

January 2012



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**Kaitlyn Neal (17), Kyle Neal (14), Pat Neal, Carol Neal, Samantha Martin, Chase Hite (14).  
January celebrates the 3 year anniversary of Samantha's successful kidney  
donation to Pat, her son's little league baseball coach.**

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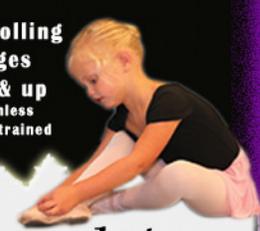
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# Publisher's Message

Happy New Year!

I hope your 2012 started off great, and will continue that way.

It's inevitable that we think about resolutions, improvement, and quitting/stopping/starting things around this time. We have some great articles this month to help you.

If you're a smartphone (iPhone, Android, etc.) owner, Taylor Lieberstein has an article (page 14) on some of the top apps you can use to help maintain all of those New Year's goals. And even if you don't own a smartphone, there are plenty of websites that can help you as well. Chris Edmondson has an article (page 22) on what *not* to do this year.



Pamela Magrans has a trio of stories about Clarksville. Our cover picture includes Pat Neal, whose tale of baseball and amazing charity is featured in her article on page 6. The annual Purity Ball is in early February, and registration is through January 27. This wonderful local event is detailed in her article on page 30. And finally another great example of local giving, Empty Bowls, is on page 38. All of these articles remind me that improving myself is best done through helping the lives of others.

Be sure to note the new email address at the end of Storytime (Chester) on page 45. If you want to contribute story/plot ideas to these monthly tales, email [brenda@clarksvillefamily.com](mailto:brenda@clarksvillefamily.com). Of course we also have several great articles on health, fitness and beauty.

Hopefully your lives have started returning to a bit of normalcy after the hectic pace of the holidays. Let's all stay safe, warm and prosperous for the New Year. Thank you for reading.

## DISCLAIMER

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## Clarksville Family

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# TIES THAT BIND: LIFELINES, CHANGE-UPS AND OTHER VICTORIES ON THE BASEBALL FIELD

by Pamela Magrans

Three years ago this month, Samantha Martin donated a kidney to Pat Neal. But Pat was not a family member; in fact, the two were not



related in any way. They were connected by something that can be more unifying than blood—a uniform and team name. The two families are pictured on this month's cover. As they celebrate

the anniversary of the transplant surgery, our community celebrates with them—and thanks them for being one of our Clarksville families.

As we usher in the New Year, their story of baseball and friendship presents a reminder for us all—in 2012 may we all come up to the plate and make a difference, in whatever ways we may be called—big or small.

### For the love of the game

Pat Neal played baseball as a child. He was the second baseman in his little league years here in Clarksville. His dad was his coach. So it is no surprise that when his own son, Kyle, was old enough to play, Pat signed up to be his t-ball coach. Soon, Pat was not only coaching, but umpiring

as well. He and his wife, Carol, had two children, Kyle and Kaitlyn. Carol homeschooled both of their children.



In 2007 after routine bloodwork for a poison ivy test, Pat learned that he was suffering from kidney failure. Pat was soon diagnosed with Polycystic Disease. Everyone was surprised by his diagnosis. After all, he was an otherwise healthy 42-year

old Dad coaching his son's little league baseball team with enthusiasm and vigor. However, kidney disease was not new to the Neal family. Both Pat's father and his grandfather also suffered from kidney failure.

Upon hearing the diagnosis, Pat's first thoughts were of his family, his wife, Carol and their children, Kyle and Kaitlyn. "It felt like everything stopped," said Pat. "I was numb."

He only had 25% of his kidney functioning. Within a year, it was down to 15% and the next step was to get on a kidney transplant list. Normally, it takes anywhere from five to seven years to get a kidney. Without a transplant, Pat would eventually be on dialysis, which entails multiple daylong trips to the doctor. On dialysis, Pat's quality of life would have greatly diminished.

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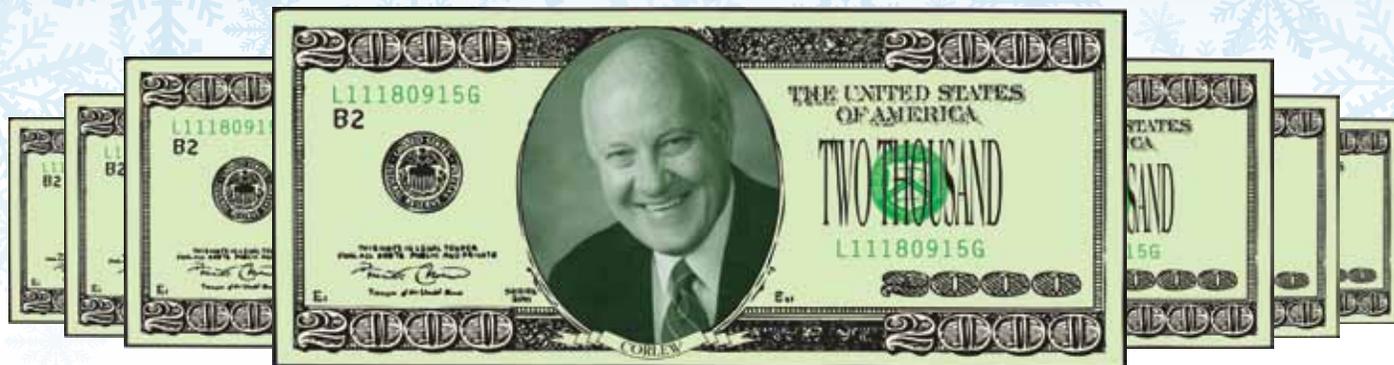
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“My first thought was of my family. Then my thoughts turned to baseball,” said Pat.



At the time, Pat was a volunteer coach for Clarksville National Little League (CNLL) and when he was not coaching, he was umpiring. He wanted desperately to continue volunteering at the baseball fields. That had been his life before he

was aware of his kidney failure, so he decided to keep it a part of his life. Despite being on a kidney transplant list, he was still at the ballpark every night, coaching and umpiring. Many of the parents did not even know about his health problems.

“Baseball was real. I was out there everyday. When I was umpiring and coaching I didn’t think about anything else. I was out there for the kids and all my health issues didn’t matter,” said Pat.

As time went on, the people at the baseball field began to talk. Word travels fast between innings. The community of ball teams became a support network for the entire Neal family. Some ballpark friends organized a fundraiser to help the

family. The parents, other coaches, and players at the CNLL became a support for Pat. Before he knew



it, people were coming up to him asking if they could be tested to see if they were a match. Several people he knew from the ballpark eventually went to Vanderbilt to be tested, but they were all turned away for not being a perfect match.

Then came Samantha Martin. Her son, Chase Hite, had played ball on Pat’s Peewee team. Samantha’s son and Pat’s son were friends and teammates. In the spring of 2007 as Pat was diagnosed with kidney failure, the boys were moving up to the Minor Leagues. It was baseball draft time and Samantha signed Chase up late. That meant that Pat could not draft him on his team, like he wanted. Instead, Chase’s name was placed at the end of the draft pick and he was randomly placed on a team. Ironically, Chase was placed on Pat’s team. That meant Chase would play under Coach Neal for the next two years.

That is how the spring season 2007 began for the Minor Dodgers. Samantha’s son, Chase, and Pat’s son, Kyle, were both 9 years old that year. In 2008 as Pat’s health continued to diminish,

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the team completed their second minor season, winning first place in the tournament. Despite his health issues, Pat coached the entire season, determined not to miss any games. In terms of baseball and life, it turned out to be a year that neither family would forget.

### The pinch hitter

The Neal family continued to be optimistic, but there were emotional ups and downs. They wondered how long it would take for a kidney match to be found. They feared that Pat's quality of life would diminish as time passed. In the meantime, Pat continued to coach the Minor

Dodgers and umpire games. After four prospective donors (all from the ballpark) were turned away for not being a match, 30 year old Samantha Martin decided to go to Vanderbilt and be tested to see if she was a match to donate a kidney to her son's coach.

"The reason I got tested is because I knew several people had been tested and one after another were denied. I thought to myself, 'What if I am a match and don't do anything about it?' I had a feeling deep down that I needed to get tested," said Samantha.

Pat had earned the upmost respect from Samantha, both as a coach and as a father. She wanted to help him continue living life to its fullest potential, not limited to living on dialysis.

Samantha had become close to Pat's wife and to their kids, during the years they were on the same team. "I couldn't imagine his wife and kids living life without him," said Samantha. "The day that I went to have my blood work done, I was very nervous because I didn't want them to tell me I wasn't a match for Pat, and once again his family would be back at square one with Pat's kidneys shutting down quickly."

The doctors informed Samantha that she was an exact match. She was told that it is rare for an exact match to be found in individuals not related by blood.

"I felt that God's plan put Chase and me in Pat's life for a reason," said Samantha.

"She and I both knew that God's hand was in it," said Pat.

If Chase had not been randomly placed on Pat's team, Samantha may not have known about Pat's health trouble. The ties of baseball, of being on a

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team together, had forged an allegiance that would make any coach proud.

Both families felt strongly that their connection on the ball field was for a greater purpose, that it was not by accident, rather a series of blessings leading to a greater victory.

**The change-up**

On January 15, 2009, Pat and Samantha went to Vanderbilt Hospital for the transplant surgery. The surgery went without complications.

But it was not without some discomfort and recovery time. Often the recovery is more difficult for the person donating than the one getting the donation. "When Pat walked into my hospital room it seemed for just a moment all my pain went away just knowing I helped him, said Samantha. "To see him walking and knowing that I made a difference in his life made me happy and I honestly would do it all over again."

Samantha said that before the surgery, "We mostly communicated at the ball field. I helped Pat with keeping score and one year was Team Mom," she said. "Since the surgery we have become very close. We are like family."

Three years later, both families celebrate a new year and another new beginning.

"We act like we've been family for years," said Pat. "We get together every January to celebrate the anniversary of the surgery."

This past November the two families spent Thanksgiving together. Pat's health is stable. He takes an anti-rejection medication and goes in for

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routine doctor check-ups. In the spring, Pat will be back at the Clarksville National Little League fields umpiring and coaching. Samantha will be continuing her work as a 911 dispatcher.

As Pat reflects on the days when he was waiting on a kidney, he said, "In the beginning, I could not see God's hand in it because my mind was focused on the ailment. But now I can see it has been a blessing for my family. This experience has given me a perspective on life. God put me here for a reason. He extended my life for a reason," said Pat.

For some who may think the baseball diamond is nothing but dirt, chalk lines and bases—think again. For this family, and for many others, the baseball field is a place

where teamwork becomes a way of life and where friends become family.

We each may not have the



opportunity to save a life by donating an organ, and being able to live and see a life changed, but in so many other ways, we have a chance to help others. For all of us who watch our children play

baseball, cheer for line drives and double plays, may we enter in the New Year remembering that lifelines come in many places and sometimes the greatest victories are not the home run over the fence, but rather the relationships forged on the field, both for the children and parents.

Since the surgery, Samantha, Pat and Carol have participated in the Tennessee Kidney Walk to help raise awareness about kidney disease and donation. To learn more or to participate in the upcoming Clarksville kidney walk visit [www.tennesseekidneyfoundation.org](http://www.tennesseekidneyfoundation.org).

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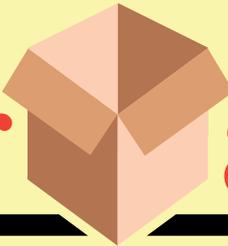
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# TOP APPS TO HELP ACCOMPLISH 2012 NEW YEAR'S RESOLUTIONS

by Taylor Lieberstein

Many people's New Year's resolutions never see the month of February. Sure, the first couple weeks of January the gyms are always crowded, people's calendars and to-do lists are usually up to date, people are bringing healthy lunches to work every day. Then as January comes to an end so does most people's motivation to live out the resolutions that they made at the first of the year. Although it may be tough to get into a new habit or routine and stay in it, there are some Smartphone apps that are designed to put some of the most common New Year's resolutions within reach.

