

October 2011

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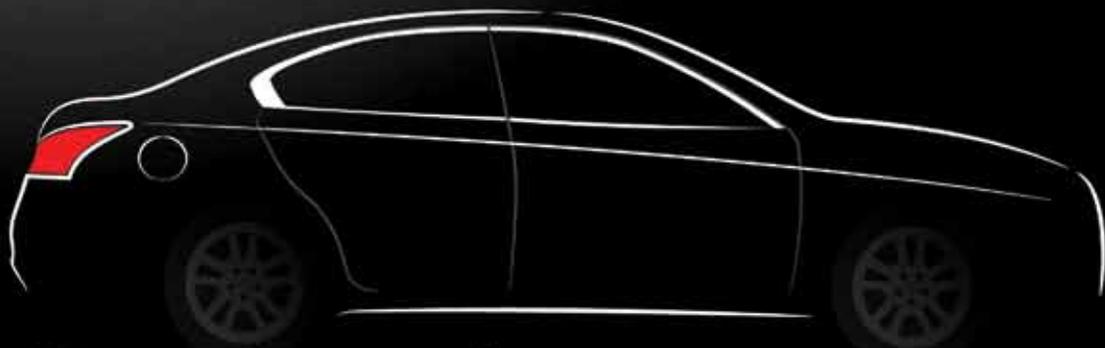
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# Publisher's Message

We enjoyed seeing many of you at the Toddler Town tent at Riverfest last month. Saturday evening's weather got a little scary, but the rest was perfect. It's so wonderful that our city provides this free festival every year.

Over the past few Riverfests we have toyed (no pun intended) with different things to entertain toddlers and young children. What has stood out from the beginning is the Play-Doh table. We often joke to ourselves that the reason why kids love it so much is that their parents never let them play with it at home because of the mess. But it's definitely more than that. In this world of iPads, PlayStations and 400 channels on TV, we always find it amazing how such a simple thing can entertain young children (and their parents) for hours.

There is a great update on Kelly Blevins (our cover story from October 2009). Kelly is a breast cancer survivor, and the article by Pamela Magrans (page 6) chronicles her journey's ups and downs. We are glad Kelly is currently cancer free, and wish her, and everyone else affected by cancer, success in its battle.

Taylor Lieberstein has three neat articles this month on everything from a local family and their Italian exchange student (page 14), a 32-year-old APSU football player (page 28), and Clarksville's own roller derby team (page 46). Be sure to check them out.

Obviously October and Halloween go hand in hand. This month we have an article from a real ghost hunter, who lives right here in Clarksville. Read his *literal* ghost stories on page 48.

The last thing I will mention is this: We have a TON of things to do around Clarksville this month! I don't think I can ever remember this many fall festivals, trunk-or-treats, haunted houses and other Halloween/fall-themed activities. Check out the calendar starting on page 60 for all of the details.

Thank you for picking us up. Enjoy the cooler weather. Stay safe and have a great month.

Sincerely,  
Carla Lavergne



## Clarksville Family

Clarksville Family Magazine has 10,000 issues published and distributed monthly at over 160 locations across Clarksville and the surrounding area.

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**AVEDA**

## AN UPDATE ON KELLY BLEVINS FINDING PEACE IN THE UNEXPECTED

by Pamela Magrans

Kelly Blevins sits at the table at Chick-fil-A watching Chloe (age 4) and Brody (age 3) through the glass window that separates her playing children from the table where we sit. Her children romp and climb, laugh and smile, as they bask in the serenity of childhood play.

David, Kelly's husband, purchased the Chick-fil-A franchise on Madison Street in 2005. It was their business venture that brought them to Clarksville,



**Team Blevins 4.0 at our first Race for the Cure (October 2009)**

but now, Clarksville is as much home as it could possibly be. Since their move to Clarksville six years ago, life has not progressed as they had originally imagined, but now in the fall of 2011, as Kelly watches her children play, she is evidence that peace and joy can be found in the unexpected.

### THE BREAST CANCER CHALLENGE

In January 2009, when Kelly's second child, Brody, was only four months old she found a lump during a breast self exam that proved to be stage 3 breast cancer. Within months, she had

a full mastectomy and began chemotherapy and radiation treatment.

With a young baby and a two year old at home, Kelly faced the fight of her life. The days were grueling. She underwent 16 rounds of chemotherapy and radiation therapy. Kelly went through seven cancer related surgeries in only two years.

She surrounded herself with church friends, other cancer survivors and founded a cancer support group. Kelly and her husband, David, maintained a positive attitude throughout her cancer treatments and surgeries. Kelly became a beacon of hope to all who knew her, as her optimism, energy and faith radiated to others.

With time, the chemotherapy ended. The aggressive radiation did its work. The surgery incisions healed. The cancer was gone. It has been two years since Kelly faced the reality of cancer. Now, finally, life is beginning to become normal.

As four-year-old Chloe walks up to the table and asks her mom for a drink, it is evident that the children have changed as well. Chloe's sparkling eyes dance behind the spirited core that for two years was her mother's inspiration. Three-year-old Brody comes up to the window and smiles at his mom from the opposite side before bolting back



**In sickness and in health (July 2009)**

up the steps to the winding slide. Kelly says, "I love to just sit and watch them."

It is in the daily routine that Kelly finds the greatest joys now. There were weeks over the past two years when her days were dominated by cancer, by treatments and recovery. But now she revels in simple tasks of caring for her children and spending time with them. The simple tasks like preparing a meal are a blessing to Kelly now.

In the two years that Kelly has been fighting cancer, her baby boy learned to walk and now run.



**Kelly and Brody doing a craft at his school Christmas party (December 2010)**



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**\*Be sure to check out "The Fridge" on pages 58 & 59 for a chance to win TWO \$40 gift cards to Chuck E. Cheese's courtesy of James Corlew!**

In those two years, her baby girl grew up and will be headed to kindergarten in only a year.

But from this vantage point in a booth at Chick-fil-A, Kelly is not defined by her cancer. Influenced by cancer, but not defined by it. She is a mother—enjoying the daily moments with her children.

### **FACING THE UNEXPECTED**

But the road has not been as she expected. There were prayers along the way that went unanswered and Kelly (as we all must do from time to time) has had to reconcile that by faith.



**Kelly and Brody in the snow  
(January 2011)**

During chemotherapy, Kelly met a fellow cancer patient—another young cancer patient named Kate. Kelly and Kate became friends because they were always in the lab getting treatments at the same time. “She brought joy to me,” says Kelly. “I loved going to chemo because I knew she would be there. She brought joy to me at a time when there should have been despair.”

Their friendship grew during that time and they became a support to one another. However, her friend Kate discovered that the cancer had spread and

the treatments had been unsuccessful. In March of 2010, Kate passed away. At a time when Kelly wanted to celebrate her own joy of winning against cancer, she had to grieve the loss of her close friend.

Kelly recounts that Kate was a fighter with a kind spirit. Everyone loved her. The wound of losing her friend was deep, but that too has strengthened her. Where there is much love, there is much pain. Where there is much loss, there is much to gain.

Recently, several health scares have riveted Kelly, but each time she embraced those moments with faith. This past May, after experiencing headaches and numbness in her hand, her doctor ordered a MRI of her brain and a CAT scan of her chest and belly. Afraid that the cancer may have returned, the doctor performed the necessary tests, but no cancer was found. A mass was found on her thyroid, but that too proved to be non cancerous.

She was recently told that the current chemotherapy drug she was taking was discovered to not be effective on the part of her cancer that was found to be aggressive. So last month she began a new chemotherapy drug that will be administered via an IV. The drug will be administered every three weeks for a year. She visits the doctor regularly and keeps a careful watch on her health.



**Six months after chemo in D.C.  
(February 2010)**

There have been many changes over the past two years for the Blevins family. But there have been some things that have not changed—like Kelly’s faith in God, her love for her family, and their adoration of her.

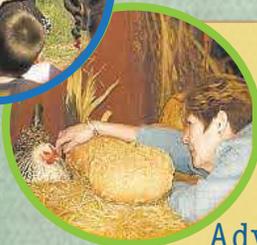
Kelly has changed too. In the simplest way—her straight brown hair grew back curly. In a more painful way, the full mastectomy left Kelly hoping for reconstruction. She had expected that to be the final stage of fighting cancer, having reconstruction to repair what was lost to cancer. But Kelly experienced complications from the breast reconstruction



**Kelly and Chloe at their annual Christmas at Opryland with the Rockettes and “girly things”  
(December 2010)**

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surgery. Due to excess scar tissue, and the effects the radiation had on her skin, the breast reconstruction surgery left her in extreme pain. "The complications from the breast reconstruction was more painful than anything related to the actual cancer," she said.

She became very ill and ended up in the hospital for eight days as a result of complications of reconstruction. Once again, she found herself unable to care for her family and enjoy her children because she was ill and in the hospital. Only this time, it was because of reconstruction, not cancer.

"I couldn't pour myself into my family. It was robbing me of my joy of enjoying my family," Kelly said. Kelly decided, along with the recommendation of her doctor, not to progress with breast reconstruction. It was a hard time for Kelly. "I thought that reconstruction was my reward for beating cancer. I thought that signified the end." It was hard for her to resign to knowing that one part of her recovery would be left unfinished. But "I kept hearing God say, 'I created you to be my child, and that doesn't require reconstruction.'"

"It was the unmet expectations that made me grow the most," said Kelly. After seven cancer-related surgeries in only two years, Kelly and her family were ready to get back to a normal life. "I'm content because of who God says I am. The reconstruction surgery did not end the



**Kelly visiting her niece in Seattle (January 2011)**

way I wanted it too, but now I'm glad because I have more of a testimony for other women," said Kelly.

"I've realized that when God doesn't answer your prayers, it is for a greater reason," she said.

#### **BACK TO NORMAL...**

Now, two years after her diagnosis and at the age of 34, Kelly is bracing herself to send her daughter to kindergarten in a year. She enjoys every day with her children, has quiet time with God daily, and surrounds herself with other mothers.



**Kelly and Kate (July 2009)**

She participates in MOPS (Mothers of Preschoolers) and a discipleship group.

Now that her health is stable, she and David are traveling again, both with the kids and sometimes without them. David and Kelly traveled for a couple of Chick-fil-A work-related trips to Washington D.C. and Texas. They traveled to Seattle, Gatlinburg and North Carolina. They now have the ability to

travel to see family and to vacation with their kids. Kelly feels good, strong and happy.

The ordinary has become the extraordinary. The unexpected has become the embraced.

Four-year-old Chloe walks up to the booth where we are sitting in Chick-fil-A and asks, "Is it time to go home?" Lunchtime is over and naps are in order. As Kelly and I end our conversation, the kids run up to the counter to say bye to their dad who is working.

The past two years have been characterized by the unexpected for the Blevins family, but their faith in God, their love for one another and their continued hope for the future have guided them.

Kelly will enjoy the new look her curly hair brings, embracing both the blessings and the lessons that come from change.

To follow along as she chronicles her journey, visit her blog at [kellysjournal2009.blogspot.com](http://kellysjournal2009.blogspot.com).



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## THE BILL MARTIN JR BIG BOOK OF POETRY

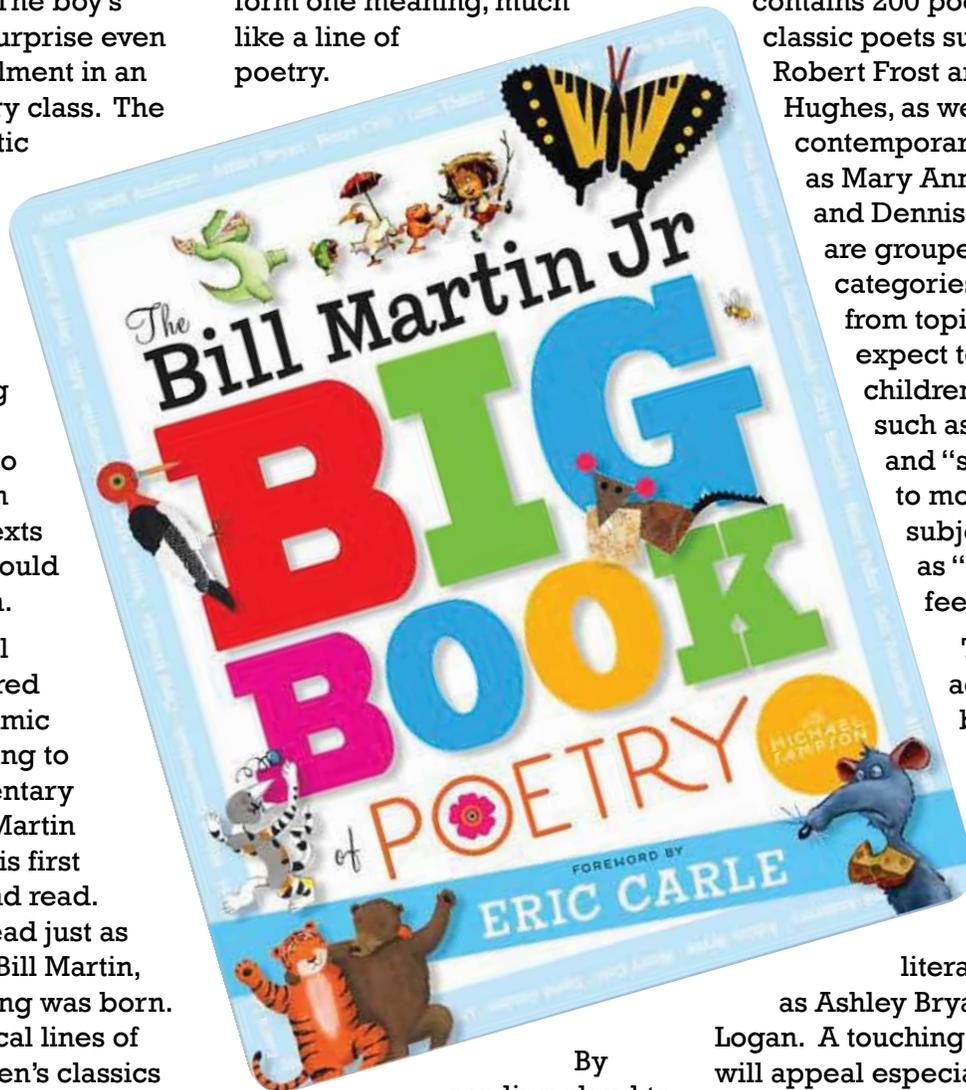
by Julie Capouch

Not so long ago, a young man sat in a college classroom unable to read. His sharp memory and ability to take tests orally had gotten him through high school, but here, at Emporia State College in Kansas, that was not the case. The boy's saving grace—a surprise even to him—was enrollment in an introductory poetry class. The professor's dramatic readings and flow of language as she recited poem after poem resonated with the illiterate young man. It did not take long for him to discover that when he looked at the texts of the poems, he could actually read them.

That was how Bill Martin, Jr. discovered the power of rhythmic language in learning to read. As an elementary school principal, Martin wrote poetry for his first graders to hear and read. They learned to read just as he had. Thus, the Bill Martin, Jr. model for reading was born. You see, the metrical lines of much loved children's classics such as *Brown Bear, Brown Bear*, *What Do You See* and *Chicka Chicka Boom Boom* are more than just fun sing-songy lines for pre-readers, they are based on Martin's conviction that children learn to read just as they learn to speak, through natural and meaningful exchanges with texts.

Take a quick glance at just a few of Martin's nearly 300 hundred published children's

books, and you will see an overall pattern of varied right margins. Martin believed that language works in chunks of meaning. Words do not stand alone. Instead, they are chunked together with other words to form one meaning, much like a line of poetry.



By reading aloud to children, adults deposit these meanings, along with literary and linguistic structures, in children as they hear them. While being read to, children develop phonetic awareness and are then able to apply this awareness to texts, opening the pathway to independent reading.

Over the last two decades, Martin, along with his long-

time writing partner Michael Sampson, compiled a collection of all time favorite poems to create an anthology of poetry for children. Part of this collection became *The Bill Martin Jr Big Book of Poetry*. The collection contains 200 poems, featuring classic poets such as Robert Frost and Langston Hughes, as well as more contemporary writers such as Mary Ann Hoberman and Dennis Lee. Poems are grouped into categories, ranging from topics one would expect to see in a children's anthology, such as "animals" and "school time," to more dynamic subjects, such as "me and my feelings."

The poems are accompanied by colorful illustrations by some of the most loved artists in children's

literature, such as Ashley Bryan and Laura Logan. A touching feature that will appeal especially to adults is the foreword by renowned illustrator and author Eric Carle.

This anthology is a culmination of sorts—a reflection of Martin's life work and deeply held belief in the power of reading and its impact on young lives. Through the well thought out and purposeful model used in his books, he has provided parents and educators the tools needed to teach children to read

in a nurturing and natural way for over 60 years. Reading has transformative powers, as we can see from Bill Martin, Jr., the nineteen year old illiterate who became America's most loved children's author.

Julie Capouch is a Master's candidate in English at APSU, military wife, and mother of

two preschoolers. A lover of literature in all forms, she thinks picture books are the best, and as a child she wanted to grow up to be Laura Numeroff. For more book recommendations and literacy information, visit her blog at [julietalksbooks.blogspot.com](http://julietalksbooks.blogspot.com).



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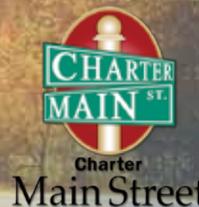


## Behind the Songs

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## FOREIGN EXCHANGE

by Taylor Lieberstein

The thought of going to live in a country other than America, for an extended period of time, is a scary one for most. We are creatures of habit, we like what we know and what we know is American culture. However for some people the thought of experiencing another culture is exciting.

For 16-year-old Fiorenza “Fiori” Levantesi, spending her junior year in Clarksville, this excitement is a reality. She has traveled here from Vasto, Italy. The teenage girl has moved away from everything that she knows in order to study as a foreign exchange student and get a firsthand look at American culture. She has only been here a little over a month and is already learning and adjusting to what is everyday life for most of us.

“I really wanted to learn another culture aside from the Italian one that I know. Also I wanted to meet new people and my parents agreed it would be a good experience for me,” said Levantesi.

Originally Fiori was aiming for a bigger city to study abroad in. New York and Chicago were her top two picks. But here she is in the South. Oh, the look on everyone’s face when she returns to Italy with a new southern vocabulary that she might possibly pick up within the year. Her family lives two hours from Rome by the Adriatic Sea in Vasto. There they have two houses, one in the city and one by the beach. Vasto is a relatively small town, only about 45,000 people.

