love Mom Dad & Julianna



Happy 7th Birthday Carli  
Love Mom, Dad, Lindsay, & Sara



Happy 8th Birthday!  
Love Mom, Dad & Matthew



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

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

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



Happy 10th Birthday Vincent  
Love Your Family



Happy 11th Birthday Daviona!  
From Your Family



Happy 13th Birthday  
to the World's Best Brother & Son  
Love Mom, Dad & Cole



Happy 14th Birthday Ashley  
We Love You

Ongoing

**ACTION GYMNASTICS WINTER DAY CAMPS**

Camp hours are 9:00 a.m. to 2:00 p.m. daily, December 20 to 23, at 221-B Dunbar Cave Road. You may attend daily or by the week. The cost is \$25 per day. Ages four and up. Members, non-members and all skill levels welcome. Call (931) 920-3111 or visit [action-gymnastics.com](http://action-gymnastics.com) for more information.

**CANINE FLYBALL CLUB**

The Queen City Road Runners meet most Sunday afternoons at their indoor training facility (call in advance for times). Private lessons are also available. Flyball is a fun family sport where a relay team of four dogs race another team, jumping a series of four hurdles, trigger a spring loaded box to release a tennis ball, and race back to the handler. The Road Runners Club teaches the sport using a positive approach, emphasizing the human/canine bond. Family members of all ages

welcome. The sport is open to any breed. Call (931) 220-4907, email [icflyball@earthlink.net](mailto:icflyball@earthlink.net), or visit [flyballdogs.com/qcrr](http://flyballdogs.com/qcrr) for more information about this exciting canine sport.

**CELEBRATE RECOVERY**

Friday nights with refreshments at 6:15 p.m. and the meeting at 7:00 p.m. at Grace Church of the Nazarene, 3135 Trenton Road. A Christ centered 12-step ministry. For more information call the church office at (931) 647-7768 or (931) 216-6644.

**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.

**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 [hoperiders.blogspot.com](http://hoperiders.blogspot.com) for upcoming rides and events.

**A COUNTRY CHRISTMAS 2010**

Presented by RiverView Mounds Century Farm, 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, St'Hay rides with Santa's elves, a visit to Santa in his workshop, including craft making with Mrs. Claus, Christmas lights, carols by the campfire, photos with Santa. Visit [riverviewmoundsfarm.com](http://riverviewmoundsfarm.com) or call (931) 624-1095 for information. See ads on pages 36 and 37.

**Chick-fil-A**

**Madison Street**  
1626 Madison Street  
(931) 648-4468

**Spirit/Fundraiser Nights**

**2 THURSDAY**  
**NORMAN SMITH**  
5:00 p.m. to 8:00 p.m.

**7 TUESDAY**  
**SANGO ELEMENTARY**  
4:00 p.m. to 8:00 p.m.

**9 THURSDAY**  
**ADVANTAGE LEARNING CENTER**  
4:00 p.m. to 8:00 p.m.

**11 SATURDAY**  
**MONTGOMERY CENTRAL HIGH JROTC**  
11:00 a.m. to 2:00 p.m.

**14 TUESDAY**  
**MOORE MAGNET**  
4:00 p.m. to 8:00 p.m.

**16 THURSDAY**  
**BARKSDALE ELEMENTARY**  
4:00 p.m. to 8:00 p.m.

**Events**

**18 SATURDAY**  
**BREAKFAST WITH SANTA**  
8:00 a.m. to 10:00 a.m.

**30 THURSDAY**  
**LYDIA WALKER IN CONCERT**  
7:00 p.m. to 9:00 p.m.

**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



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- Financial literacy
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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](http://hilldale.org) for more information.

## December

### 3 FRIDAY HOLIDAY MAGIC AT THE PUBLIC LIBRARY

6:30 p.m. at the Clarksville-Montgomery County Public Library, 350 Pageant Lane, Suite 501. An evening of music, magic and comedy are combined to delight families at the Clarksville-Montgomery County Public Library this holiday season. Our favorite magician will be on hand to perform feats of magic to delight and entertain families. Scott Humston is an award winning entertainer who has presented his show across the US and abroad. His performance is known to cause fits of laughter, outbursts of applause and especially warming of the heart. The library will close for regular business at 6:00 p.m. and will reopen to an evening of fun to begin at 6:30 p.m. To complete the evening, Santa will make an appearance from his home at the North Pole. Bring your camera to get pictures with Santa. This event is free and everyone is encouraged to attend. Contact Jean Nichols

at (931) 648-8826 or [jean@clarksville.org](mailto:jean@clarksville.org) for more information.