## HEALTH AND FITNESS APPS

When starting a new fitness plan it is imperative that you get into a regular workout routine. You need to know what to do and how long to do it. Thanks to technology, paying a personal trainer at the gym every

week is a thing of the past. Sadly there is no app that will do the workouts and lose the weight for you...not yet. However, these apps do simplify keeping track of your workout routines.

### Daily Burn (Free)

This app offers personalized fitness routines. It develops a comprehensive and custom workout and nutrition program designed to increase your metabolism and give you the results you want. DB sends you daily workout routines and gives you access to DB6, a team of six professional trainers that have workouts for every need and ability.

### Fitness Buddy (\$0.99)

This app offers 1,000+ workouts, comprehensive exercises for all major equipment, dumbbells, kettle bells, and stability balls—with

detailed exercise instructions. It also includes body metrics tracking and excellent support.

## HEALTHY EATING AND DIET APPS

This promise usually goes hand in hand with workout resolutions. Want to know the produce in season when you're grocery shopping, or which fast food menu item is healthiest? New healthy food apps are making eating well easier than ever.

### My Fitness Pal (Free)

This app is a fast and easy to use calorie counter. It has the largest food database of any calorie counter (over 1.1 million foods). Scan foods that you eat with the convenient barcode scanner (included) and it remembers them later. You can enter your own recipes and it calculates their nutritional contents. You can set your own goal based on your desired weight. You can diet with friends and track their progress for added motivation.

### Fooducate (Free)

Scan and choose healthy groceries. If food packaging labels confuse you while trying to shop for healthy foods for you and your family, help is here. When you scan a product it gives you the highlights, good and bad. It gives you healthier options, rates the product and gives you a calorie count. It's like having your dietician go grocery shopping with you.

## MONEY AND BUDGETING/ FINANCE APPS

Most everyone has hopes of having a better financial grip with each New Year. Here are a couple of easy to use apps that can save you a few dollars and help you better budget your earnings this year. Take advantage and make back some of the money you spent on that iPhone!



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Forget about late fees. Billminder simplifies your life by bringing all your bills to one, more manageable place. With one look you can see which bills need your attention. You can sync to let everyone in the house know which bills are due. This app creates charts and graphs to show you where your money is going and where you can save. Your app will remind you when bills are due even when you forget to check it.

### QUIT SMOKING APPS

These apps we've selected will hopefully help you find the motivation you need to stamp out those cravings. Quickly calculate how much money you spend on cigarettes each week and see how much you could save as a non-smoker; create personalized plans that are tailored to help you quit in a

way that suits you; and even estimate how much of your life you might be saving by saying no to cigarettes.

### iQuit (Free)

This app uses a scheduled reduction method. Smokers don't really care how long since their last cigarette, they just want to know how long until they can have another one. The app makes you wait a little longer each time. It is similar to many prescriptions for quitting except it is free. You can set the parameters of your addiction and set how long you want to give yourself to stop and iQuit does the rest. Good luck.

### Quit Smoking Now with Max Kirsten (\$6.99)

For around the cost of a pack of cigarettes you can purchase this app that is a highly effective quit smoking program. Max Kirsten has helped 1000's of people successfully

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kick the habit. Kirsten is a world-renowned, highly qualified clinical hypnotherapist, who became *The Times* newspaper's leading "self-help" expert in 2009. Through various sessions Max Kirsten's app walks you through the quitting process. Included are an e-book and guide, smoking fact cards, a smoking calculator and many more materials to help you in your attempt to quit.

**PRODUCTIVITY APPS**

According to the App Store in December 2011, there were a total of 6,464 apps in the productivity category. That's how many you have to choose from to help you keep up with your workload this year. With these apps, long gone are the old paper to-do lists that get lost or thrown out.

**Daily Deeds (\$0.99)**

This app is a simple way to motivate yourself to get everything

done each day, whether its grocery shopping, blogging, watering plants or taking your granny to lunch. Easily add deeds and mark them once they have been accomplished. Review your accomplishments on one easy to view list and monitor your productivity over time. Empty cells show deeds that still need to be done.

**Priorities (\$2.99)**

Enjoy effortless task management with this app. You can quickly scan through pages of to-do lists and add new to-dos with the click of a button. Add alerts, due dates and times and notes. Priorities is a must have to stay organized this year. You can even schedule tasks to repeat every day, every three days, every last Sunday of the month. Create color-coded pages to keep track of your busy schedule and start getting things done.

**Things (\$9.99)**

Things is a task management application based on David Allen's Getting Things Done system, and uses panels representing familiar GTD concepts such as the inbox, today list, next actions list, projects and roles, and so on.

**GET ORGANIZED APPS**

I look at my phone constantly so it just makes sense: if I need to remember something my phone needs to be where that reminder is set. I use it to remember groceries, birthdays, meetings and more. With the help of these apps you can make 2012 your most productive year yet.

**Shopping To-Do Pro (Grocery List) (Free)**

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grocery items. Add your own shopping categories. Add the quantity and the price for the items and then overview the total amount for the list, it also automatically calculates and includes the tax. Set reminders to shop for certain lists on certain days. Grocery shopping should not be stressful, let this app help you.

**Happy B'day (Free)**

You are only obligated to remember immediate family members' (e.g. your spouse, kids, mom and dad) birthdays, says me. Let this free app remember the rest. There are too many people to be remembering all those birthdays. It sends you a birthday reminder and once you are reminded you can choose to send an original greeting card using Facebook or Twitter.

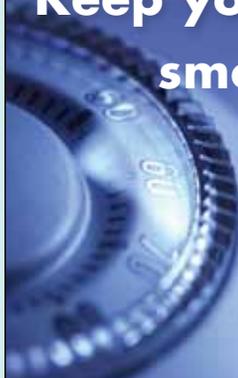
**Maintain My Car (\$0.99)**

Every time I happen to glance at the "next oil change" sticker on the windshield it is already at least 2,000 miles overdue. I have too many things to remember to do for myself. Luckily this app can keep up with what you car needs done to it so you don't have to. It keeps track of all your automotive records such as oil changes, inspections and part replacements. You can also store part numbers, mpg, car specs and dealer information in this one central location.

**MAKE A DIFFERENCE APPS**

Many people would love to volunteer more as a resolution but they can't find the time. This year make volunteering fit your schedule. If you have a free day and feel like giving a little back to the community simply put your location into one of these apps and find an opportunity close to you.

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### Volunteer Match (Free)

This award-winning app makes it easy for good people and good causes to connect. All your favorite non-profits are on Volunteer Match. Find opportunities closest to your home, work or school. Select certain dates, locations, organizations, age groups and more.

### Catalista (Free)

You can make a difference in your neighborhood with ease. This app connects you with local non-profits and provides local volunteer opportunities near you. Do your good deed and rate your experience. Invite friends to volunteer with you on Facebook. If you need credits for work or school track them here. You can narrow your search based on what you enjoy. If something is not listed near you, make a request.

### LEARN SOMETHING NEW APPS

According to iPhone Life magazine there are 39,992 Education apps active in the App Store. There are history apps, foreign language tutor apps, book apps, Bible apps and probably an app for anything you could possibly want to study. I say you search educational apps on your specific market and go from there. You may find an app for something you didn't even know you wanted to learn about.

*All of these apps are specifically for the iPhone but are also often available on other major platforms such as Android, Windows Mobile and BlackBerry. Even if those others platforms do not have these exact apps they most likely have something similar. If you do not have one of these smart phones don't worry. Most of the apps listed in this article have websites from which you can receive the same*

*New Year's resolution assistance. If you want to track how you are doing with your New Year's resolution(s) guess what? There's even an app for that. Really, there is!*

### Way of Life (Free)

It helps you keep an eye on your habits. Using monthly graphs you can spot trends in your lifestyle. Are you keeping up with your exercise? Are you eating enough fruits and vegetables? There is no limit to what the Way of Life app can measure for you. It's simple. Updating takes less than a few minutes a day, the graphs are easy to read and you can export graphs to your e-mail or other apps if needed. This is a way to see if you are accomplishing your resolutions and stay on track to achieving goals this year.

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## IMPROVE YOUR ORAL HEALTH IN 2012

by Dr. Lance Harrison, Jr.

Follow these simple and easy-to-keep oral health resolutions.

Many people ring in a new year by making health-related resolutions to improve their lives, but how many of those lifestyle changes are kept past January? The Academy of General Dentistry (AGD), a professional association of more than 35,000 general dentists dedicated to staying up-to-date in the profession through continuing education, has compiled some easy-to-keep oral health tips that consumers can work into their everyday routines and continue to perform throughout the year.

“Oral health means more than just an attractive smile,”

says AGD spokesperson Raymond Martin, DDS, MAGD. “Poor oral health and untreated oral diseases and conditions can have a significant impact on quality of life. And, in many cases, the condition of the mouth mirrors the condition of the body as a whole.”

### Tips:

- Floss every day. It's the single most important factor in preventing gum disease, which affects more than 50 percent of adults. Spend two to three minutes flossing at least once a day. Not flossing because it irritates your gums? The more often you floss, the tougher your gums will become.

- Brush your teeth for at least two to three minutes twice daily. If you're not sure whether you're brushing long enough, simply brush for the length of an entire song on the radio.
- Change your toothbrush or toothbrush head (if you're using an electric toothbrush) before the bristles become splayed and frayed, or every three to four months. Not only are old toothbrushes ineffective, they may harbor harmful bacteria that can cause infections, such as gingivitis and gum disease.
- Drink sugary beverages through a straw. This will minimize the amount of time

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that the sugars are in contact with your teeth, which can minimize the risk of developing cavities.

- Replace carbonated beverages, which cause enamel erosion and cavities, with water, milk, tea, or coffee.
- Chew sugarless gum that contains xylitol after meals and snacks. This will help cleanse your mouth and prevent the bacteria associated with cavities from attaching to your teeth. Even better, gum will increase your saliva production and reduce bad breath!
- Wait one hour to brush your teeth after consuming highly acidic food or drinks, like wine, coffee, citrus fruits, and soft drinks. Otherwise, you run the risk of wearing away the enamel on your teeth.

“One last reminder to patients is that they should make an appointment to see their general dentist every six months,” adds Dr. Martin. “More than 90 percent of all systemic diseases have oral manifestations, meaning that your dentist could be the first health care provider to diagnose a health problem.”



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## HOW TO WRECK YOUR LIFE

by Chris Edmondson

With the New Year upon us, many of us take some time to reflect on 2011. We make goals and resolutions for 2012. We plan and hope and dream about what the new year holds. A new job. A new baby. A new marriage. A new habit. All of us look toward the new year with fresh dreams and excitement.

Of all of the New Year's Resolutions I've heard people make, I've never heard anyone resolve to wreck their life. None of us plan to run our life headlong into a dead end. But the sad fact is that for some this year, that is exactly what's going to happen.

For the next few minutes, wherever you are, let's take some time to see how we can

wreck a life. We often look at what it takes to FIX our lives when they are broken. But what if we took the time to look for the common denominators in what causes someone to WRECK their life in one way or another? We're going to discover these ideas by looking at a very personal journal of a public person in the Bible.

How many of you have snuck a peek at someone's journal? You may have gotten in trouble because you stole your sister's diary and read it. You read some stuff you weren't supposed to read, because it was so personal and vulnerable to them. They wrote it down in secret. People's journals and diaries contain some really personal things

that for many of us, if they were made public, would drive us all out of town!

Thousands of years ago, a guy named Solomon wrote down his thoughts in a journal. Though it was very personal, God has made his journal very public, because it made its way into the Bible as 1 of the 66 books called *Ecclesiastes*.

Solomon was the wisest person who ever lived. He had wealth, fame and fortune. At the end of his life, he wrote down some very vulnerable, honest, and transparent words. When we read his journal written when he was old, we read about a broken man who had it all and squandered it away. He is talking about his mistakes and

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misguided wanderings. He says, "Please, don't do what I did! Don't pursue happiness and fulfillment the way I did. Don't look at relationships the way I did. Don't settle for anything less than an intimate relationship with the lover of your soul." Solomon pleads with us: "Please! Please! Don't do what I did and wreck your life!"