School days are shorter, five hours per day, and they attend on Saturdays. At her school in Italy Fiori is on the volleyball team.

However, her studies are her top priority, which is why she has decided to take this year off from Volleyball. She made the team at Rossview High School but turned down the opportunity because she wants to make sure she has ample time to study. Since school days are longer here, she feels that she can afford to spend less time on afterschool activities.



One of Fiori’s first major adjustments upon arrival was the time difference. Clarksville is seven hours behind Italy. Time happens to be one of Fiori’s least favorite things about American culture. Everything is done very fast-paced compared to what she is used to.

“Everything is too quick here. During school I have 25 minutes to eat my lunch. In Italy we take two hours to eat lunch and it is a big family lunch, everyday.” Levantesi said.



Another notable difference is breakfast. Breakfast is a quick meal where she comes from. In Italy they may drink a glass of milk and occasionally eat a bowl

of cereal at breakfast. She is not used to a big, hot breakfast. After eating her first American style breakfast she has discovered that bacon is her new favorite food.

Some other differences from Italy to America include clothing styles, age restrictions and of course the English language. Fiori said the English here is very different from the English she studied prior to moving here. In addition to the language itself confusing her, we speak softly compared to what she is accustomed to.

Fiori had a few expectations of what she would see in America. Some of them were: a big yellow school bus, a paperboy on a bicycle throwing newspapers, and a locker at school. All of these things she has seen in movies and on television. She has now seen the school bus with her own eyes and has her very own school locker (I want to stress how excited she is about the locker). But she’s had no luck finding a paperboy throwing papers from his bicycle.

Fiori’s host family is Rob and Kristina Copeland and their three-year-old son, Will. The family decided to host a foreign exchange student because of their own experiences as foreign exchange students in college.

“Rob and I both were foreign exchange students in college. He went to France and I went to Costa Rica. We both got so much out of the experience that we wanted to pay it back to someone else. The idea of getting to know someone from another culture so well was pretty intriguing, too,” said Kristina Copeland.

The Copelands are happy to have Fiori living with them. They specifically choose Fiori based on her profile, to them it stood out among the others. Students were given space to write a letter to the prospective host families, some only wrote a few words. She really impressed them by taking advantage of the space and writing almost three pages telling about her life, her personality, friends and family and interests.

“We liked that initiative. Plus, she was honest—she didn’t make herself out to be someone who is perfect, but described both her strengths as well as her weaknesses. That showed a great deal of character,” said Kristina Copeland.

During their year together Kristina said she and her husband want to break any preconceived stereotypes that Fiori has about American culture. In doing this Fiori will be able to go home and teach her family and friends about what *real* Americans are like.

Fiori misses her friends and family most of all. She keeps in touch with her closest friends and family via Skype and her cell phone. Fiori will be here for a full year. She is not allowed to return home until the program has ended, this means holidays too. She will miss her family even more during the holiday season, but Rob and Kristina plan to make it as special as possible for her.

“She is part of the family now. She will celebrate the

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holidays with our families just like our own son,” said Kristina Copeland.

Over Labor Day weekend they took Fiori to Saint Louis. There she got to see the famous arch, attend a Cardinals game and visit the city museum. Of course she will not be able to experience everything America has to offer

but she hopes to get a good taste. She wants to go to a UT football game in Knoxville. Because the Copelands are UT football fans, she most likely will get her wish. The family is also throwing around ideas such as Chattanooga, Memphis, Gulf Shores, south Florida, somewhere in the Caribbean, and Wisconsin. For

now Fiori has only visited parts of Europe, Egypt, Clarksville and Saint Louis. Hopefully at the end of the year Fiori will return with a new appreciation for America, some great memories, and some lasting relationships.

AFS is the organization that made this special opportunity possible for the two families. The organization’s mission is to provide intercultural learning opportunities to help people develop the knowledge, skills and understanding needed to create a more just and peaceful world.

This is an exciting experience for both Fiori and the Copeland family. Fiori is excited about learning a new culture as are the Copelands.

“It is exciting to learn about the Italian culture and to teach Fiori about ours—there are more differences and more similarities than you might think! Also, getting the chance to have a relationship with another person (and really another family), that otherwise we would have never known existed. The prospect of perhaps one day going to visit Fiori and her family in Italy is of course incredibly exciting as well,” said Kristina Copeland.

You can participate in an AFS Program by becoming an exchange student, sending your daughter or son abroad, hosting an AFS Participant, or by volunteering. Whether you take part in a short program that lasts for a few weeks, or live with someone from another culture for a full year, the exchange programs provide people with a personal growth experience that will last for a lifetime. For more information visit their website at [www.afs.org](http://www.afs.org).

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# DARN YOU AUTO CORRECT

by Jessie Carter, PT

I have become completely reliant on my cell phone. My life is in that little box. I truly believe I would have some type of physical withdrawal symptoms if I were to lose it. Not just misplace it over and over...but truly have it taken away. It's my lifeline to communicate with family, address pertinent issues at work, capture memories, and stay in touch with my peeps.

Like many phones, it has an auto-correct feature that allows me to type and get "close" to the intended word...only for it to read my mind and correctly spell the word I meant to type. This is very useful because I have man hands and fat thumbs. I appreciate the smart technology. The catch is that I have to check every message before I hit send because the auto-correct feature doesn't always guess the right word.

I'm not alone. There is now a website dedicated to auto-correct mishaps. The messages that people sent unintentionally can be side-splitting hilarious. Auto-correct can definitely equal trouble. Auto-correct fixes our words when they become broken...and sometimes it fixes them even when they aren't broken.

Why is it that we don't fix something until it's broken? This is particularly true regarding our

health. We don't seek help for that persistent back pain until we can't bend over to tie our shoes. Not until we get a diagnosis of diabetes or high blood pressure do we start doing something about our weight or eating habits.

I've mentioned in past articles that we as women especially put off taking care of ourselves. Regarding pelvic floor dysfunction such as urinary incontinence, research has shown that women take years to even mention the problem to their doctors. Personally, I think the reason is that we are busy taking care of everyone else and put off addressing our own issues.

When I was pregnant with my children, it was easy to take care of myself—I was doing it for them. I maintained a balanced diet, avoided caffeine and highly processed foods, and exercised regularly. Breastfeeding was the same way—when I was considering someone else's needs, choices were simple. But as soon as life was back to just me, I fell back into my old habits.

It all comes down to motivation. When we are eating for two, we are motivated by our unborn baby. We want to give him the best start possible and make wise decisions concerning his health. If our health starts to decline, we are motivated by

fear...fear of more problems arising and possibly fear of death. That is enough to motivate anyone!

I've found that other external factors can act as motivators also. A friend recently told me that the mirror in her bathroom is directly outside of her completely see-through glass shower. She said that looking at herself naked in the mirror every morning has motivated her to lose weight. I think it would do the same for me!

My motivator is peer pressure. When people around me are working out and changing their lives, I want to be a part of the positivity. It spurs me to action. I also take words to heart. Compliment me on my hair and you better believe I'm going to wear that style over and over. I've always been very frank with my husband to just tell me I look horrible in a pair of jeans simply so I stay motivated to run. Even though I tell myself over and over that true change comes from within, those external influences go a long way in my book.

But why is it so hard to take that next step? For me, it's simply a dislike of change. I don't want to change what feels comfortable. I'm afraid change won't taste good. Change may make me do something I've never done before. Change

Dr. Aquino's Featured Employee is  
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Gracelynn Daley, 2 years old  
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might even hurt or get me out of bed early in the morning when I want to sleep. Change is scary.

But there are ways to make change easier. Building a network of support is a great first step. We have physical therapists, personal trainers and a certified wellness coach on staff to help clients make life changes. Every client is an individual and the first step looks different for everyone. It might be exercising for the first time in years, changing poor lifestyle habits, or addressing an old injury that prevents activity and taking the first step. Whatever the issue—putting it off only prevents a solution.

If that's not motivation enough, have your spouse turn on the auto-correct feature. Even though my husband has (wisely) chosen to stay neutral when it comes to complimenting my physique, his auto-correct feature sent me all the motivation I needed a few weeks back.

Him: "You are an amazon woman."

Me: "Excuse me?!"

Him: "I meant amazing woman. Dang spell checker."

Me: "Okay...love you, too ;-/"



Jessie is a physical therapist, mom to three and owner of High Pointe. High Pointe provides physical

therapy, personal training, fitness, and massage therapy services in Clarksville.

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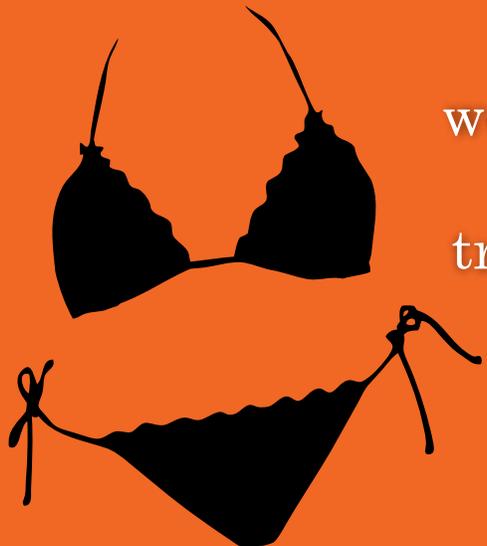
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## DANCING FOR MADDIE

by Stephani Cook

May of 2010 was a devastating month for Clarksville native, Bill Lanway and his daughter's mother, Dana Rucker. That was the month that they would hear what no parents ever want to hear...it's cancer.

Madison Kay Lanway was diagnosed almost 18 months ago with Rhabdomyosarcoma. Rhabdomyosarcoma is the most common of the soft tissue sarcomas in children. These tumors develop from muscle or fibrous tissue and can grow in any part of the body. Immediately after receiving the news, Maddie's father, Bill, moved to Arkansas to be near Maddie and Dana as Maddie began treatment. He left a job in Clarksville and the closeness of most of his family behind; however, for Bill, it was an easy decision. Being with Maddie was his only priority. During those months, Maddie received over a year of chemotherapy, radiation, and numerous transfusions at

Arkansas Children's Hospital in Little Rock. She spent many more days in the hospital than at home. Maddie fought like a warrior every step of the way but on September 21, Maddie lost the battle here on Earth and went on to Heaven where she was healed of cancer. She is loved by many—some who never even met her followed her story on Facebook—and the outpouring of love shown to her family has been immeasurable.

There were numerous emotional highs and lows in this journey, but it seems that for every piece of good news the family received, bad news was soon to follow. Maddie's parents amazed those of us who know them. They were pillars of strength and successfully gave Maddie experiences that are very typical for preschool children. She attended ball games, concerts, and fairs. Her mother kept her nails polished with vibrant colors and placed bows in

her diminishing hair followed by adorable headbands when her hair was no longer there. She had several princess parties—including her 5th birthday celebration at Arkansas Children's Hospital. She had a dog who she loved and puzzles she put together with ease. "Princess Maddie" was an amazing little girl who deserves to be remembered.

"Dancing for Maddie" began last year as a fundraiser to help support Maddie's family with financial resources as they faced the expenses that surround this kind of medical care. Maddie's cousin, Marklee Cook, is an active participant in the dance community and dances competitively at Acro Dance Express. ADE is a unique studio in that most students there would tell you that being part of the team often feels more like being part of a family who will do almost anything for each other. That was certainly the experience that the Cook family

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felt when the news of Maddie and her family's needs were revealed. Often dance is about performing and entertaining, but it didn't take long for those girls to realize that dance could also be used for philanthropy.

Once ADE was on board, other dance teams and studios were contacted. Even though the studios are often rivals on the competition floor, for Maddie's cause, they were willing to come together as a bigger community and do what they do best...dance. The generosity and support from everyone was overwhelming and the first "Dancing for Maddie" event was hugely successful with four of the local dance studios performing. At the time, it seemed that "Dancing for Maddie" would be a one time event, but the hearts of those involved have been stirred to continue this support on an annual basis. Currently, the plan is to make "Dancing for Maddie" an annual event with proceeds going



to Maddie's parents once again this year and being donated to a charity in Maddie's honor in future years.

The second annual "Dancing for Maddie" event will be held on October 23rd at 5:00 p.m. at Rossvie High School. Participating studios include: Acro Dance Express, Lana's Dance Centre, Rhythm Inc, Rewind Academy of Dance, S.T.A.R.S.

Dance Studio and The Dance Force of Clarksville. Participating local dance teams include: Clarksville Academy, Clarksville High, Richview, Rossvie Middle and Rossvie High School. Tickets are \$5 and will be sold at each studio prior to the event as well as at the door. The show will feature a variety of numbers to include solos, duet/trios, and group performances. Styles of dance will include jazz, lyrical, hip hop and tap. A special lyrical dance entitled "Maddie's Dance" will be choreographed by Mrs. Deleann Holt and will feature elite lyrical dancers from each studio. It promises to be an evening of fantastic dance and a celebration of Maddie's life, as well as an evening of generosity and support for her family. The entire community is invited to attend.

For more information about the event or how you can donate to Maddie's cause, contact Stephani Cook at [scook2329@att.net](mailto:scook2329@att.net).

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## HOW DO I FIX MY SPOUSE?

by Rachelle Franklin, LPC

When I was in undergraduate school we had a family therapist visit our class and ask us an interesting question. He said, "If there is a family system that has a lot of issues going on, does everyone in that system need therapy or would one person attending therapy affect the whole system?" As a naive student, I said, "Everyone needs to attend." He, of course, did not see

it that way. He explained that when one person starts to make positive change, then the whole system is affected because that ONE person is no longer BEHAVING AND REACTING IN THE SAME WAY. It made a lot of sense. It still does.

I encounter many spouses at Ft. Campbell who are struggling with their spouse's addiction, PTSD, depression, anxiety, work stress,

and military discharge (medical/conduct). These issues tend to make spouses feel powerless and out of control. I am often asked, "What do I do about my spouses' problem?" My answer is, "WORK ON YOU!" If you change your steps, it changes the way you dance. I had a seasoned military wife outside of my practice share with me not long ago some very wise advice for couples that are still in the military. She explained that to make it in the military life, couples must stand strong both as individuals and as a couple to survive the military life. What she means is that we all have to find a happy medium to being both independent and dependent. I could not agree more.

Finding this happy medium requires individuals to first be self-assured so that they can function better within their relationship. Strengthening self first begins with awareness of the problems. We can gain awareness, at times, through proper education. I will attempt to explain to you how the above mentioned disorders affect families, so that you can begin to take the steps necessary as an individual to strengthen your family system through what you can control—YOU!

How do addiction, depression, ADD/ADHD, and PTSD affect my family?

### **Chemical Dependency**

Does your spouse's use of alcohol or drugs negatively affect you and your family? If your answer to this question is yes, then it is time to seek help for yourself. Self-help groups are great resources for spouses of persons who suffer from an alcohol or drug addiction. Often what spouses of addicted individuals are facing in themselves is called **co-dependency**. I would highly



A Halloween event poster with a purple background and black bat silhouettes. The word "HALLOWEEN" is written in large, green, block letters. Below it, "IN OAK GROVE" is written in orange, block letters. The text "Presented By: Oak Grove Tourism" is in a smaller font. The date and time "SAT. OCTOBER 29TH - 5PM-9PM" are in green. The location "War Memorial Walking Trail Park, 101 Walter Garrett Lane • Oak Grove, KY" is in white. The activities "Please join us for: Haunted House, Hay Ride, Trick or Treat Alley" are listed in orange and yellow. A note says "Trick or Treat Alley is for children 12 and under in costume." At the bottom, contact information "For more information call Oak Grove Tourism at 270-439-5675" is in yellow. The word "FREE!" is written in white on several black bat silhouettes.

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recommend a book to you called *Codependent No More* by Melody Beattie to aid in your search for answers. People often find this book helpful as a springboard toward joining a self-help group and gaining some sense of personal control.

Support groups for the spouse of someone with an addiction tend to focus around the concept of co-dependency and learning how to care for self first rather than everyone else. It is important for families to realize that addiction is a “family problem” in many different ways. As the spouse of someone with an addiction, you need to learn how to care for yourself as a way of positively affecting the family system. You can find out more about support for alcohol addiction at [www.al-anon.alateen.org](http://www.al-anon.alateen.org). You can reach Al-Anon via telephone at (888) 4AL-ANON. To find out more about support for drug abuse, visit [www.narcanon.org](http://www.narcanon.org). Narcanon can also be reached via telephone at (323) 962-2404.

### Sexual Compulsions (addiction)

Has your spouse's involvement in sexual activity been replaced by pornography, masturbation, telephone sex, chat rooms, on-line relationships, or sexual activity with other persons? Does your spouse seem to only feel relaxed or loved through sexual contact? Does your spouse seem to feel bad for involvement in sexual activity or interests? Do your spouse's sexual interests negatively affect the marriage and family? If your answer to one or more of these questions is yes, you may need to seek help. Sexual addiction is a different form of addiction that has tremendous negative impact on a family system through a spouse's interest in sex outside of the marriage. Spouses of sexually addicted individuals often have to involve themselves in self-help pursuits that help them to realize that this addiction is not a personal rejection. A good resource to find self-help groups for the sexually addicted can be found at [www.sa.org](http://www.sa.org). Sexaholics Anonymous can also be reached via telephone at (615) 370-6062.

### ADD/ADHD

We can become angry with our spouse when we constantly deal with disorganization, crankiness, distractibility, forgetfulness, impulsiveness, and the inability to sit still and remain focused on the tasks at hand. Our spouse who struggles with these things can become weary of dealing with someone who is constantly upset with her. If your partner exhibits signs of ADD/ADHD and you find yourself responding negatively, get yourself help. Just like having a child with ADD/ADHD, there are ways to interact with someone with this disorder that will either contribute to the symptoms or help them to feel more accepted



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and adjust better within the family system. Find out how to do this through obtaining education on living with someone suffering from ADD/ADHD and consider meeting with a professional counselor to discuss coping with a spouse who deals with ADD/ADHD. You can obtain education and help for ADD through [www.add.org](http://www.add.org) or via telephone at (800) 939-1019. You can obtain education and support for ADHD through [www.chadd.org](http://www.chadd.org) or via telephone at 800-233-4050.