**4 SATURDAY  
MRS. CLAUS STORYTIME**  
At Polka Dot Pig children's boutique, 1606 South Main Street, Hopkinsville, Kentucky. Call (270) 874-2211 for more details, or visit them on Facebook.

**COAT GIVEAWAY**  
12:00 p.m. at God's Sanctuary Church, 739 Madison Street. Gently used or new coats and jackets of all shapes sizes will be distributed free of charge directly to local children and adults.

**STORY TIME WITH THE GRINCH**  
2:00 p.m. to 4:00 p.m. at Borders Court, Governor's Square Mall. Who's mean, green, and likes to "steal Christmas"? The Grinch of course! Meet this famous Dr. Seuss character and join him for a story.

**DOWNTOWN FOR THE HOLIDAYS**  
3:00 p.m., Jingle Bell Jog; 4:00 p.m. Caroling and Family Activities; 4:00 p.m. Christmas Cookie Bake-off, 5:00 p.m. 51st Annual Clarksville Christmas Parade. See article on page 12 for more details.

**CHRISTMAS COOKIE BAKE-OFF**  
Entry deadline 5:00 p.m. at Ingredients, 100 Strawberry Alley. Bake your Christmas cookie recipe at home and submit your entry. Winners will be judged on taste, presentation and originality. The entry fee is a bag of two dozen cookies that will be donated to the Madison Street United Methodist Church Sunday Dinner Program, as well as five samples for the judges to taste.

*Happy Holidays*  
from **Top Nail**

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931.648.3246 | [www.eTopNails.com](http://www.eTopNails.com)

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931.233.9569

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

## 5 SUNDAY

### SANTA PHOTOS

6:00 p.m. to 8:00 p.m. 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.

### SUNBURST BEAUTY PAGEANT

1:00 p.m. at New Food Court Area, Governor's Square Mall. Be Discovered! \$3,000,000 in prizes and awards yearly! Girls ages 0-27 years, boys ages 0-3 years. You may enter one hour before the contest starts. Pick up information at the Customer Service Center prior to event date or visit the pageant web site [ModelSearchContest.com](http://ModelSearchContest.com).

## 9 THURSDAY

### HOLIDAY OPEN HOUSE

10:00 a.m. to 7:30 p.m. at Busy Beads & Moore, 1960 I-b Madison Street. Enter a drawing to win free Chamilia watch bead (a \$99 value). See ad on page 5; call (931) 552-5545 for more details.

### 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.

### FORT CAMPBELL OFFICER'S SPOUSES' CLUB DECEMBER LUNCHEON

At Cole Park Commons, Fort Campbell, Kentucky. We are proud to present "The Fort Campbell Watercolor Historical Print"

at our "Make it, Take it, Bake it" December Luncheon. You will have an opportunity to "Meet the Artist," Jean Linell Shucker. The Fort Campbell print is the sixth in a series of commissioned watercolor prints. For reservations or more information please visit [fortcampbellosc.com](http://fortcampbellosc.com).

### 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 [visitoakgroveky.com](http://visitoakgroveky.com) or call (270) 439-5675.

## 11 SATURDAY HANDCRAFTED HOLIDAY ARTS & CRAFTS FAIR

9:00 a.m. to 3:00 p.m. at Daymar Institute, 1860 Wilma Rudolph Boulevard. Including jewelry, stained glass, wood work, purses, crafts, accessories, bath and body, Secret Santa workshop for kids, and more. Entry fee is \$1 or two canned goods per person, to benefit Crisis 211. Call (931) 552-7600 for more information.

### HOLIDAY ENTERTAINMENT

10:00 a.m. in Common Area of Governor's Square Mall. As you shop for that perfect gift, enjoy our Holiday Entertainment brought to you by Pleasant View Christian School Choir.

### PICTURES WITH SANTA

At Polka Dot Pig children's boutique, 1606 South Main Street, Hopkinsville, Kentucky. Call (270) 874-2211 for more details, or visit them on Facebook.

### SANTA CLAWS IS COMING TO TOWN!

11:00 a.m. to 4:00 p.m. at Petsmart, 2784 Wilma Rudolph Boulevard. Come have your pet's picture taken with Santa. \$9.95 includes a 4" x 6" digital professional photo in a holiday collector frame. The Clarksville Humane Society receives \$5 of every package sold. Visit [ClarksvilleHumaneSociety.org](http://ClarksvilleHumaneSociety.org) to find out how to sponsor a homeless pet for the holidays.