In order to get a grasp of the book, we need to read the last page first. I'm sure many of you, when you start a new book, read the last page first (some of you started on the last page of this article and you're working your way back—you know who you are!). Let's skip to the last page and see the conclusion first. The cool thing about going to the last page first is that it's going to help us get a handle on some of the stuff he writes along the way.

This is what Solomon said after he wrecked his life...

Now all has been heard; here is the conclusion of the matter: Fear God and keep his commandments, for this is the duty of every human being.

Ecclesiastes 12:13

Solomon writes, "When all is said and done, life is about walking with your Creator." It is about doing life with God. Respect His authority. Do life His way. Do life with Him. Chase



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after Him and embrace Him. Get to know Him as your Father. Follow in His steps. Surrender to His love. Find yourself in Him. Don't wreck your life. Walk with God and know your true potential. Walk with God and know freedom. Walk with God and know deep fulfillment and happiness, all the days of your life.

Here's a fact—if we do life God's way, there is no limit to God's power in our lives. However, when we choose to go our own way, we limit what God can do in us and through us. God is omnipotent, which means by definition, there is nothing God cannot do. However, what God **will not do** is force us to obey Him and to live our days His way.

Solomon knew what to do and how to live—he just chose not to follow after God.

We read about Solomon's life in 1 Kings. Soon after he became king of Israel, God came to Solomon in a dream and asked, "Whatever you ask for, I am God, and I will give it to you." So in 1 Kings 3, Solomon, in humility says, "I am overwhelmed. I don't know anything about leading these people! I can't lead a great nation! I need your wisdom. Will you give me wisdom?"

As you can imagine, God was thrilled with that kind of humble heart and this selfless request, so God tells Solomon, "I am going to give you wisdom. But on top of that wisdom, I am really going

to bless your life!" So Solomon as a young man was humble and centered in God and dependent on Him. Solomon wrote the secret of marital love and bliss in the book Song of Solomon, where lasting love happens when a man and a woman come together with God in the middle. When Solomon was humble and chasing after God, he wrote such wisdom-filled literature as Proverbs. It is chock-full of amazing wisdom.

But you know this—it is one thing to have wisdom, but it's another thing to apply it to your life. You can attend conferences. You can lead seminars. You can write insightful books and come up with great ideas, but never actually live them out yourself. You can know and say all the right things. You can possess a warehouse of wisdom, and still wreck your life. Though Solomon was the wisest man who ever lived, he chose not to follow his own advice. Back to the beginning of the book.

These are the words of the Teacher, King David's son, who ruled in Jerusalem. "Everything is meaningless," says the Teacher, "completely meaningless!"

Ecclesiastes 1:1-2

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game? Are you looking for someone to entertain at your kid's next birthday party? Here is your happy, upbeat guy! *Meaningless...*

He uses the word *meaningless* 38 times throughout the book of Ecclesiastes. The Hebrew word for *meaningless* is *havel*, and it means *emptiness, futility, a vapor that vanishes quickly and leaves nothing behind*. That is the way Solomon saw life.

Solomon chose to pursue everything else *besides* God. And Solomon learned that *when you take God out of your life, everything is meaningless*. Listen to what actor Shia LaBeouf said recently in a *US Weekly* interview...

"Sometimes I feel I'm living a meaningless life, and I get frightened. I know I'm one of the luckiest dudes in America right now. I have a great house. My parents don't have to work. I've got money. I'm famous. But it could all change, man. It could go away. You never know...I don't handle fame well. Most actors on most days don't think they're worthy. I have no idea where this insecurity comes from, but it's a God-sized hole. If I knew, I'd fill it, and I'd be on my way."

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We all have God-sized holes in our life, and many of us try to fill those God-sized holes with a lot of things *besides* God. When we are pursuing the things that don't have the power to make us happy, we are ignoring the ones that do. And that is exactly what Solomon did.

Solomon pursued success. He threw himself into his work and became a work-a-holic. He became the wealthiest and wisest king in Israel's history, building the nation to the height of its power. He climbed the ladder of success, only to find the ladder was leaned up against the wrong building!

Solomon pursued pleasure. He tried to find meaning in life by sexual conquests,

all night parties, drunken stupors. Solomon was married to 700 women and had 300 mistresses. To say that he had a problem with women was an understatement!

Solomon pursued fame. He pursued self-improvement and knowledge. Solomon pursued everything else in his life except the one thing that could have filled his empty soul—a pursuit of God. To borrow a quote from Dr. Henry Cloud, "When we are not eating the fruits of the good life that God created, and think that we know what is going to satisfy us instead, we will continue to go hungry. Unsatisfied. Unhappy. Unfulfilled."

Solomon was unhappy. Unsatisfied. Unfulfilled. So was Deion Sanders. Prime time Neon Deion is considered one of the most versatile athletes in sporting history because he played two sports at multiple positions. He made a name for himself by playing for the Dallas Cowboys back in the 90's with the triplets—Troy Aikman, Michael Irvin, and Emmitt Smith. Deion was on top of the world. He had fame, his pick of women, and more money than he could ever spend. Yet Deion was miserable. Listen to how Deion described his life in his book, *Power, Money & Sex: How Success Almost Ruined My Life*:

"Everything I touched turned to gold. But inside, I was broken and totally defeated. I remember sitting at the back of the practice field one afternoon, away from everybody, and tears were running down my face. I was saying to myself, 'This is so meaningless. I'm so unhappy. We're winning every week and I'm playing great, but I'm not happy.' I tried everything. Parties, women, buying expensive jewelry and gadgets, and nothing helped. There was no peace. I had everything the world has to offer, but no peace, no joy, just emptiness inside."



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The Bible describes it in the first chapter of Ecclesiastes as chasing after the wind, and that's exactly what it was like."

Deion was unsatisfied. Solomon was unhappy. But what about you? I know you're not making plans to wreck your life in 2012, but if we leave God out and pursue our own ways, we will have a meaningless life pursuing everything else that can't satisfy us except a relationship with God. Solomon, at the end of the book of Ecclesiastes, finally realized this. No amount of money, fame, or good times can fill us up and give us meaning—only God can give us meaning in life, for He is the one who gave us life. This next year, don't try to cram God into your already busy life—make Him your purpose in life. Then you will find that life has such sweet meaning and you won't wreck your life.



 onechurch.tv

Chris Edmondson is a father of three boys and is happily married to his best friend. Chris is the lead pastor of oneChurch.tv, a church for those disconnected to God. oneChurch.tv meets at Northeast High School across from the Great Escape Movie Theatre. Check them out at [www.onechurch.tv](http://www.onechurch.tv).

Happy New Year!



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## LIKE MOTHER LIKE DAUGHTER THAT PARENT IS BACK!

by Jessie Carter, PT

It's youth basketball season again...and *that parent* is back!!! Last January I told you about *that parent*...the one that yells from the sideline and pushes her child to the point of tears. I expressed my frustration with parents who let their own experiences, emotions, and desires for their children get in the way of the child improving and having fun. This year, I think I've found something worse...

Let me set the scene. My husband and I were sitting watching our 10-year-old daughter play a game at a local church gym. We had never played this particular team before but the two teams seemed well-matched. As there were no designated areas for supporters of each team, we grabbed our seats and lined up with the other parents along the sidelines. I was disappointed that we were running late and had a second row seat and couldn't be right next to the action. This has been a super exciting year for us. Our daughter went from being the tallest person on her team last year to being the lanky 5th grader at the bottom of the totem pole in the middle school age division. She has an awesome coach this year and it's been exciting watching the girls on her team grow each and every game. I've seen my daughter learn to handle the ball better, play defense, and be a part of a team.

Our girls played well this particular night. They jumped out to an early lead and continued with the solid defense the coach introduced during the first practice. Both teams played hard and there were fouls on both sides. My own daughter even got called for her first foul of the season. I almost stood up and cheered because she is usually timid. She fouled inadvertently trying to intercept a pass so I was thrilled to see

her thinking ahead and going after it... all great steps to learning the game. I felt that the refs were excellent—they did their best to catch everything. I didn't see any bias towards either team.

Evidently, one of the players on the opposing team (we'll call her Sassy\*) thought her team was getting the shaft. As if the drama of the game wasn't enough, Sassy put on her own little production at midcourt. It took me a little while to figure out why she kept strutting towards the spectators, gesturing, and making faces in our direction. Then I figured out that Sassy's parents were sitting right in front of us.

Sassy had some talent but her attitude was horrible. Every time her team came up short or our team had a good play, she would proceed with her I-was-robbed antics in the direction of her parents. It became nauseating. I kept waiting for Mom and Dad to use it as a teaching moment. If it were my kid out there acting the fool, I would have said "Play your game!" or "Quit worrying about others and help your team!" I leaned over to my husband at one point and told him that I wanted to go out on the court and pull her ponytail until she straightened up. He enlightened me that her parents were sitting right in front of us. I said, "I know. They need to hear it, too." The only response I saw from Mom and Dad was an occasional snicker that only seemed to egg on Sassy's behavior.

The game was a nail-biter. After being down the entire game, the opposing team came from behind forcing the game into overtime. After a full game witnessing Sassy, I couldn't take much more. I had been digging my fingernails into my husband's thigh the whole evening. I so badly wanted to lean forward and point

out to Sassy's mom that the comeback happened with her sweet offspring planted on the bench. Unfortunately, Sassy was let off her leash for the one tense minute of overtime.

The result was appalling. Sassy had an agenda which included deliberately fouling one of our girls who was playing *amazing* defense. Sassy got irritated that she couldn't get open so she repeatedly hauled off and pushed our defensive player from behind with both hands. Come on!? Our defensive player's name was Sophie—have you ever met a mean or malicious Sophie? This kiddo has made huge strides this season and she was killing it—hands up, defensive stance, and moving fast. If I was Sassy's parents, I think this is the point I would have jumped off my chair and pulled her from the game myself. Their response... laughing.

Wow. It was all starting to make sense. I shot my husband "that look" of disbelief. I know it bothered him also but he doesn't react like me. He very lovingly said, "You know you'd be like that if I weren't here." Thanks, babe. I'll admit I'm competitive but I keep it in check when it comes to my kiddos.

The game came right down to the wire. Sophie hit the free throw line after her Sassy tackle. Everything was silent in the gym until she put up her first shot. There wasn't a peep except for a loud "WHOO!" from no other than Sassy's mom. Seriously?! I was in disbelief that a parent actually tried to distract a 12-year-old! Second shot—same thing. The "like mother like daughter" theory was officially confirmed.

I am a firm believer that sports are one of the greatest tools we have to

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help develop positive character traits and life values in our kids. The benefits of playing sports are well documented and include decreased dropout rates, decreased drug use, improved health habits, and reduced rates of depression. Sports ARE good... when done correctly but we can also teach *inappropriate* responses to life stresses also.

The seconds ticked down and we were all on the edge of our seats. My lightweight daughter grabbed a rebound and put up the winning shot. It was her first basket the entire season and I was so proud of her. For a fraction of a second I contemplated chest bumping Sassy's mom and saying, "In yo face!" but I decided to sit down instead. That "like mother like daughter" thing can go both ways.

So we confirmed that night that church youth basketball can bring out the devil in people. I was so proud of our team and our parents that there was not a sound when the opposing team had the opportunity to tie the score with free throws after the final buzzer. Our coach congratulated our girls, not only for the win but for keeping their cool. Remember, we lead by example whether we like it or not.

\*Names have been changed to protect the inappropriate.



Jessie is a physical therapist, mom to three, and owner of High Pointe Rehab in Clarksville. High Pointe offers physical therapy, personal training, fitness programming, and massage therapy services. For more information, visit [www.highpointetn.com](http://www.highpointetn.com) or become a fan of High Pointe Rehab, LLC, on Facebook.

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## FATHERS AND DAUGHTERS TAKE CENTER STAGE AT THE UPCOMING PURITY BALL

by Pamela Magrans

Adorned in her chiffon dress highlighted with satin trim, the girl enters the ballroom hesitantly. The clicking of her shoes against the floor causes others to turn her way as she enters the room. Her hair is brushed and styled to her liking. She is wearing her favorite dress. Her best earrings dangle amidst her light brown hair. Her rhinestone bracelet clings gently to her wrist. She feels beautiful. She is looking for a prince—someone who will protect her and treasure her. She looks to her right and sees him by her side. “You look beautiful,” her father whispers.