### Depression

Is your spouse withdrawn, irritable, unmotivated, having sleep difficulties, and constantly thinking negatively? The tendency of a person suffering from depression to withdraw and isolate can greatly affect the wellbeing of everyone who experiences that withdrawal. The spouse and children of a person dealing with depression

can feel highly anxious, angry, and frustrated in a relationship with the person who is depressed. If you believe that your spouse is depressed and find yourself becoming pushy, resentful, angry, sad, feeling rejected, and feel you have lost all control over how it's affecting your family, it is time to get yourself help. The National Institute of Mental Illness has worked for years to aid families in learning to manage depression (as well as other mental illnesses) and its negative impact upon the family system. To contact NAMI, go to [www.nami.org](http://www.nami.org). They can also be reached at (800) 950-NAMI (6264). You may also need to consider seeking professional counseling to aid you in developing the coping skills necessary to remain in a relationship with someone who suffers from a mental illness.

### PTSD

Post Traumatic Stress Disorder is a condition that has been found to greatly affect our military families, especially since the number of deployments has increased over the past decade. Unfortunately, this is a stress condition that has only recently (within the last 10 years) become a focal point of the military mental health community making education and treatment for the disorder less understood. Several major ways that PTSD impacts marriages and family systems is through the soldier's "emotionlessness," "withdrawal," and "irritability." Many times, families have to work hand-in-hand with mental health services to learn to re-connect because of the affects of PTSD. Unfortunately, PTSD doesn't just occur in soldiers. I often encounter spouses and children greatly affected by



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repeated separations who exhibit traumatic symptoms as well. PTSD is a family problem. If symptoms of trauma are lasting longer than 60 days, please seek help to work through the trauma both as an individual and as a family. At [www.militarymentalhealth.org](http://www.militarymentalhealth.org) there is an on-line self-test that can help an individual or family discover if PTSD treatment is needed. One sure way a military family will recognize that PTSD is affecting their family system is the inability to re-integrate in a healthy way after deployment or separation from the military. Please realize that if this is occurring, PTSD will not just go away on its own. It will require treatment to work through the issues impacting your family. To obtain more information on PTSD and its affect upon family systems, please go to [www.4militaryfamilies.com](http://www.4militaryfamilies.com). Soldiers affected by PTSD should seek treatment through Adult Behavioral Health on post (270) 798-4097/4269. Children affected by PTSD can seek treatment through Child and Adolescent Psychiatry on post (270) 798-8437. Family members affected by PTSD can seek treatment through The Chaplain Family Life Center on post (270) 798-3316, Military One Source off post (800) 342-9647, Marriage and Family Life Consultants (270) 205-1917, or through Social Work Services Marriage and Family Program (270) 798-8601.

When one person within a family system is suffering, all are affected. I encourage you personally to do *what is within your control* to be as healthy as you can for your family system.



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by Gateway Medical Center

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With a spoon, spread the pizza sauce on the pita rounds, leaving a 1/2-inch border. Sprinkle mozzarella and Parmesan cheese evenly among the rounds, and bake for about 10 minutes, or until cheese is melted. Serve immediately.

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**Preparation**

In a large bowl combine all ingredients. Store in plastic bags or a covered container for up to 2 weeks.

Yield: 6 servings

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## A 32-YEAR-OLD COLLEGE FOOTBALL PLAYER

by Taylor Lieberstein

After being married, having three children and completing 13 years in the army including four deployments it is common for someone to decide they want to go back to college. They want to earn the degree that they always wanted but never had the time to get. What is *not* as common is for a 32-year-old single father of three girls to return to college and walk onto the university's football team. However, it is not impossible.

Apache pilot of the 101st Airborne Division, Isaac VanMeter, decided to enroll at Austin Peay State University to complete his degree in Professional Studies earlier this year. He is still active military right now; his place of duty

is Austin Peay's main campus instead of Fort Campbell. He had been throwing the idea around about going to college



for degree completion and trying to play football for the Gobs while he attended school there. His classes at Austin Peay began this past spring. After

getting his class schedule set, he contacted assistant football coach, Marcus Gildersleeve. The coach told him to wait until the fall and they could talk more about it then.

VanMeter spent the summer lifting and gaining weight, eating a high protein diet and sprinting. He was determined to make the football team in the fall. He knew he might have a shot at making the team if he put the work into it.

"I was in army shape, which is completely different from being in football shape. I knew if I had any chance at getting onto the team it was going to be through size and strength," said VanMeter.

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In August VanMeter contacted Gildersleeve again. The coach told him to get cleared with the NCAA. Shortly after this step was completed he found himself walking onto Austin



Peay's football team and the rest is history. VanMeter started attending practices and is a currently a fullback for the Gov's.

"This is a rare opportunity. I have enjoyed watching these guys play football for years and now I am running plays with them. Even though I am probably 10 years older than the oldest player on the team everyone makes me feel really welcome, coaches and teammates both," said VanMeter.

Football might just be the easiest part of any given day for the single father. If VanMeter is not on the football field he is somewhere with at least one of his three daughters: Scarlet (13), Isabella (10), or Ginny (4).

"I have three great daughters. They make my parenting look

better than it probably really is. They are naturally good girls. I got lucky," admitted VanMeter.

Between church youth group, cheerleading and the girls'



many other extracurricular activities, the VanMeters stay busy. They also attend church downtown every Sunday. Each girl has their own dog: Allie, Moose and Layla. So that

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makes six lives VanMeter is responsible for aside from his own.

**A typical day goes like this for VanMeter and his girls:**

Wake up. Get Scar and Bella out the door and to their bus stops. Take Ginny to her aunt's house. (Two days a week,

he and Bella ride to school together because she attends Burt which is right beside Austin Peay.) Next he has to get himself to class, watch game tapes between classes, attend more classes, attend team meeting in the afternoons, football practice, then pick up all three girls from an activity

such as cheerleading practice or their aunt's house. Next they are all headed home to eat dinner, take baths, and do homework, then finally off to bed to rest up for the next day.

The girls are fully supportive of their dad's college football career and are anxious to see him on the field.

"Not many 13-year-old girls have a 32-year-old dad that plays fullback for a college football team. If they do they are very young and won't be able to remember that they got to see their dad play college football," said Scarlet VanMeter.

Scarlet maybe understands a little more than her two younger sisters why this is such a great opportunity for her father.

"He got into the army to take care of his family and he never got to follow his dreams or do anything for himself, and that is why it is great that he is able to do this for himself now."

The college student, football playing, single father can French braid hair, paint fingernails, and name the entire Hannah Montana Cast. Still, he is a lifelong fan of any and all things football. He played football for his Kentucky high school but could not pursue the sport after his sophomore year due to personal reasons.

The girls are no strangers to football themselves. For the last five years they have played in a family Turkey Bowl

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every Thanksgiving. They practice running plays weeks before the family flag football game is held.

VanMeter is not having a mid-life crisis that led him back to college and onto the football team. He wanted to get his degree for a couple of more important reasons: first to set a good example for his girls, and secondly to make him more competitive within his Army career. Beyond that, he wanted to do something beside attend classes to get a true college experience, or at least come close. Since joining a fraternity was out of the question for a father of three, football seemed to fit what he was looking for.



“I hope to get playing time. Either way I am just happy to be out there having fun with the guys on the field. It is almost funny to me that I am on this college team at my age. It makes me happy to be able to play the game one more time. And if nothing else, it is a break from dolls and the Disney channel,” said VanMeter.

Following graduation from Austin Peay VanMeter owes the Army three more years of service. He does not know if he will continue his Army career or pursue something else after that time is completed, he has not thought that far ahead. Right now he is just focusing on raising his three girls, studying for classes, and making the most of his opportunity as a fullback on the Austin Peay football team.

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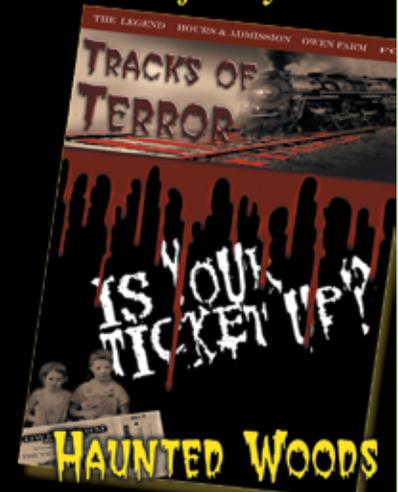
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# WHAT IS THE BEST TECHNIQUE FOR BRUSHING?

by Dr. Lance Harrison, Jr.

There are a number of effective brushing techniques. Patients are advised to check with their dentist or hygienist to determine which technique is best for them, since tooth position and gum condition vary. One effective, easy-to-remember technique involves using a circular or elliptical motion to brush a couple of teeth at a time, gradually covering the entire mouth.

Place a toothbrush beside your teeth at a 45-degree angle and gently brush teeth in an elliptical motion. Brush the outside of the teeth, inside the teeth, your tongue, the chewing surfaces and between teeth. Using a back-and-forth motion causes the gum surface to recede, can expose the root surface, or make the root surface tender. You also risk wearing down the gum line.

## Soft or hard bristles?

In general, a toothbrush head should be small (1" by 1/2") for easy access. It should have a long, wide handle for a firm grasp and soft, nylon bristles with round ends. Some brushes are too abrasive and can wear down teeth. A soft, rounded, multi-tufted brush can clean teeth effectively. Press just firmly enough to reach the spaces between the teeth as well as the surface. Medium and hard bristles are not recommended.

## How long should I brush?

It might be a good idea to brush with the radio on, since dentists generally recommend brushing three to four minutes, the average length of a song. Using an egg timer is another way to measure your brushing time. Patients

generally think they're brushing longer, but most spend less than a minute brushing.

To make sure you're doing a thorough job and not missing any spots, patients are advised to brush the full three to four minutes twice a day, instead of brushing quickly five or more times through the day.

## Should I brush at work?

Definitely, but most Americans don't brush during the workday. Yet a survey by Oral-B Laboratories and the Academy of General Dentistry (AGD) shows if you keep a toothbrush at work, the chances you will brush during the day increase by 65 percent.

Getting the debris off teeth right away stops sugary snacks from turning to damaging acids and catches starchy foods like



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potato chips before they turn to cavity-causing sugar. If you brush with fluoride toothpaste in the morning and before going to bed, you don't even need to use toothpaste at work. You can just brush and rinse before heading back to your desk. If you don't have a toothbrush, rinsing your mouth with water for 30 seconds after lunch also helps.

**Tips to improve your office brushing habits:**

- Post a sticky note on your desk or computer as a reminder to brush teeth after lunch.
- Brush teeth right after lunch, before you become absorbed in work.
- Store your toothbrush and toothpaste at work in a convenient and handy place.
- Make brushing your teeth part of your freshening-up routine at work.
- When brushing at the office or away from home, it's important to make an extra effort to keep your toothbrush germ-free.

**Tips on how to properly store and care for your toothbrush at work:**

- Always store your toothbrush in a travel container.
- Dry your toothbrush after use and before returning to its container.
- Change the toothbrush you take to work more often than your toothbrush at home to avoid bacteria build-up.

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## WHERE DOES MY HELP COME FROM?

by Kim Edmondson

Ever feel like you're stuck in a rut? Does it seem like you are doing the same thing everyday? The chores are the same, the job is the same, and the "things to do list" is pretty much the same this week as it was last week. And in the midst of all of the sameness do you find yourself wondering what you could give up, or change, or pass on to someone else? Well, just in case you're afraid to say yes to any of those questions, I will go ahead and let you know that I often feel that way.

Just a few days ago, in the midst of picking socks and toys up off of the floor that I know I had asked my boys to pick up (funny how I keep hearing myself say that) I felt the overwhelming feeling of

having done this task so many times before, and yet here it was again. What I had done the previous day, I was doing again that day. The pairs of socks that I had picked up on Monday were replaced by a different pair on Tuesday. I stopped in my tracks just long enough for the Lord to bring a verse to my mind. He usually does that when I am trying to work myself up into a good tizzy.

"I look to the hills—  
where does my help  
come from?"

Psalms 121:1

Yes, I thought, that is a great question! Where does MY help come from? If my help is up in the hills, I wish who ever those little helpers are would come

on down here and get to work! I just picked all of these things up yesterday and here I am doing it again today. I cleaned the kitchen yesterday, I did laundry yesterday, I went to work yesterday, and here it is to do once more, today. Where does my help come from?

Now I guess I do need to stop for a moment and remind those of you that may have forgotten that I am a bit of a neat freak. (By the way, I can hear you laughing.) I prefer order and a schedule. I function well in a fairly structured and mostly predictable environment. So what in the world is my problem? It seems as though I would find joy and comfort in the sameness of my everyday routine. For the most part, I do.

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But then there are the days that I could just use a helping hand. This is where the problem comes in. Even though the Lord has blessed me with four of the most amazing males He ever created to share my life with, I find that I often refuse the help they could give, and sometimes even offer, to me; because I have a certain way I want things to be done. I believe that it is easier for me to do it myself rather than accept the help they could easily give. I see that they are there and they are capable, but sometimes it just takes too much time to tell them how to do it my way. Wow, seeing that on paper reveals some areas where I need to adjust my thoughts and actions. Lots of "I's" and me's" are hanging out in there and I have learned many times over that too much of "me" is rarely a good thing. How about you? Well wait to see verse 2...

"My help comes from the Lord, who made heaven and earth!"

Psalms 121:2



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Even more than the help that my family can give to me, what about the help that the Lord wants to give me? The Lord “who made heaven and earth” has a plan for each day of my life. The Bible even says so,

“You saw me before I was born. Everyday of my life was recorded in your book. Every moment was laid out before a single day had passed.”

Psalms 139:16

So as I scurry around in my daily rut, asking where my help is, what I really should do is start by asking the One whom “my help comes from” what His plan is. Where does He want me to invest my time? What are the things He wants to fill my mind

and heart thinking about? Who does He have for me to reach out to and share His love? When I think of it that way, the kitchen and the laundry and the toys and socks do not seem nearly as important. Another thing that I ask the Lord to do is “multiply my minutes.” When I am faced with a day filled with many tasks, I stop and ask Him to order my day the way He would have it to go, and also ask that He help me to use my time effectively. I ask Him to help me stay on task and avoid distractions that may waste my time. There are plenty of times when the things I would like to do, and even need to do, do not necessarily have to be done at the very moment that I think to do them. I need to remember that time with my

boys and my husband means much more to them than socks and toys on the floor. They never even notice those things in the first place!

My prayer for each of us is that we will look at the “sameness” of our days and ask the Lord to open our eyes to His plan for us. And, once we see that He has given us the time and provided a way for us to do, that we will do it with His help. All of our daily tasks can become such a distraction that we end up leaving out “the Maker of Heaven and Earth,” who gave us the day in the first place. So as we lift up our eyes looking for our help, may the God who loves us more than we will ever understand be the first thing we see.



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## BED-WETTING: FOR SOME CHILDREN “DRY” NIGHTS ARE JUST AN ADJUSTMENT AWAY!

by Dale Brown, D.C.

Bed-wetting, also called nocturnal enuresis, is defined as persistent, involuntary urination while sleeping without any evidence of pathology. Bedwetting isn't pleasant for anyone but there may be an answer for many kids and their families!

As a child the years of frequent bed-wetting can be miserable. Going to a sleepover may be a frightening and shameful experience. In fact, for a child, there may be no greater source of embarrassment. Along with the effect this may have on the child, most parents, I would guess, don't necessarily enjoy the constant loads of laundry that need to be repeated night after night.

While most children can outgrow bed-wetting without treatment there are those that continue to wet the bed for some time. Some parents may think that their child just needs to have a “pep” talk about wetting

the bed however there may be an underlying cause that is out of the child's current “control.”

Here are some of the causes of persistent bed-wetting:

1. There is the obvious: too many fluids before bed, specifically fluids high in sugar.
2. Slower than normal development of the nervous system and the neurological pathway that tells the brain when the bladder is full hasn't quite matured yet.
3. Some think that a child may have a small bladder that gets full quickly. Yet the child should still be able to know when the bladder is full, therefore this doesn't totally explain why the child isn't waking up.
4. Too little antidiuretic hormone, which rises at night to tell the kidneys to release less water. This can be a sign of “pre-diabetes.”

5. Some suggest that the child just sleeps to deeply to wake.
6. Children may be more likely to wet the bed if they have some stress. For example, a child may have a new brother or sister, or their environment is simply stressful to them.
7. A well-known cause within the medical literature is that a child's nervous system cannot properly communicate to the brain that the bladder is full due to spinal abnormalities or trauma. This can simply be that the child recently took a fall on their bum.

The last cause listed can often times be seen after a child stopped wetting the bed for a time but then suddenly starts again.

Although there are various opinions on both bedwetting causes none of these really matter to bed-wetters; the only thing they really care about is finding a way to stop.



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I know you might be thinking, "Chiropractors treat people with bad necks and backs, so why and how could an adjustment help a child with bed-wetting?"

As mentioned above, one of the causes of bed-wetting is improper communication between the child's brain and nervous system. This improper communication may be the result of spinal or postural misalignments. These misalignments may have been caused by a fall as the child was learning to walk, ride a bike, or another childhood activity. So, with proper chiropractic care to correct these misalignments a child's nervous system can return to optimal communication! Now don't think that chiropractic care will work for every child, because if the child's bed-wetting isn't caused by a misalignment in their spine the adjustment would have no effect on their bed-wetting.

The good thing is that chiropractic is very safe for children! Many parents often hesitate to bring their child in to see a chiropractor, however a child's spine is typically much easier to adjust. They have not had the build up of muscle memory, scar tissue, and degeneration that adults often have due to these spinal misalignments, so the adjustment is very gentle and safe!

Research studies have even shown the benefits of chiropractic adjustments on children with bed-wetting. In one study 25% of children who received chiropractic adjustments experienced a 50% or greater reduction in the number of wet nights. Some children even stopped completely after receiving chiropractic care! None of the children in the control group (those receiving no treatment) experienced a reduction in wet nights.

If your child could be dry 50% or more of the time and avoid those embarrassing moments, wouldn't you give chiropractic a try?

Dr. Dale owns and runs Marathon Chiropractic, a Maximized Living Health Center at 1715 Wilma Rudolph Blvd. For more information or to speak with Dr. Dale, call (931) 591-2010, or email [drdalebrown@gmail.com](mailto:drdalebrown@gmail.com).

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# IT IS ALL ABOUT STYLE...LEARNING STYLE!

by Dianne York

Have you ever said, "Pick up your clothes, put the hamper in the utility room, and wash your hands for dinner!" just to be frustrated when you find she started picking up clothes and ended up being sidetracked by an item found in her room...and never made it to the hamper? Maybe you have left a checklist of "to do" items only to find that the list was taken to the room, but nothing was checked off or completed. It may simply be a case of *unidentified learning styles*.

There are three basic learning styles: the Visual Learner, the Auditory Learner, and the Kinesthetic or Tactile Learner. The way your child learns is key to achieving her educational development. If a child is a visual learner and his curriculum is built around books on tapes or lectures, he will not achieve to his potential. With an understanding of the

different styles of learning it will be easier to identify the style that may best describe your child.