### Chick-fil-A Governor's Square

2801 Wilma Rudolph Boulevard  
(931) 645-5144

### SPIRIT/FUNDRAISER NIGHTS

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

1 WEDNESDAY  
BARKERS MILL ELEMENTARY

2 THURSDAY  
NORTHEAST ELEMENTARY

9 THURSDAY  
ST. BETHLEHEM ELEMENTARY

16 THURSDAY  
ROSSVIEW ELEMENTARY

Event

18 SATURDAY  
BREAKFAST WITH SANTA  
until 10:30 a.m.

### "SANTA'S WORKSHOP" PROGRAM

2:00 p.m. at APSU's Clement Auditorium. Advantage Learning Center's CAST will present "Santa's Workshop," a program from our Center for the Arts. Dance, drama, music, and arts will be involved. Special event: Pictures with Santa starting at 1:30 p.m. Tickets available at Advantage Learning Center, 480 Warfield Boulevard, or by calling (931) 648-2665.

## 12 SUNDAY SANTA PHOTOS

6:00 p.m. to 8:00 p.m. 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.

## 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.



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**16 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.

**17 FRIDAY  
S.E.E. PINK CHRISTMAS  
PARTY**

6:30 p.m. at The Looking Glass, 329-H Warfield Boulevard. For more information call Kelly Blevins at (931) 302-8360 or Lynne Woodson at (931) 241-1277. See ad on page 58.

**18 SATURDAY  
MRS. CLAUS STORYTIME**

At Polka Dot Pig children's boutique, 1606 South Main Street, Hopkinsville, Kentucky. Call (270) 874-2211 for more details, or visit them on Facebook.

**19 SUNDAY  
SANTA PHOTOS**

6:00 p.m. to 8:00 p.m. at Center Court in Governor's Square Mall, see customer service for hours. Stop by to tell Santa what your want for Christmas and have your photo taken. Each child will receive a free gift.

**25 SATURDAY  
CHRISTMAS**

**31 FRIDAY**

**GIRLY GIRLZ LOCK IN**  
8:00 p.m. until 12:00 p.m. January 1, 2011 at Girly Girlz Pampered Palace, 113 North Riverside Drive. For ages 5 to 15. \$35 per person including dinner and breakfast. Space is limited. Call (931) 905-0094 to reserve your child's spot. Visit [thepamperedpalace.biz](http://thepamperedpalace.biz) for more information.



**New & Consignment: Infant, Kids, Maternity, Gifts & Toys.**

**Purchase 2 Melissa & Doug floor puzzles at regular price and get 1 free.**  
Free puzzle must be equal to or less than original priced puzzle. One coupon per purchase. Valid with coupon through 12/22/10

**View website for other sales!**  
NEW HOURS: Thurs-Fri 10-5; Sat 10-3  
Closed for Christmas Break Dec. 23 - Jan. 4

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

**HELP FIGHT HUNGER**  
Tuesday - February 22, 2011  
Lunch 11 am - 1 pm  
Dinner 4:30 pm - 7 pm  
**Emmanuel Life Center**  
303 Fairview, Clarksville  
\$15 per each giving person  
To purchase 931.551.5450

Simple Soup • Bread Dessert • Love

Prevent Hunger FEBRUARY 2011

www.emptybowlsclarksville.org

Keep your bowl as a reminder that someone's bowl is always empty.

Submit your event via email to [events@clarksvillefamily.com](mailto:events@clarksvillefamily.com). Please get it to us by the 15th of the month to be included in the next issue.

*It's getting cold outside... Warm up with a bowl of hot soup.*

**Half off Any Combo**  
Buy 1 combo - Get 2nd of equal or lesser value 1/2 off.  
MUST HAVE COUPON. NOT VALID WITH OTHER OFFERS. EXPIRES 12/31/2010

**\$1 off Flavored Coffee**  
Whip Cream Included  
MUST HAVE COUPON • NOT VALID WITH OTHER OFFERS. EXPIRES 12/31/2010

Pasta Bowls • Soup & Homemade Chili  
Deli Sandwiches • Unique Salads • Spritzers  
Flavored Teas • Specialty Cupcakes  
Holiday Gifts & More

**Relish**  
A SIMPLE EATERY

**A FULL SERVICE EATERY IN CLARKSVILLE**  
Monday - Saturday 11 am - 9 pm • Closed Sunday  
**149 Kender Rhea Court**  
Next to Appleton's Harley Davidson •  
**931 • 542 • 6482**

**Stumped about what to get your little princess this year?**

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

**\$10** off any purchase of \$50 or more  
**\$5** off any purchase of \$25 or more  
Please use by December 31st, 2010. Must present coupon at time of purchase.

