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(from left to right) Mom Ada Contreras with Nathan Aidan, Rowlan Cash.
Mom Natasha Perez with Karlie, Dylan and Corbin.
Mom Laura Finley with Avari Nichols.

Photography by Courtney Zenner



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Publisher's Message

You may look at the cover this month and think that there are three moms and six kids in Halloween costumes. But in reality, these super cool moms are part of Clarksville's own Roller Derby team, The Red River Sirens. To read all about them check out Pamela Magrans' article on page 6.



Taylor Lieberstein interviewed Dr. Mark Green about the night he spent with Saddam Hussein on the night of his capture. Read more about that and the missions leading up to it on page 16.

As much as I love summer, I have to say I am glad for some cooler fall temps and eager to see the changing leaves, and yes HALLOWEEN! The City of Clarksville will have it's annual Fright on Franklin on Saturday, October 27th, complete with candy, costume contests and all around free fun for the whole family, so make sure you don't miss it!

As always, thank you for picking us up, we hope you enjoy this issue.

Sincerely,
Carla Lavergne

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The opinions expressed by articles, advertisements and listings in this magazine are not necessarily the views of Clarksville Family. Reasonable care has been taken to ensure the information presented is accurate, but no responsibility can be taken by Clarksville Family Magazine if it is not.

Clarksville Family

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

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BLOCKERS AND JAMMERS: BALANCING MOTHERHOOD AND DERBY LIFE AS A RED RIVER SIREN

by Pamela Magrans

The sound of wheels striking the rink floor reverberates over the murmur of children's voices. The skate rink is full of skaters, but children are not allowed on the rink tonight. Instead, the children grab a handheld game, or for the younger ones—some paper and crayons. A few of the children run around and play in between looking up over the wall to peek at Mommy as she prepares for the next bout.

Helmet strapped, kneepads secured, and roller skates laced up tight, the Red River Sirens resemble hockey players on estrogen.

Roller derby consists of ten skaters (five from each team) racing around the track. The two jammers, designated by a star on their helmets, wait at the jammer

line for the whistle that marks their take off. Ahead of them the pack skates around the track. As the



jammers take off and approach the pack each is in a tight race to pass the pack and score a point. But ahead of them the opponent's

blockers are trying to build a wall—to restrict the opponent's ability to pass and to allow room for their own jammer to pass. The team plays offense and defense simultaneously. What results is a high intensity rough bout of skating as the jammers each try to be the first to pass the pack.

As the moms collide with one another in practice, the children watch and learn. The children may think Mommy is just skating—to

them this might just seem like fun and games. The rapid crossovers, hip whips, and shoulder blocks may seem like rough play. But their mom's chosen sport echoes much about motherhood. Life too is a derby—full of blockers and jams. Sometimes we just need our sisters to clear the way, block obstacles and help us make the scoring pass. We need one another. We can't get past the jam without someone protecting our back and making a way for us.

This is what the Red River Sirens epitomize.

Who are the Red River Sirens?

The Red River Sirens are more than just a roller derby team, they are a team of local women, working both in the rink and in the community to demonstrate that team is family.

Roller derby is a contact roller skating sport that originated in the mid 1900s and grew in popularity in the 1970s. Although it originated as a male and female sport, today women dominate the sport. For several decades the sport seemed to be in decline, but over the last ten years more local derbies are forming nationwide and this roller skating sport is turning out to be a new competitive sport for moms.

Inspired by the nearby Red River and the lovely, yet barbaric sirens from Greek mythology, our local Roller Derby Team is appropriately called the Red River Sirens. As their name implies, this team celebrates all that is dangerous! The members enjoy an eccentric sport full of adrenaline, competition and roughhousing. But success in the sport requires strategy, agility, and athleticism.

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Come and watch a bout—"The Booby Trap" for breast cancer awareness

On Saturday, October 20th the Red River Sirens are hosting a bout called "The Booby Trap. Danger is abreast" at the Magic Wheels

Skating Rink on Fort Campbell Boulevard. Doors open at 6:00 p.m. and the first bout will begin at 7:00 p.m. The bout is named in honor of breast cancer awareness month. Fans are encouraged to wear pink and help show support for our local breast cancer survivors. Kids 12 and under enter for free. Adults pay \$10 at the door or tickets can be pre-purchased for \$8 from team members. Tickets can also be purchased at several hubs around town.

Three of our Red River Sirens, along with their children, dressed for Halloween, are pictured on the cover of this issue of Clarksville Family Magazine. They are decked out in their roller derby gear in anticipation for "The Booby Trap"

bout on October 20th. But these three Sirens are only a few of the many local moms who love a derby life.



These women, many who are mothers, are balancing motherhood, jobs and derby—reminding us that it is healthy to be passionate about something. In roller derby there is a tradition that each member has her own unique

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roller derby name. Roller derby offers a calling and a name that makes them each stronger more confident moms.

Meet Lil' Azzassinada

Ada Contreras is a 32-year-old mother of two who joined the Red River Sirens two years ago.

"My husband had just returned home from deployment and missed my birthday so I asked him for a pair of skates and gear as a gift. He thought I was crazy. He told me I was too nice for derby," said Ada. She has since proven that even "nice" girls can derby.

"At the time my baby was five months old and I was ready for some motivating exercise to get back into shape," said Ada. "Roller



derby is my outlet—my 'me' time. I have found myself gaining strength and confidence. I don't get burned out because derby recharges my battery. Plus, I wouldn't trade the sister bond we as a team have. These girls have become a part of my family," she said.

Ada's two children (Nathan and Rowlan) enjoy watching their mom derby. "My seven year old thinks that it's cool that I do this. He loves to skate, so now we go to open skate at the rink and it's nice bonding time," said Ada.

Meet Cole'd Hearted

Natasha Perez is a 28-year-old mother of three. She joined the Red River Sirens just nine months ago, but she comes to the team with over three years experience. She was on a roller derby team in Taco, Washington before her husband was stationed here in Clarksville.

Like Ada, Natasha also found that roller derby was a positive activity to fill time while her husband was deployed. "My husband was deployed and I was looking for

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something new for the kids and I to get involved in," she said. So Natasha began volunteering with the derby.

"I like a good workout and roller derby is a great place to release everyday aggressions," said Natasha.

Natasha's children (Karlie, Dylan and Corbin) attend the Monday and Wednesday evening practices. They know that they have to sit down and do their homework first. Then they can do whatever they want to pass the time. Sometimes they play handheld games; sometimes they color.

"They understand that this is mommy's time, but they also know I am right there if they need help with anything. As a team family we help out with each other's kids too," said Natasha.



Meet Wanda B Lethal

Laura Nichols is a 31-year-old mother who joined the Red River Sirens two years ago. Her seven-

year-old daughter, Avari, enjoys the roller derby practices. "My daughter gets excited about practice because she gets to spend time with her friends. She is also my biggest fan," said Laura.

For Laura, the camaraderie is the most rewarding part of roller derby. "Being a single parent, with no family around, can be tough. However, I know I can rely on my team to always be there for me, for whatever I might need. I consider them all family, sisters," she said.

"The second greatest reward is the exercise. Roller derby is very physical, and will push you above and beyond your limits. It's very rewarding to meet those goals and accomplishments with the help of your sisters," said Laura.

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But being a roller derby mom does not stop on the rinks. The Red River Sirens participate in local events as well.

“We also have events on the weekends sometimes, and most of them are family friendly, so my child can tag along. We get to help the community together, and I think that’s a very important thing to teach your child—volunteerism,” said Laura.

To learn more...

The Red River Sirens recently participated in the Riverfest Regatta. A few of the Sirens oared down the Cumberland in their mermaid-themed, homemade boat, while their teammates cheered them on from shore. The team won the Cardboard Queen award this



year. The team also participated in the Bikers Who Care Toy Run and helps out in other local community events.

The moms who call themselves Red River Sirens know that finding time for themselves, teammates and families requires balance. Balancing on those tightly laced up skates while avoiding collisions with the other skaters, they form

an alliance and block whatever interference might try to trip them up. The Red River Sirens live the philosophy of roller derby—embracing a life of camaraderie and vivaciousness both on and off the rink.

To learn more about how to become a Red River Siren or to see their upcoming events, visit www.clarksvillerollerderby.com.

If you’ve never seen a roller derby match come watch Clarksville’s own Red River Sirens in “The Booby Trap” on October 20 at Magic Wheels—and don’t forget to wear pink!