**The Visual Learner:** These types of learners can picture what you are saying. They can visualize directions and work particularly well when "shown" what to do or have a model or illustration to guide them. They are the students that can visually put things in order on a chart or map and have to see a picture of the room arrangement before they can visualize where everything will go. A visual learner usually likes things neat and orderly, making it easy to see where everything goes and can locate them quickly. These students prefer to write notes and use note cards or flash cards. Learning facts, like the 50 states, are best accomplished by visualizing them on a map or poster. Videos and DVDs are a good source of

enrichment as well as remediation for these students. Books with pictures or illustrations are their preference, and they usually enjoy puzzles and word or number games. They like to sit up front in a classroom where they can see what is going on and are familiar with where everything is placed.

A child receives much visual stimulation from TV and video games. This may be misleading since stimulation and engaged learning can be quite different.

**The Auditory Learner:** Children who prefer to read aloud, rather than reading silently, may be auditory learners. They like to sit where they can hear, but may be easily distracted by outside noises. An auditory learner may spend hours studying for a test and know all of the answers, but have difficulty putting them on paper. These students benefit by tests

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given orally, or teachers that take into consideration their participation in class discussions. This child may enjoy presenting a project and learn from listening to others as they deliver their presentations, as well. Music is a great tool for the auditory learner. They memorize what they hear and recall details in the order or manner they were given. They are often musically inclined and have a good sense of rhythm and tune. Singing a song can help them memorize states, capitals, etc.

Good strong phonetic skills are important at an early age. They may have a bit more difficulty with sight words, but oral repetition along with visual aids usually work very well.

**The Kinesthetic Learner:** This is often labeled the "Tactile Learner." This type student may vary from the "touchy-feely" child to the child in *constant motion!* Here you may find your athletic, well coordinated child who is successful in sports, but not so good at reading. A pat on the back or a hug means much more than a star on the chart or a song of praise. Have you ever observed the child who cannot simply hold the toy, but has to take it apart to see how it works? Do you notice the child, or adult, that speaks and gestures with his hands in a very animated manner? These are great examples of the kinesthetic learner. It seems they learn

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with every muscle of their body, rather than in the calm manner of the other learners. They may benefit from learning multiplication facts while jumping or pacing. They are stimulated by touching and moving objects to examine them and then they commit them to memory. A very young learner may remember their ABCs from creating them out of glued strings on construction paper, or actually cutting letters from sandpaper in order to "feel" how they are made. Art interests them because they can express their feelings in an uninhibited way. These students can remember something they have written better than something they have seen. Spelling words and math facts may best be learned from writing or typing them rather than studying or testing orally.

Being outside usually invigorates them and helps to clear their heads

before a test or long assignment. These students must be given room and time to move about or fidget. It may seem that they are not paying attention, but surprisingly the movement allows them to hold their attention and absorb what is being said. Models and manipulatives provide hands-on opportunities, therefore fostering a learning environment.

I love the analogy comparing the ability of a kinesthetic learner to sit in his seat through a lengthy lesson to a visual learner being able to learn while being blindfolded for the same period of time.

As young children, most display a kinesthetic or hands-on approach to discovering their surroundings. As a child grows, he or she may develop strengths and abilities in one of the other learning styles. In reality, most children and adults are a mixture of two or more, but find

that one dominates their means of successful learning. It is obvious when you are in your comfort zone, things come easily and learning seems effortless. When forced to venture into those rocky waters outside your zone, learning is difficult and often out of reach. Picture a visual learner sitting in a small, bare room listening to the entire history lesson on a 60 minute audio presentation. That would probably be very ineffective, not to mention torturous. It would be similar for the auditory learner to have an entire science lesson consist of assembling a model of a motor with minimal written directions, only a diagram. With no one to answer questions or give oral guidance, the task may be overwhelming.

Once the dominant learning style has been determined, the task of adapting teaching methods



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to best enable the student is very important. In research from Mariaemma Willis & Victoria Hodson, *Discover Your Child's Learning Style* (Rocklin, CA: Prima Publishing, 1999) they found, "The traditional classroom, which is set up to teach mostly to the auditory mode, is serving only about 34% of its students!" Many schools are attempting to meet the needs of students by trying to address all modes of learning. As a homeschooling parent, your job is much easier by sheer numbers. Meeting the needs of your child/ children, as compared to a class of 20+ is much less daunting. Observe your child, then decide how to best appeal to the dominant style of learning and gradually introduce lessons and activities that allow him to strengthen his abilities and develop his weaker modes of learning. The goal is well-rounded learners, who benefit from learning the way that best suits them, while broadening their skills and enriching their lives. What better way to provide this than to engage them in instruction that recognizes their needs and provides a meaningful approach to learning. Watch, observe, and then have fun learning *all* about your child and how her brain opens up her world of learning. Now you are ready to learn about style... her learning style.

Dianne York has over 30 years experience in education and is the director of Advantage Learning Center, a center for academics and the arts, for over 10 years.

Your questions and comments are welcomed at [educationatlc@gmail.com](mailto:educationatlc@gmail.com).



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I'd like to take this opportunity to discuss some of the most common Plastic Surgery questions that we hear in our practice. We have discussions of this sort several times per week, so I know that they are areas that often confuse people. I will outline the basic answer that I give, with the understanding that each individual comes in with a unique set of needs. There is not "just one right" solution for these issues.

**CAN I FIX MY BELLY WITH LIPOSUCTION ALONE OR DO I NEED A TUMMY TUCK PROCEDURE?**

In short, liposuction is adequate to correct isolated pockets of fat above and below the belly button, hips, flanks and back, if the skin is capable of shrinking back down and resuming the desired shape after the healing period is over. Anyone who has had a baby can see just how much skin can stretch over time. At some point however, if that stretch has exceeded the strength of the elastic and collagen fibers of that particular area of skin,

the end result will be loose skin that will not re-conform to the underlying muscle, no matter how well toned the underlying muscle may be. This damaged skin can appear as stretch marks (striae) and discoloration. Age is also a potential factor, with older skin being less likely to contract well after liposuction. Liposuction alone in these circumstances will simply remove more fat making the skin fit even less well. Simply put, if the skin is too loose or damaged to contract after liposuction it will not give an optimal result. Skin that is hanging over itself in a fold before liposuction almost certainly will not go away with liposuction. The reverse is true as well. Good quality skin generally will re-conform after well-performed liposuction and removal of excess skin is not necessary.

The most modern tummy tuck or abdominoplasty technique is called a Lipoabdominoplasty and starts with extensive liposuction of the belly and if necessary, the hips and flanks. After this is accomplished, the excess skin is then removed and the shape is

contoured surgically. This approach is different than the older style of abdominoplasty that starts by loosening most of the skin of the belly first, then removing the excess. It is typical to perform little, if any, liposuction during that session to avoid causing problems with the blood supply of the abdominal skin and subsequent poor healing. In contrast, healing is much quicker with Lipoabdominoplasty, and post-operative problems and significant pain are much less common. Being able to perform liposuction and tummy tuck together saves time and money by avoiding a second procedure most of the time. Typical recovery time is two to three weeks in most cases.

**I KNOW THAT MY BREASTS HAVE DROPPED. CAN I FIX THIS WITH JUST A BREAST IMPLANT AND AVOID A BREAST LIFT PROCEDURE?**

Maybe. It's a matter of degree. Breast droop or ptosis occurs to varying degrees. This condition can occur due to loss of volume, for example after childbirth or breastfeeding, or

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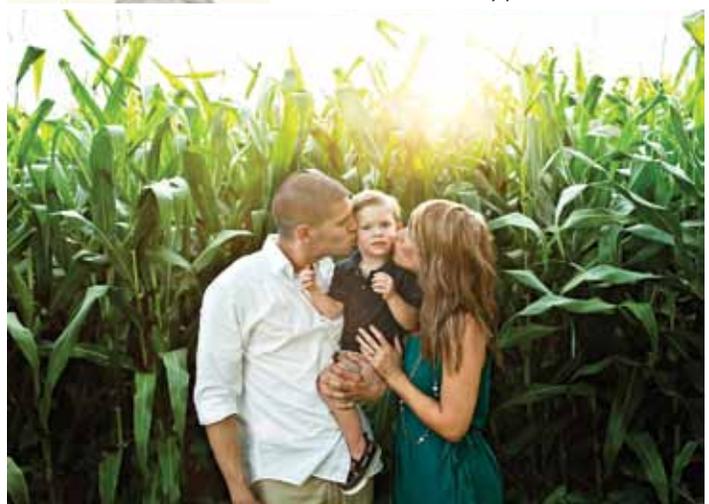
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simply as the shape that the breasts take during development. There is a crease below the breast that is where the breast stops on the chest. If the nipple is above or perhaps at this line, often times a well placed and sized implant alone may be enough to improve its shape and therefore avoid a lifting procedure. If the nipple is well below this point an implant alone is usually ill advised and can produce a very unattractive result whereby the implant is centered above the crease and the nipple is below it. Although it seems that a very large implant might do the trick in this situation, it can produce a very unnatural result. Here it is better to change the basic shape of the breast with a lift and add an implant, if necessary, to restore volume. There are a number of lifting options that can be tailored to the individual and this requires careful discussion and thought. The borderline situations are the most difficult to resolve since it requires making a decision between some very different procedures.

**I SEE THAT MY FACE HAS AGED. DO I NEED A FACELIFT OR CAN I JUST DO INJECTIONS OR SOMETHING?**

This question is very much like the Tummy Tuck problem. If a person's skin has loosened (due to age, sun, genetics, etc.) to the point that there are loose folds or overhanging skin, then it will be necessary to lift and tighten the skin and neck with a lifting procedure. This is done through short incisions that minimize downtime and the procedure is almost always done in an office setting. The transfer of fat from the tummy or hip to an area of depression or volume loss can make a good facelift result into a superb one, for the right patient. Isolated deep creases around the nose and below the mouth respond very nicely to fillers such as Juvederm™, Radiesse™, or a fat transfer. Botox™ is used for smoothing out fine lines and wrinkles especially around the eyes, forehead and sometimes the mouth.

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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. He is a frequent lecturer in these and other techniques at courses for Cosmetic Surgeons across the country.

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## RED RIVER SIRENS by Taylor Lieberstein

Roller derby initially had its heyday back in the 70's. The sport was known for its hard-hitting action and reputation for staged antics. Back then it was thought of more as a spectacle than a sport. Today's game involves higher levels of strategy and is currently regaining popularity all over the country.

In 2010 Clarksville formed its first ever roller derby league, Red River Sirens (RRS). Roller derby is a contact sport played by two teams of five members each. During the series of matchups ("jams") the goal is for the scoring player ("jammer") to score points by lapping the members of the opposing team. The other team members ("blockers") play both offensively and defensively to assist their own jammer and to attempt to hinder the opposing jammer.

The team was started in 2010 by a small group of women in the Clarksville area. Like most derby teams in the United States, RRS is an all women's team. Roughly 30 women make up the current roster. When the RRS first formed a team, they did not have a skating rink to skate in, so the women spent a couple months doing basic PT-type training at the Greenway in

Clarksville until a practice space to skate in was secured. Roller derby can be played on any flat track; including skating rinks, basketball courts and parking lots. Magic Wheels is now the Red River Sirens' home rink.

Each league sets their season.



Generally, seasons start in spring and end in late summer. Next year's schedule has not been set. The 2010 season ran from May to September. In 2010, RRS also played in two interleague bouts, one in March and one in October. In their inaugural year the women had two losses and three wins. Two of those bouts were away, Missouri and Illinois.

Roller derby is a do-it-yourself sport. That DIY spirit allows roller derby leagues to create their own unique identities and adapt to their

local communities. The Red River Sirens for example, dress in red and black. Their skater names are things like Heartless Martis and Ammo Aimee. The team has its own unique personality.

Red River Sirens practice for two hours (6:00 p.m. to 8:00 p.m.) every Monday and Wednesday at Magic Wheels on Fort Campbell Boulevard. The first Monday of the month is a closed league meeting, but other than that practices are open to the public. When the season has ended they often take breaks from practice schedules. (If you are interested in watching a practice, call the rink ahead of time to make sure they will be there.)

Before trying out, skaters are encouraged to skate at open skate sessions at the local skating rinks, and to speak with a recruiter. There is a place for skaters of all shapes and sizes in roller derby. Blockers utilize maneuvers including positional blocking, shoulder leans and hits, and hip checks. The jammers are known for their fast pace and agility in getting through the pack of skaters to score points for passing opposing players.

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Interested skaters, referees and volunteers can contact recruiting at [rrs.recruitment@gmail.com](mailto:rrs.recruitment@gmail.com) for info about tryouts and volunteer opportunities. The league is a volunteer run organization, so each skater also holds a position on a committee. The recruiting committee is available to answer questions about the 2012 Red River Sirens tryouts, email them your questions if you are interested.

There is only one more chance to catch the Red River Sirens bout it out in 2011. Saturday, October 22 there is an interleague derby bout at their home space, Magic Wheels, 1671 Fort Campbell Boulevard. The Zombie Sirens face the Commandos Sirens at 6:00 p.m. (Ask about *suicide seating* if you are really wanting to get the full effect!)

In keeping with the modern roller derby custom of community support, Red River Sirens donates a portion of the proceeds from bouts to benefit charitable organizations. In its first year of operations, the team donated funds to Companion Pet Rescue & Transport, a rescue organization that places pets in foster homes until permanent homes can be found, and Bikers Who Care children's charities. Red River Sirens also participated in the Salvation Army's 2010 Kettle Campaign and the 30th Annual Bikers Who Care Toy Run.

For contact or schedule information you can visit the Red River Sirens at [www.facebook.com/redriversirens](http://www.facebook.com/redriversirens) or at their [www.clarksvillerollerderby.com](http://www.clarksvillerollerderby.com).

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I've also given lectures to countless conventions, events, clubs, organizations, etc. Two local organizations I've talked to are the Kiwanis Club and the Rotary Club. Both were very strongly opinionated on the subject matter and took no time to let me know just how they felt. But I think that the argument I made concerning my work won them over. There were concerns religiously that they had and I addressed them as best as I could. In short, I felt that by assisting families who MAY be dealing with (and at times, suffering with) possible phenomena, I would be doing the community a service by getting

them the help they needed... IF the activity was legitimately paranormal.

I would then act as a liaison and would then go WITH the client to their particular denomination and share all available recordings and such so that if they needed the help of clergy, they could get it. Should the activity NOT be paranormal, I could then share that info as well with a client and ease their minds...restoring the household to its more serene setting.

Nashville would know of my work in October of 2008 when Bethany Davis had me appear on their Channel 5 Morning Line show where questions were asked for a solid hour on the subject matter including call-ins.

In fact, Since 2006, I've appeared in the *Leaf Chronicle* no less than three times, the *Ashland City Times*, Clarksville's own Q108 (Ryan & Gretchen In The Morning) on three occasions, The Clarksville Cable Channel numerous times and Channel 3 News in Chattanooga.

Appearing on *Tennessee Crossroads* in 2008 was interesting and I thought they did a wonderful job. However, with television, paranormal reality shows are entertainment and quite often have to be taken as such. The real work isn't as easy or as glamorous as one might think.

Just in the last couple of years, I was on A&E's *Most Terrifying Places* talking about the Cincinnati Music Hall and

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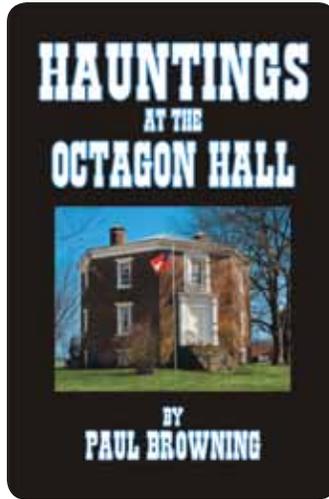
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a segment that only lasted a few minutes took the majority of a day to shoot. This was also the case with the Bio Channel's *My Ghost Story* that aired just last October. On that show, I talked about the Octagon Hall in Franklin, Kentucky. (That place is my home away from home. It's the closest, most haunted place I know and it's where I did the majority of my fieldwork. It was also used as the test-bed for the techniques I devised in my book *Thinking Outside the Box*.)

People ask me...do you know of any haunted locations in Clarksville? Oh YES. In fact, I dealt with two very interesting cases that were one-of-a-kind. Due to confidentiality I cannot reveal where they are but I can

say that they were both taking place in a client's home.



One case dealt with a newlywed couple that had a baby that was being given "extra care." And what I mean by that is that

at times, the mother would be looking for a blanket to cover her child with at night. After almost giving up she would discover the child with a blanket already on it. Feeding bottles left in the fridge would mysteriously appear in the crib with the baby. And voices would be heard coming from a baby monitor of someone that was not in the home. At night, footsteps could be heard going through the house.

Just hearing the story made me think that it might be a deceased family member that might be looking out for the child. And that it was most probably female. I was wrong. It was male. And audio recorders picked up his voice in the first eight minutes of recording. Very deep and loud. I was puzzled as to why I couldn't

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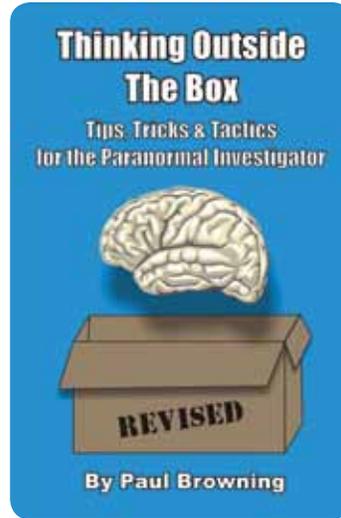
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*(located behind Hobby Lobby)*

hear him audibly (which can sometimes occur).

Digging into the history of the house and the former property owners, I pinned down the exact person I thought it was. (His death obituary said he'd died in his home. THIS home.) The mother was given this information so that she could address him directly the next time she thought he was near.

That moment came one night when she heard heavy footsteps in the hallway just outside her bedroom. She immediately said, "\_\_\_\_\_, please stop pacing the hallway, you're scaring me," and an audible voice said, "Okay." After that, the activity took a dramatic downturn. And the family was able to peacefully co-exist with the gentleman. He

even appeared to the mother on two occasions and she actually felt safer with him.



The history I came across for the gentleman was that of a very strong Christian that was a pillar of his church, and who

was looked up to by the younger generation as an all around great man. We should all be so lucky if we were in such a situation.