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

**931.647.5301**

## CUSTOMS HOUSE MUSEUM & CULTURAL CENTER

200 South Second Street • (931) 648-5780 • [www.customhousemuseum.org](http://www.customhousemuseum.org)

December 8 and 9  
**“Let’s Find Lunch Boxes”**  
 10:30 a.m. to 11:30 a.m.  
 For children ages 3 to 5 and an adult. Explore the museum from a child’s perspective. This activity also includes a story and a craft. Younger siblings are welcome. The fee is \$7 for adults and \$2 for each child and includes admission to the museum. The program is free to museum members.

December 11  
**Free Admission Saturday**  
 10:00 a.m. to 5:00 p.m.

December 19  
**Sunday Fun Day**  
 1:00 p.m. to 5:00 p.m.  
 Weaving activities. Regular admission charged. Activities are free.

December 23, 24, 25,

Museum closed for the holidays

January 1  
 Museum closed  
 Every Sunday 1:00 p.m. to 4:00 p.m.  
**The “Snowflake Special”** and other model trains run every Sunday. Regular admission charged.

**An Americana Holiday of Exhibits at the Customs House Museum**

**Cover Up: Quilts from the Collection**  
 Along with displayed quilts will be information on patterns, history, & an interactive “quilt table.” Through January 30.

**An American Tradition**  
 A photographic documentation of a Montgomery County family growing tobacco. Includes a documentary film. Photographer

David Robert Farmerie. Through February 27.

**Beyond Light: The Aladdin Mantle Lamp Company**  
 An exhibit of the Aladdin Lamp Company, over 100 years old and based here in Clarksville. Exhibit includes lamps, history, and a display of products created by this company. Through January 23.

**Peculiarities & Curiosities**  
 Unusual machines and objects from the museum collection. Through January 16.

**Vintage Tales**  
 Old time kids stories and characters from the 1800’s - 1940’s. Through January 16.

**Glass: The Art of Pat Finney**  
 Contemporary glasswork by

Clarksville’s Pat Finney. Through January 2.

**In & Of The Landscape: The Art of Fran & Barry Werner**  
 Through January 25.

For more information, contact Sue Lewis at (931) 648-5780.

Check our website for details.

**Museum Hours**  
 Tuesday through Saturday  
 10:00 a.m. to 5:00 p.m.

Sundays  
 1:00 p.m. to 5:00 p.m.

**Admission**  
 Adults \$7, senior citizens (65+) and college ID \$5, ages 6-18 \$3, ages 5 and under free.

Free admission the second Saturday of each month.

## The Roxy Regional Theatre

100 Franklin Street • (931) 645-7699 • [www.roxyregionaltheatre.org](http://www.roxyregionaltheatre.org)

**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\*.

**ONCE UPON A TIME**  
 Adapted by John McDonald  
 Famous tales from childhood.

2:00 p.m. on January 15, 22 & 29; February 5 & 12 2011.

**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.

## Clarksville-Montgomery County Public Library

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

*Thursday, December 2*  
9:30 a.m. **Baby and Me Lapsit** for infants up to 18 months old.

4:30 p.m. **TAB (Teen Advisory Board)** meeting for grades 7-12.

7:00 p.m. **Pajama Story Time.** For the whole family. Come dressed ready for bed and enjoy stories and songs!

*Friday, December 3*  
6:30 p.m. **Holiday Magic Show** with Magician, Scott Humston. The tradition continues with Scott bringing in the holiday season with his program that is full of magic and fun for the whole family.

*Saturday, December 4*  
2:00 p.m. **Anime** for Teens in grades 7-12.

*Monday, December 6*  
9:30 a.m. **Busy Bee's** for children 18 months through three years old.

10:30 a.m. **Family Time** for all ages.

*Tuesday, December 7*  
9:30 a.m. **Family Time** for all ages.

10:30 a.m. *Just for Me Story Time* for ages 4 and 5.

*Thursday, December 9*  
9:30 a.m. **Baby and Me Lapsit** for infants up to 18 months old.