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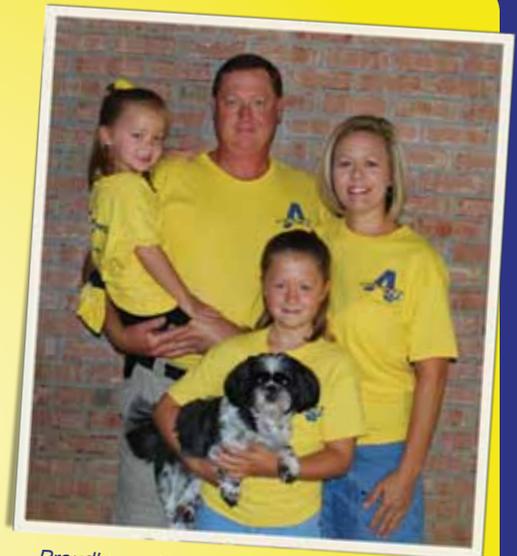
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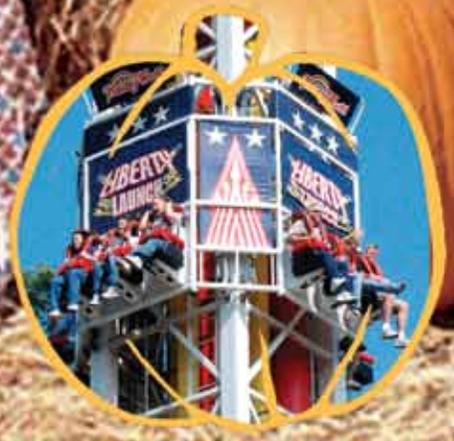
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MARK GREEN SPENDS A NIGHT WITH SADDAM

by Taylor Lieberstein

Life is made up of a series of defining moments. These seemingly go unnoticed more often than not. There are no celebrations for these types of moments, they come and go and the world spins on.

Many of these big moments have shaped Mark Green into the father, doctor, husband and community leader that he is today.

One in particular was the moment the Task Force commander came in and asked Green to sit overnight in a cell with Saddam Hussein hours after his capture by American forces. The six hours Green spent breathing in the same air as Saddam has forever changed him.

After graduating from West Point with a degree in business, Green served as an infantry officer, eventually commanding a rifle company in the famed 82nd Airborne Division. While in command, his father's life was saved by a surgeon, profoundly impacting



him and leading him to seek a degree in medicine. Following his residency in emergency medicine, Dr. Green was assigned as the flight surgeon for the 1st Battalion, 160th Special Operations Aviation Regiment. Green served alongside some of the nation's most elite soldiers on two tours in Operation Iraqi Freedom and one in Operation Enduring Freedom. He participated in planning and providing medical coverage for some of OIF and OEF's most covert operations.

Green, then a U.S. Special Operations flight surgeon, handled medical plans and casualty care for the task force charged with capturing Saddam. His role in this particular operation was to fly on the mission with them and be prepared in case anyone got hurt. For that particular mission, he was in the helicopter covering the target when they announced that they had "big jackpot." He had been pulled from an eight-foot deep "spider hole" near his tribal hometown of Tikrit, Iraq.

Green spent almost six hours talking with the ruthless dictator that night. Green authored a book about his experience, *A Night With Saddam*. Originally he had simply wanted to document his experience for his children. However, that documentation turned into a book that has allowed him to share his interview and some of the missions that led him to Saddam.

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Green told *Clarksville Family* about the book and his experience with the capture of Saddam—a major turning point in the War on Terror.

What was the first event to occur after his surrender, and how did you become involved with Saddam?

Once he surrendered, [Saddam] was flown back to our interrogation facility and got cleaned up, shaved, and had a physical exam administered by the medical officer on duty. When that doctor finished, there was only Saddam and the interpreter left in the cell. That is when the Task Force commander came to me and said, "Mark, will you go sit with him? I want a doctor with him 24-7." It was around midnight by then. So it was just the three of us in the cell. The commander wanted to prevent Saddam from harming himself that first night.

After Saddam's capture you were the first American to spend any considerable amount of time with him. You have said you credit prayer for this. Can you explain?

My wife was praying that he [Saddam] would be captured and that I would get to be a part of it. In addition my dad, a Southern Baptist preacher in Southern Mississippi, had sent a letter out to a group of pastors in his area and asked them to fast and pray that we would capture Saddam Hussein. That was sent out on December the 12th. Due to the time difference in Iraq, it was already the following day, which was the day that we got Hussein; immediately following the fast and prayer.

Describe your night with Saddam.

To put it in one word, surreal. I felt like I was outside my body watching it all happen. I was thinking this man is a ruthless dictator and has killed thousands and here I sit chatting with him.



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Who struck up this lengthy conversation, you or Saddam?

I was sitting at a table, and he was lying in a cot in a room about 16 x 10 feet. He was lying down, and I was seated, and he motioned for me to come over. He signaled for me to take his blood pressure.

I go over. When you take someone's blood pressure, you are in their face. He's checking me out, and I'm checking him out. That's when he said to me, "I wanted to be a doctor when I was a little kid." I was pretty dumbfounded...I couldn't imagine Saddam Hussein taking the Hippocratic Oath! But that's what he said. He sat back down, and I started asking him questions about that.

In your five-hour conversation with Saddam he revealed some things that aren't recorded in history books. Which part of the conversation stands out the most today?



The things that were most interesting to me came when I asked the question "Why did you go to war with Iran?" His answer was that he did it based on the deal he made with the Ayatollah Khomeini.

Khomeini was hiding from the Shah in Karbala, Iraq. Khomeini was a Shia Muslim. Saddam was the Sunni leader in a mostly Shia country. Clearly this Shia cleric's presence in Sunni-controlled, but Shia-majority, Iraq was a threat to Saddam. Saddam was, at

this time, the second in charge of Iraq. He went down to Karbala, met with Khomeini, and Saddam told me that he said, "Here is the deal. You can hide out, but if you get in control of Iran, you will give up some coastline to me so I can get my oil shipping out of the country more easily."

When Khomeini got in power in Iran during the revolution, he reneged on the deal. That's why Saddam said he went to war, because Khomeini broke the deal. This is not in history books, but Hussein told me that was why he went to war, Khomeini broke the deal.

How did your night with Saddam end?

About five o'clock in the morning, just as I was about to ask him about his faith, the commander of the task force came in and saw Saddam was chatting with me very nonchalantly. He [the commander] said, "We have to get this

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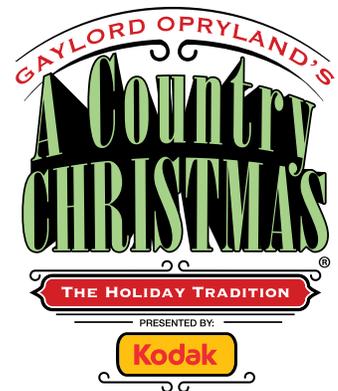


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on video." When the camera came in, Saddam stopped talking, pulled the blanket over his head, and went to sleep.

The experience of being an exclusive witness to a huge piece of history has opened up many doors for Green. It has given him the opportunity to share his faith, to talk

about how awesome soldiers are, and to talk about how terrible Saddam's regime was.

Dr. Green currently serves as the president and CEO of Align MD (www.alignmd.com), which he founded in 2009. Align MD operates emergency departments and hospitalist physician groups in four states. Most recently Green founded

the Align MD Foundation, also based out of Clarksville, which provides emergency physicians to third world countries to train local physicians in emergency and trauma care.

Align MD Foundation's goals are to "love God, and people through medical missions and clinic operations around the globe." They partner with other nonprofits that have clinics in areas of severe poverty or areas that are underserved medically. Clinics are not necessarily intended to focus on disaster situations, although they may start that way. The hearts of Align MD Foundation hope that the clinics will become permanent fixtures in these communities. So far the foundation has been able to begin projects in Ethiopia and Cambodia.

"I tell people we need Africa more than Africa needs us," Green said of his foundation. "When I went over there I saw a little boy kicking around a deflated soccer ball that will never hold air, [the ball] was probably 20 years old. He lived in a mud hut and he had this huge smile on his face. It really gives perspective to see that."

The ER doctor also holds a free clinic in Clarksville at Manna Café Ministries, where a provider sees patients once a week. There his provider refills select medicines, checks out sore throats, or anything that they can do with the resources they have on site.

Despite his many responsibilities at the end of the day he is still a father and husband. Green has been married to his wife, Camie, for 23 years. Together they have two children. Their daughter is a freshman at APSU and their son is a senior at Clarksville High.

Life is made up of a series of defining moments that happen to us throughout our lifetime. These select moments and experiences have shaped Green into the follower of Christ, husband, father, student, volunteer, business leader, Army Ranger, physician, entrepreneur, and philanthropist that he is today.