The other case involved a military family that had moved into a new home that was in a new two square mile subdivision. The family was experiencing high levels of activity. Initially, she was asked to log this down and write times and dates and to describe the activity.

I wanted this information to see if a pattern could be made of any kind. When I saw her just a few days later, she handed me a small book of all the details. Incredible! But...if this stuff is happening, why haven't I seen anything happen since I'd arrived at her house?

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The first investigation revealed nothing. Absolutely nothing. And I began to wonder if maybe there was some kind of external source causing the phenomena. Something psychological, possibly stemming from prescriptions she was taking or some such. But a quick glance through the medicine cabinet revealed nothing.

Three more investigations with three more books of logs and I was beginning to think that the family was possibly just hoping to get some TV show to come to them and have their 15 minutes of fame. But this was not the case as I discovered on the next investigation.

Before going forward, I'll tell you that the history of the location revealed that prior to the

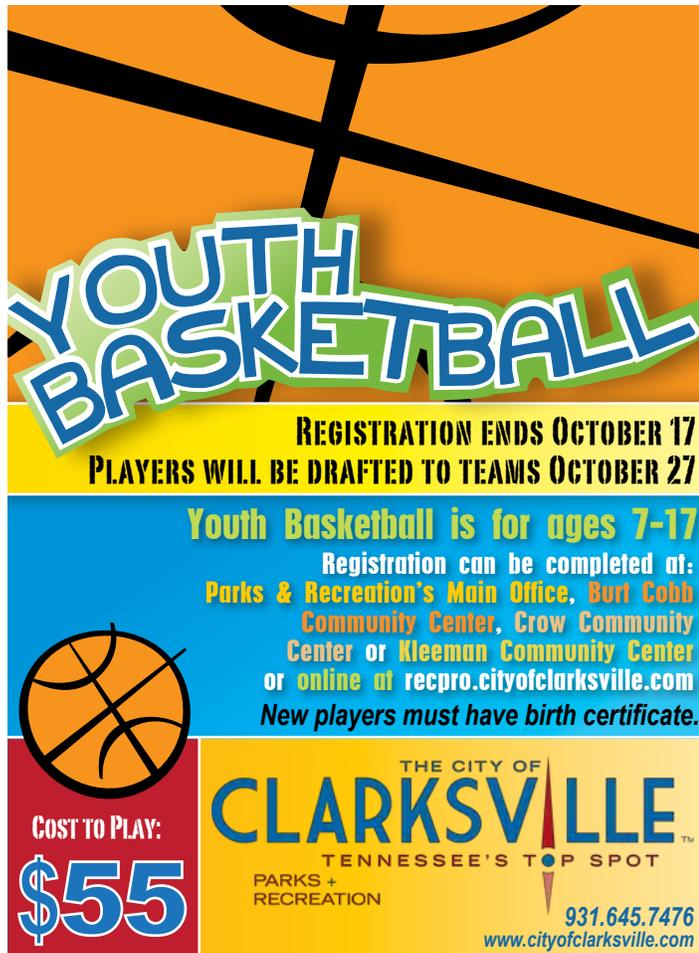
new subdivision being built, the only thing on those two square miles was a plantation home. Nothing else. Well, except for the tombstones that used to be beside that building. Oh, yes, the exact location of that plantation home? It used to reside on the same property that this family was now living on...where their NEW house was built. The tombstones? Gone. Were they moved? Never found out.

I really wanted to get to the bottom of the case. But I just couldn't get the confirmation I needed to prove her claims might possibly be legit. But a bit of trickery on my part busted this case wide open.

Calling the client, I told her I was stopping by and that I'd like for her and her family to

leave when I do. The idea was to create a false sense of security for whatever might be haunting the home. I was only going to "stop by" and ask how things were and she would tell me "not much." We would then leave the house together. You'll see why in a minute.

I had two audio recorders that I had brought with me to the home. The LEDs were covered with electrical tape and I began recording. Palming them, I knocked on the door, and was invited in. Most all of the lights were off and I asked the lady how things were. She said, "Well, we're doing fine and we were just heading out to get some ice cream." While we talked, I walked around and literally



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dropped the audio recorders with a bit of sleight of hand.

Out we all went. Meeting up about a half mile away from the house, I told the owners that we should meet up again in an hour and go back inside their home. Eventually, that time came.

We all went back inside, and I retrieved the recorders. The moment of wonder came when I got home and began to review what was recorded. Inside the third minute, voices were suddenly coming over, saying things like, "Are they gone yet?" Indications that they intentionally didn't want me to discover them.

It was a classic case of something in a home that was trying to drive out the clients. Probably because they felt that the house was theirs because it

was on the same property that the plantation was originally. Possession of a sort, just not the demonic kind. Get it?



That, or it could be that they knew their graves were supposed to be close by but couldn't find them. Maybe they

were upset about that. Hard to tell.

In the end, we notified an archbishop who handled these kinds of things and he came by and cleared the house. The family was grateful and we keep in touch to this day.

Although I could write a ton of additional information, this article has to end somewhere. So I'll finish by saying that I can be reached at my website [www.paulbrowning.net](http://www.paulbrowning.net), which is where you can find details about my books, my upcoming public appearances, and myself. I hope one day to get more answers and understand more about ghostly hauntings. Until then, I'm fine doing the work I do.

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Written by David Alford

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# KNOWING THE GOOD FROM THE BAD

by Leah Parkin

Today as I was doing some light grocery shopping I overheard a lady at the deli counter ask for the meat that had 25% more sodium. "Huh?" I thought to myself. "MORE sodium?" Why would anyone want something that had MORE of the so-called bad stuff?

I continued my shopping, the whole while pondering this and in a small way judging her for wanting more bad than good. Two things popped into my head. Well, actually three.

First...do they really make things with 25% more sodium? Nowadays all you read or hear about is how we must eat things that have less sodium, less fat, less cholesterol, etc. All the labels seem to scream less is better. Did I hear her wrong?

Second, I realized, that in my quiet thoughts of judging her unhealthy decision, I was also guilty of wanting more of the bad stuff. It just tastes better, looks better, smells better, but we all know it's surely *not*

better. All the experts must be right, there's got to be something to this health craze our society is on right?

Third, and most importantly in my mind, was that in realizing my craving for more of the unhealthy, more of the "bad," my thoughts were directed to craving more of the goodness. God's goodness, God's mercy, God's love, grace, peace, joy, forgiveness, etc. It seems so easy to fulfill those unhealthy cravings we have, whether for food or something else. We all have our hang-ups, those dark places where if we are of God's family we are reminded each time by the Holy Spirit that those "not so good for us" cravings fill us with nothing more than emptiness in the long run; temporary fulfillment leaving us wanting more.

I was reminded that we each have our crosses to carry, no matter what it is, God expects us to fill ourselves with more good than bad, and to guard

our thoughts, eyes, ears, and tongues. It surely isn't an easy decision to choose the good over the bad, but that's why we must constantly rely on God and His goodness He has for us. If it were easy then we wouldn't need Him. He wants us to lean on Him, to go to Him with our weaknesses, and to fill ourselves with only what He can give us...goodness and mercy all the days of our life.

I pray that as you and I step out into this world that is constantly throwing the bad in our direction that we be led to get our strength and courage from the only source of fulfillment that can bring us eternal goodness. It isn't easy, but through Christ we can do ALL things. Hold that fast to your heart today and conquer the bad, whatever it may be in your daily walk. We must encourage each other to dump the bad salt and become the good salt, His salt.

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Connor, 5



Cannon & Bracken at 1st Cardinals game!



Carterbear, 2



Liam Gillespie, 8 months old



Garrett, 3



Tandy Abena Adjei takes her guitar lessons serious even at 22 months.



Jana, Cannon, & Evie with bubble faces!



Charlise Enjoying a birthday party painting her dog.



Andre rides a pony at Riverfest



Jailene having fun at the playground!!!



Jaxsen Ray age 21 months Silly boy!



Sam at the zoo!!



Antonio having fun @ Riverfest



Football Practice



Dunbar Cave



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Kylie Warren, 3 Butterfly Princess



Jeb chillin' on his chopper bike.



Mackenzie Gillespie, 3 years old



Email photo to [candid@clarksvillefamily.com](mailto:candid@clarksvillefamily.com) by October 15th.

**SAM**

by Brenda Hunley Illustrated by Willie Bailey

The chipmunk brothers were out gathering the last of the acorns when they heard the spine tingling shriek of the hawk. With their fur standing straight up they looked at one another and dove for the closest shelter they could find. From the inside of the fallen oak tree, Chester and Boomer Chipmunk could see the hawk as it circled overhead. It appeared to have something in its claws. As the hawk landed in the trees, the chipmunks watched as it finished its meal.

As the sun went down in the sky, neither one dared make a sound, lest the hawk come find them! It was quiet this early fall evening as all one could hear was the rustling of leaves blown about by the wind, and the sound of... sobbing?

"What's that?" motioned Chester.

Boomer shook his head and shrugged his shoulders. With his ears twitching, he stretched himself so he could see what was making that noise. Seeing nothing, he sat very still and kept watching. Soon Chester swapped places with Boomer and looked out of the small hole for himself. He didn't see anything either.

After quite a long time when the moon was full in the sky—and the chipmunks were sure the hawk was gone—they left the safety of the log to see who was making such a racket. As they got to the hawk's tree, the brothers shivered in the night air.

The sobbing sound was louder now, yet they still couldn't see much of anything.

"Hello?" Chester whispered loudly. The sobbing stopped. As the chipmunks made their way further up the tree, Chester tried again.

"Hello?" Chester called. "Are you alright, where are you?"

The chipmunks ears twisted this way and that listening for the sound, the sound of well, anything.

"I'm here!" whispered a small voice beside them. Poor Boomer was so scared he ran so fast back down the tree that he almost fell down instead! Chester, however, was rooted to the spot.

"Where are you?" he asked again.

"Are you here to eat me?" the voice asked.

Chester laughed. "No!"

Looking around poor Chester still couldn't figure out where the voice was coming from.

"Down here!" called the voice. Chester looked down. For several seconds he still didn't see anyone until one of the branches moved and then he could see a little black bat, hanging upside down on the limb.

"Hey! There you are! Are you okay? We could hear you crying."

"We?" asked the creature.



"My brother, Boomer, and I could hear you crying from that log over there," Chester said, pointing to his brother on the ground.

"Oh! Sorry. I hope I didn't disturb you," the creature said, looking down the side of the tree.

"You didn't, we just wanted to see who was crying."

"It was me. I'm sad."

"Why are you sad?"

"Because I lost my family. We were all flying to a new cave in Kentucky when that hawk started chasing us!"

"We have a cave here you can use for tonight and then fly to Kentucky tomorrow if you would like."

The little bat shook its head, "Oh no! This cave is closed."

"Well then, you are welcome to come to our home for the rest of the night if you would like," Chester offered.

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"No thanks, we bats like to work at night and sleep during the daytime. If you would like to help me find my family, now that would be great!" offered the bat.

"We would be glad to help," Chester said, climbing down the tree.

"Are you a vampire? Do you live in a castle? You aren't going to drink our blood, are you?" asked Boomer.

"No, I'm a fruit bat! I eat small flowers and fruit. I live in a cave, or sometimes in an open barn, or in an abandoned building."

"I'm sorry my brother is being rude," Chester said, giving his brother a quick punch in the shoulder.

"It's okay. That's just a dumb myth anyway," said the little bat.

"Hey, you know my name, what's yours?" asked Boomer.

"Ha! Ha! Sorry about that! I'm Sam."

"Well, it's nice to meet you, Sam!" Boomer said, watching the little bat soar down to the ground.

Instead of a soft landing, poor Sam dove into a bush, and wobbled out to meet them.

"We bats also love to fly, but man, we have a hard time landing!" Sam laughed.

"Are all your landings like that?" laughed Chester.

"Pretty much, although I've done worse; once I hit the side of a grain silo!"

The new friends all shared a good laugh and started their walk around the Woods of Dunbar looking for other bats. It didn't take long before they heard some crash landings up by the picnic tables.

As Sam, Chester, and Boomer stepped onto the trail, they saw four other bats enjoying some fruit leftovers in the trashcans.

"My family!" called Sam, flying toward the group. Poor Sam—she couldn't stop, she flew right into the midst of them, causing quite the disturbance.

"Hey guys! This is Chester and Boomer Chipmunk. They helped me find you!"

"Chester, Boomer—this is Seth, Sandy, Simon, and Sarah."

The bats waved sticky claws at their sister's new friends.

After getting their fill of fruit, and having Chester point them in the direction of Kentucky, the bats flew off into the night sky. Quickly, Chester and Boomer scurried home, because after all, it isn't safe for two chipmunks to be wandering around the Woods of Dunbar at night!

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**Fall Auto Show**  
Oct. 7-9 • Mallwide • Mall Hours

**Military Shopping Night**  
Oct. 16 • Mallwide • 6:30pm-8:30pm  
(Must have military ID)

**Fall Boat Show**  
Oct. 22 • Mallwide • Mall Hours

**Fall Festival**  
Oct. 29 • Mallwide • 6pm-8pm  
(Fun for the kids)

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\*Please include the name of who is in the photo, their age & a preferred short caption\* (optional).

# HAPPY BIRTHDAY!



Happy 1st Birthday Alyssa.  
We Love You!!!



Anderson is ONE!  
Happy Birthday!  
Love, Mom, Dad and Big Brother Alec



Our lil angel's first birthday,  
dada n ma loves you very much



Happy 1st Birthday Harper Rose!  
Love, Mommy and Daddy



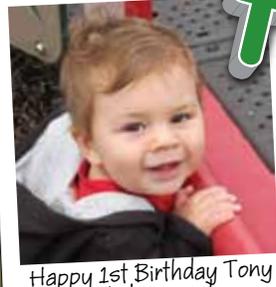
Happy 1st Birthday Levi!  
Love, Mom, Dad & Skyler



Happy 1st birthday Montgomery!  
We love you! Mommy & Daddy



Happy 1st Birthday Roman!  
Love Yiayia & Papa XO's



Happy 1st Birthday Tony  
We love you!  
Dada, Momma, and Steve



Happy 2nd Birthday Allison!  
Love, Mom, Dad, and Mallory



Happy 2nd Birthday Emelyn Rose  
! We Love You!



Happy 2nd Birthday Gabriel  
Our Little Fisherman!  
We love You bunches!



Happy 2nd Birthday Logan!!  
Love, Daddy, Mommy, & Jacob



Happy 2nd Birthday Tandy!  
Love Mommy, Daddy, Nana & Papa



Happy 3rd B-day Khloe!  
Love you sweet baby!



Happy 3rd Birthday Skyley!  
Love, Mom, Dad & Levi



Happy 3rd Birthday Vaughan!!  
Mommy loves you!



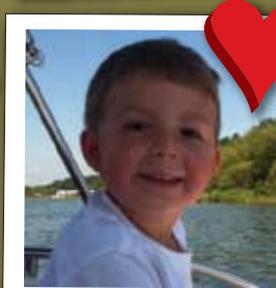
Happy 4th Birthday Christian.  
Love Mom, Granny,  
Granddaddy & Shelby!!



Happy 4th Birthday Elisabeth!  
Love Mom, Dad, & Alex



Happy 4th Birthday Kaylee,  
We love you very much,  
Mommy, Daddy, Justin, Debra and Nana



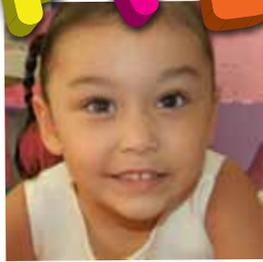
Happy 4th Matt Comperry  
WE LOVE U SO MUCH!

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

# HAPPY BIRTHDAY!



Happy 4th Birthday Simon!  
Love, Dad, Mom, & Madigan



Happy 4th Birthday Skyla Freeman  
Mom, Dad, Gma, Gpa, Zia & Lelia



Happy 4th Birthday Victoria  
We love you, Mom, Dad, & Ethan



Happy 5th Birthday, Lainey!  
Love, Mommy & Daddy



Happy 5th Birthday Ryleigh Jae  
Love Daddy, Mommy & JR



Happy 6th Birthday, Seth!  
Love, Daddy, Mommy, & Gideon



Happy 7th Birthday Camren!  
Love Yiajia & Papa XO's



Happy 7th Birthday Colin!  
Love, Ethan, Mommy & Daddy



Happy 7th Birthday Gracen!  
Love, Mommy & Daddy



Happy 7th Birthday Mckinlee!  
I love you bunches! Mommy



Happy 8th Birthday, Anna!  
Love Mommy, Daddy and Olive!



Happy 8th Birthday Jimmy!  
Love, Mommy, Daddy & Jakey



Happy 8th Birthday Megan  
We love you  
Mommy, Sissy & Tori



Happy 9th Birthday Aleila.  
We Love You!!!



Happy Birthday Gracie, We love ya  
Mom, Dad Anna, The Jacksons  
& The Houstons



Happy 13th b-day Alexis & Elizabeth!  
We love you mom & dad!



Happy 15th Birthday Kayne!  
Love Mom & John



Happy 17th Birthday Jordan!!  
We love you!!!



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(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.

Ongoing

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6:30 p.m. Thursday evenings at Freedom Deli, 2088 Lowes Drive. Contact Roy at [clarksvillechessclub@charter.net](mailto:clarksvillechessclub@charter.net) with questions.

**DOWNTOWN MARKET**

Saturdays from 8:00 a.m. to 1:00 p.m. through October 22 in Public Square in Downtown Clarksville. Locally grown produce, baked goods, home decor, seasonal flowers and more. Visit [clarksvilledowntownmarket.com](http://clarksvilledowntownmarket.com).

**FAITH OUTREACH CHURCH PRESENTS "WARRIORS YOUTH BASKETBALL LEAGUE"**

Register now at Faith Outreach Church, 731 Windermere Drive, or online at [www.FOCwarriors.com](http://www.FOCwarriors.com). Registration ends on October 16th. Basketball evaluations will be held on October 22nd. The first practice will be on November 1st. The Warriors Youth Basketball League is open to youth in grades K-8th. Call us at (931) 368-8163 or email us at [WarriorsYBL@gmail.com](mailto:WarriorsYBL@gmail.com) for more information. Sponsors are welcomed.

**FREE KNITTING OR CROCHET CLASS**

Mondays (10:30 a.m. to 12:00 p.m.; and 1:00 p.m. to 3:00 p.m.), Tuesdays (10:30 a.m. to 12:00 p.m.), and

Fridays (10:30 a.m. to 12:00 p.m.; and 1:00 p.m. to 3:00 p.m.) at Enchanted Yarn Shop, 2327 Madison Street. We will provide a loaner set of circular needles, or crochet hook for you to use for the duration of the class, as well as scrap yarn. Please call in advance to schedule your class, as we like to keep a one-on-one setting.