7:00 p.m. **Fort Campbell's Dixieland Band**

*Saturday, December 11*  
1:00 p.m. **Four Paws for Reading.** Come read with our four footed friends.

2:00 p.m. – 3:30 p.m.  
**"BUILD with US"** program for families, using Lego building blocks.

*Monday, December 13*  
9:30 a.m. **Busy Bee's** for children 18 months through three years old.

10:30 a.m. **Family Time** for all ages.

*Tuesday, December 14*  
9:30 a.m. **Family Time** for all ages.

10:30 a.m. **Just for Me Story Time** for ages 4 and 5.

*Thursday, December 16*  
9:30 a.m. **Baby and Me Lapsit** for infants up to 18 months old.

5:00 p.m. **Program for Teens** in grades 7-12.

Annual Gingerbread House Decorating Program.

*Monday, December 20*  
2:00 p.m. **Christmas Storytime** for the whole family.

*Tuesday, December 21*  
2:00 p.m. **Christmas Craft** for everyone in the family.

*Wednesday, December 22*  
2:00 p.m. **Christmas Cookies in the Library!** Come decorate Christmas cookies.

*Thursday, December 30*  
1:00 p.m. to 4:00 p.m. **The Eve of New Year's Eve Bash;** Family Gaming Program.



### Are you hitting your target audience?

Advertising in *Clarksville Family Magazine* allows you to target your message to local readers who are regularly seeking specific products and services for their family.

Call today to join our *Family!*

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  - 2nd largest print medium in town
  - Full color glossy ads & free ad design
  - A full month of advertising
  - Locally owned
- Ad campaigns starting at just \$195 per month



**Rachel Phillips**  
Advertising Sales

(931) 216-5102  
rachel@clarksvillefamily.com

## 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**

## 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](mailto:dwilliams@cctenn.org).

### OAK PLAINS ACADEMY

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

### OMNI VISIONS INCORPORATED

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

### PHOENIX HOMES

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

### YOUTH VILLAGES

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

## ATHLETICS

### BUDDY BALL SPECIAL NEEDS ATHLETIC LEAGUE

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

### CLARKSVILLE IMPACT SOCCER CLUB

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

### EMMANUEL FAMILY LIFE CENTER

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

### IRON KNIGHTS YOUTH WRESTLING CLUB

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

## WARRIORS SPECIAL NEEDS CHEERLEADING

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

### SWIMMING EAGLES

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

### YOUTH WRESTLING PROGRAM

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

## CHILDBIRTH & PARENTING EDUCATION

### FAMILY BIRTH CENTER

Lactation Services offers a breastfeeding class for new moms. The class is held the first Tuesday of each month from 7:00 p.m. to 9:00 p.m. in the 3rd floor classroom of Gateway Medical Center. Cost for the class is \$15 (\$25 if you wish to receive The Nursing Mother's Companion book). (931) 502-1180.

### GATEWAY MEDICAL CENTER

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

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

### HEALTHY START

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

### LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

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

### NINE MONTHS & BEYOND

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

### TENDER GIFT DOULA SERVICES

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

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

## CHILD CARE

### CHILD CARE AWARE

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

### MID-CUMBERLAND CHILDCARE RESOURCE AND REFERRAL

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

### MONTGOMERY COUNTY CHILD CARE PROVIDERS BY AREA

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

[www.tennessee.gov/humanserv/childcare/63/37040/](http://www.tennessee.gov/humanserv/childcare/63/37040/)

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

[www.tennessee.gov/humanserv/childcare/63/37043/](http://www.tennessee.gov/humanserv/childcare/63/37043/)

### PARENT INFORMATION NETWORK

Parents working to keep parents informed about issues that affect the community, education and our schools via a subscriber e-mail network, [clarksvillepin.net](http://clarksvillepin.net).

### PROGRESSIVE DIRECTIONS, INC.

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

## CHILD PROTECTION & DOMESTIC CRISIS SERVICES

### AL-ANON & ALATEEN

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

### CLARKSVILLE RAPE AND SEXUAL ABUSE CENTER

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

### CHAP PROGRAM OF CATHOLIC CHARITIES

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

### DEPARTMENT OF CHILDREN'S SERVICES

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

### LEGAL AID SOCIETY

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

## MONTGOMERY COUNTY CHILD SUPPORT SERVICE

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

## SAFEHOUSE

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

## CHILDREN'S GROUPS

### 4-H YOUTH DEVELOPMENT

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

### BOY SCOUTS OF AMERICA

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

### GIRL SCOUTS OF THE USA

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

## COMMUNITY OUTREACH

### ALL NATIONS BIBLICAL STUDY CENTER

Offers tuition-free Bible courses to the community. Registration for the Spring Semester will begin in December. Ongoing Online Courses are also available. Visit [www.studythescriptures.net](http://www.studythescriptures.net) or call (931) 648-8844 for more information.