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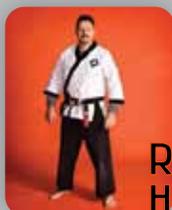
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THIS MONTH'S HEALTH TIP: HALLOWEEN SAFETY PRECAUTIONS

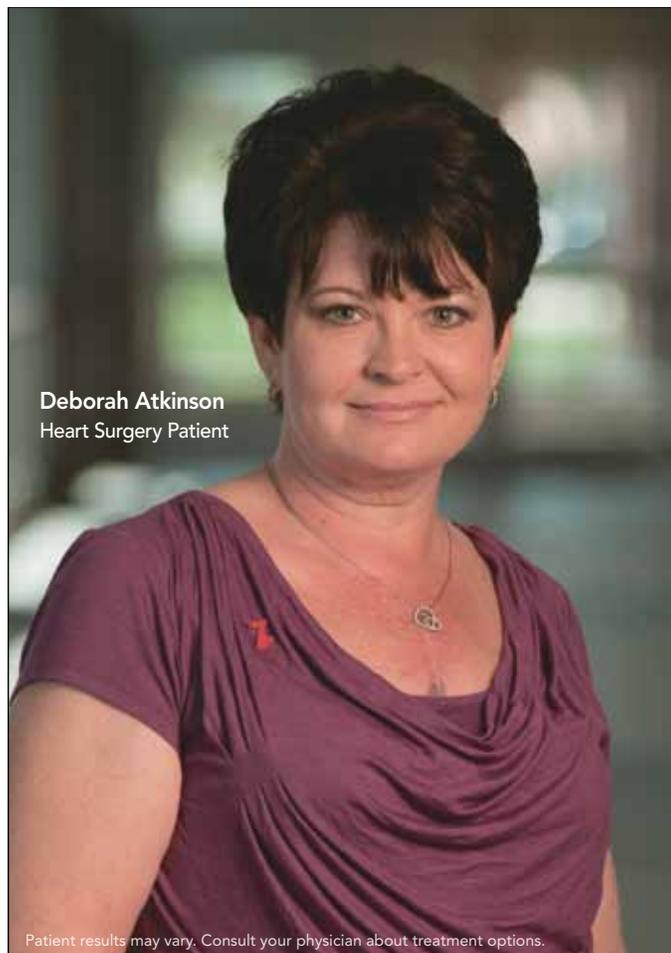
Brought to you by Gateway Medical Center

Halloween is a fun holiday for your kids, but it can also be dangerous. Parents and children are encouraged to follow appropriate safety precautions including:

- Make sure costumes fit well and are flame resistant
- Escort or watch small children at all times
- Avoid traffic-heavy roads
- Provide flashlights
- Inspect candy for tampering

These tips can help ensure a safe and Happy Halloween. Follow us on Twitter (@TodaysGateway) for more health tips.

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.



Deborah Atkinson
Heart Surgery Patient

“Gateway gave me a second chance. I’m not going to waste it.”

“I don’t know if I have the words to describe how great it was,” says Deborah Atkinson about her heart surgery experience at Gateway Medical Center. “I was totally floored by the care I received from everyone, not just the doctors and nurses.” In the hands of William McGee, M.D., her bypass surgery was a success, and she’s back to doing things she loves – dancing, reading and spending time with her friends and, most importantly, her daughters. “Gateway and Dr. McGee gave me a second chance. I’m not going to waste it.”

Take our online heart risk assessment at
TodaysGateway.com/heart
or use our online directory to find a cardiologist.



Patient results may vary. Consult your physician about treatment options.

THIS MONTH'S HEALTHY RECIPE: CARROT SOUP

Brought to you by Gateway Medical Center



Delicious warm or chilled, this healthy and low fat soup is tasty year-round.

Soup

- 1/2 cup sliced shallots
- 2 lb carrots, diced
- 1 cup carrot juice
- 1 cup water
- 1 cup orange juice
- 1 sprig thyme
- 1/4 tsp orange zest
- Black pepper to taste

Yogurt Topping

- 1/2 cup no sugar added plain yogurt
- 3 tbsp coconut powder or 1 tsp coconut extract
- 1 tbsp chopped fresh mint leaves
- 1 tbsp honey

Orange slices and mint leaves, for garnish

Make healthy soup: Lightly coat a large saucepan with nonstick cooking spray and heat over medium heat. Add shallots and carrots and sauté for five minutes. Reduce heat and cook, covered, for 10 minutes, or until softened. Add carrot juice, water, orange juice and thyme. Bring to a boil; reduce heat and simmer, covered, for 20 minutes.

In a blender, purée soup mixture until smooth. Add orange zest and pepper and stir to combine.

Make yogurt topping: In a small bowl, combine yogurt, coconut powder, chopped mint and honey and whisk until combined.

Want more health information and recipes?

Follow us on Twitter, @TodaysGateway, to keep up with all of our latest health tips, resources, recipes and news.



Not on Twitter? No problem. Receive all of those great resources right in your inbox each month when you sign up for our free monthly eNewsletter. Visit TodaysGateway.com and click the eNewsletter icon.



Garnish each serving with a dollop of yogurt topping, orange slices and mint leaves.

Yield: 6 servings

Nutrition Facts (per serving):
Calories: 168; Fat: 5g; Saturated Fat: 4g; Cholesterol: 1mg; Sodium: 145mg; Carbohydrates: 28g; Fiber: 5g; Protein: 3g

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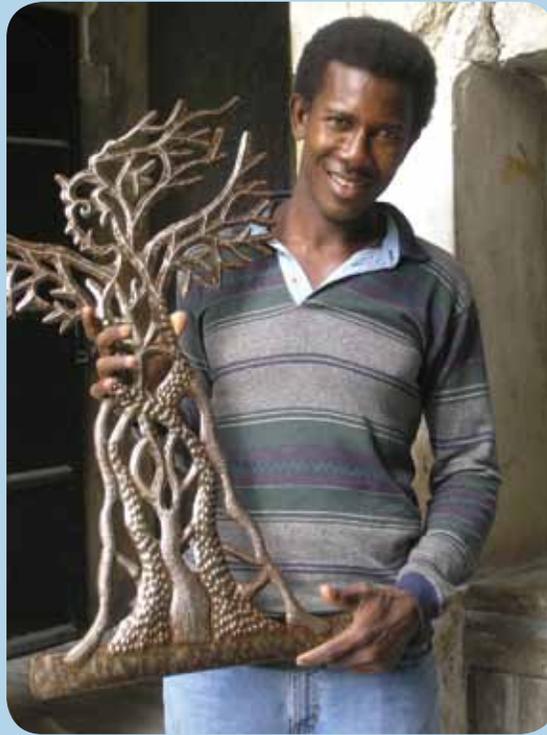
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FALL FESTIVAL & 10,000 VILLAGES IN DOWNTOWN CLARKSVILLE

by Kendall Welsh

Trinity Episcopal Parish, in downtown Clarksville, is excited to announce their 4th annual Fall Festival & Pumpkin Chunkin' Event. As always, we will offer many opportunities of fun for the kids, shopping for the adults, music for the senses, and our famous original Brunswick stew! This year Trinity decided to add a new twist to our event by giving the Clarksville community an opportunity to shop an exquisite collection of fair trade items! Read on for details of this unique event:



Shop 10,000 Villages—Fair Trade Artists

Ten Thousand Villages is the biggest change to our event this year, and we feel so privileged to be a part of this organization's efforts for the fair trade community. Ten Thousand Villages is an exceptional source for unique handmade products representing the diverse cultures of artisans in Asia, Africa, Latin America and the Middle East.

One of the world's largest fair trade organizations and a founding member of the



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*All proceeds benefit Ft. Campbell and the surrounding communities through charitable contributions & scholarships.

World Fair Trade Organization (WFTO), the company strives to improve the livelihood of tens of thousands of disadvantaged artisans in 38 countries. Items for sale at Trinity Parish's festival will include handmade gifts, home decor, musical instruments, hand loomed textiles, pottery, jewelry, baskets, toys and a variety of nativities. Learn more about Ten Thousand Villages at www.tenthousandvillages.com.

Also returning this year will be the amazing ladies from Thistle Farms. Thistle Farms is the social enterprise that is run by the women of Magdalene. Magdalene is a residential program for women who have survived lives of prostitution, trafficking, addiction and life on the streets. By hand, these women create natural bath and body products that are as good for the earth as they are for the body. Purchases of Thistle Farms products directly benefit the women by whom they were made. By stopping at their booth you will have the pleasure of meeting some of these ladies in person. Learn more about Thistle Farms at www.thistlefarms.org.

Pumpkin Chunkin'

Have you even seen a pumpkin flying 40-50 feet up in the air? Want to give it a try? Use our catapult to

launch leftover Halloween pumpkins into the sky and then watch as they splat onto our target. Try it more than once until you land a pumpkin in the bull's eye!

Scarecrow Making

Another new addition to this year's festival will be the Scarecrow Making Station. You and your children can make a scarecrow to take

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A huge favorite each year is the Mega-Obstacle Course inflatable. Kids play for hours! Of course, we'll also have a balloon artist, bobbing for apples, two crafting tables, face painting, a cake walk and more!

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We hope you can join us on November 3rd, 10:00 a.m. to 3:00 p.m. at 317 Franklin Street, Downtown Clarksville. Check out our website for more details—www.trinityparish.com.



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| 2pm-Kids 14  Stray Cat Strut | 15 | | | | 16 | 17 | 18  Red Reflections |
| 21 | <p>Most classes are 7pm-9pm* unless otherwise noted online Check-in begins 30 minutes before class starts *some classes may run past 9pm</p> | | | 24 | 25  Boo Who Dwi | 26  Tennessee Morning | 27  Witchy Woman |
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FINDING THE PERFECT FIT

by Pamela Magrans

The dressing room door stands cracked slightly as she sees bras hanging from a wall rack. Entering the shaded pink dressing room, she notices the framed certificates and licenses hanging on the wall. She sits in the white wicker chair and begins talking to Teresa about her recent surgery. Life is finally beginning to feel normal to her again. The chemotherapy is over. The cancerous breasts removed. The scans show there's no need to worry.

She is concerned about how she looks, but there is no need to worry. With or without breasts, life will go on. She just wants to get back to normal. She wants to care for her children, eat out with her

friends, go to the beach with her husband, feel good and look pretty again. She longs to



slip into a delicate bra and give shape back where the breasts once were.