This is not a scene from a Disney movie. Too sadly, it is not a scene from every girl’s life either. But for one night in February, it will be the scene in Clarksville. Hopefully, it will be what the girl remembers as she seeks another prince someday.

In the book *Captivating*, John and Stasi Eldredge state, “Numerous studies have shown that women who report a close and caring relationship with their

fathers, who received assurance, enjoyment and approval from them during childhood, suffer less from eating disor-



ders or depression” than girls who did not report such a relationship with their father. Likewise, girls who had a healthy

nurturing relationship with their fathers also “developed a strong sense of personal identity and positive self esteem.”

A father’s role cannot be underestimated in the life of a girl. For this reason, the Hope Pregnancy Center celebrates the father/daughter relationship each year by hosting the Purity Ball, a gathering that celebrates the bond between daughter and father figure and sets the stage for positive future relationships.

### The 2012 Father/Daughter Purity Ball

This year the 8th annual Father/Daughter Purity Ball will be held on three different nights, divided by age. On Thursday, February 2nd and Friday, February 3rd girls ages kindergarten through 5th grade will join their fathers in a night of elegant together time. On Saturday, February 4th, 6th grade through college-age girls will enjoy all the regality of a formal date with Dad. Doors will open at 6:30 each night and the event lasts from 7:00 p.m. to 9:00 p.m. The event will be

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held at the Immanuel Family Life Center, 303 Fairview Lane. For the "Shining Like Stars" themed ball, the facilities will be transformed into a beautiful ballroom.

The cost is \$30 per couple. For those Dads who have more than one daughter, extra daughter tickets are only \$5.

The ball is open to fathers, grandfathers, uncles or any male role model who wants to set a positive loving example for the special girl in his life.

The evening will consist of a dessert, dancing, live music, and photo opportunities. Reservations can be made by calling (931)



645-2273. Registration closes on January 27th or when the event sells out. Last year, over 600 participants attended the Purity Ball. This year organizers expect over 700 participants. Dress is semi-formal to formal. Proceeds go to the

Hope Pregnancy Center's Purity Education Department. The Hope Pregnancy Center conducts purity educational programs in schools locally.

#### Give her a night to be captivating

Girls get mixed messages today about where their value rests. Media would have them believe value comes in many physical forms. But as parents we know different. According to Martha Evans, Executive Director of the Hope Pregnancy Center, "Girls today are getting messages from so many places about how they are found valuable to the opposite sex. The goal of the Purity Ball is to give fathers an environment to show their daughters that they are special. It is a night where he can treat her like a

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princess and show her that to him she is special." In doing so, the girl will grow to expect the same respect from future men in her life. She will grow to respect herself and understand the purity needed to fulfill healthy relationships with the opposite sex.

"Fathers and daughters have a chance to be encouraged to set strong foundations of purity," said Ms. Evans. "At Hope Pregnancy Center, we serve so many people who have experienced brokenness in that area. We want to give fathers a forum for starting a discussion with their daughters about purity," said Martha. "We provide an age-appropriate purity message. We focus on fathers as protectors and the daughters as recipients of their father's protection," she said.

Hopefully, the girls will grow to respect themselves, to value themselves, and to not search in the wrong places for validation.

Lance Phillips has attended the Purity Ball for the last two years with his now 7 year-old daughter Darcy.



"I believe that connecting with my daughter in ways that speak her language is very important. If I can connect with her now and sow good seeds

in her, then it will be much easier connecting with her when she gets older," said Lance.

"The ball gives us a reason to go on a date and spend much needed time together. Hopefully it will cause more dates like this to happen," said Lance. "Every father needs to make their daughter feel like a princess. The Purity Ball helps a dad do this."

Each girl needs to know she is valued. She needs to feel she is captivating and has something of value to offer the world—that she is special to her father and to the world. Her father has the power to set the stage for future relationships with the opposite sex. So if there is a girl in your life that you love and she enjoys the regality of playing princess, give her a chance to be princess for a night. It might be a message she will never forget.

To learn more about the Purity Ball or to register visit [www.speakinghope.com](http://www.speakinghope.com).

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|--|---|-----------|-----------|--|---|--|
| <p><b>Most classes are 7pm-9pm*</b><br/>                     unless otherwise noted<br/> <b>Check-in begins 30 minutes before class starts</b><br/>                     *some classes may run past 9pm</p> |   |           |           |  <p>5<br/>Blue Wishing Tree</p>            |  <p>6<br/>Cherry Blossom</p>   |  <p>7<br/>8 point</p>                                 |
| <p>2pm</p>  <p>8<br/>French Quarter</p>   | <p>9</p>  | <p>10</p> | <p>11</p> |  <p>12<br/>Even Cowgirls Get the Blues</p> |  <p>13<br/>Green Dreams</p>    |  <p>14<br/>Paisley Owl</p>                            |
| <p>15</p>  |  <p>16<br/>1pm<br/>Brown Beauty<br/>Martin Luther King Jr. Day</p>   | <p>17</p> | <p>18</p> |  <p>19<br/>Snowstorm</p>                 |  <p>20<br/>Room to Bloom</p> |  <p>21<br/>Swirlz &amp; Stripes</p>                 |
| <p>2pm</p>  <p>22<br/>Lovers Lane</p>   | <p>23</p> <p><b>Most adult classes are \$35*</b><br/>                     Kids classes are \$25<br/>                     *unless otherwise noted</p>  |           | <p>25</p> |  <p>26<br/>Lazy Daisy</p>                |  <p>27<br/>In Bloom</p>      |  <p>28<br/>Hands &amp; Hearts<br/>Couples Class</p> |
| <p>29</p>  |  <p>No painting experience necessary!<br/>                     Grab a friend, a brush, and even some wine if you'd like and unleash the inner artist in you!</p> | <p>27</p> | <p>1</p>  |  <p>2<br/>Merlot</p>                     |  <p>3<br/>Golden Willow</p>  |  <p>4<br/>Scarlett</p>                              |



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## BREATHE EASY IT'S NEVER TOO LATE TO BREAK THE SMOKING HABIT

by Peter Purrington, MD, Gateway Medical Center

The average adult takes 15 to 20 breaths a minute—more than 20,000 breaths per day, according to the American Lung Association. Healthy lungs are important to deliver clean air to our bodies' organs and tissues, which convert oxygen into fuel to support vital body functions. When a smoker lights up, it affects not only

the health of the lungs, but also all the body structures that depend on the lungs for oxygen.

Smoking is the leading cause of preventable disease and death, claiming the lives of more than 443,000 adults in America each year—along with an estimated 50,000 deaths from secondhand smoke exposure. And it's no

surprise, considering that cigarette smoke contains more than 4,800 chemicals—at least 250 of which are known to be harmful and more than 50 that are proven to cause cancer.

In addition to lung cancer, smoking can lead to a variety of respiratory complications and chronic diseases that can affect your quality of life—and shorten it, as well. A smoker's lifespan is about 14 years shorter than a non-smoker's. The list of smoking-related diseases is considerable: asthma, chronic bronchitis, emphysema, coronary heart disease, stroke, pneumonia, peripheral artery disease and a wide variety of cancers—not only oral and throat, but also cancers of the bladder, stomach, cervix, kidneys and pancreas. Smokers also suffer from other conditions, including slow-healing wounds, infertility, and peptic ulcer disease. More than 8 million people in the U.S. have at least one serious illness caused by smoking.

The good news: it's never too late to quit. Smokers can gain health benefits by giving up the habit—whether you're an occasional smoker or have a lifelong, pack-a-day habit. In addition to lowering your risk of cancer, emphysema, COPD, stroke and heart attack, quitting also decreases your likelihood of cataracts and premature skin wrinkling. Other benefits include more energy, better sleep, improved sense of smell and taste, and healthier skin.

Kicking the habit isn't easy—but there are many resources to help. Smokers who don't want to quit cold turkey have many options: counseling, over-the-counter or prescription medications and nicotine replacement products, such as nicotine gum, inhalers, nasal sprays or a patch. Tennessee residents can also sign up for the FREE Tennessee Tobacco QuitLine program to help you quit for good.



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If you're trying to quit or you're a former smoker, it's important to know the symptoms of respiratory problems, and get checked out by your doctor. A persistent cough, shortness of breath or wheezing may warrant a lung function test to screen for exposure to contaminants or possible lung diseases. These tests will measure your lung capacity, strength and efficiency. A common test is called a spirometry test, which records the amount and rate of air that you breathe in and out over a period of time.

To learn more benefits of quitting smoking, visit [TodaysGateway.com](http://TodaysGateway.com)

and click the "Medical Library" link under the Health Resources section. There you will be able to test your knowledge with our Interactive Tools like the Cost of Smoking Calculator, Emphysema Quiz or Cancer Warning Signs Quiz. If you're concerned about your respiratory health, talk with your doctor about simple screening tests to get an accurate picture of your lungs.

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

Dr. Peter Purrington earned his medical degree from The George Washington University and is Board-Certified by the American Board of Family Medicine. As a hospital based physician, Dr. Purrington cares for patients while they are hospitalized. He is currently the

program director for the Apogee Hospital Medicine group at Gateway Medical Center.



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Sources:

Centers for Disease Control & Prevention

[www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)

National Heart, Lung & Blood Institute

[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

National Cancer Institute

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## IT'S YOUR BODY...BE SELECTIVE!

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

Our concept of human beauty has remained remarkably constant across the expanse of time and in very dissimilar cultures. We can see this in the artwork and sculpture of the classical period all the way up to the present. The common elements are symmetry, proportion and features that re-enforce the attributes of a healthy and vigorous woman or man. For a woman, the curves of the bust, belly, hips and buttock are crucial. A man's muscular torso and slimmer hips are considered attractive. Both sexes should have clear skin, balanced facial features and healthy hair to approach the ideal.

Today, cosmetic surgery is used by a steadily growing number of people to enhance their bodies and face to improve their attractiveness for social or economic reasons.

For both sexes facial improvement has become "an office visit" event for fillers, Botox, and skin care. Features associated with age, infirmity or just for personal

satisfaction can be corrected or improved with eyelid, nasal, chin, cheek surgery or full face lifting. Good skin care is crucial.

A woman's breasts can be enlarged, lifted or both. Men and women can significantly alter their body contours with liposuction, fat transfers and tummy tuck type procedures. Liposuction (403,684/year) and breast augmentation (383,886/year) lead the list of most common cosmetic surgical procedures in the US today. Over 3 million Botox and 1.5 million filler injections were the most common non-surgical procedures done during the same period.

I have built my cosmetic surgery practice around the principles of communication, surgical skill, and up-to-date techniques. Listening to needs and goals is an important part of the partnership between the physician and patient. This is an ongoing process throughout the length of the relationship and must be actively pursued by both

parties. My medical and surgical skills have evolved through daily practice, constant self-evaluation and recurrent training. It is essential to accept new techniques when they are truly superior and avoid fads or gimmicks that have not withstood the test of time. This requires education, judgment and integrity.

If you have a question or concern about cosmetic surgery we encourage you to submit your question to: [info@mdkaye.com](mailto:info@mdkaye.com). Type "Clarksville Family" in the subject area. To schedule an individualized consultation with Dr. Kaye call or visit the website listed below.

**Q: What are the best procedures to correct laugh lines around the mouth?**

**A:** The mouth, like the eye, is an area in constant motion! The muscles that encircle the mouth and tighten the lips will leave wrinkles over time. Smokers are especially prone to this. These lines can be greatly improved with a good

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physician-directed skincare program such as the Obagi Skincare System. Fillers such as Juvederm or Radiesse can provide 4-12 months of fullness or lip plumping. A facial peel with the CO2 laser or Obagi Blue Peel can greatly improve fine lines and wrinkles. Don't forget to stop smoking.