### APSU EXTENDED EDUCATION

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

### ARMY COMMUNITY SERVICE

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

### ASERACARE HOSPICE

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

### COMMUNITY SCHOOL OF THE ARTS AT APSU

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

### CRISIS CALL LINE

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

## 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, 6:00 p.m. to 8:00 p.m.
- Glasses voucher program for low income families
- Enfocando autism support group
- Notary services
- Parenting classes
- Third Thursday food pantry
- Clothes closet
- Translations
- Women empowerment classes
- Youth mentorship
- Gang prevention training

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

## HOPE CENTER

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

## HUMANE SOCIETY OF CLARKSVILLE-MONTGOMERY COUNTY

Provides reduced-cost spaying-neutering and pet care assistance to eligible owners; pets for adoption through foster homes; dog bite prevention and pet care programs; and a 24-hour help line. (931) 648-8042, [humansociety@clarksville.com](mailto:humansociety@clarksville.com) or [clarksvillehumansociety.org](http://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](http://www.asociacionlatina.info).

## LOAVES AND FISHES

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

## MEALS ON WHEELS

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

## MONTGOMERY COUNTY WIC CLINIC

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

## PREVENT BLINDNESS TENNESSEE

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

## RADICAL MISSION

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

## TENNESSEE REHABILITATION CENTER AT CLARKSVILLE

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

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

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

## UNITED WAY

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

## VETERANS UPWARD BOUND

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

## COUNSELING, SUBSTANCE ABUSE & MENTAL HEALTH ASPERGER/AUTISM CENTER

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

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

## BRADFORD HEALTH SERVICES

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

## CELEBRATE RECOVERY

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

## CENTERSTONE

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

## FAMILY CENTERED SERVICES

901 Martin Street, (931) 503-4600.

## THE FAMILY GUIDANCE TRAINING INSTITUTE

800 Tiny Town Road, committed to positively impacting the lives of our community's children, youth and their families. Family Guidance Training Institute, Inc. is a 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](mailto:juleespoolephd@aol.com).

## HOPE (HOMELESS OUTREACH PARTNERSHIP AND EMPOWERMENT)

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

## LIFESOLUTIONS - ASPIRE & JOBLINK

611 Eighth Street, (931) 920-7210.

## MENTAL HEALTH COOPERATIVE

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

## OAK HILL RESIDENTIAL

118 Union Street, (931) 647-8257.

## PASTORAL COUNSELING CENTER

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

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

## THE PATH LIFE COACHING

The Path Life Coaching is a branch of the Family Guidance Training Institute located at 800 Tiny Town Road. Life Coaching is a new and rapidly growing profession that is profoundly different from consulting, mentoring, advice, therapy, or counseling. Think of a Life Coach as YOUR PERSONAL coach that will help you to improve, change, and develop as the person you desire to be. Your Life Coach through Life Coaching guides you towards focusing on how to move you forward toward your specific personal goals, aspirations and dreams. We will examine the steps you have made and the obstacles that are keeping you from moving forward. We will create and put into action strategies, brainstorm options, and you will make decisions that will lead to an action plan. In Life Coaching, an action plan is developed with specific goals and objectives to guide you as you walk forward on your chosen PATH. A Life Coach continues to provide you direction and motivation to stay to the PATH in order to achieve your goals and dreams. For additional information please contact Julee S. Poole, Ph.D. at (931) 431-7580 or email at [juleespoolephd@aol.com](mailto:juleespoolephd@aol.com).

## REGIONAL INTERVENTION PROGRAM (RIP)

404 Pageant Lane, (931) 920-2347. Provides a program for families with preschoolers who are having difficulties in behavior and/or development, run through local mental health agency Centerstone. RIP offers classes for parents to learn more effective parenting skills. Classes are held on Tuesdays and Thursdays, both morning and night. We currently have immediate openings. Contact Katie McWilliams, Clarksville RIP Program Coordinator at (931) 920-2347 or [Katie.McWilliams@centerstone.org](mailto:Katie.McWilliams@centerstone.org).