As Teresa pulls out the purple round box displaying

the Perfect Fit breast form, she knows that she is one step closer to getting her body back to its pre-cancer look. She picks the black bra with lace and positions the form into place. It is a perfect fit. Standing in front of the mirror looking at her reflection, there are no visual signs of the cancer or breast removal. She smiles and for the first time in a while, she likes what she sees.

The woman described above may be fictitious, but she is very real. She is one in eight women. She is our neighbor, our sister, our mother, and perhaps ourself.

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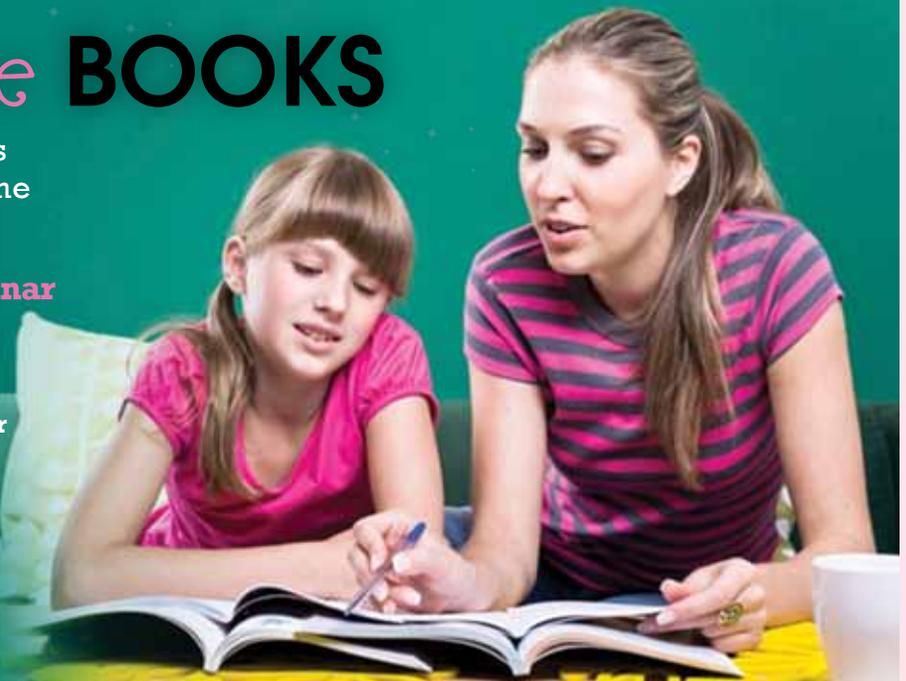
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The good, the bad, and the pink

One in eight women will be diagnosed with breast cancer, based on 2011 statistics. Look down the street or at the women in your family. Look around the room at bible study or glance at your workout partners in Body Pump class. One

in eight. Survivors are all around us—thanks to years of progressive research and early detection. Advancements in technology and early detection steadily increase the breast cancer survivor rate annually. Which means there are more survivors

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than ever before. There are more pink ribbons on the back of cars. More men wearing pink shirts in honor of their mother. More pink splashed across products helping to raise money for breast cancer awareness. October is Breast Cancer Awareness month, so expect to see more pink than orange this month. Maybe you

will find a few pink pumpkins scattered on front porches this season.

Women are living longer as breast cancer survivors, but that knowledge, however comforting, does not underscore the physical and emotional pain of fighting breast cancer. Many women undergo various treatments and surgeries in their quest to get back the life they enjoyed prior to their cancer diagnosis. For many women, mastectomies or lumpectomies leave their bodies changed physically forever. It leaves on their body a visual reminder of the cancer. Some of those women are able to undergo

breast reconstruction. But for many others, reconstruction is not possible for a variety of medical reasons.

Teresa Poston was 42 years old when she was diagnosed with breast cancer. Now she is a 20-year breast cancer survivor. She is a mother and grandmother of two. She is an R.N. with over 40 years of experience working here in Clarksville. She is living pink. She is an optimist, an encourager and now a small business owner. In January 2012, Teresa Poston opened Teresa's Perfect Fit; a woman's boutique located off Highway 41A in Sango. Now she is an expert in bra fitness and selection, and a retailer of any type of bra imaginable—mastectomy, maternity, or just plain pretty.

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Opening this new boutique in Clarksville was sparked by Teresa's own personal experience fighting breast cancer 20 years ago, as well as her medical background in nursing. A year ago she was working as a nurse with Gateway Home Health/Hospice and considering retirement, until she had an idea.

"Last year as I was trying to make a decision concerning retiring or to continue to work, my family suggested I open a store. I did a lot of research and found that, except for a limited selection here in Clarksville, most women were traveling to Nashville to buy their mastectomy products," said Teresa.

"I felt strongly that Clarksville was large enough to be able to support a store that met this need. With my personal experience of making that trip and the difficulty in finding what I needed, it seemed to be a perfect opportunity. I also knew that as a nurse, this would allow me to be a source for information and resources relating to women's health," said Teresa.

But the need her boutique serves stretches beyond it's original intent. It is becoming a place where



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breast cancer survivors can connect, find reassurance, find a bra, and an encouraging word.

“I feel that knowledge is power,” said Teresa. She encourages

women to come by the store and talk to her prior to surgery, if possible. “It helps women feel more in control to know they have options,” she said.

“The hardest part about finding a bra for the post mastectomy woman is not the product, but assisting her in restoring her self-image as she adjusts to her new body image. Each surgery is unique and each woman sees herself differently,” says Teresa. “My job is to ensure she leaves with the product and information that will make her comfortable with her choice of product.”

Teresa’s Perfect Fit is a bra and wig boutique, and more. She’s a perfect example that good comes from bad and pink, well...pink goes with anything! While she

strives to sell unique products for cancer survivors that are not found elsewhere in Clarksville, she also sells many non-cancer related products. Her boutique carries non-mastectomy bras as well. She carries bra sizes ranging from 30A to 50N. Many of her customers purchase bras from her boutique because she keeps larger cup sizes that are not available at many other retailers. In addition, she offers expert advice regarding fitting for the right bra.

Getting a mastectomy bra under insurance...

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ensured that women who undergo a mastectomy must also be granted other benefits under their insurance related to:

1. Reconstruction of the breast that was removed
2. Surgery or reconstruction of the other breast to achieve symmetry
3. Any external breast prosthesis (breast forms that fit into a bra)
4. Any physical complications of the mastectomy including lymphedema

(cancer.org)

In layman's terms, that basically means that insurance companies who cover a mastectomy must also cover a cost towards "external breast prosthesis." So what is an "external breast prosthesis"? It's the silicone breast form that fits into a bra. It's like a portable implant. Once in place, the silicone breast form resembles a breast. The form can be used in both bra cups or in one bra cup in order to achieve symmetry. Removal of a breast may have medical implications; therefore, reconstruction is considered



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in most cases as medically necessary. When reconstruction is not an option, many women chose to wear an external breast prosthesis instead.

Basically, the WHCRA of 1998 made it easier for breast cancer survivors to gain access to “external breast prosthesis”

(breast form) because insurance companies must cover a portion of the cost. What was once too expensive for many patients, the WHCRA made affordable for many.

There is no retroactive date, so a woman who had a mastectomy 40 years ago could still get a bra and

bra form under insurance today. Even if the insurance carrier has changed, the patient can claim the cost towards insurance, as long as she has a doctor’s prescription for the bra and form. Medicare and TennCare offer coverage as well. Specific coverage amounts may vary depending on insurance company.

Once the customer gets the prescription, all she must do is bring it with her to Teresa to be fitted for the bra and form.

Achieving an authentic look and keeping comfortable are both goals. However, for the best look, many factors must be considered such as size, surgery complications, and other medical conditions when fitting a breast cancer survivor for a bra form.

Luckily, Teresa is an expert in all of those areas. In the boutique, there is a separate dressing room area for post mastectomy bras. The large dressing room is full of a variety of bra styles and sizes. There are a variety of breast forms to slip into the bras so customers can try them out and find the perfect fit. She even has swim forms that are designed for use in bathing suits or for use in athletic bras when heavy sweating is expected.

Teresa has obtained certification and accreditation, but she is waiting on just a few pieces of red tape before her customers can come in and purchase their items under their insurance plans. For future customers, they only need to bring their doctor’s prescription for the bra and breast forms to Teresa and she can file the insurance information. Teresa

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hopes that soon she can begin processing those claims, and she encourages customers to come in and see what is available. She has a waiting list already.

Teresa's Perfect Fit also stocks a variety of wigs and scarves for ladies who have temporarily lost their hair due to cancer treatments. Lymphedema sleeves and compression tank tops are just a few other items available for ladies who are still undergoing treatment or procedures. In addition, Teresa stocks fashionable medical alert bracelets. Quite a few other non-breast-surgery-related items are also stocked, such as local jewelry and nipple covers.

See Teresa every Tuesday through Friday between 10:00 a.m. and 5:30 p.m. at Teresa's Perfect Fit located in the strip mall at 3375 Highway 41A South. She can be reached at (931) 358-0030 or on Facebook at www.facebook.com/teresaperfectfit.