**Q: I always look tired. What can I do to improve the deep creases beneath my eyes?**

**A:** With age, the crease between the upper cheek near the nose and the lower eyelid becomes deeper in some people. This is called the "tear trough" and adds to an aged appearance. Fortunately, Juvederm or other fillers such as Radiesse will change this in just a few minutes. Other useful non-surgical office procedures such as Botox can erase lines between the brows (worry lines) or at the corner of the eyes (crow's feet). This can really improve the appearance of the eye region.



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

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# EMPTY BOWLS FIGHTING HUNGER ONE BOWL AT A TIME

by Pamela Magrans

Last month on a Thursday evening, individuals came together at the Salvation Army Shelter. After they had shared a meal, they sat at tables in the hallway and painted ceramic bowls. With brush in hand and a mixture of various paint colors on the table in front of them, they each created a unique work of art. The hand-decorated bowls featured in the photos alongside this article are a few of the lovely bowls created that night.

For an hour, it did not matter that they were homeless—all that mattered is that a bowl

needed painting. For an hour, they each had a purpose, a job and an art of their own.



### An international initiative

The Empty Bowls project is an international initiative to fight hunger. Groups nationwide rally together in grassroots

bowl-making ventures. The bowls are then donated to the local fundraiser. Ticketholders attend the Empty Bowls meal and enjoy a simple meal of soup and bread. When they leave, they take with them an empty bowl, hand decorated by a stranger. The empty bowl represents those who go hungry daily in our nation.

Proceeds from ticket sales are donated to local food kitchens and other charities to help fight hunger.

Annually, Clarksville hosts an Empty Bowls lunch and dinner event. The bowls that



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ticketholders take home with them have been decorated over the past few months by local groups, churches, and businesses.

**A local mission**

Last month, volunteers set up bowls and supplies so that after the evening meal, individuals who had come to the Salvation Army Shelter could decorate a bowl for the Empty Bowls project. Jan Witte volunteered at the shelter that evening.



“Initially, I got 10 bowls to paint with my family over the Thanksgiving holiday. After completing those and returning them, I was invited to the Salvation Army shelter to help set up a bowl painting activity,” said Jan.

“As volunteers, we made sure that everyone felt welcome to participate. Every artist seemed to enjoy working and there were some creative



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works including starry skies, interesting designs and layered colors. Participants of all ages



stated that it was fun to do something different," said Jan.

Jan enjoyed "seeing the blank bowls turn to beautiful pieces of pottery for use by

Empty Bowls." For her, it was "a reminder that we all need help in different ways—at different times."

Amy Gallo, along with her husband and daughter, also volunteered at the Salvation Army shelter that night. "It was wonderful to see the residents of the homeless shelter sit down and relax for a minute. They were so happy to be lending a helping hand to others in need," said Amy.

"I watched one of my children sit down next to a child in the homeless shelter and laugh and share themselves with each

other. My children are blessed to not know homelessness and hunger and this is one way to



show her that it happens to people just like us," said Amy.

The bowl decorating that occurred at the Salvation Army last month brought

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the Empty Bowls idea full circle. The recipients of the charity had an opportunity to engage in the charity itself. The proceeds from Empty Bowls will go to local shelters to provide food for the homeless. For the volunteers it was a chance to help others that they will not soon forget.

Many other bowl-decorating events have occurred in the past year in Clarksville and surrounding communities. All of the decorated bowls will be fired at a local kiln. Then the bowls will be given to individuals who purchase a ticket to the Empty Bowls event in February.

The annual Empty Bowls event will be held February 28, 2012 at the Emmanuel Family Life Center. Lunch will be served from 11:00 a.m. to 1:00 p.m. and dinner will be served from 4:30 p.m. to 7:00 p.m.

Each year, tickets sell out fast. So, buy a couple of tickets and invite your neighbor or friend. Donate to a good cause, enjoy a simple meal, and take home a hand-decorated bowl of your choice.

Tickets are \$15 and can be purchased at Planters Banks, at Watchtower Storage on Madison Street, or at Trinity Episcopal Church. Or call Rita Arancibia at (931) 551-5450 or email [rita.arancibia@gmail.com](mailto:rita.arancibia@gmail.com).

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# MAXIMIZING YOUR HEALTH THROUGH THE HOLIDAYS

by Dr. Dale Brown

A critical hormone may be undermining your goals to lose those few extra pounds.

### What is this hormone?

Leptin, a hormone produced by our fat cells that has two critical roles in weight/fat regulation. First, it tells the brain when enough food has been taken by telling us we are full. Second, it tells the brain that there is plenty of "energy" or fat stored up in our body that we might begin to burn fat. Therefore, leptin controls our metabolism, appetite, and energy. Leptin is also in charge of many other hormones and is linked to many degenerative diseases such as heart disease, osteoporosis, chronic fatigue, fibromyalgia, and even premature aging.

### Could leptin be why I can't lose weight, despite my best efforts?

Yes! Many people have leptin resistance. Much like insulin resistance in a type 2 diabetic, where the individual has plenty of insulin but the cell receptors are burned out and therefore the message from insulin to bring sugar into the cell cannot be heard. The typical individual struggling to lose those unwanted pounds will have plenty of leptin except the brain will not receive the message to burn the fat.

Thus, if you have become leptin resistant, despite your best efforts, you will not lose weight. Your brain will not get the message to burn fat for energy and your body will crave sugar for energy. This constant craving for sugar/carbs then causes the person to gain

further weight, thus the never-ending cycle that occurs for so many.

Often I see this with many people that go on the "fad diets." They will lose weight in the beginning but ultimately stall out and plateau.

### So what causes this resistance?

Dr. Shoemaker, one of the world's foremost authorities on biotoxic illness, believes that ninety-eight percent of those who are significantly overweight are leptin resistant, most of which he feels is due to toxicity.

Though this is only one of the major causes of leptin resistance, it is a crucial piece of the puzzle that is often never properly addressed. On top of not properly eliminating toxicity many Americans will fall into the trap of "diet foods," which actually add to the toxic onslaught!

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Along with toxicity, other known contributing factors include chronic inflammation, inadequate consumption of healthy fats, too much sugar, bad fats, and even medications.

**So how do we restore our leptin signaling and become a “fat burner”?**

- Address toxicity through eliminating everything that is artificial, or contains preservatives. This will eliminate a large source of the toxic onslaught to your body.
- Eliminate all sugars from the diet. This may sound simple but it’s often harder than many could imagine. Sugars can be hidden in many foods that one may not think to contain sugar.
- Reduce the causes of inflammation.

- Eat more “fat!” Yes that is not a typo, consuming healthy fats will actually help you lose fat. Healthy fats will help lower inflammation, aid in detoxification, and rev-up your metabolism.
- Eliminate the need for medications through restoring your health. While this may seem like a catch-22 at times, it is critical to realize that a person who truly gains freedom from that excess weight doesn’t get healthy by losing weight, they lose weight as a result of getting healthy!

So while this may seem relatively simple it comes down to understanding the critical details of a lifestyle and program that will effectively address all factors that control our leptin signaling. This will then allow for

maximum weight-loss through the restoration of health and hormonal functioning.

I hope that this article will give you the first steps and a better understanding of why you or someone you know may not be losing weight! Because we have only touched the surface of this considerable problem I would like to invite you to our Maximized Living Makeover on January 19th. This event will be held by over 350 offices nationwide and has given thousands of people the tools and knowledge to drop the weight. Contact Marathon Chiropractic for more details on the time and location for this event: (931)-591-2010 or email [drdalebrown@gmail.com](mailto:drdalebrown@gmail.com).

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Thor and Travis with Santa



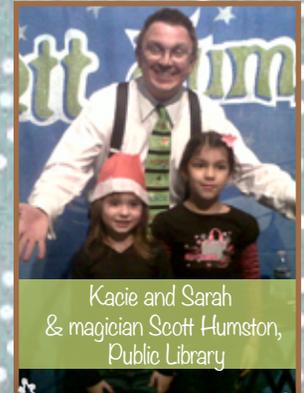
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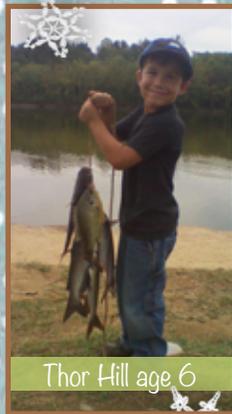
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Jaxsen is trying to mail himself to his daddy in Afghanistan.



Bethany Ayres, 5 at Dunbar Cave



Lea playing at Rotary Park



Addelin, 5 months



Skate Park

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

# A NEW YEAR—A NEW ADVENTURE!

by Brenda Hunley Illustrated by Willie Bailey

Storytime

Ranger Bill had sent a message to Dart the bluebird, Chester and Boomer chipmunk, and Lily the dragonfly to come see him at the clubhouse.

“Don’t forget we leave today promptly at 3:00 p.m.” he told them as they entered. Boomer was so excited he started jumping up and down. “Tell us again, Ranger, where are we going?”

A few days after Christmas, Ranger Bill told the friends that he was going on a trip and that they got to go with him! The Ranger had several meetings around the country and was going to be gone for a few months. Since it was official Woods of Dunbar business, they were going to represent the wildlife of the park area.

Ranger Bill smiled, “We are going to visit many different places, and make lots of new friends.”

“This afternoon, we get to fly in an airplane!” squeaked Chester.

“I’ve never been in anything that flew me!” laughed Dart.

“Me neither! I’m so excited that I couldn’t sleep a wink last night!” giggled Lily.

“We will be sleeping in our country’s capital tonight,” said Ranger Bill.

“Will we get to see the President?” asked Chester.

“Maybe!” answered Ranger Bill with a wink.

“That would be epic! The President of the United States in the same room as us, wow! What will we say, what will we do?” Chester asked, feeling a little bit nervous.

“I wonder what Mrs. Obama will be wearing! Oh! I must pack my new pink dress!” exclaimed Lily.

“We don’t know for sure if we get to meet with them or not until we get there. We are traveling light, okay, Lily?” laughed Ranger Bill. “Would you like to see your tickets?”

Ranger Bill showed them their tickets and the friends left to go home to get their things. A few hours later the Chipmunk, Bluebird, and Dragonfly families were waving goodbye to Chester, Boomer, Lily, and Dart as they pulled out of the park in the Ranger’s truck.

Waving goodbye Boomer started to cry. “I want to go, but I don’t know if I want to be away from home for so long. I will miss mom and dad.”

“We will send your families a postcard from each city we visit, that way they can keep up with where you guys are.”

“Can we write on the postcards too?” asked Lily.

“Yes, you can even draw them a picture of your adventures, and we will call home every so often too—okay?” smiled Ranger Bill, as he rubbed Boomer’s head.



“Boomer, I’m going to miss home too, but this is going to be so much fun! Think of all the stories and pictures we will have to share with our friends when we come back! Besides, you have us to keep you busy!” said Chester, giving his brother a playful punch in the shoulder.

Wiping a stray tear from his cheek Boomer started feeling excited as they traveled to the airport. As they got closer to Nashville, there were lots more cars and trucks to look at.

“Wow! Look at the big buildings!” exclaimed Chester.

“I see an airplane!” said Lily, pointing out the window.

“Why is everyone in such a hurry?” asked Dart.

“Are we there yet?” asked Boomer.

“Almost!” laughed Ranger Bill.

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Many questions later, the group pulled up to the airport. Parking the truck they waited for a bus to drive them to the terminal.

"It's cold out here!"

"That plane is getting closer! Is it going to land on us?"

"When is the bus coming?"

"There it is now. Everyone get your luggage, let's go!" said Ranger Bill, as he climbed inside.

The terminal was full of people; there was so much activity that the friends had to work hard to pay attention to where they were going. A nice lady took their tickets and luggage and gave them each a boarding pass for the plane. Then each one took their turn going through a scanner to make sure that they were safe to fly. It was rather fun, and once they were able to sit down and wait for their plane to come in; Ranger Bill treated them all

to a snack. There were big planes and little planes, and even different colored planes to look at.

Soon it was time to board, and everyone got in line. Ranger Bill took a middle seat and the friends all shared a seat right by the window. The flight attendant came by and told the friends that if they were really good on this flight then before they landed she would give them their wings.