Free Christmas Ornament Knit-a-Longs, every Saturday afternoon. Pattern provided. Please call for any further information (931)553-9000.

**FAMILY LIFE CENTER ACTIVITIES**

Monday through Friday, 5:30 a.m. to 9:00 p.m. (except Wednesday, 5:30 a.m. to 5:00 p.m.), Saturday, 7:00 a.m. to 4:00 p.m. at 250 Old Farmers Road in Sango. This family-oriented facility sports a walking track, basketball courts, weight room, cardio deck, racquetball court, group fitness, game room, and a luxurious senior-adult social room. It is open to the entire Clarksville community and offers a variety of membership options such as walking pass member, group exercise member, and single-, couple- or family-memberships. Classes include step aerobics, sculpting, Zumba, circuit, senior fit aerobics and beginner step (all classes are \$3). Visit [hilldale.org](http://hilldale.org) for more information.

**HABIT FOR HUMANITY HOMEOWNERSHIP**

Partner applications for 2012 homeownership are available Monday through Friday, 9:00 a.m. to 4:00 p.m. at the 400 Madison Street office. Basic criteria are stable income to afford home mortgage, willingness to partner and currently living in unsuitable housing. Contact the Affiliate office at (931) 645-4222 or [www.habitatmctn.org](http://www.habitatmctn.org).

**HOPE RIDERS BIKER CHURCH**

Church every Sunday morning at 9:30 a.m. in the Rider Edge Classroom behind Appleton's Harley Davidson, 41A Bypass. Bible Study every Friday at 6:30 p.m. at 1140

Gratton Road. Ride each Sunday at 11:00 a.m. Hope Riders is a full-fledged Biker Ministry and all bikers are welcome Contact Pastor Ron at (931) 801-0379 for more information.

**INDOOR AQUATIC CENTER OPENING SEASON**

Opening day October 1, Free swimming. Pool open Mondays through Fridays, 7:00 a.m. to 12:00 p.m., 3:00 p.m. to 8:00 p.m.; Saturdays 10:00 a.m. to 6:00 p.m.; Sundays 1:00 p.m. to 6:00 p.m. For swim lessons, speciality classes and information visit [www.cityofclarksville.com/parks&rec/swimming.php](http://www.cityofclarksville.com/parks&rec/swimming.php).

**MAXIMIZED LIVING MAKEOVER**

Learn how to take control of your health and life, how to prevent and reverse sickness and disease, and how to eliminate toxins while receiving free door prizes. Call (931) 591-2010 and register for this event today!

**OWEN FARM FALL FESTIVAL**

Every weekend through October 30, Saturdays 10:00 a.m. to 6:00 p.m.; Sundays 1:00 p.m. to 6:00 p.m. at 825 Crocker Road, Chapmansboro. Camping Under the Stars, Friday, September 23—space is limited, call for reservations. For more information visit [owenfarm.com](http://owenfarm.com), call (615) 804-0767 or see ad on page 31.

**PRIZER POINT EVENTS**

October 21st & 22nd and October 28th & 29th, Halloween weekends Haunted Trail, trick or treating, costume & site decorating contests, pumpkins, hay rides and outdoor scary movies. November 24th through 27th, Thanksgiving—final weekend of our season. 1777 Prizer Point Road, Cadiz, Kentucky. Call (270) 522-3762 for information.

**Chick-fil-A Madison Street**

1626 Madison Street  
(931) 648-4468

**SPIRIT/FUNDRAISER NIGHTS**

**2 TUESDAY 4:00 p.m. to 8:00 p.m.**  
Sango Elementary

**18 TUESDAY 4:00 p.m. to 8:00 p.m.**  
East Montgomery Elementary

**20 THURSDAY 4:00 p.m. to 8:00 p.m.**  
Barksdale Elementary

**21 FRIDAY 4:00 p.m. to 8:00 p.m.**  
CHS JROTC Boosters

**EVENTS**

**27 THURSDAY 6:00 p.m. to 8:00 p.m.**  
Lydia Walker Concert

**RIVERVIEW MOUNDS—FAMILY, FARMING, FUN & FREEDOM: SALUTE TO THE AMERICAN SOLDIER**

1715 Boyd Rinehart Road, (931) 624-1095, [riverviewmoundsfarm.com](http://riverviewmoundsfarm.com). Open weekends from through November 5, Fridays 6:00 a.m. to 6:00 p.m., Saturdays 10:00 a.m. to 10:00 p.m., Sundays 10:00 a.m. to 6:00 p.m. Zip lines, fully interactive adventure corn maze, Flashlight Fun Nights—over 25 farm fun activities for all ages to enjoy. Military Appreciation Saturday, September 3 and 4: free admission to Farm Fun Park for Military ID holders only. See ad on page 9 for full details.

**SPIRIT THE AUTHENTIC STORY OF THE BELL WITCH**

7:00 p.m. October 21, 22, 23, 28, 29 and 30 at the Bell School Pavillion, 7617 Hwy 41 North, Adams. Written by David Alford. Ticket information at (615) 696-1300 or [www.bellwitchplay.com](http://www.bellwitchplay.com). See ad on page 53.

**The Clarksville Children's Theatre**

**NOW PLAYING** **ANIMAL TALES**  
ON SAT. OCTOBER 29TH AT THE MOUTH OF DUNBAR CAVE AT 11AM & 2PM  
401 Dunbar Cave Road, Clarksville, TN

The production includes a 30 minute arts and craft activity and a 30 minute audience participation performance of children's plays written by local writers.

**FREE!** HOPE TO SEE YOU THERE!

Keep up with us on Facebook! [www.clarksvillechildrenstheatre.org](http://www.clarksvillechildrenstheatre.org)

**Trinity Episcopal Parish**  
presents the 3rd Annual  
**Pumpkin Chuckin' Fall Festival and Craft Fair**  
**Saturday, October 15th**  
**10 am - 3 pm**

Sponsored by:

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

**Red Door Publishing**  
**Clarksville Family**  
MAGAZINE

# October

## 1 SATURDAY OKTOBERFEST 2011

2:00 p.m. to midnight off I-24 Exit 11 to Hwy 76 Connector West, near Days Inn at the end of Economy Drive. Free parking. Admission \$5/ person, ages 15 and under FREE. Family fun European style. Rides for kids of all ages. Live bands, Prost! and Die Mitternächters. Visit [edelweissclarksville.org](http://edelweissclarksville.org) for more information.

## FAMILY CAMPOUT

2:00 p.m. to 9:00 a.m., Sunday October 2 at Billy Dunlop Park. For more information visit [recpro.cityofclarksville.com](http://recpro.cityofclarksville.com), call (931) 645-7476.

## 4 TUESDAY

### FREE BREASTFEEDING CLASSES

11:00 a.m. at Montgomery County Nutrition Education Center (WIC) in the Breastfeeding Room, 1850 Business Park Drive, Suite 103. Open to community. Covers techniques for initiation and tips to maintain successful, comfortable breastfeeding. Includes discussion on pumps, how to overcome challenges, and common concerns. All family members welcome to attend. For more information call (931) 551-8777 and ask to speak with a nutritionist.

### CLARKSVILLE SCRABBLE

### CROSSWORD GAME CLUB

5:30 p.m. to 8:00 p.m. at Books-A-Million, 125 South Hampton Plaza. Beginners welcome. Call (931) 647-3625 for more information.

## 7 FRIDAY

### FALL FESTIVAL

8:00 a.m. to 2:00 p.m. at Montgomery County Veterans Plaza, 350 Pageant Lane. Crafts, gifts, food, herbs and more. Contact (931) 648-8245.

### FALL AUTO SHOW

Mall hours, mall wide through Sunday, October 9 at Governor's Square Mall, 2801 Wilma Rudolph Boulevard. See new cars from your local dealers.

### SPAY-GHETTI DINNER

5:00 p.m. at United Methodist Church, 319 Madison Street. Clarksville Humane Society Annual Fundraiser. See ad on page 62. Call (931) 648-8042 or visit [clarksvillehumanesociety.com](http://clarksvillehumanesociety.com) for more information.

## 8 SATURDAY

### 1ST ANNUAL EMILY'S POWER FOR A CURE VENDOR FAIR

10:00 a.m. to 5:00 p.m. at IAM Swope Lodge, 121 Union Hall Road. Local Vendors have come together to support finding a cure for Neuroblastoma and other childhood cancers. There is no charge to come to the event. Just come relax and see what some of your friends and

neighbors have to sell from their businesses. For more information contact Heather Osborne, Vendor Fair Coordinator, at (931) 980-1747 or [Vendors4ACure@gmail.com](mailto:Vendors4ACure@gmail.com).

### URBANFEST

McGregor Park, 640 North Riverside Drive. Ticket Pricing: Free with a toy or canned good. UrbanFests' theme is One Army, One Family, One Mission...101st. A Festival that embraces diversity and celebrates and honors our heroes. Call (931) 233-3612 for more information.

### BARK IN THE PARK

1:00 p.m. to 3:00 p.m. at Heritage Park's Bark Park. Bring your four-legged family members for a day of contests, demonstrations, prizes and more at our annual Fall Bark Park event. Provided free by the City of Clarksville Parks and Recreation department. Interested in becoming a vendor? Visit [www.cityofclarksville.com/parks&rec](http://www.cityofclarksville.com/parks&rec) to fill out application.

### MOVIES IN THE PARK - WIZARD OF OZ

At Heritage Park, 1241 Peachers Mill Road. Starting at dusk, with pre-movie activities beginning an hour earlier. Come out to enjoy fun for the entire family. Admission is FREE! Concessions are available. Visit [www.parksafterdark.com](http://www.parksafterdark.com) for more information.

## 10 MONDAY COLUMBUS DAY

### ALZHEIMER'S CAREGIVERS SUPPORT GROUP MEETING

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

## 13 THURSDAY

### NARFE CHAPTER 870 MEETING

Lunch at 11:00 a.m., meeting at 12:00 p.m. at Golden Corral Buffet & Grill, 2811 Wilma Rudolph Boulevard. Call (931) 358-4855 for more information.

## 14 FRIDAY

### GOLF FOR KIDS' SAKE FUNDRAISER

This is a four person golf scramble at Swan Lake Golf Course benefiting Big Brothers Big Sisters. We will have lunch provided by O'Charley's at 11:30 a.m. Tee off is 12:00 p.m. \$75 per golfer. Hole sponsorship available for \$100. For information call (931) 647-1418.

## 15 SATURDAY

### PUMPKIN CHUCKIN' FALL FESTIVAL AND CRAFT FAIR

10:00 a.m. to 3:00 p.m. at Trinity Episcopal Parish, 317 Franklin Street.

## 17 MONDAY

### MARATHON CHIROPRACTIC: RECIPE NIGHT

6:45 p.m. at Marathon Chiropractic, 1715 Wilma Rudolph Boulevard.



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Print It Yourself Ceramic Studio

2214 R Madison Street Clarksville, TN  
[www.thepotteryroom.com](http://www.thepotteryroom.com) (931) 920-4777

**We welcome:**

- Corporate Events
- Baby/Bridal Showers
- Office Parties
- Holiday Gatherings
- Birthday Parties
- Scouting Troops
- Preschool Field Trips
- Military Groups (FRG)
- University Activities
- Sports Team Outings
- Paint on the Run

**Empty Bowls have arrived and are ready to paint!**

**Closed Monday**  
Tue. - Fri. 11 AM - 7 PM  
Saturday 10 AM - 8 PM  
Sunday 1 PM - 6 PM  
Early & Late Hours Available by Reservation



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# Clarksville Online

**The Best in Local Information and News Coverage**

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

Bring your family to Marathon Chiropractic and come taste and enjoy healthy recipes. Don't have a recipe to share? That's okay we will give you one. Call (931) 591-2010 today and register for this event!

**16 SUNDAY**  
**PRIVATE MILITARY SHOPPING NIGHT**

6:30 p.m. to 8:30 p.m. mall wide at Governor's Square Mall, 2801 Wilma Rudolph Boulevard. Attention all military! We invite all military and their families to shop at Governor's Square Mall with extra discounts, giveaways, food sampling, and more. Be sure to register to win for a chance at a \$500 Mall Gift Card from Steve Nash-Keller Williams. All Customers must show Military ID and use the Main Mall Entrance.

**18 TUESDAY**  
**DAR CHAPTER MEETING**

1:30 p.m. meeting starts with refreshments, program and business meeting starts at 2:00 p.m. at Montgomery County Public Library, 350 Pageant Lane. Dr. Suzanne Dooley-Hash will present, "Beyond Babies and Breast Cancer." The Captain William Edmiston Chapter of the Daughters of the American Revolution is a nonprofit, nonpolitical service women's organization dedicated to preserving American history, securing America's future through better education, and promoting patriotism. For membership information call (931) 647-2419.

**CLARKSVILLE SCRABBLE CROSSWORD GAME CLUB**

5:30 p.m. to 8:00 p.m. at Books-A-Million, 125 South Hampton Plaza. Beginners welcome. Call (931) 647-3625 for more information.

**"TOXINS AND CANCER – THINK BEFORE YOU PINK" WEBINAR**  
6:00 p.m. Learn the truth about toxins, how to minimize them, maintain health, and prevent disease. Register online at [maximizedlivingdrbrown.com](http://maximizedlivingdrbrown.com) to get the link to view the webinar online, in the comfort of your own home!

**20 THURSDAY**  
**FREE BREASTFEEDING CLASSES**

1:00 p.m. at Montgomery County Nutrition Education Center (WIC) in the Breastfeeding Room, 1850 Business Park Drive, Suite 103. Open to community. Covers techniques for initiation and tips to maintain successful, comfortable breastfeeding. Includes discussion on pumps, how to overcome challenges, and common concerns. All family members welcome to attend. For more information call (931) 551-8777 and ask to speak with a nutritionist.

**21 FRIDAY**  
**FALL BOAT SHOW**

Mall hours, mall wide through Sunday, October 23 at Governor's Square Mall, 2801 Wilma Rudolph Boulevard. See new boats from your local dealers.

**22 SATURDAY**  
**ST. B FALL FESTIVAL AND BEE MARKET**

9:00 a.m. to 2:00 p.m. at St. Bethlehem Elementary School, 2450 Old Russellville Pike. Inflatables, games, crafts, vendors, silent auction, basket auction, cotton candy and popcorn, and much more. Open to public. Rain or shine. For more information or questions call (931) 551-3569.

**CYSTIC FIBROSIS CYCLE FOR LIFE**  
9:00 a.m. at Sycamore Springs, 3712 Hwy 31 East, Gallatin, Tennessee. Join us for our FIRST annual bike tour in Tennessee! Ride through

some of the most scenic landscapes in historic Bethpage, TN, including amazing views, rolling farmland, and a covered bridge. The route will start and end at the beautiful Sycamore Springs Estate. You have a choice of two mileage options: 65 miles or less challenging 30 mile route. Cycle at your own pace...this is not a race! The Aptalis CF Cycle For Life® is fully supported with well-stocked rest stops, bike mechanics, ride marshals, breakfast, lunch and so much more. Don't miss out on the fun!

To learn more about other Aptalis CF Cycle For Life rides across the country visit [www.cff.org/GetInvolved/CycleForLife/](http://www.cff.org/GetInvolved/CycleForLife/). For additional questions or concerns, please call Andrea at (800) 344-4823 Ext:855 or [acook@cff.org](mailto:acook@cff.org).

**FORT DEFIANCE CIVIL WAR REENACTMENT**

10:00 a.m. to 5:00 p.m. at the Fort Defiance Civil War Park & Interpretive Center, 120 Duncan Street. Go back in time and experience the sights and sounds of a civil war battlefield. Enjoy living history presentations, rifle and canon firing demonstrations, interpretive center tours, and much more. This is a FREE family-friendly event. Visit [www.fortdefianceclarksville.com](http://www.fortdefianceclarksville.com) for more details.

**2ND ANNUAL CASEY DEER MEMORIAL SCHOLARSHIP FOUNDATION ZUMBATHON**

10:00 a.m. to 1:00 p.m. at Clarksville Athletic Club, 220 Dunlop Lane. With a minimum \$15 dollar donation you can be part of a something you will never forget. The first hundred participants will receive a healthy lunch. Be ready to dance, have fun, and make memories. Wear your funkiest Zumba gear (prizes will be given)! Call Cheryl Berardo for more information (931) 645 4313.

**23 SUNDAY**  
**DANCING FOR MADDIE**  
5:00 p.m. at Rossview High School. Tickets are \$5. Come enjoy a variety of dance performances. See article on page 20. Contact Stephani at [scook2329@att.net](mailto:scook2329@att.net) for more information.

**24 MONDAY**  
**DINNER WITH DR. BROWN**  
7:00 p.m. at Cumberland Grille, 1503 Madison Street. Dinner is on us! Come learn the secrets to achieving true health and wellness. Call today (931) 591-2010 to be part of this event; seating is limited.

**28 FRIDAY**  
**EAST MONTGOMERY FALL FLING HALLOWEEN CARNIVAL**  
5:00 p.m. to 8:00 p.m. at East Montgomery Elementary, 230 McAdoo Creek Road. Come enjoy games, inflatables, trackless train, sweet shoppe, cake walk, face painting, etc.

**A SLEEPY HOLLOW BONFIRE AND NIGHT WALK**  
6:00 p.m. to 9:00 p.m. at Dunbar Cave State Natural Area, 401 Old Dunbar Cave Road. \$5 per person. Bonfire, music by Red River Breeze, hot chocolate and cider. Ichabod Crane will guide you on a night walk while regaling the Legend of Stingy Jack. The Legend of the Headless Horseman will be dramatized at the beautiful outdoor theater of Dunbar Cave. Bring a flashlight. Not intended to be scary, just good family fun. Walks depart from the Visitor's Center every 20 minutes. Children must be accompanied by an adult.

**HAUNTED MANSION**  
7:00 p.m. to 10:00 p.m. at Kleeman Community Center, 166 Cunningham Lane. \$2 ages 18 and up, \$1 ages 6 to 17.

Lots of fall & winter clothing in stock!

**Once upon a child**

Once upon a child  
**\$5 off \$30**  
Expires 10-31-11

Once upon a child  
**\$10 off \$50**  
Expires 10-31-11

Once upon a child  
**\$20 off \$100**  
Expires 10-31-11

Great supply of jackets & coats!

Now Buying Fall & Winter!