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BROKEN RELATIONSHIPS

by Chris Edmondson

I very rarely get on Facebook. I like Facebook and all, but I just never seem to have the time. Just this past week though, I logged on and started

reading other people's status updates. What I saw broke my heart.

A friend of mine in Dallas who lived next to me in Seminary housing just got a divorce. A previous

secretary of mine in another state has separated from her husband. A High School buddy's marriage didn't make it. I start to feel that my and Kim's relationship might not be normal—that we are still married. And it breaks my heart.

I shut my laptop and just cried. Broken hearts. Broken dreams. Destroyed families. Here are the statistics: 90% of people will get married. And though the altars are filled with people getting married, the divorce courts are packed with people trying to get out of marriage. Of those relationships, 50% will end in divorce. Of those who get divorced, 75% will try again for love and marriage. The divorce rate for second marriages is 67%. The divorce rate for third marriages is 74%. Just this past January at oneChurch.tv, our staff counseled 25 couples—50 people—who were considering divorce. Marriages are on the endangered species list.

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and I being married 19 years—there are three things I want to leave you with when it comes to marriage.

First—the grass is greener—because it's over a septic tank. Don't think for a minute that your old high school flame that you didn't marry is all that. Everyone has got crap in his or her life—thus the septic tank! Everyone's marriage struggles. Every relationship has rocky times. How do I know that? Because even though Kim and I have been married to each other for 19 years, we have not been happily married for 19 years. There have been times when we have fought. There have been times I haven't liked Kim. There have been times when Kim hasn't liked me. There have been times in our marriage when we were okay relationally, but because of a job, a

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friendship, or finances— Kim and I have struggled. That is just marriage. Some years have been good. Some years have been tough. That's life.

Many couples, when considering divorce, believe a lie. Here's the lie: ***Getting divorced is better than being unhappy.*** But is that true? We think it's true. When we look at the

divorce statistics, 80% of people who get divorced do so not because of abuse, infidelity or violence. 80% of divorces are because of irreconcilable differences. There is a huge trend of people getting a divorce because they're unhappy.

Please don't think for a moment I would ever make light of your unhappiness. I can't imagine a relationship dominated by coldness or harshness—I would never downplay that. What I am simply saying is that the way out of unhappiness, or that getting divorced, will make you happier is a lie. Don't jump ship in your relationship just because times are tough. Because things will get better.

How do I know this? Because of a secular study written by Yale graduate Maggie Gallagher and Linda Waite, a professor of sociology at the University of Chicago. In their book entitled *The Case for Marriage* their secular study showed that of the majority of unhappy marriages that don't end in divorce, that these marriages not only *don't stay unhappy* and *don't get worse*, but they *actually*

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get better! Have you ever even heard this before? Among unhappily married people who stuck it out for five years, 86% of people who rated their marriage as unhappy said that their marriage was happier. And among couples that rated their marriages as very unhappy, 77% reported their marriage to be very happy or quite happy five years later. You and I don't hear that on the TV, because it flies in the face of our culture.

In this same study, when rated on twelve separate measures of psychological well being, they found that unhappily married people who divorce were no happier than unhappy people who stay married. Divorce didn't reduce depression, divorce didn't raise self-esteem, and it didn't increase a person's degree of self-control over their lives. Unhappy spouses who divorced and remarried were no happier on average than people who were unhappy and stayed married. The reason why? The second marriage feels like the first marriage, because they're in it.

Listen to what these two authors say to the unhappily married, "The chances

that your marriage will get worse are low. The chances that your marriage will get better are overwhelming."

If you're unhappily married, the odds actually are on your side. The odds

are actually to your favor of your marriage getting better if you don't throw in the towel. Don't jump ship in your relationship just




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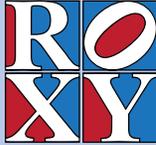
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because times are tough. Because the odds are, things will get better.

I am begging you with everything that is in me—please don't give up on your marriage. Please don't look at the door like walking out it is going to take you to happiness. Do what ever you can to make your marriage better.

If you're still married—you feel like the spark is gone and you don't have the will to go on—please don't pass up the chance to try and save your marriage. If you

have read books, read some more. If you have been to counseling, go some more. If you're the type of person who says, "I'm just not into counseling"—and let's be honest guys—it is usually us—go anyway. Do it anyway. Pull out all the stops. Do what ever you can do—you don't want to be somebody looking back saying to themselves, "Man, I wish I had the opportunity to try harder than I did." Do whatever it takes, because divorce is never going to fix it. Hopefully you're in a small group and there's

somebody in your group you can talk to and tell them what's going on. Maybe there's a couple in your small group that you can sit down with and talk to them about what's going on. Small steps like that can help save your marriage.

But there's a second thing I want to share with you. The second thing I would like to share with you is this—*If you have experienced the pain of divorce, God is still crazy in love with you.* Though your romantic dreams may have turned into a nightmare, you are still the apple of

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God's eye. On our worst day, God loved us even then and gave His Son Jesus to die so that we can experience a life with God. *Though you are hurting, you aren't damaged goods.* God can still use you and He will use you. God majors in using people that aren't perfect and who don't have it all together. Our God is a God who loves messes and people who struggle, and is a God who runs towards the broken. God uses broken people to help broken people. Your past relational failures and flaws don't have to define who you are.

Isaiah 42:3 says...

He will not crush the weakest reed or put out a flickering candle. He will bring justice to all who have been wronged.

God mourns the loss of your relationship. He isn't here to kick you while you're down. He is here to help pick you up. To lift you up into his



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lap and place His great big arms around you and hold you tight.

Lastly—if all of the Christians you have hung out with—if all of the churches you have visited have judged you more than helped you, let me close by saying, “I’m sorry.” They have misrepresented God to you. In John 3:17, Jesus describes Himself this way...

For God did not send his Son into the world to be its judge, but to be its savior.

Jesus didn’t come to judge. Jesus came to help save. When it comes to struggling through a divorce (or any other struggle, now that I think of it), we as church people are great judges and poor helpers.

God’s people—the church—we’re there not to point fingers, but to offer helping hands. To hold your hand when you’re scared and unsure about the future. To cry with you and to encourage you. Not to judge you, but to love you—through your brokenness.

Experiencing the pain of divorce can feel lonely but you don’t have to go it alone. Find a group of people at a church and do life with them. Let them encourage you and remind you of God’s faithfulness. Know that God hasn’t abandoned you during your greatest time of need. He still has a plan for your life. You still have a purpose. You are loved.

Chris Edmondson is a father of three boys and is happily married to his best friend. Chris is the lead pastor of oneChurch.

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HALLOWEEN SAFETY

by Grace L. Kriegisch

It is October, fall is in the air, and kids everywhere are looking forward to one of the most exciting nights of the year—Halloween.

Though it is believed by some that Halloween had its beginnings as a pagan harvest festival or a festival honoring the dead, today it has evolved into a day of fun and festivity for the young and the young at heart. Children have spent weeks planning the perfect costume. They can hardly make it through the day as they anticipate

the night to come, when they can finally put on that costume and hit the streets in search of goodies. Families have put up decorations and carved pumpkins to help light the way for little trick-or-treaters as they travel from house to house filling bags with every kind of candy and treat imaginable.

Everyone remembers getting dressed up for Halloween. It was fun and exciting. However, to keep it fun for children, it is also necessary to make sure

they are safe from harm. The following are 12 safety tips that will ensure that children will have a safe and healthy Halloween.

Have adult supervision. Accompany your kids if you don't think they're old enough to trick-or-treat on their own. If they are old enough to trick-or-treat without an adult, make sure they stay in a group.


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Map out a plan for the evening. Designate a route before your kids begin trick-or-treating, and make sure they stick to it.

Take the long way around. Have your kids trick-or-treat in areas that are well populated. Remind them to avoid taking short cuts through alleys and parking lots.

Go only to trick-or-treat-friendly homes. Ensure your kids only visit houses with lights on. You might also suggest the houses they visit have some sort of Halloween decoration on the porch.

Stay outside when trick-or-treating. Make sure your kids don't go inside someone's house. They should get their candy from the porch.

Remain visible. Dress your kids in a bright costume so they are easily seen. If their costume is dark, have your kids wear reflective strips or carry a glow stick or flashlight.

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Remember, shorter equals safer. It should go without saying, but just in case you forget, be sure your kids' costumes aren't so long that they can trip over them.

Don't cover the face. Instead of masks, have your kids wear make-up so they can see well.

Quality-check treats. Check your kids' candy before they eat it. Throw out any candy that is not in its original wrapper or looks like it has been

tampered with. Also, be wary of fresh fruits such as apples and homemade treats.

"Just Say No" to strangers. Tell your kids to never accept a ride or go anywhere with a stranger.

Obey the law. Encourage your kids to follow all the regular rules for walking around. That includes looking both ways before crossing, obeying all traffic laws,

and using cross walks and crossing lights where available.

Have a great time! Finally, make sure your kids have tons of fun and get lots and lots of candy.

While these tips are just plain common sense it is always best to review them with your children before they go trick-or-treating.

For more positive reinforcement of these and other safety concerns, you may consider enrolling your child in a basic safety

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Royals Futbol Club will have the opportunity to raise as much as \$10,000 through a fundraising opportunity where one lucky recipient will win his or her choice of a 2012 Chevrolet Equinox or Cruze.