"Wings? Does that mean I can fly like Lily and Dart?" asked Boomer.

"No, the wings are a sticker or a pin that you can put on your shirt so that everyone can see that you have flown with us," said the attendant.

"Mom, LOOK! I see animals on the plane!" said a little boy as he passed by the Ranger. "Are those your animals, sir?"

"Yes, they are going on a trip with me."

"See Mom, I told you we could have brought our dog!" mumbled the boy, as he took a seat further back in the plane.

As the plane taxied down the runway, the friends held hands until the plane was up in the air. "Yay! That was fun!" giggled Lily.

"Awesome! This is a lot higher than I have ever been before," added Dart, looking out the window.

"Everything is getting smaller, we are going into the clouds!" whispered Boomer.

"We did it! We are flying!" Chester said, climbing up on the armrest so he could see out the window.

The plane ride seemed to go by very quickly for the friends as the nice attendant brought them some juice and a cookie for a snack. Just as they were finishing up she was coming back to take their trash.

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“We will be landing soon! You all have been very good flyers today. I will have your wings up front for you when you get off the plane, ok?”

Boomer clapped his paws, but still sat very quietly in his seat. He was afraid if he got all excited he would lose his wings and he didn't want that to happen.

As the plane circled the airport and landed, the friends got their carryon bags, and hurried up front to get their wings.

“Bye-bye, now! Thanks for flying with us!” said the nice attendant, giving each one—including the Ranger—a pair of wings to wear on their shirts.

While waiting on the luggage to be unloaded from the plane, the Ranger let the friends ride up and down the escalator a few times. What a fun day so far!

They then got into a yellow car that the Ranger called a cab, and rode in it all the way to the hotel.

“Oh look! There is Abraham Lincoln! It looks just like it did in the museum movie!” said Boomer, with his nose stuck to the window.

“Wow! You are right! This is neat!” said Lily.

“Look! Over there! It's the White House!”

“We will go visit those places in the next day or so, okay?” said the Ranger. “Here is our hotel.”

Getting out of the car, the friends stood quietly while the Ranger checked them into the hotel and got their room key.

“Let's go find the elevator!” the Ranger said, rolling his luggage over to what looked like a clear box with doors.

The friends were amazed. The elevator was glass and it faced inside the hotel, so they could see all the rooms and the floors pass by as they went up. Once inside the room, the Ranger called downstairs and ordered pizza for their dinner. Four sleepy friends and one very tired Ranger shared their favorite part of their adventure so far, and then got ready for bed.

Good night, Ranger Bill!  
Goodnight, Chester and Boomer!  
Goodnight, Lily and Dart!

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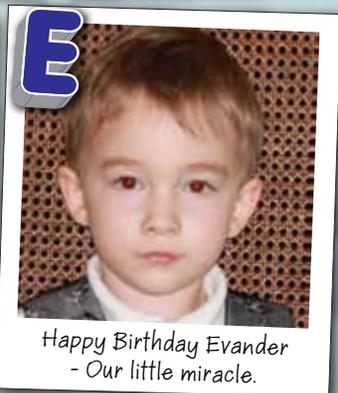
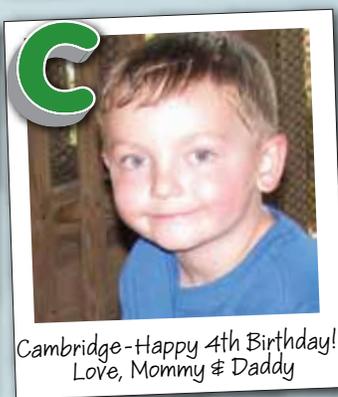
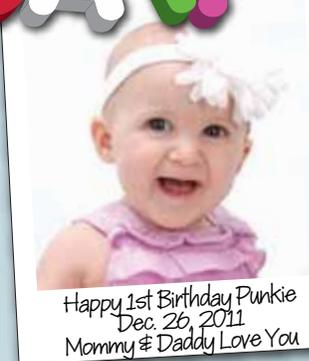
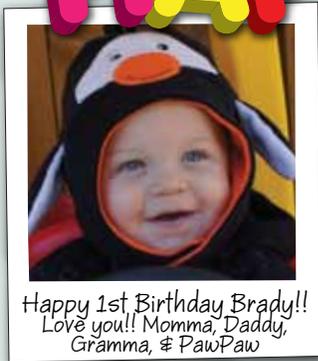
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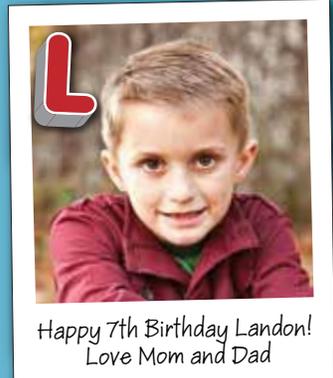
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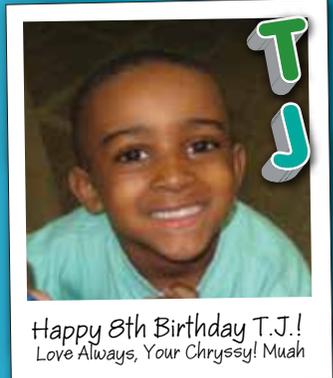
Happy 6th Bithday Kyonna Love, fa'zayah Mommy & Daddy



Happy 7th Birthday, Ava! Love you bunches, Mom, Dad, Magnus, Mae, and Lala



Happy 7th Birthday Landon! Love Mom and Dad



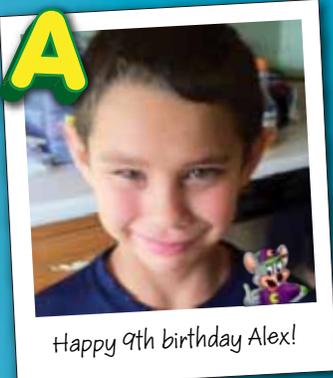
Happy 8th Birthday T.J.! Love Always, Your Chryssy! Muah



Happy 9th Birthday Lena! We Love You Ininity, Mommy, Daddy and Your Family!



Happy 9th Birthday, Bryanne Love, Mom Dad & Matthew



Happy 9th birthday Alex!



Happy 9th Birthday Ryan! Love U, Mom, Katie, Mawmaw, Pawpaw & Shane



Happy 9th Birthday Saige! Love, Daddy, Mommy & Lance! y



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

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

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

## DON'T FORGET TO SEND IN PICTURES FOR NEXT MONTH BY THE 15th!

Ongoing

**ALPHA CHRIST-CENTERED  
CHILDBIRTH PREPARATION**

January 23 through February 13, Mondays 6:30 p.m. to 9:00 p.m. Alpha is designed to be a comprehensive childbirth class, so that you will be prepared for your childbirth journey, whether that is in a hospital, a birth center, or at home. You will laugh, learn and pray with other believers while becoming informed and empowered together. We will help you replace fear with faith, tension and pain with relaxation and confusion with knowledge. If you REALLY want to know "what to expect when expecting," join us! Registration is open now.

Love My Baby Bump  
894 Hwy 76  
Contact: Heidi Duncan  
(615) 710-7077  
[expectingnewlife@yahoo.com](mailto:expectingnewlife@yahoo.com)  
[www.alphachildbirth.com](http://www.alphachildbirth.com)

**CELEBRATE RECOVERY**

Friday nights with refreshments at 6:15 p.m. and the meeting at 7:00 p.m. A Christ centered 12-step ministry.

Grace Church of the Nazarene  
3135 Trenton Road  
(931) 647-7768  
(931) 216-6644

**CLARKSVILLE CHESS CLUB**

6:30 p.m. Thursday evenings.

Freedom Deli  
2088 Lowes Drive  
Contact: Roy  
[clarksvillechessclub@charter.net](mailto:clarksvillechessclub@charter.net)

**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.). 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.

Enchanted Yarn Shop  
2327 Madison Street.  
(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. 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).

Hilldale Baptist Church Family Life Center  
250 Old Farmers Road  
[www.hilldale.org](http://www.hilldale.org)

**HABIT FOR HUMANITY  
HOMEOWNERSHIP**

Partner applications for 2012 homeownership are available Monday through Friday, 9:00 a.m. to 4:00 p.m. Basic criteria are stable income to afford home

mortgage, willingness to partner and currently living in unsuitable housing.

400 Madison Street  
(931) 645-4222  
[www.habitatmctn.org](http://www.habitatmctn.org)

**HOPE RIDERS BIKER CHURCH**

Church every Sunday morning at 9:30 a.m. 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.

Rider Edge Classroom Behind Appleton's Harley Davidson  
2501 Hwy 41A Bypass  
Contact: Pastor Ron  
(931) 801-0379

**INDOOR AQUATIC CENTER  
OPENING SEASON**

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. Admission is \$3 weekdays, \$5 weekends.

New Providence Pool  
166 Cunningham Lane  
[www.cityofclarksville.com/parks&rec/swimming.php](http://www.cityofclarksville.com/parks&rec/swimming.php)



Come in &  
de-stress  
after the  
holidays...

Treat yourself right!



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

Eden Day Spa & Salon  
150 Hillcrest Dr. Clarksville, TN  
931-552-2313

**GOVERNOR'S SQUARE MALL**



**January Events**

**Winter Auto Show**

January 13-15, Mall Hours, Mallwide

Looking for a new car? Come on out to Governor's Square Mall to see what local car dealers have to showcase in the Auto Industry for 2012.

**Sunburst Beauty Pageant**

January 21, 4pm, New Food Court

Be discovered! \$3,000,000 in prizes and awards yearly! Girls: Ages 0-27 years, Boys: Ages 0-3 years. You may enter one hour before the contest starts. Pick up information at the Customer Service Center prior to event date! Or visit the pageant web site: [www.ModelsSearchContest.com](http://www.ModelsSearchContest.com).

**Winter Festival**

January 28, 2pm-6pm, New Food Court

Be sure to bring the kids out to Governor's Square Mall for some fun. There will be an inflatable from Space Walk of Clarksville, face painting, and a craft.



10am to 9pm, Mon.-Sat. • Noon to 6pm, Sun.  
2801 Wilma Rudolph Blvd. • Clarksville, TN • 931.552.0289  
[www.governorssquare.net](http://www.governorssquare.net) • [www.mallgiftcards.net](http://www.mallgiftcards.net)

**JUNIOR TEAM TENNIS LEAGUE**

1:30 p.m. to 3:00 p.m. Sundays for most of the school year. This free league (for kids 10 years old and under) uses the QuickStart Tennis format.

APSU Tennis Indoor Center  
(931) 221-6101  
tabetm@apsu.edu

**January**

**1 SUNDAY NEW YEAR'S DAY**

**2 MONDAY LET'S TALK BOOKS**  
12:00 p.m. to 1:00 p.m.

Clarksville-Montgomery County Public Library  
350 Pageant Lane  
(931) 503-0526

**3 TUESDAY FREE BREASTFEEDING CLASSES**

11:00 a.m. 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.

Montgomery County Nutrition Education Center (WIC) Breastfeeding Room  
1850 Business Park Drive #103  
(931) 551-8777

**9 MONDAY SUPPER TO SAVE A LIFE**

Come and help us spread the grass roots of chiropractic by bringing your loved ones to Cumberland Grille for supper on us while gaining a better understanding of how chiropractic care can save a life. Call to reserve your seat.

Cumberland Grille  
1503 Madison Street  
(931) 591-2010

**13 FRIDAY WINTER AUTO SHOW**

Mallwide, mall hours through Sunday, January 15. Looking for a new car? Come out to see what local car dealers have to showcase in the auto industry for 2012.

Governor's Square Mall  
2801 Wilma Rudolph Boulevard

**16 MONDAY MARTIN LUTHER KING, JR. DAY**

**19 THURSDAY FREE BREASTFEEDING CLASSES**

1:00 p.m. 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.

Montgomery County Nutrition Education Center (WIC) Breastfeeding Room  
1850 Business Park Drive, Suite 103  
(931) 551-8777

**MAXIMIZED LIVING MAKEOVER**

6:00 p.m. 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 and register for this event today!