## 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 Tenncy Area AFS Volunteer Leadership Team manages the AFS high school students going abroad on international foreign exchanges to one of their 50 partner countries and those AFSers who are hosted in the team area. This includes TN, MS, AL and southern KY. AFS has been the leading, most valued, reputable and experienced international high school student exchange for more than 60 years. Nearly 13,000 students, young adults and teachers choose AFS for their study abroad experience each year.

Currently, in the USA there are over 5,500 registered volunteers. To find out more about AFS go nationally to [www.afs.org/usa](http://www.afs.org/usa) and click on going abroad, hosting or volunteering. Locally, you may contact Becky Heywood at [AFSbecky@comcast.net](mailto:AFSbecky@comcast.net) for volunteering and sending. To find out more about hosting locally contact Jackie Smiley at [AFSjackie@gmail.com](mailto:AFSjackie@gmail.com). The local web site is [www.misstennky.org](http://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](mailto: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](http://ClarksvilleMommies.Com) is part of TheMommiesNetwork, a 501-C(3). Register to be part of ClarksvilleMommies!

### CHARA (CHRIST-CENTERED HOMESCHOOLERS APPLYING RIGHTEOUSNESS ACADEMICALLY)

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

### HOPE@HOME (HELPING OTHER PARENTS EDUCATE AT HOME)

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

### HOPKINSVILLE SAHM MEETUP GROUP

For information about the Hopkinsville Stay at Home Moms Meetup Group visit [sahm.meetup.com/1943/](http://sahm.meetup.com/1943/)

### LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

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

### MOMS CLUB OF CLARKSVILLE

Come meet other stay at home moms at the MOMS Club@! The MOMS Club@ is an international non-profit, non-religious, non-political organization specifically designed to support stay at home moms (including those that may work part time or have a home based business). Join us for one of our Open House meetings the first Friday of every month at 10:00 a.m. at Madison Street United Methodist Church. Enjoy breakfast while getting to know more about MOMS Club and meeting local MOMS. Activities include speakers and discussions, park days, field trips, cooking club, and activity groups like playgroups, walking, arts & crafts, and a monthly MOMS Night Out. We also do service projects for children and families in our community. Yearly dues are \$20. Most activities are during the day, when moms need the support most. Children are welcome at all daytime activities. For more information call (931) 472-8218 or visit: [www.momsclubofclarksvilletn.com](http://www.momsclubofclarksvilletn.com). See block for this month's events calendar.

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

MOPS International is an organization for moms who are expecting or have children ages birth to 5 years of age.

### CLARKSVILLE MOPS

Meets throughout the school year at First Baptist Church downtown, 435 Madison Street. Each meeting begins at 9:15 a.m. and childcare is provided. For more information, please contact our 2010-2011 Coordinator, Carrie Abraham at [cchilcott@hotmail.com](mailto:cchilcott@hotmail.com) or (931) 431-2533, or visit us on Facebook under MOPS at First Baptist Clarksville.

### 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](mailto:jaimenicole711@yahoo.com) and (931) 302-8922; or Amanda Hough at [amandahough@gmail.com](mailto:amandahough@gmail.com) and (517) 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-Coordination, email Diane at [dmc74.blondie@gmail.com](mailto:dmc74.blondie@gmail.com) or visit [www.orgsites.com/tn/hilldalemops/](http://www.orgsites.com/tn/hilldalemops/).

### SPRING CREEK BAPTIST CHURCH MOPS

Meets at Spring Creek Baptist Church at 2760 Trenton Road on the 1st and 3rd Thursday of the month from September to May. Meetings are from 9:30 a.m. to 12:00 p.m. and childcare is provided. Call (931) 647-5850 or email [springcreekbaptistchurch.org](mailto: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](mailto:KCcorley77@aol.com) for more information.

### PARENTS REACHING OUT

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

### SHARE (SECULAR HOMESCHOOLERS: ANY RELIGION, ECLECTIC)

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

### TENNESSEE EARLY INTERVENTION SYSTEM (TEIS)

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

### WIC NUTRITION EDUCATION CENTER

All prenatal moms are welcome to a free preparation breastfeeding class (includes free breastfeeding information packet).

1:00 p.m. to 2:00 p.m. the third Thursday of each month at the WIC Clinic, 1850 Business Park Drive. Call (931) 551-8777 for more information. No reservations needed.

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

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

### SUPPORT GROUPS ALZHEIMER'S CAREGIVERS' SUPPORT GROUP

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

### ARMY COMMUNITY SERVICE

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

### AUTISM SUPPORT GROUP

Donna Richardson at (931) 503-2315.