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cannot afford to enroll their children in the league, while others will use the funds to improve fields and equipment.

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For more information about Chevy Youth Soccer, visit www.YouthSportsWired.com.

James Corlew Chevrolet is located at 722 College Street in downtown Clarksville. For more information contact Elvin Overstreet at (931) 552-2020 or elvinoverstreet@jamescorlew.com.

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A PLEA FOR HUMANITY

by Beth Boykin

I am so disappointed with mankind. We have become a country that has no kind words for one another or acts of compassion. Acts of violence are mostly what we hear about in the news, whether it is with a family member, neighbor or someone that is unknown to the perpetrator. While our service men and women are in a foreign country fighting for us, we have our own wars going on here.

We have bullying, road rage, theft and murders. We have innocent children that are being abused by neglect or sexual offenses. There are options out there for people who cannot

take care of these children, without subjecting them to despicable acts we read about in the paper or hear about on the news.

Now, for those that have no voice: the animals.

Again, we are inundated in the media about the abuse they take from individuals that God blessed with the intelligence to take care of them. People can just drop them off anywhere, move off and leave them, or let them stay out in the blistering sun and freezing cold.

Instead of loving and caring for them, people beat them, starve them and do unmerciful things to

them. All of this needs to STOP! I don't think this is what the Lord had in mind.

I am not just thinking of domestic animals. I am concerned for our wildlife. They will soon not have anywhere to exist because of habitat loss. People clearing land for urbanization and industrial production cause habitat destruction, and this is ranked as the most important cause of species extinction worldwide.

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ecosystem depletion. Every animal has a function and a role in their animal community and without a place to live, they no longer fulfill that role. Habitat loss can and will become very disruptive to the world in which life exists.

My overall message is to encourage all of us to have hope and faith and be aware that we have options. We don't have to yell or hit or be rude to others. Parents should realize that they are losing control of their emotions and tempers and seek help rather than neglecting or abusing their children. We should take good care of the pets that love and protect us. And we should make better use of the buildings that are standing empty rather than clearing more and more land and destroying the habitats of animals that are essential to our existence. It's up to all of us.

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WHILE AMERICA CONTINUES TO LOSE THE “WAR” ON CANCER, YOU CAN STILL WIN YOUR “BATTLE”

by Dr. Dale Brown

According to the American Cancer Society 1,638,910 people are expected to be diagnosed with cancer in 2012. That’s an overall increase of roughly 110,000 cancers since 2010.

Looking at this steady increase in the amount of people falling ill with cancer, it is obvious that we are losing the “war” on cancer.

Cancer has impacted just about everyone in the modern world today to some degree. As a result of

our modern, “convenient” lifestyle, cancer rates are soaring in developed countries. Sadly, the countries with the most conveniences and most “sophisticated” medical practices face the highest rates of cancer.

Some of the greatest advances in the “war on cancer” have not come from a new drug or screening but from the realization that our current system is often doing more harm than good.

In the recent months, we have seen the confirmation of PSA testing for prostate cancer to be causing greater harm than benefit. Along the same line, the only significant decline in breast cancer over the past years came with the discovery that hormone therapy was causing cancer. In another instance, the world’s leading breast cancer drug, Avastin, was revoked in 2011 after it was discovered that it had no effect on cancer and was actually causing severe high blood pressure, excessive



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bleeding, heart attack or heart failure, and perforations in parts of the body such as the stomach and intestines. Avastin was actually approved by the FDA under a special program that allows doctors to administer a drug while their makers finish the studies needed for final proof that they really work as promised. Sadly, the drug makers never delivered on these promises and thousands of women were harmed.

With so many failures over the years, what is an individual to do?

It is clear that we must now shift our focus from early detection and chemical treatments to a model focused on the removal of the cause of cancer. Exposure to toxins in the water, air, soil, and foods along with a sedentary lifestyle, poor to nonexistent maintenance of the human spine and nervous system, and poor nutrition habits are some of the most basic culprits behind today's sky-rocketing cancer rates.

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Instead of waiting for the answer to come from another pill that doesn't deliver as promised, start fighting your battle right now with these well known cancer fighting foods!

BROCCOLI: One of the best cancer-fighting foods on the planet, it is loaded with various substances that fight or inhibit a wide range of cancers including breast, prostate, skin, colon and rectal cancers. Tip: sulforaphane, which assists the body in metabolizing hormones, directly inhibits cancer cell proliferation and

is found in up to 1,000 times greater concentration in the sprouts of the broccoli versus the mature plant.

DARK, LEAFY GREENS:

Dark leafy greens are a nutritional powerhouse of vitamins and minerals that should be a regular part of everyone's diet. Greens like collards, escarole, kale, mustard greens, romaine lettuce, and Swiss chard are high in carotenoids and antioxidants, which inhibit the growth of certain types of breast cancer cells. Greens are also high in phytochemicals, which

boost enzymes that detoxify carcinogens and help repair DNA damage to cells that can develop into cancer if left unchecked.

ORGANIC ANIMAL PRODUCTS (Wild-caught fish, grass-fed beef, pasture-raised poultry and eggs): Fish has high levels of omega-3 fatty acids and high levels of vitamin D, which is a big player in breast cancer prevention. Grass-fed beef and organic butter have very high levels of conjugated linoleic acid (CLA), which is known to be a powerful cancerfighting

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agent. Studies have shown that when human breast cancer cells were incubated in high CLA milk fat, the growth of the cancer cells decreased by 90 percent. A French study also showed that women with the highest CLA levels had a 74 percent lower risk of developing breast cancer.

CURCUMIN: This power-packed spice found in curry powder and turmeric contains compounds that protect against breast cancer and tumor growth. Tip: Simply add it to soups, spreads, smoothies, salads, etc.

CARROTS: High in beta-carotene, carrots fight many forms of cancer including lung, stomach, intestinal, bladder, prostate, breast, throat and mouth. Tip: It's better to eat them raw rather than cooked, and in moderation, due to high sugar content.

TOMATOES: It's one of the anti-cancer super foods that contains lycopene, and is high in antioxidants that attack cancer-triggering free radicals in the body.



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Lycopene is known to kill mouth cancer cells and is linked to reduced risk of breast, prostate, pancreas and colorectal cancers. Tip: It is actually more effective when cooked.

AVOCADOS: They are high in antioxidants. It is now believed that they may be useful in treating viral hepatitis, which causes liver cancer, as well as other types of liver damage.

CITRUS FRUITS: Including grapefruit, oranges, and lemons, help to remove carcinogens

from the body, preventing various cancers. They may also stimulate cancer-killing immune cells. They are high in vitamin C and beta-carotene.

BERRIES: Strawberries, raspberries and blueberries have been shown to help prevent cancers of the skin, bladder, lung and breast, largely because of their ellagic acid content. All are high in antioxidants, but the anthocyanosides in blueberries are the most powerful known in science.

NUTS: They are high in antioxidants. Brazil nuts in particular help against prostate cancer because they contain a highly bioavailable and therapeutic form of selenium.

OLIVE OIL: Research published in the International Journal of Molecular Medicine found that “poly lignans, flavonoids and secoiridoids were significantly more effective” than Herceptin and, and “as effective as... Lapatinib,” the



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two primary medications used to treat HER2 positive breast cancers.

PARSLEY AND CELERY: Contain apigenin, a compound known to delay the onset and progression of breast cancer. Green leafy vegetables also contain significant amounts of antioxidants as well as chlorophyll, which helps increase oxygen uptake by red blood cells aiding in the prevention of cancer.

So, now is the time to start fighting your battle, or as I'd rather think of it, start building your defenses against cancer!

Dr. Dale, owns and runs Marathon Chiropractic, a Maximized Living Health Center

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MORE ON BECOMING A MASTER OF RELATIONSHIP BUILDING FONDNESS AND ADMIRATION

by Rachelle Franklin, MA, MM, LPC

In this month's article I will continue to discuss the findings of Dr. John Gottman's research on couples and marriage. From his research, Dr. Gottman and his wife developed *The Sound Relationship House*, which is a concept that helps couples understand how to "construct (just as you would a house)" a successful marriage.

To begin, let's review the information we have covered over the past two months. First, research shows that the key to becoming a couple capable of working through the conflicts of life for the long haul is the couple's ability to repair (or come back together and work through the issues). Dr. Gottman has been able to identify four key behaviors that exist in relationships that have

consistently been reported to lead to divorce. These behaviors are: criticism, defensiveness, contempt, and stonewalling (find this article at clarksvillefamily.com/pdf/2012-08.pdf). Dr. Gottman was also able to identify four key behaviors that have been consistently reported to exist in long-term, fulfilling relationships. These four behaviors include: gentleness/responsibility, curiosity/interest, respectfulness, and openness/honesty (find this article at: clarksvillefamily.com/pdf/2012-09.pdf).