Marathon Chiropractic

**Chick-fil-A Madison Street**  
1626 Madison Street  
(931) 648-4468

**Spirit Nights**

**10 TUESDAY 4:00 p.m. to 8:00 p.m.**  
**Moore Magnet**

**12 THURSDAY 4:00 p.m. to 8:00 p.m.**  
**Sango Elementary**

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

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

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

**Events**

**9 MONDAY 6:00 p.m. to 8:00 p.m.**  
**Lydia Walker Concert**

1715 Wilma Rudolph Boulevard  
(931) 591-2010

**21 SATURDAY SUNBURST BEAUTY PAGEANT**

4:00 p.m. Be discovered! \$3,000,000 in prizes and awards yearly. Girls: ages 0-27 years; boys: ages 0-3 years. You may enter one hour before the contest starts. Pick up information at the Customer Service Center



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Kickball isn't just for recess anymore! Sign up - Play!!

Interested in  
**Adult Softball and/or Kickball?**  
Join us for the organizational meeting on Saturday, January 28th at 2 p.m. in the Burt-Cobb Community Center.

Registration for both **Adult Kickball & Softball Leagues** begin January 30.

Deposits to reserve a spot in the league are due **February 10**

|       |                                     |
|-------|-------------------------------------|
| Phone | 931.645.7476                        |
| Web   | www.cityofclarksville.com/parks&rec |

prior to event date, or visit the pageant web site: [www.ModelSearchContest.com](http://www.ModelSearchContest.com).

Governor's Square Mall Food Court  
2801 Wilma Rudolph Boulevard

## 24 TUESDAY

### DAR CHAPTER MEETING

1:30 p.m. refreshments with program and business meeting starting at 2:00 p.m. The program will be "Discovering Your Ancestors." 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.

Clarksville-Montgomery County Public Library  
350 Pageant Lane  
[CaptWilliamEdmiston@tndar.org](mailto:CaptWilliamEdmiston@tndar.org)

### HELP YOUR CHILD FLOURISH FREE SEMINAR

7:00 p.m. to 8:00 p.m. Free, limited to 25 attendees. See ad on page 22 for full details. Don't miss out

on great information that can help your child be more successful. Register by web, email or calling.

Beyond the Books  
2535 Madison Street Suite F  
(931) 249-2330  
[beyondthebooks@cdelightband.net](mailto:beyondthebooks@cdelightband.net)  
[www.beyondthebooks.info](http://www.beyondthebooks.info)

## 26 THURSDAY

### CRAFTSY.COM MEETUP PARTY

5:30 p.m. This is a world-wide event and Enchanted Yarn Shop is the host for Clarksville. Open to all crafty people, not just knitting. The party is also an open house launch for our new department, Domestic Arts Emporium. It is exactly what Clarksville has been waiting for!

We do need an RSVP at [www.meetup.com/Craftsy](http://www.meetup.com/Craftsy) and all the details about the event are on that site.

Enchanted Yarn Shop  
2327 Madison Street.  
(931) 553-9000

## 28 SATURDAY

### WINTER FESTIVAL

2:00 p.m. to 6:00 p.m. Festival for kids offering a bouncy house

from Space Walk of Clarksville, face painting and games from our FAB Members.

Governor's Square Mall Food Court  
2801 Wilma Rudolph Boulevard

## 30 MONDAY

### FREE HEALTHY RECIPES

6:45 p.m. We will provide recipe options for everyone from the Maximized Living Nutrition Book. This is a free event and everyone is welcome. Call to reserve your seat!

Marathon Chiropractic  
1715 Wilma Rudolph Boulevard  
(931) 591-2010

## February

## 11 SATURDAY

### 3RD ANNUAL CLARKSVILLE AREA CHAMBER OF COMMERCE HOME & GARDEN SHOW

9:00 a.m. to 6:00 p.m. Excellent opportunity to meet vendors throughout the industry that can assist with home improvement projects, landscaping ideas and what is new and fashionable. Let us help you make your house a home. \$1,000s in giveaways.

Austin Peay State University's Foy Center  
259 Marion Street  
(931) 245-4339  
[clarksvillechamber.com](http://clarksvillechamber.com)

## 12 SATURDAY

### 3RD ANNUAL CLARKSVILLE AREA CHAMBER OF COMMERCE HOME & GARDEN SHOW

12:00 p.m. to 6:00 p.m. Excellent opportunity to meet vendors throughout the industry that can assist with home improvement projects, landscaping ideas and what is new and fashionable. Let us help you make your house a home. \$1,000s in giveaways.

Austin Peay State University's Foy Center  
259 Marion Street  
(931) 245-4339  
[clarksvillechamber.com](http://clarksvillechamber.com)

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

# GOLF LESSONS

All ages  
all skill levels



Whether you're struggling to find your game or a beginner looking to learn the basics.

Instruction given by local golf champion,  
**Rob Long**  
By appointment only  
**(931) 338-1654**



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### Rachel Phillips

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[rachel@clarksvillefamily.com](mailto:rachel@clarksvillefamily.com)

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

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.

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Come see us at either of our locations:

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

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

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

**EXHIBITS:**

**Richard LeFevre: The Civil War Series**

LeFevre's paintings from the collection of UT Knoxville document the important battles of the Civil War, including those at Gettysburg, Chattanooga, Vicksburg, Shiloh, Chickamauga, and Knoxville.

*On exhibit now through March.*

**Bold Expressions: Paintings by Larry Martin**

Clarksville artist Larry Martin creates bold, richly colored paintings.

*Opens January 6th.*

**Assemblages: The Art of Sandra Paynter Washburn**

This exhibit features mixed media paintings, sculptural pieces and jewelry by

nationally known artist Sandra Paynter Washburn.  
*Opens January 11th.*

**The Wooden Plane: From the Collection of Terry Strange**

See antique tools dating back to the late 1700's.  
*Starts January 12th.*

**A-B-C: Items from the Collection**

Various objects from our collection represent the letters of the alphabet.  
*Opens January 19th.*

**ACTIVITIES: "Snowflake Special"**

**Model Trains**  
 The "Snowflake Special" trains will be running every Sunday from 1:00 p.m. to 4:00 p.m. through February.

**"Let's Find Boats"**

January 11th & 12th, 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 boats,

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

**Sunday Family Fun - "Indoor Bird Watching"**

January 22nd, 1 – 5 p.m.  
 Too cold to go outside to look for birds? Visit the Dewald Gallery to find our beautiful porcelain Boehm birds; then drop by the Coca Cola Café to make an eagle, an owl, or other birds to take home. Free with paid admission or museum membership. For more information contact Sue Lewis at (931) 648-5780.

**Art & Lunch Film: Joan Mitchell: Portrait of An Abstract Painter**

Thursday, January 19th, 12:00 p.m. in the Turner Auditorium  
 One of the great abstract painters of the 20th

century, Mitchell was an active participant of New York's dynamic Abstract Expressionist scene. This elegantly edited documentary weaves together interviews with the acerbic Mitchell and other leading painters and critics, while letting her stunning pictures dominate the film. Free Admission. Bagged lunches welcome. In conjunction with the exhibit **Assemblages: The Art of Sandra Paynter Washburn.**

**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 Pottery ROOM**  
 Paint It Yourself Ceramic Studio

2214 A Madison St. Clarksville, TN  
 3863-A Trenton Rd. Clarksville, TN

Come check us out! [www.thepotteryroom.com](http://www.thepotteryroom.com) (931) 920-4777

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

**Grand Opening**  
 All new Trenton location: January 3, 2012  
**PARTY ROOM** and an all new Silver Clay Jewelry line!

Empty Bowls have arrived & are ready to paint!

See website for hours for each location.

**1/2 off Studio Fee**  
 At both locations  
 Madison Street  
 Trenton Road  
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www.roxyregionaltheatre.org

### HAPPILY EVER AFTER

Tales of The Brothers Grimm, including "Snow White," "The Bremen Town Musicians," "The Hare and The Hedgehog," "The Elves and The Shoemaker" and "Hansel and Gretel," adapted for the stage by John McDonald. The children in the audience will have a say in choosing the order of these classic children's stories.

2:00 p.m. January 14, 21 & 28 and February 4 & 11.

### I LOVE YOU, YOU'RE PERFECT, NOW CHANGE

BOOK AND LYRICS BY Joe DiPietro; MUSIC BY Jimmy Roberts

"Say, what are you doing Saturday night?" A hilarious musical revue pays tribute to those who have loved and lost and to those who have fallen on their face at the portal of romance. This celebration of the mating game takes on the truths and myths

behind that contemporary conundrum know as "the relationship."

February 10, 11\*\*, 15, 16, 17, 18\*, 22, 23, 24, 25 & 29 and March 1, 2 & 3.

### Curtain Times

7:00 p.m. Wednesday and Thursday  
8:00 p.m. Friday and Saturday  
\* Saturday matinee at 2:00 p.m.

\*\* SPECIAL VALENTINE'S PERFORMANCE

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.

## Christmas Merchandise

**50% off**

During the month of January

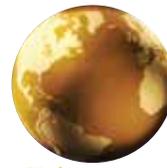


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## ADOPTION & FOSTER CARE

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

**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.

**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**  
Meetings on the first Wednesday of every month at 10:00 a.m. at the Clarksville-Montgomery County Public Library meeting room, 350 Pageant Lane, except in July on the 5th and in November on the 8th. All breastfeeding mothers and mothers-to-be interested in breastfeeding are welcome. Babies are always welcome at meetings. For information, support and to answer questions call Gini Robbins at (931) 906-8946.

**NINE MONTHS & BEYOND**  
A comprehensive source for pregnancy, birth, breastfeeding and early parenting education and resources. Offers birth tub rentals, breastpump rentals, babymoon vacation and spa packages, and birth plan consultations. Micky Jones, BS, CLE, CLD, CHBE, CAPP Lactation 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 discounted rate. 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 128 North Second 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.cctenn.org](http://www.cctenn.org).

## DEPARTMENT OF CHILDREN'S SERVICES

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

## LEGAL AID SOCIETY

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

## MONTGOMERY COUNTY CHILD SUPPORT SERVICE

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

## SAFEHOUSE

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

## CHILDREN'S GROUPS

### 4-H YOUTH DEVELOPMENT

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

### BOY SCOUTS OF AMERICA

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

### GIRL SCOUTS OF 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

### 101ST AIRBORNE DIVISION ASSOCIATION ONCE AN EAGLE...ALWAYS AN EAGLE

The 101st Airborne Division Association is a non-profit organization, which was organized by General Maxwell D. Taylor, Division Commander and first President of Association, and the other members of the division at the end of World War II. Many of the founders of this great organization are still members today, along with many of their widows, children, grandchildren, and foreign friends who were liberated by the division during WWII, and other supporters who are assisting in carrying on the legacy of the 101st Airborne Division.

The 101st Airborne Division Association welcomes all Screaming Eagles, from the original veterans to the active duty troopers of today, regardless of where or when they served. In addition to uniting all generations of Screaming Eagles, the association links all units that are now, or were previously assigned or attached to the Division.

Association contributions include: Provided design, funded and constructed the Division Memorial at Arlington National Cemetery in memory of all fallen Screaming Eagles; provided design, funded and constructed the Division Monument at Ft. Campbell in honor of all Screaming Eagles, past, present and future; raised \$200,000 (and counting) in support of troopers and their families during Enduring Freedom/Iraqi Freedom

He may need your foot steps to follow.

# Volunteers Needed

Providing quality mentoring for Clarksville's Youth.

Big Brothers Big Sisters of Clarksville is looking for volunteers to be a part of our program. If you are interested in being a friend to a child and can devote at least 4-8 hours a month, please call our office at 931.647.1418.

Little Moments Big Magic Big Brothers Big Sisters

931.647.1418 • Peachers Mill Rd. • Clarksville, TN

deployments; supporting families at Ft. Campbell through the Association's Screaming Eagle Support Fund, which also provides quality of life enhancements for single soldiers under the Better Opportunity for Single Soldiers (BOSS) program; providing annual scholarships to Screaming Eagle family members for over forty years; ongoing activities and tours bringing Screaming Eagles together; regional and unit-based chapters throughout the country; magazine and website for information and use by all units/members.