2728 Wilma Rudolph Blvd. Suite 1, in Austin's Square, next to TJ Maxx  
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"Kids stuff with previous experience."  
Mon. - Sat. 9am-8pm • Sun. 12pm-6pm

Join CLARKSVILLE'S  
**HUMANE SOCIETY**  
FOR OUR ANNUAL  
**OCTOBER FUNDRAISERS**

Spaghetti Drive-Thru Dinner Available!

The 5th Annual  
**Wag to Witches**  
Fur Ball Bash

SPAGHETTI Dinner  
Spaghetti • Salad • Bread • Drink • Dessert  
\$10 • Adults - \$5 • Kids 10 & Under  
Friday, October 7th @ 5pm  
United Methodist Church, Madison Street  
• Advertise your business for \$100 • Call for more info!!  
**931.648.8042**  
[clarksvillehumanesociety.org](http://clarksvillehumanesociety.org)

Tickets available:  
@ the Humane Society office, online, or  
@ any Cumberland Bank & Trust.

"Hollywood Horror"  
Saturday, October 29th  
7pm - 'til the stroke of Midnight  
@ The Riverview Inn Ballroom  
**\$50 per person**  
• Heavy Hors d'oeuvres • Fondue Fountains & Cash Bar  
• Beer provided by Budweiser of Clarksville • Professional photos by Tina Hartman  
• DJ Scott Chase of Q108 • Costume Contests • Door Prizes • Silent Auction

## Chick-fil-A Governor's Square

2801 Wilma Rudolph Boulevard  
(931) 645-5144

### Spirit Nights

4 TUESDAY 4:00 p.m. to 8:00 p.m.  
Barkers Mill Elementary

6 THURSDAY 4:00 p.m. to 8:00 p.m.  
Rossview Elementary

7 FRIDAY 4:00 p.m. to 8:00 p.m.  
Rossview Middle School

### Fall Festival

29 SATURDAY 5:00 p.m. to 8:00 p.m.  
Kids come to the mall dressed in costumes to trick-or-treat

## 29 SATURDAY

### GREAT STRIDES WALK

8:00 a.m. at Clarksville downtown Public Square. GREAT STRIDES is the Cystic Fibrosis Foundation's largest fund-raising event. Visit [www.cff.org/Chapters/tennessee/GREATSTRIDES/](http://www.cff.org/Chapters/tennessee/GREATSTRIDES/) to register.

### 2011 HOLIDAY JUBILEE SHOPPING EXTRAVAGANZA

9:00 a.m. to 4:00 p.m. at West Gate Christian Academy Gymnasium, 1810 Memorial Drive. We will have vendors with crafts, baked goods, and representatives from different home-based businesses. There will also be a silent auction with proceeds to benefit the Clarksville Mommies Network. To be a vendor contact Tiffany at [jtpinckney@yahoo.com](mailto:jtpinckney@yahoo.com).

### ANIMAL TALES

11:00 a.m. and 2:00 p.m. at the mouth of Dunbar Cave, 401 Dunbar Cave Road. The Clarksville Children's Theatre presents this free performance of children's plays written by local writers, including a 30 minute arts and craft activity. Visit [www.clarksvillechildrenstheatre.org](http://www.clarksvillechildrenstheatre.org).

### CHILDREN'S HALLOWEEN PARTY

12:00 p.m. to 2:00 p.m. at American Legion Post 233, 14633 Fort Campbell Boulevard, Oak Grove, Kentucky (across from Walmart, next to Sonic). We are having a free Halloween party for kids so dress your children in their Halloween costumes and come on out. There will be prizes, games, cakes and lots of candy for your little ones. All children are welcome to attend Call (270) 439-5826 for more information.

### FRIGHT ON FRANKLIN

Trick or Treats begin at 4:00 p.m. along Franklin Street in downtown Clarksville. See ad on page 17 for details.

### HALLOWEEN IN OAK GROVE

5:00 p.m. to 9:00 p.m. at War Memorial Walking Trail Park, 101 Walter Garrett Lane, Oak Grove, Kentucky. Join us for a free evening with a haunted house, hay ride and trick or treat alley (for children

12 and under in costume). Call (270) 439-5675 for more information.

### HARVEST FESTIVAL

6:00 p.m. to 8:00 p.m. mall wide at Governor's Square Mall, 2801 Wilma Rudolph Boulevard. Fun activities for the entire family including games and prizes! Attention Trick-or-Treaters: Look for the orange pumpkin in the windows of participating stores.

### HAUNTED MANSION

7:00 p.m. to 10:00 p.m. at Kleeman Community Center, 166 Cunningham Lane. \$2 ages 18 and up, \$1 ages 6 to 17.

### 5TH ANNUAL WAGS TO WITCHES FUR BALL BASH

7:00 p.m. to midnight at The Riverview Inn Ballroom, 50 College Street. Clarksville Humane Society Annual Fundraiser. See ad on page 62. Call (931) 648-8042 or visit [clarksvillehumanesociety.com](http://clarksvillehumanesociety.com) for more information.

## 30 SUNDAY

### TRUNK OR TREAT

5:00 p.m. to 7:00 p.m. at First Baptist Church, corner of Commerce Street and Hiter Street. Join us for a family-friendly alternative to trick-or-treating! Lots of games, inflatables, candy and fun! No scary costumes, please. Everyone is invited. Call First Baptist Church at (931) 572-1508 for more information.

## 31 MONDAY

### HALLOWEEN

# November

## 1 TUESDAY

### CLARKVILLE SCRABBLE CROSSWORD GAME CLUB

5:30 p.m. to 8:00 p.m. at Books-A-Million, 125 South Hampton Plaza. Beginners welcome. Call (931) 647-3625 for more information.

## 5 SATURDAY

### 36TH ANNUAL OSC CRAFT FAIR

9:00 a.m. to 5:00 p.m. at Sabre Army Airfield, outside Gate 10 of Fort Campbell. Call (931) 278-0038 or email [osc.craftfair@gmail.com](mailto:osc.craftfair@gmail.com). See ad on page 32.

## 6 SUNDAY

### 36TH ANNUAL OSC CRAFT FAIR

10:00 a.m. to 3:00 p.m. at Sabre Army Airfield, outside Gate 10 of Fort Campbell. Call (931) 278-0038 or email [osc.craftfair@gmail.com](mailto:osc.craftfair@gmail.com). See ad on page 32.

## 7 MONDAY

### "SLEEP" ADVANCED WORKSHOP

6:45 p.m. at Marathon Chiropractic, 1715 Wilma Rudolph Boulevard. Dr. Brown will speak about how



Please Join us for the 2011  
Holiday Jubilee Shopping  
Extravaganza!

Saturday, October 29  
9am-4pm

West Gate Christian Academy Gymnasium  
1810 Memorial Dr • Clarksville, TN

Featuring:  
Vendors, Games, Silent Auction.  
Proceeds to benefit the  
Clarksville Mommies Network.

To Be a Vendor Contact: Tiffany at  
[jtpinckney@yahoo.com](mailto:jtpinckney@yahoo.com)



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ages 6 months - 2 yrs

*Our Play Classes for parents and their babies:*

- "Mommy and Me Classes" - 3 week or 6 week program.
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Classes now held at Butzie Covers at 113 N. Riverside Drive.

Using the Baby Signs® Program gives babies a way to "talk" with their parents, before they can talk. Babies can communicate about the world around them, long before they have mastered their verbal speaking skills!

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[www.babysignsprogram.com/withnancylynn](http://www.babysignsprogram.com/withnancylynn)

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nutrition, exercise, and spinal care affect your night's rest. Call (931) 591-2010 to reserve your seat.

**14 MONDAY  
THANKSGIVING PATIENT  
APPRECIATION DAY**

All day at Marathon Chiropractic, 1715 Wilma Rudolph Boulevard. Come in and receive a \$20 Posture Analyzes and Consultation with Dr Brown. While here, pick up some snacks, refreshments, and encouragement. Everyone is welcome to this all day event!

**15 TUESDAY  
CLARKSVILLE SCRABBLE  
CROSSWORD GAME CLUB**

5:30 p.m. to 8:00 p.m. at Books-A-Million, 125 South Hampton Plaza. Beginners welcome. Call (931) 647-3625 for more information.

**22 TUESDAY  
"DIABETES—INJURY VS DISEASE"  
WEBINAR**

6:00 p.m. Learn how thousands of people are free from medication by focusing on building health through The 5 Essentials. Register online at [maximizedlivingdrbrown.com](http://maximizedlivingdrbrown.com) to get the link to view the webinar online in the comfort of your own home!

**Submit your event to  
[events@clarksvillefamily.com](mailto:events@clarksvillefamily.com)  
by the 15th of the month  
to be included in the  
next issue.**



**APSU Volleyball Games at the Dunn Center (Free to Public)**

Mon, Oct 03	Eastern Kentucky	6:00 p.m.
Fri, Oct 07	Southeast Missouri	7:00 p.m.
Sat, Oct 08	Murray State	2:00 p.m.
Tue, Oct 11	Tennessee State	6:00 p.m.
Fri, Oct 14	UT Martin	7:00 p.m.
Tue, Oct 25	Morehead State	6:00 p.m.
Fri, Oct 28	Tennessee Tech	7:00 p.m.
Sat, Oct 29	Jacksonville State	1:00 p.m.

**APSU Soccer Games at Morgan Brothers Soccer Field (Free to Public)**

Fri, Oct 21	SIU Edwardsville	7:00 p.m.
Sun, Oct 23	Eastern Illinois	2:00 p.m.

**APSU Football Tailgate Alley**

**Free tailgating spots three hours prior to kick off. Family friendly environment with inflatables (bouncy castles, etc.) for kids**

Sat, Oct 01	Tennessee State	6:00 p.m.
Sat, Oct 15	Jacksonville State	6:00 p.m.
Sat, Oct 29	Eastern Illinois	4:00 p.m.
Sat, Nov 05	Central State	1:00 p.m.

**CUSTOMS HOUSE MUSEUM & CULTURAL CENTER  
200 South Second Street • (931) 648-5780 • [www.customhousemuseum.org](http://www.customhousemuseum.org)**

**EXHIBITS:**

**From the Earth: Paintings by Mitchell Chamberlain**  
Large, up-close images of colorful rock paintings explore the abstract qualities of nature.  
*Through October 30th.*

**Painting Tennessee: Jason Saunders Landscapes**  
Experience Tennessee's landscapes "en plein air" style  
*October 12th through January 3rd.*

**Notes in Black & White: The Photography of Anthony Scarlati**  
Anthony's iconic portraits bring the viewer into a beautiful and almost voyeuristic moment.  
*October 4th through January 10th.*

**A View from Space**  
See the world through a satellite's perspective in this hands-on children's science exhibit. **A View From Space** was created and is

toured by the Oregon Museum of Science and Industry of Portland, Oregon. The exhibit was made possible with funds provided by the National Aeronautics and Space Administration (NASA).  
*October 1st through January 8th.*

**Taking Position: A Civil War Retrospective**  
Ongoing

**ACTIVITIES:**  
**Art & Lunch Film: Degas**  
October 20th at 12:15 p.m.

**Fall Break Special**  
The model trains will be running at the Customs House Museum on October 11 and 13 from 10:00 a.m. to 1:00 p.m. and on October 12 and 14 from 1:00 p.m. to 4:00 p.m. For more information contact Sue Lewis at (931) 648-5780.

**"Let's Find Leaves"**

October 19 from 10:30 a.m. to 11:30 a.m. Children 3 – 5 years old and their grown-ups are invited to explore the museum from a child's perspective. We will look for leaves in art, read a story, and make a craft. This activity is free to museum members. Non-members pay the regular adult admission of \$7, plus \$2 per child. Siblings are always welcome.

"Let's Find" programs can also be scheduled for moms' clubs, as well as home school, pre-school and day care groups. For more information call Sue Lewis at (931) 648-5780.

**"Out of this World Family Fun"**

October 23 from 1:00 p.m. to 5:00 p.m. Come explore "A View from Space," a hands-on exhibit from the Oregon Museum of

Science and Industry, then make your own spacecraft and aliens. Free with paid admission or museum membership. For more information contact Sue Lewis at (931) 648-5780.

The "Snowflake Special" and other model trains run every Sunday. Regular admission charged.

**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. Free parking is available behind the museum.

**The Roxy Regional Theatre**

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

**BEEHIVE: THE '60S MUSICAL SENSATION**

*CREATED BY Larry Gallagher*  
Five hot women, a six-piece band, 50 outrageous costumes, and 15 cans of hairspray a week can only mean one thing—BEEHIVE, The '60s Musical Sensation. The Chiffons, The Supremes, Tina Turner and Aretha Franklin are just some of the '60s pop stars singing such favorites as "My Boyfriend's Back," "One Fine Day," "Where the Boys Are," "Proud Mary," "A Natural Woman" and "Respect."  
October 1, 5, 6, 7, 8, 12, 13, 14, 15

**MARK TWAIN: ADVENTURES IN AMERICAN HUMOR**

*ADAPTED AND DIRECTED BY Cecilia Rubino*  
**BACK BY POPULAR DEMAND!** Life lessons have never been more fun than when they are taught by Mark Twain! Celebrating more than 100 years of humor, Tom Sawyer, Huckleberry Finn and many other Twain characters spring to life through the amazing acting skills of Ashton Crosby, Carl Howell and Cary Hite. When audience members are invited on stage to join the actors in various scenes, hilarity

is sure to follow.  
October 21, 22\*

**THE WAR OF THE WORLDS**

*ADAPTED FOR THE RADIO BY Howard Koch*  
**WITH INPUT FROM Orson Welles and the staff of CBS's "Mercury Theatre on the Air"**  
*FROM THE NOVELLA BY H.G. Wells*  
*The infamous Mercury Theatre 1938 radio broadcast, recreated live on stage, is one of the earliest depictions of an alien invasion which caused public outcry as many listeners believed that an actual Martian invasion was in progress.*  
October 28, 29\*

**Curtain Times**

7:00 p.m. Wednesday and Thursday  
8:00 p.m. Friday and Saturday  
\* Denotes Saturday matinee at 2:00 p.m. 6:00 p.m. School of the Arts Productions

**Tickets**

Musicals \$20 (adult)/\$15 (13 and under)  
Plays \$15 (adult)/\$10 (13 and under)  
Junior Musicals \$10  
OtherSpace \$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 for more information.

**Clarksville-Montgomery County Public Library**  
350 Pageant Lane • (931) 648-8826 • [www.clarksville.org](http://www.clarksville.org)

**Monday**

9:30 a.m. Busy Bees  
10:30 a.m. Family Time

**Tuesday**

9:30 a.m. Family Time  
10:30 a.m. Just For Me

**Thursday**

9:30 a.m. Baby and Me  
Lapsit

**First Thursday of the Month**

7:00 p.m. Pajama Story Time

**LEGO Program for the Family**

October 8 at 2:00 p.m.

**Teen Anime**

October 1 at 2:00 p.m.

**Teen Advisory Board**

October 13 at 4:30 p.m.

**Teen Program**

October 20 at 5:00 p.m.

**School Age Fall Break Program**

October 12 at 2:00 p.m.

**Halloween Story Time for Preschool**

Children, October 28 at  
10:00 a.m.

Our Foster Grandmother, "Grandma Louise" is in the Children's Library most mornings Monday to Thursday to do simple crafts, give sage advice and most importantly, give hugs!

**Just for Me Story Time**

Designed for children ages 4 and 5 years old. We incorporate the use of music and movement as well as offering the best in children's books and storytelling. We have a craft or an art activity as part of this program. To help create an independent learning experience, children should attend this program alone, while the parent or caregiver waits in the Children's Library. Parents are welcome to join during the craft or art activity.

**Busy Bees**

This program is designed for children from 18 months through three years old, to be an interactive program for parent and child. It is important that the child stay on their parent's or caregiver's lap, or cuddle near them during the program. Books with brightly colored pictures, songs, finger plays, and music are used to make this time as rewarding and instructive as possible. Parents and their children ages 18 months through three years old should attend this program without older or younger siblings. **NO OLDER OR YOUNGER CHILDREN IN THIS PROGRAM PLEASE!**

**Baby and Me Lapsit**

For infants up to eighteen months will enjoy our "Lapsit" program. This program brings parents

and infants together in the library and offers them an opportunity to enjoy a special sharing time together. Infants sit on their parent's lap and interact with them while enjoying songs, finger plays, and books designed with babies in mind! **NO OLDER CHILDREN IN THIS PROGRAM PLEASE!**

**Family Story Time**

Programs will feature stories centered around a specific theme that will cover a wide range of ages. Families with children of varied ages will find this program the ideal way to enjoy the library together.

**Pajama Story Time**

Held on the first Thursday of the month at 7:00 p.m. Come dressed ready for bed and join us for wonderful fun.



**Big Brothers Big Sisters**

**FOR GOLF KIDS SAKE**

**October 14<sup>th</sup>**  
**Swan Lake Golf Course**

**Lunch:** 11:30 *provided by O'Charleys*  
**Tee Off:** 12 pm  
*Golf Scramble w/Teams of 4*  
*\$75 per golfer*

**Hole sponsorship available for \$100.**

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

We rely entirely on private donations to operate. (931) 624-7253 or [www.buddyball.net](http://www.buddyball.net).

## ADOPTION & FOSTER CARE CARING CHOICES OF CATHOLIC CHARITIES

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

## OAK PLAINS ACADEMY

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

## OMNI VISIONS INCORPORATED

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

## PHOENIX HOMES

171 Hatcher Lane, offers treatment foster care and services. (931) 645-7711, (931) 645-7742 or [www.phoenixtn.com](http://www.phoenixtn.com).

## 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).

## ARTS, CRAFTS & HOBBIES 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).

## MONTGOMERY COUNTY WATERGARDEN SOCIETY

A not for profit water garden and koi pond club that hosts an annual Water Garden Tour. Visit [www.mcwgs.org](http://www.mcwgs.org), if you would like more information regarding who we are and what we do, or contact Pam Ross at (931) 368-1583 or Sharon Baggett at (931) 249-2355.

## 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.

## CANINE FLYBALL CLUB

The Queen City Road Runners meet most Sunday afternoons at their indoor training facility (call in advance for times). Private lessons also available. Flyball is a fun family sport where a relay team of four dogs races 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 [www.flyballdogs.com/qcrr](http://www.flyballdogs.com/qcrr) for more information about this exciting canine sport.

## 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.

## FAITH OUTREACH CHURCH PRESENTS "WARRIORS YOUTH BASKETBALL LEAGUE"

Register now at Faith Outreach Church, 731 Windermere Drive, or online at [www.FOCwarriors.com](http://www.FOCwarriors.com). Registration ends on October 16th. Basketball evaluations will be held on October 22nd. The first practice will be on November 1st. The Warriors Youth Basketball League is open to youth in grades K-8th. Call us at (931) 368-8163 or email us at [WarriorsYBL@gmail.com](mailto:WarriorsYBL@gmail.com) for more information. Sponsors are welcomed.