To help couples work toward having a masterful relationship, *The Sound Relationship House* was developed by Dr. Gottman and his wife and is utilized in workshops and in their practice

at The Relationship Institute. The stories (steps) to this house are as follows:

- First Story (Foundation) - Building Love Maps
- Second Story - Sharing Fondness and Admiration
- Third Story - Turning Towards
- Fourth Story - The Positive Perspective
- Fifth Story - Managing Conflict
- Sixth Story - Making Life Dreams Come True
- Seventh Story (Attic) - Creating Shared Meaning

As previously discussed, the first three stories work together to **create friendship** in a marriage, which will serve as the foundation for developing a positive

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perspective of the relationship (Gottman formula: friendship in marriage = positive perspective). The foundation of that friendship starts with mapping. The concept of mapping includes behaviors centered on getting to know one another and keeping informed about one another. The Key to constructing this foundation: Courting. The Skill to constructing this foundation: Learning to ask your spouse open-ended questions so that you continually get to know him/her emotionally and mentally (getting to know each other is an ongoing process throughout a marriage).

This month we will take a closer look at the second story of Gottman's *Sound Relationship House*, **Sharing Fondness and Admiration**. Let's first look at the definitions of fondness and admiration and then discuss Gottman's suggestions for how these are formed between two people. Fondness is defined by Merriam-Webster as **tender affection**. The synonyms related to this word are: Attachment, Devotion, Love, and Passion. Merriam-Webster defines admiration as a person's **object of esteem**. Synonyms related to admiration are: Appreciation, Favor, Regard, and Respect. It seems that when we



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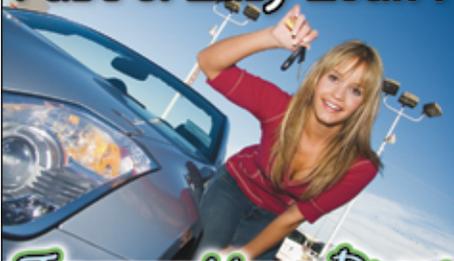
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have worked to be tender and respectful in a relationship, the result is often a return of this very same thing. Essentially what people consistently reported in Dr. Gottman's studies is that they *need to feel cared for, interesting to, and respected by their partner in order for the relationship to last.*

I tend to respect people who work well with others; perhaps, because it is nice to work with these people. One study found that egalitarianism (equality) in relationships results in increased levels of happiness in a marriage. I have found this to be true with most of my couples as there is a modern belief in equality in marriage. It would seem that this is how couples today "respect" one another and exercise "tenderness." This research does

seem to have some validity as it seems logical that when we are respected by our spouse and not talked down to or looked down upon, that we are more likely to feel good about ourselves and the relationship. It also seems to make sense that when we feel good about the relationship and ourselves we are more likely to be gentle or "tender" in the relationship.

Feeling more relaxed (less anxious) in a relationship is a good way to associate positive attributes to your marriage. Essentially, you'll want more of that good thing. Feeling constantly put down, unimportant, and fearful in a relationship leads to associating negative attributes to your marriage. If you find yourself feeling this way long

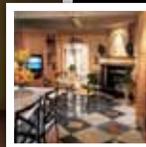
enough, you are likely to find yourself divorced and feeling negative about relationships in general.

This information is very important for military couples that struggle with increased anxiety in their lives due to their ever-changing lifestyles and limited family support. Military couples must develop strong friendships if they are to survive war and serving their country together. It is easier to forgive the husband or wife who comes back from war a little different, and possibly more irritable, when you have a healthy level of compassion and respect for that person. It is definitely easier for a soldier to anticipate coming back into the home environment if he/she feels that they will be let back into the relationship and their spouse will work with them on resuming the roles they had prior to deployment.

Key to constructing Fondness and Admiration: Appreciation. Skill to constructing this 2nd story: Learn to focus on what is going right with your spouse and the relationship and voice these things to your spouse rather than voicing your constant disapproval, disappointment, and disgust. Try it! Learning to look for the good is harder than it sounds. In the following months, we will continue to discuss Gottman's *Sound Relationship House*. Until next time, blessings upon building fondness and admiration in your relationships!

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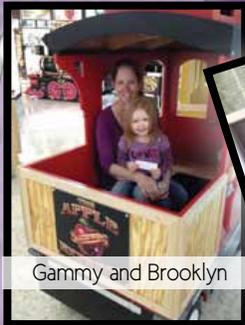
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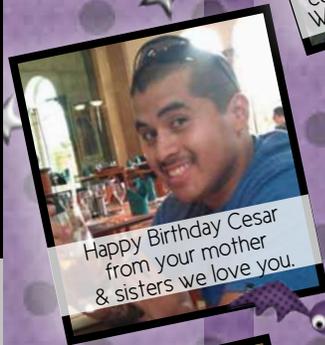


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Email photo to candid@clarkvillefamily.com by October 15th.

FIRE!

by Brenda Hunley Illustrated by Willie Bailey

Chester the chipmunk was tired. With fresh pj's on, he climbed into bed. Snuggling under his blanket he stretched before curling up into a ball.

As he closed his eyes, his whiskers twitched. "What's that smell?" he said aloud.

Several sniffs later, his eyes flew open, "SMOKE! I SMELL SMOKE!!!" he yelled.

Throwing back the covers, Chester hopped out of bed and scampered down the short hallway to his brother Boomer's room.

"Boomer! Boomer! Get up!!! SMOKE! I smell SMOKE!!!"

Boomer rolled over and opened one eye. "Chester! I'm tired! Please...not the time for a fire drill bro."

Chester pulled on the covers. "This is NOT a drill!! Take a deep breath!"

Boomer sniffed the air, as he did, his eyes grew bigger. "I smell it!"

Falling out of bed, Boomer ran around in circles. "This is the real thing! Are we gonna die?"

"Boomer—get it together! Stay down! Remember what Firefighter Bailey said?"

"Stop, drop, cover your face, and roll!"

"Come on Boomer! Let's go!" Chester grabbed his brother.

Boomer was still talking, "He said if I see him in his gear to not be scared."

Chester shook his head, "Yes, but, oh! Come on!"

Boomer continued to chatter as they scampered down the tunnel.



"He said to not play with fire! He said to change the batteries in our smoke detector!"

"We are supposed to have a plan! Chester, do we have a plan?"

"Yes! Remember? We meet Mom and Dad at the Ranger Station!"

"But that was when we lived at home!"

Chester and Boomer headed toward the door. They could see smoke blowing outside the door! Chester grabbed Boomer and turned toward the back door.

"This way!"

As the two brothers ran out the back door, Chester looked over his shoulder. He did not see any fire, just lots of smoke.

Chester and Boomer stopped and decided to check on their mom and dad.

Banging on the front door the boys woke up a sleepy Dad Chipmunk.

"Boys?" he wasn't able to finish as both of his boys were yelling at the same time: "FIRE!!!"



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“Quick! Help me get your sisters! Remember the plan? HURRY!”

Hazel and Coco sleepily grabbed their brother’s paws and ran out the door.

When they reached the Ranger station, they found the rest of their friends and their families. Everyone was talking all at once. Sirens filled the air as several fire trucks arrived and attached their hoses to the fire hydrants.

Several minutes later, Ranger Bill found the Chipmunk family.

“I’m glad to see you guys are okay. Pretty scary night, huh?”

“Yes! But it seems everyone got out okay,” Dad Chipmunk said.

“What happened? There was so much smoke!” asked Mom Chipmunk.

“I’m waiting for the fire department to let us know.”

“Is Firefighter Bailey working tonight?” asked Boomer.

“I don’t know—there are several trucks out here tonight. I will ask around,” Ranger Bill said, standing up.

“Is someone looking for me?” asked a voice behind Ranger Bill.

“Fireman Bailey!” shouted Boomer.

“Who is that?” asked Dad Chipmunk.

“He is a firefighter who came to our school and taught us about fire safety,” Chester answered. “Come on Dad, I will introduce you.”

Once everyone had met Firefighter Bailey, he shared more details about the fire.

“At this time, it appears that the fire started when someone dropped a burning cigarette into the ditch alongside the road. As dry as everything is this year, it didn’t take much for the leaves to burn.”

“Can we go home?” asked a voice in the back.

“Yes, you are free to go home. The fire never even touched the first row of trees.”

“Is it safe?” asked Dart the bluebird.

“Yes, it is. Our team has checked the area. There are no hot spots. We are loading our equipment onto the trucks now.”

“Thanks for your quick response, Firefighter Bailey,” Clyde honked.

“Will we need to fill in for you with the press?” asked a nosey Earl the goose.

“No. Thank you. The inspector will know more once it is daylight and then he will release his official statement.”

Turning to Ranger Bill, Firefighter Bailey asked, “Would you consider bringing a group or two to the fire station for a tour on Saturday?”

“Sounds like a plan to me!” smiled Ranger Bill.

“Ok! I look forward to seeing you then. Good night everyone!”

As the Chipmunk family headed home, they were quiet, each one running the events of the evening over in their mind. Everyone, that is but Boomer, who without missing a beat said, “I just love it when a good plan comes together!”

A Note from Chester: “Thank you to everyone that came out to the *Clarksville Family Magazine* tent during this year’s Riverfest! I especially want to thank the two sweet girls that colored a special picture for me. I have it hanging in a special place on my fridge in the kitchen.”

Want to be a part of Storytime with Chester? Submit your plot ideas to brenda@clarksvillefamily.com.

Don't Forget to ask about our CLARKSVILLE FAMILY DISCOUNT

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- Mowing
- Edging
- Weed Control
- Leaf Removal
- Pressure Washing

2010 THE LEAF CHALLENGE Readers Choice Awards

PayPal, Visa, MasterCard, American Express

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

HAPPY BIRTHDAY!