As a member of the Association, you will be helping us carry on the legacy that our comrades began back in World War II. Some benefits that the 101st Airborne Division Association members receive include: Chappie Hall Scholarship eligibility; annual college scholarships are awarded to Association members, family members or descendants of Association members; Screaming Eagle Support Fund for soldiers in need; if you so chose, the Screaming Eagle publication will be mailed to you four times a year; voting rights and a voice in the operation of the Association; eligibility to purchase military and 101st Airborne Division items and memorabilia from our National Association store; attend our many social functions along with many veterans of the 101st Airborne Division; membership pin; membership card; membership decal and History of the Division.

For more information on the benefits of being a member or the service the Association offers contact the office between 8:00 a.m. and 4:00 p.m. Monday through Friday at (931) 431-0199 or at our website [ScreamingEagle.org](http://ScreamingEagle.org).

### ALL NATIONS BIBLICAL STUDY CENTER

Offers tuition-free Bible courses to the community in the major fields of biblical research. Spring Courses include How to Study the Bible, Paul and His Letters: The Later Years, New Testament (Koine) Greek II and A Journey Through John. Classes meet for 1 ½ hours weekly, beginning January 30. Four 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](http://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@clarksvilleresstore.org](mailto:donation@clarksvilleresstore.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
- Enfocando autism support group
- Notary services
- Parenting classes
- Third Thursday food pantry
- Clothes closet
- Translations
- Women empowerment classes
- Youth mentorship
- Gang prevention training

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

### HOPE CENTER

A community service branch of the Family Guidance Training Institute, Inc. provides a number of community activities to include summer camps for seriously emotionally disturbed children, S.T.E.P. into the Light, a women's holistic wellness group, and Women's Share community. The Hope Center also offers a multitude of workshops for community organizations. For further information regarding our programs, please 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.traeyc.org](http://www.traeyc.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,



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

(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 TENN KY 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 is for ALL types of moms including those who work full-time. The site offers chatting online in a private forum—discussing everything from the best photographers to the worst temper tantrums and all that lies between—and meet-ups regularly at member-driven events around the area. And best of its all FREE! Everything—online support, playgroups, and MNOs are all FREE! [ClarksvilleMommies.Com](http://ClarksvilleMommies.Com) is part of TheMommiesNetwork, a 501-C(3). Register to be part of ClarksvilleMommies!

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

CHARA is a support group for families who have chosen to educate their children at home. Monthly meetings for parents and children are held at Hildale Baptist Church, 2001 Madison Street. Additional activities are held throughout the year. For more information visit [www.orgsites.com/tn/chara](http://www.orgsites.com/tn/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/ClarksvilleAreaHome](http://groups.yahoo.com/group/ClarksvilleAreaHome)

[SchoolNews/](#)

### **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 on the first Wednesday of every month at 10:00 a.m. at the Clarksville-Montgomery County Public Library meeting room, 350 Pageant Lane, except in July on the 5th and in November on the 8th. For information, support and to answer questions call Gini Robbins at (931) 906-8946.

### **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 [ftcampbellmops@gmail.com](mailto:ftcampbellmops@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-Coordinator, email [hilldalebaptistmops@gmail.com](mailto:hilldalebaptistmops@gmail.com), visit [www.hilldale.org](http://www.hilldale.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 preventive health care solutions to families facing the challenges of a high-risk pregnancy or having an infant or child in critical care. Call (615) 365-7004.

### **SHARE (SECLAR HOMESCHOOLERS: ANY RELIGION, ECLECTIC)**

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

### **TENNESSEE EARLY INTERVENTION SYSTEM (TEIS)**

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

### **WIC NUTRITION EDUCATION CENTER**

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

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

Meets on the 2nd Thursday of each month at the Golden Corral Restaurant, 2811 Wilma Rudolph Boulevard. We gather to eat at 11:00 a.m. with the business meeting starting at 12:00 p.m. We have a private area reserved, always have a speaker, and guests are always

welcome. NARFE's mission is to preserve and protect the earned benefits of all Federal Employees and Retirees. We are the ONLY organization that works to protect the earned benefits of ALL Federal Employees, Retirees and their families. If you are now receiving, or expect to receive, a federal retirement annuity, then you should join us as a member and help us actively preserve our federal benefits. We need your support to increase our overall membership numbers. NARFE works on the national and state levels in Congress to propose and oppose legislation in the interest of the federal employee and retiree. With over 300,000 members nationwide and over 4,400 in Tennessee, we are a strong voice in Washington, DC. Please contact JC Whitney at (931) 358-4855 or e-mail at [jcwhitney@cdelightband.net](mailto:jcwhitney@cdelightband.net) for more info.

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

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

### **ARMY COMMUNITY SERVICE**

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

#### **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) 320-9869 or e-mail [info@clarksvillefamily.com](mailto:info@clarksvillefamily.com).

What's going on in January at  Madison Street!

Season up your lunch with a warm bowl of our **NEW** Chicken Tortilla Soup



#### **Fundraiser Nights Spirit Nights:**

Tues. 1/10: Moore Magnet Elem. 4-8pm

Thur. 1/12: Sango Elementary 4-8pm

Tues. 1/17: East Montgomery Elem. 4-8pm

Thur. 1/19: Barksdale Elementary 4-8pm

Fri. 1/20: CHS JROTC 4-8pm

\* Lydia Walker will be in concert on Mon., Jan. 9th, 6-8pm

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Child's Name \_\_\_\_\_ Age \_\_\_\_\_  
 Parent's Name \_\_\_\_\_ Phone# (\_\_\_\_) \_\_\_\_\_  
 Parent's Signature \_\_\_\_\_ Email \_\_\_\_\_  
 Mailing Address \_\_\_\_\_ Apt. # \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**What you can win:**

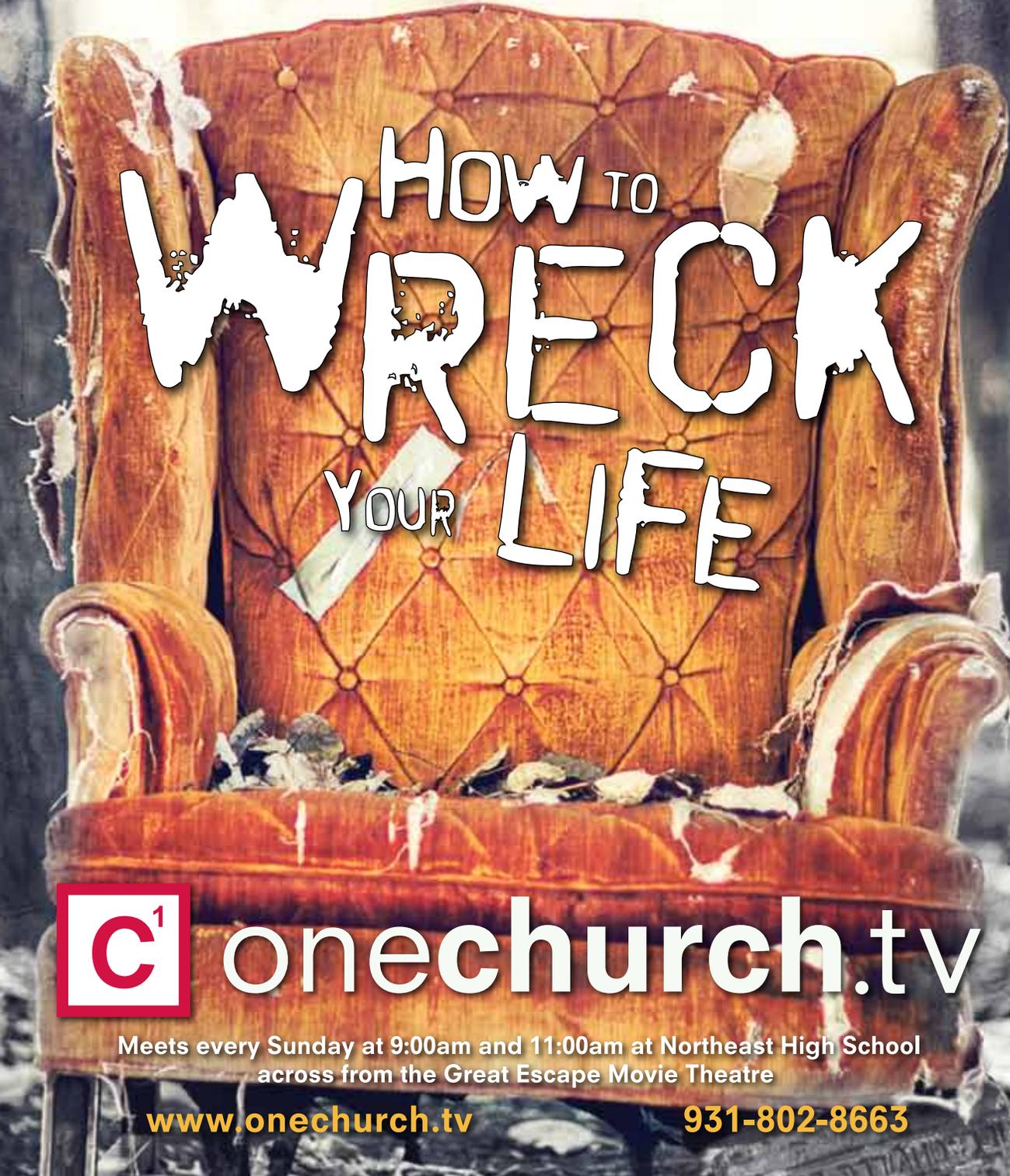
A Chick-fil-A Fun Pack that includes a kids meal, a cool 8-1/2" Chick-fil-A plush cow and other Chick-fil-A goodies!

|  |  |  |  |
|--|--|--|--|
|  <p><b>ENTRY:</b></p> <ul style="list-style-type: none"> <li>• Contest open to children ages 12 and under.</li> <li>• One (1) entry per person per contest, please.</li> <li>• To enter, either color the picture on this page or download and print it from <a href="http://clarksvillefamily.com">clarksvillefamily.com</a>, color it in however you like, and return your entry to Clarksville Family Magazine for judging.</li> </ul> | <p><b>YOU CAN SEND YOUR ENTRY (VIA U.S. MAIL) TO:</b><br/>         Coloring Contest<br/>         PO Box 31867<br/>         Clarksville, TN 37040</p> <ul style="list-style-type: none"> <li>• Be sure to include child's name, age, address, phone number, and e-mail address so that winners may be notified.</li> </ul> <p><b>Contest ends 1/15/12</b></p> | <p><b>JUDGING:</b></p> <ul style="list-style-type: none"> <li>• Entries will be judged every other month, and prizes will be awarded accordingly.</li> <li>• Entries will be judged on the basis of creativity.</li> <li>• Eight prizes will be awarded in three age categories: ages 3 and under, ages 4-6, 7-9 and ages 10-12.</li> <li>• <b>Prizes may ONLY be claimed at the Madison Street location.</b></li> </ul> | <p><b>WINNERS:</b></p> <ul style="list-style-type: none"> <li>• Winners will be announced in the <b>February 2012</b> issue of Clarksville Family Magazine.</li> <li>• Each winner will receive the following prize for their winning contest entry: Chick-fil-A Fun Pack as well as their name and winning artwork printed in the next issue of Clarksville Family Magazine.</li> </ul>  |
|--|--|--|--|

**\*\*Tip:** Magic marker works best on the slick magazine paper. Best option for using crayons is to download and print onto regular paper.

Nobody plans for it to happen, but life can get pretty messy. Trouble with our relationships...harmful habits...feeling far from God...we look back and wonder, "How did I end up here?" Starting down that path is easier than you might think, unless you know what to look for.

Thousands of years ago an extremely wealthy guy named Solomon wrote down his thoughts in his journal called Ecclesiastes. As we take a 'sneak peek' at his diary, we will discover some ways to get life really right and some ways to get it really wrong. If you want to make sure you are getting it right, then don't miss a single week this January of our teaching series ***How to Wreck Your Life.***



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