## 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.

## SWIMMING EAGLES

We are a Fort Campbell based competitive swim team open to non-military families. 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.

## TEAM CLARKSVILLE YOUTH WRESTLING

The Team Clarksville Wrestling Club is accepting new members. We're a competitive club serving youth in elementary school through middle school. For more information contact David Isbell at (719) 494-6685 or email at [isbell\\_dave@yahoo.com](mailto:isbell_dave@yahoo.com).

## 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).

## YOUTH WRESTLING PROGRAM

The Hawks wrestling club is for boys and girls ages 7 through 14 years old (Elementary - Middle school). 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

### ALPHA CHRISTIAN CHILDBIRTH PREPARATION

Our class is everything that you would get at a hospital class but MUCH more. You will learn how to stay low risk and what to expect in labor, but you will also learn how to make informed decisions, the truth about the "slippery slope" of interventions, why the United States' c-section rate is one of the highest in the world and how best to avoid one, how to relax, how to stay in control (mentally and physically), how to rely on God's word to stay focused, how to care for your infant and how to succeed at breastfeeding. You will laugh, learn and pray with other believers while becoming informed and empowered together. Contact Heidi Duncan, Birth Doula & Childbirth Educator, at (615) 710-7077 or [expectingnewlife@yahoo.com](mailto:expectingnewlife@yahoo.com) for info on classes (group, private or home-study).

### 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).

## YOUR BIRTHING BODY

Extensive Childbirth Education utilizing The Bradley Method® and offering training in what to expect during pregnancy, labor, and birth, as well as consumerism of childbirth, nutrition, exercise, communications, breastfeeding, knowledge of procedures, interventions and complications, knowledge of newborn procedures, postpartum preparation and care, and assistance in creating a birth plan. Offers training not only for the expectant mother, but also trains a labor coach of her choice to serve as her own personal doula/labor support. I also offer my own personal doula services to my students at no additional charge based on my availability. For more information contact Jade Chapman at (931) 802-9869 or visit [www.yourbirthingbody.com](http://www.yourbirthingbody.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

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

## TENNESSEE NUTRITION & CONSUMER EDUCATION PROGRAM (TNCEP)

Provides nutrition education programs that help limited-resource individuals and their families improve their diets. When you participate in TNCEP programs, you will learn: how to stretch your food dollars, how to prepare good and nutritious food, how to plan a balanced diet, how to get kids to eat nutritious food, the importance of a good diet and physical activity, and how to use a variety of foods. TNCEP delivers programs in many ways, including: school programs, food demonstrations, group classes, hands-on learning experiences, educational displays, handouts, and newsletters. For more information contact Tamera Adjei at (931) 648-5725 or [tadjei@utk.edu](mailto:tadjei@utk.edu).

## 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.ctenn.org](http://www.ctenn.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.ias.org](http://www.ias.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 MIDDLE TENNESSEE

331 A-1 Union Street, (931) 648-1060 or [www.gsmidtn.org](http://www.gsmidtn.org). Girl Scouts build girls of courage, confidence and character who make the world a better place. Email [bkelly@gsmidtn.org](mailto:bkelly@gsmidtn.org) for more information.

## COMMUNITY OUTREACH ALL NATIONS BIBLICAL STUDY CENTER

Offers tuition-free Bible courses to the community in the major fields of biblical research. Fall Courses include Living Discipleship, Paul and His Letters: The Middle Years, New Testament (Koine) Greek I and A Journey Through John. Classes meet for 1 ½ hours weekly, beginning September 12. Three online courses are also available. Visit [www.studythescrptures.net](http://www.studythescrptures.net) or call (931) 648-8844 for more information, class schedules, and to register.

## APSU EXTENDED EDUCATION

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

## ARMY COMMUNITY SERVICE

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

## ASERACARE HOSPICE

Hospice care provided for individuals nearing the end of life. Our team of professionals, which includes doctors, nurses, home health aides, social workers, chaplains, volunteers and a bereavement counselor, supports patients and families by providing pain and symptom management, as well as psychosocial, emotional and spiritual support. 24/7 on-call availability. Serving Montgomery, Cheatham, Stewart, Houston, Humphreys, Dickson, and Hickman counties. (931) 551-4100.

## CLARKSVILLE-FT. CAMPBELL CHRISTIAN WOMEN'S CONNECTION

We meet regularly on third Tuesday of each month (unless there are conflicts with Thanksgiving and Christmas, when we move to second Tuesday). No membership fees are required. We meet at the Clarksville Country Club on 334 Fairway Drive. Program consists of special features, singers, and a speaker who gives her personal testimony. Lunch is served at 11:00 a.m. The price is \$14 and the meeting concludes at 1:00 p.m. For reservations, call Heidi at (931) 648-8353.

## CRISIS CALL LINE

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

## FREE CAKES FOR KIDS FORT CAMPBELL

Serving Clarksville, Ft. Campbell, Oak Grove & Hopkinsville. We believe that every child deserves a birthday cake. Help us make the world a better place, one cake at a time! Free Cakes for Kids Fort Campbell is a volunteer run and supported organization that provides customized birthday cakes at no cost to children. We provide these cakes specifically to the children whose parents are experiencing financial difficulties and are unable to provide a birthday cake for their child. We simply ask though, if you use this service, that you are truly in need. Volunteer bakers are always welcome. No special talents or formal training needed, only a love of baking, a passion in your heart and a desire to bring a little sunshine into a child's day. If you do not bake or don't have time to bake, then you are welcome to donate store bought cakes.

To learn more about our organization or ways you can help, check us out on facebook [www.facebook.com/pages/Free-Cakes-for-Kids-Fort-Campbell/198841293467082](https://www.facebook.com/pages/Free-Cakes-for-Kids-Fort-Campbell/198841293467082). Find out more about how Free Cakes for Kids began by checking out: [www.people.com/people/archive/article/0,,20221814,00.html](http://www.people.com/people/archive/article/0,,20221814,00.html).

Christina Johnson is the Chapter Organizer for Free Cakes for Kids Fort Campbell, you can reach her at (254) 813-4732 or [freecakesforkids\\_fortcampbell@yahoo.com](mailto:freecakesforkids_fortcampbell@yahoo.com).

## 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.

## HABITAT FOR HUMANITY AND RESTORE

Habitat a non-profit ecumenical Christian organization partners with qualified applicants to build new home construction within Montgomery County. Habitat collaborates with faith, civic, and business organizations for home sponsorships. Homeowner applications are accepted Monday through Friday at 400 Madison Street, (931) 645-4222, [www.habitatmctn.org](http://www.habitatmctn.org). The ReStore

accepts and sells building, furniture and appliance donations funding Habitat's mission while providing an environmentally and socially responsible way to keep reusable materials out of the waste stream. 408 Madison Street, (931) 645-4242, [donation@clarksvillerestore.org](mailto:donation@clarksvillerestore.org).

## 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
- Encofando 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 call (931) 431-7580.

## HUMANE SOCIETY OF CLARKSVILLE-MONTGOMERY COUNTY

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

## LATINA ASSOCIATION

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

## L.E.A.P. ORGANIZATION

303 Fairview Lane. We are a non profit organization whose mission is to develop and strengthen communities of productive citizenship with values of Leadership, Enlightenment, Academic Achievement, and Perseverance through faith, hope and love by mentoring, tutoring, providing affordable housing,

and various assistance programs. For a complete listing of our housing, day care, and mentoring programs please visit [www.leaporg.net](http://www.leaporg.net) and click programs. (931) 378-0500, [info@leaporg.net](mailto:info@leaporg.net)

#### 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 two free monthly classes (see calendar for dates and times). (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.

#### SUNCREST HOME HEALTH

Available 24 hours a day, seven days a week to answer any questions you might have to discuss how we can help your patients feel better, recover faster and live healthier in the place they call HOME. Call (931) 647-7411.

#### 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 Dr. Linda A. Sitton, TRAEYC President, at (931) 221-7308 or visit [www.traecy.org](http://www.traecy.org).

#### 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 call (931) 431-7580.

#### 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 call (931) 431-7580.

#### 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

Through The Path Life Coaching ([www.ThePathLifeCoaching.com](http://www.ThePathLifeCoaching.com)),

you can explore your options to move you forward to a more fulfilling and satisfying life! The Path Life Coaching is designed to promote and support you as you discover harmony and happiness along your life journey. You will be guided along "your Life's Path" becoming empowered to realize your own truths and solutions as you move forward and achieve your own goals and dreams. The Path Life Coaching is based on a wellness approach to life coaching that embraces the "whole" self to include self-truth, spirituality, and emotional and physical wellness. This success of The Path Life Coaching rests on the assurance that the coaching experience is a "safe place for reflection and growth." Each session is a "rest stop" along your journey where you will embrace exploration, design, action, evaluation and achievement giving you insight and awareness as you move along the "Path" of your choosing. Please contact Dr. Julee Poole for more information at [JuleeSPoolePHD@aol.com](mailto:JuleeSPoolePHD@aol.com) or (931) 906-5449.

#### 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

Now's the time! Sharing daily life with a teenager from another country and culture is a rich and rewarding experience, and it's a wonderful way to bring more understanding into the world. If you've ever thought about welcoming an exchange student into your home and family, now's the time to learn more. AFS, the leading international high school student exchange program, needs families in our community to host high school students for an academic year or six months. Students arrive in August. Applications are already arriving in our regional offices for the fall of 2011.

All kinds of families can host—two-parent households with young children or teenagers, single-parent families, families with adopted children, foster parents, as well as couples and single people who do not have children or who have grown children. One of the most important characteristics of a host family is being eager and excited to share your life and activities while providing the same kind of care, support, and comfort as you would to your own child or family members.

AFS students come from more than 60 countries and represent many different cultural and socioeconomic backgrounds. Local AFS Volunteers enroll students in high school and support students and their families to help both gain the most from their experience. In addition to host families, AFS needs people who are interested in becoming volunteer liaisons to work locally with families and their hosted students.

Anyone interested in learning more about, sending, hosting or volunteering with AFS should visit [www.afs.org/usa](http://www.afs.org/usa) or call (800) 876-2377. One may make a preliminary hosting application on line as well as begin registering to be a volunteer.

### 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](http://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.com](http://ClarksvilleMommies.com)!

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

CHARA is a support group for families who have chosen to educate their children at home. Monthly meetings for parents and children are held at Hilldale Baptist Church, 2001 Madison Street. Additional activities are held throughout the year. For more information visit [www.orgsites.com/tm/chara](http://www.orgsites.com/tm/chara) or e-mail [clarksvillechara@gmail.com](mailto:clarksvillechara@gmail.com).

### CLARKSVILLE HOMESCHOOL NETWORK

CHN is a member-led, inclusive homeschool network with the goal of connecting independent home educators and members of existing groups through a common virtual meeting place in order to encourage discussions, dialogue, and face-to-face meetings where members can share resources, learn together and build a sense of community. For more information, please visit [www.chn.proboards.com](http://www.chn.proboards.com). There is not a fee to register with the group. You must post an introduction to the group within one week of joining.

### FIRST BAPTIST CHURCH HOMESCHOOL GROUP

A ministry of First Baptist Church, downtown Clarksville. They meet regularly and have activities throughout the year. They also have a weekly homeschool support group for moms, which meets on Wednesday evenings. For more information contact First Baptist Church at (931) 645-2431.

### 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 MOMS Offering MOMS Support.™

We are a support group designed just for you, the stay-at-home MOM of today! If you need a support group that understands your special needs as a stay-at-home MOM, we are it. We are the first, largest and fastest growing support group specifically for ALL stay-at-home parents. Come as a guest to our next chapter meeting. Your children are always welcome to attend all MOMS Club® activities!

We offer weekly activities that are during the day and child friendly, so you can get out and meet new people and give your child a chance to play with new friends. Visit [www.momsclubofclarksvilletn.com](http://www.momsclubofclarksvilletn.com) for more information.

MOMS Club® has expanded to reach more MOMS in Clarksville. We now have two clubs in order to help MOMS find activities closer to home. We will have a club in both east and west Clarksville. East Clarksville's club includes MOMS from Sango and St. Bethlehem; West Clarksville's club includes MOMS from Ft. Campbell, Oak Grove and Woodlawn. By sistering into two clubs activities can be planned closer to where MOMS live. For more information or to join email [eastclarksvillemomsclub@gmail.com](mailto:eastclarksvillemomsclub@gmail.com) for East Clarksville or [clarksvillemomsclub@yahoo.com](mailto:clarksvillemomsclub@yahoo.com) for West Clarksville.

### MOPS AT FIRST BAPTIST CLARKSVILLE

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 2011-2012 Coordinator, Kat McNeal at [katmcneal@hotmail.com](mailto:katmcneal@hotmail.com) or (931) 802-6373, 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 Ashley Whorley at [fcampbellmops@gmail.com](mailto:fcampbellmops@gmail.com) or (703) 986-9705.

### 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-Coordiators, email [hilddalebaptistmops@gmail.com](mailto:hilddalebaptistmops@gmail.com), visit [www.hilddale.org](http://www.hilddale.org) look for "MOPS" under Children's Ministry, or look for us on Facebook under Hilldale Baptist Church MOPS.

### SPRING CREEK BAPTIST CHURCH MOPS

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

### PARENTS OF MULTIPLES

An email support group for parents of twins, triplets and more that live in Clarksville or the surrounding area. Call Kelley Corley at (931) 358-0127 or e-mail [KCOrley77@aol.com](mailto:KCOrley77@aol.com) for more information.

### PARENTS REACHING OUT

Provides peer counseling and support services. Aims at long-term 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/tNSHARE/](http://groups.yahoo.com/group/tNSHARE/)

### TENNESSEE EARLY INTERVENTION SYSTEM (TEIS)

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

### WIC NUTRITION EDUCATION CENTER

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

### RETIREMENT GROUPS

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

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

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

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

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

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

## 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 983 Clark Street. Patsy Shell at (931) 648-1884.

### ARMY COMMUNITY SERVICE

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

### ASMT (AUTISM SOCIETY OF MIDDLE TENNESSEE)

Meets the 3rd Tuesday of every month at the Clarksville-Montgomery County Public Library at 350 Pageant Lane, Clarksville from 7:00 p.m. to 8:00 p.m. For more information contact Shelley Taroli at (931) 980-2597 or [shelleytaroli@gmail.com](mailto:shelleytaroli@gmail.com).

### 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) 552-1486 or Mary Nell Wooten at (931) 647-8904.

### CLARKSVILLE OSTOMY SUPPORT

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

### CLARKSVILLE PARENT SUPPORT GROUP

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

### DIABETIC SUPPORT GROUP

Gateway Medical Center offers a free monthly diabetic support group. Different speakers are invited each month to provide timely and usable information a person with diabetes can use to make everyday decisions. The group meets on the third Tuesday of each month at 5:30 p.m. to 6:30 p.m. in Liberty Room B at Gateway Medical Center. Call (931) 502-1692 for information.

### 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.

### JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)

Meets the last Saturday of each month. Contact [cvohland-free@jdrf.org](mailto:cvohland-free@jdrf.org).

### 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.

### 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.

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).



## 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.

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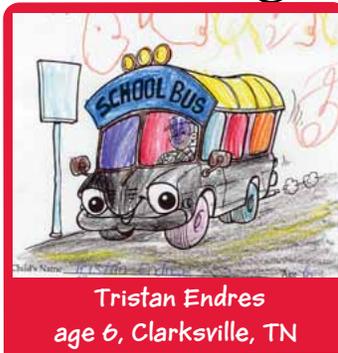
(931) 338-1654

# Chick-fil-A Coloring Contest Winners!



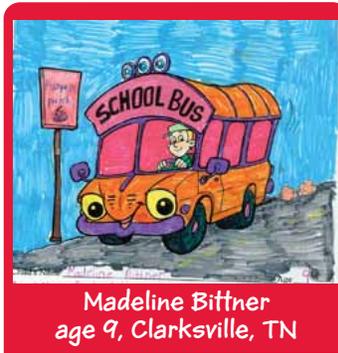
Maximus Rosenbaum  
age 2, Clarksville, TN

Ages 0-3



Tristan Endres  
age 6, Clarksville, TN

Ages 4-6



Madeline Bittner  
age 9, Clarksville, TN

Ages 7-9

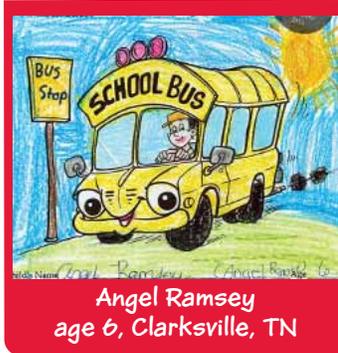


Kayla Calhoun  
age 10, Clarksville, TN

Ages 10-12



Bella Rose Barton  
age 3, Clarksville, TN



Angel Ramsey  
age 6, Clarksville, TN



Morgan Windham  
age 9, Clarksville, TN



Cherokee Bramblett  
age 12, Clarksville, TN

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

## What's going on in October at Chick-fil-A Madison Street!

Fundraiser Nights are in full swing at Chick-fil-A on Madison Street!

- *Mark your Calendars!*
- Tues. 10/04: Sango Elementary 4-8 pm
- Tues. 10/18: East Montgomery Elem. 4-8 pm
- Thur. 10/20: Barksdale Elementary 4-8 pm
- Fri. 10/21: CHS JROTC Boosters 4-8 pm
- \* Lydia Walker will be in concert on Thur., Oct. 27 from 6pm-8pm



## Milkshake Party!

at Chick-fil-A Madison St.

**FREE**

Small Milkshake

**Friday,  
October 28**

**3-5pm**

No purchase or coupon necessary,  
one milkshake per person.



# Wearing a mask for Halloween is okay... ...but wearing a mask at church is not!

One of the reasons why people DON'T go to church is because they think it is full of hypocrites.

The dictionary defines a hypocrite as someone who masks who they really are. Why do people wear masks and put on fake smiles, pretending to be someone they're not? Sometimes it's to find acceptance, at other times it may be to feel better about themselves. Whatever the reason, at oneChurch.tv we've got one rule--no perfect people allowed.

We're not perfect, and we know you aren't perfect either. Yet God loves you just the way you are, and so do we.

So drop the masks and come to church this Sunday.

You can't keep your true self hidden forever. You can't hide behind a religious mask forever; sooner or later the mask will slip and your true face will be known.  
--Jesus (Luke 12:2)



## 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