### CLARKSVILLE ASSOCIATION FOR DOWN SYNDROME (CADSTN)

Where individuals, families and the community come together to enrich, educate and support one another. Meets the second Tuesday of every month at Clarksville-Montgomery County Public Library from 6:00 p.m. to 7:00 p.m. (or close of library). Contact Patricia Hanna at (931) 645-1261 or [cadstn@hotmail.com](mailto:cadstn@hotmail.com).

### CLARKSVILLE MONTGOMERY COUNTY MULTIPLE SCLEROSIS SUPPORT GROUP

A local support group for Multiple Sclerosis patients, family members and caregivers in the day to day management of M.S. Activities include guest speakers, up to date medical news, advances in finding a cure for M.S., and open forum discussions. Meets the third Tuesday of each month (September through May) at 7:00 p.m. at First Christian Church, 516 Madison Street. For more information call Melba Dowdy at (931) 852-1486 or Mary Nell Wooten at (931) 647-8904.

### CLARKSVILLE OSTOMY SUPPORT

A local support group for people who have undergone ileostomy, colostomy, urostomy or who suffer from Crohn's disease or other diseases of the bowel. Support for Ostomy Patients meets in the Cumberland Room the third Sunday of the month at 2:00 p.m. (931) 502-3800.

### CLARKSVILLE PARENT SUPPORT GROUP

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

### GRIEF & LOSS

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

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

Some one you love has a mental illness. This local support group meets the 2nd Tuesday of the month at New Providence United Methodist Church, 1317 Fort Campbell Boulevard, from 6:30 p.m. to 8:30 p.m. Child care provided. For more information call Betty at (931) 358-0900 or Bertha at (931) 216-3590.

### PARENTS HELPING PARENTS

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

### SEE PINK

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

### TENDERPAWS PET THERAPY

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

### WARRIORS OF HOPE

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

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

# Coloring Contest Winners!



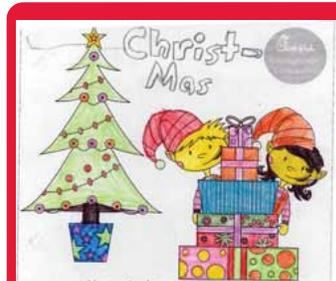
Elliot Poor  
age 2, Clarksville TN

**Ages  
0-3**



Nailah Chapman  
age 5, Clarksville, TN

**Ages  
4-6**



Alvin Ortiz  
age 8, Clarksville TN

**Ages  
7-9**



Berta Teordora  
age 11, Clarksville TN

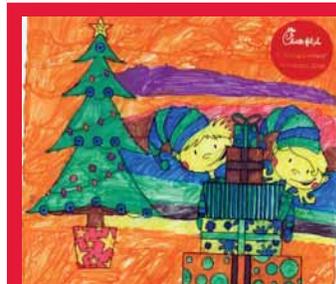
**Ages  
10-12**



Tapanga Bowers  
age 3, Clarksville TN



Warin Ding  
age 6, Clarksville TN



Alera Summers  
age 10, Oak Grove, KY



Alvin Torres  
age 10, Clarksville, TN

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










Free Spicy Chicken Sandwich  
with purchase of a 2011  
Chick-fil-A Cow Calendar.



Coupon not valid with any other offer. One coupon per person per visit. Redeemable at Governor's Square Mall & Madison St. locations in Clarksville. Closed Sundays. Please use by 1/31/2011.



Free Gallon of Tea  
with purchase of  
any Party Tray.



Coupon not valid with any other offer. One coupon per person per visit. Redeemable at Governor's Square Mall & Madison St. locations in Clarksville. Closed Sundays. Please use by 1/31/2011.






*Christmas is a love story...*

*G*od loves you so much, that he sent his only son.

It's easy to lose the love story of Christmas. It gets buried in wonderful things (like sugar cookies) and forgotten in heartache (like broken relationships).

Christmas was God's solution to our heartache. He longs to have a relationship with you. The baby that was born on Christmas was a big "I love you" note from God. If you need to hear that God loves you or just want to spend a few moments away from your cousin Eddie this holiday season, hang out with us at oneChurch. We love presents, we hate fruitcake, and we don't have it all together..... We're just like you!!



**onechurch.tv**

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

[www.onechurch.tv](http://www.onechurch.tv)

931-802-8663