Happy first birthday Baby Girl
 Love mommy, daddy,
 papa and grandma



Bryden 1 year :)



Happy 1st birthday Robert!
 Love Mommy and Daddy!



Happy 1st Birthday Camdyn!
 Mommy and Daddy Love you!!



Happy 1st Birthday Claire Bear!
 We Love you so much!
 Mommy, Daddy, & Canon!



Happy 1st Birthday Isabella Hope!!
 We love you!!-
 Love Mommy Daddy and Sissies



Happy 1st birthday Lexie!
 We love you,
 Mommy, Daddy <3



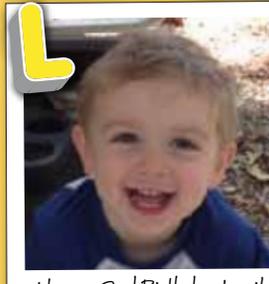
Happy 1st Birthday Makayla!
 Love Mommy and Daddy



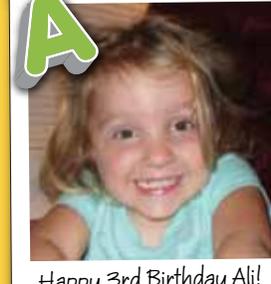
Happy Birthday Little Man!!
 We love you!
 Momma, Daddy & Sissy



Savannah,
 Happy 1st Birthday Cricket!



Happy 2nd Birthday Levi!
 Love, Mom, Dad & Skyler



Happy 3rd Birthday Ali!
 Love, Mom, Dad, & Mallory



Happy 3rd birthday Ayla Grace!
 Mommy and Daddy love you, Baby Girl!



Happy 3rd Birthday Carter!
 Love, Daddy, Mommy and Charlotte!



Happy 3rd Birthday Elias!
 You are loved very much!!!



Happy Birthday Big Man!!
 We Love You!! Mama, Daddy & Sissy



Happy 3rd Birthday Kaidan!
 Love Mommy, Daddy & Sissy!



Happy 3rd Birthday Logan!
 Love, Daddy, Mommy, & Jacob



Happy 3rd Birthday Pickle!
 Love, Mommy and Daddy



Tandy is 3yrs! We love you so much
 mommy, daddy, nana & papa

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

HAPPY BIRTHDAY!



Happy Birthday Calliebug!!
We Love You
Momma, Daddy & Little Man



Happy 4th birthday Cj
love mom and dad



Happy 4th Birthday Skyley!
Love, Mom, Dad & Levi



Happy 5th Birthday John-Ryan!
We love you so much!
Love, Mommy and Daddy



Happy 5th Birthday Lil' Man!
We Love You
Daddy, Mommy, Kiara and Gabe



Happy 5th Birthday Kristian
We love you!
Mommy, Daddy and Dominick



Happy 5th Birthday, Mia!
We love you more than the whole land!
Love, Momma and Daddy



Happy 5th Bday Skyla Lin,
We all Love You.



Happy 6th Birthday Andrew!!
Love you bunches,
Mommy, Daddy, and Jacob



Happy 7th Birthday Aurelius!
Love Dad and Mom



Happy 7th Birthday Zion!
Love you Mom, Dad, Unique, & Anyana



Happy 8th Birthday Gracen!
Love, Mommy and Daddy



Happy 8th Birthday, Mackaela!
Love Mom and Dad



Happy 8th Birthday McKinlee!!!!
We love you very much! Mommy & Bryan



Happy 10th Birthday Victoria Rose!!
We love you!!
Love Mommy Daddy and Sissies



Happy 11th bday amazaee...
love ant shelly!!!!



Birthday lovin's from
Afghanistan, <3 Daddy..xox



Happy 12th Birthday Bryan Krystofer
We love you Always



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.

Ongoing

BASKETBALL REGISTRATION

Register through October 22 for Upward Basketball at First Baptist. \$65/child (free for children of deployed parents).

(931) 647-8877
www.fbct.org/recreation

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

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

First Church of the Nazarene Community of Hope
 150 Richview Road
 (931) 648-0110

Tuesday nights with a meal and fellowship at 5:45 p.m., praise and worship at 6:30 p.m., continuing with small groups at 7:30 p.m. Come share your hurts, habits, and hang-ups in this Christ Centered 12 step program! Release your anger and hurts as you learn to rely on Gods' power and strength! We will also be having an Open House on Tuesday, October 23. We would love to see you there.

Fellowship United Methodist Church
 2201 Peachers Mill Road
 (931) 920-0127
 (931) 206-2922 (Patti)
www.fellowshipumc.com

CLARKSVILLE CHESS CLUB

6:30 p.m. Thursday evenings.

Freedom Deli
 2088 Lowes Drive
 Contact: Roy
clarksvillechessclub@charter.net

CLARKSVILLE SCRABBLE CLUB

5:30 p.m. to 8:00 p.m. the first and third Tuesdays of each month. Beginners welcome.

Books-a-Million
 125 South Hampton Plaza
 (931) 647-3625

COAT DRIVE

9:00 a.m. to 2:00 p.m., Monday through Friday, until October 17. Just bring your clean, gently

used coats and R.E.O.C. will take care of the rest. There's also the option of calling to arrange to have items picked up. All donated coats will be given to people in need at various locations throughout Clarksville.

Reconciliation Evangelistic Outreach Center
 1155 Ft. Campbell Boulevard
 (931) 645-9596
www.reocministries.com
 Facebook under REOCministries

DOWNTOWN MARKET

Saturdays, 8:00 a.m. to 1:00 p.m. through October 20. Locally grown produce, baked goods, home decor items, seasonal flowers and more.

Public Square
 Contact: Matthew Nixon
 (931) 645-7476
matthew.nixon@cityofclarksville.com
clarksvilledowntownmarket.com

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

FOSTER PARENT INFORMATIONAL MEETING

Right now, there are around a half a million kids in the foster care system. More than half of them will stay in foster care only for one or two years, but there are never enough safe foster homes available for them. Unless you can help. Free informational sessions are held every Monday, Tuesday and Wednesday @ 5:00 p.m. Other times are available if needed.

1330 College St. Suite Q
 Allegra Gunn
 (931) 503-0777
Allegra.Gunn@YouthVillages.Org

GROUP RUNS

Every Thursday at 5:30 p.m. at The Runners Hub. Four different routes mapped out in the downtown/APSU area. We welcome runners of all paces. There is something for everyone.

The Runners Hub
 127 Franklin Street
 (931) 542-5788
www.clarksvillerunnershub.com

HOPE RIDERS BIKER CHURCH

Church every Sunday morning at 9:30 a.m. Bible Study every Friday at 6:30 p.m. at 1140 Grattan 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 opens October 1, 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. Pool passes can be purchased for the Winter Season as well as Year Round.

New Providence Pool
 166 Cunningham Lane
www.cityofclarksville.com/parks&rec/swimming.php

MONTGOMERY COUNTY BEEKEEPING ASSOCIATION MEETING

10:00 a.m. the first Saturday every month (except January and July).

Clarksville-Montgomery County Public Library
 350 Pageant Lane
 Jason Groppel
 (931) 561-5530

THE POTTERY ROOM

Every Wednesday is Military, Fire, and Police Appreciation Day. Military and dependents, along with Fire and Police members receive one free studio fee with appropriate ID. Limit one per family group please.

Every Thursday is College Day.

Every college student ID gets 1/2 off the studio fee on Thursday.

Fridays Nights are Couples Nights

From 5:00 p.m. to 8:00 p.m. Friday evenings couples get half off on their second bisque piece of equal or lesser value.

Chick-fil-A Wilma Rudolph
 3096 Wilma Rudolph Boulevard
 (931) 552-5511

SPIRIT NIGHTS

2 Tuesday 3:00 p.m. to 6:00 p.m.
 Rossview Middle

4 Thursday 4:00 p.m. to 7:00 p.m.
 St Bethlehem Elementary

8 Monday 5:00 p.m. to 8:00 p.m.
 Northeast High Ladies Soccer

16 Tuesday 4:00 p.m. to 7:00 p.m.
 Kenwood Elementary

18 Thursday 4:00 p.m. to 7:00 p.m.
 Glen Ellen Elementary

23 Tuesday 4:00 p.m. to 7:00 p.m.
 Rossview Elementary

25 Thursday 4:00 p.m. to 7:00 p.m.
 Barkers Mill Elementary

30 Tuesday 4:00 p.m. to 7:00 p.m.
 Northeast Elementary

FAMILY NIGHTS

22 Monday 5:00 p.m. to 7:00 p.m.

FALL INTO FAMILY NIGHT

There will be board games for the family to play as well as a fun pumpkin craft.

31 Wednesday
 Candy for Trick-or-Treaters

Sunday's are Family Day
 Families pay one studio fee of only \$10 for up to four painters.

The Pottery Room
 2214-A Madison Street
 (931) 920-4777

The Pottery Room
 3863-A Trenton Road
 (931) 503-3024

SOCCER CAMP

1st Annual Joga Bonito Fall Break Camp, October 8-12. Come join the fun this fall. Many camps available to suit all skill levels. See ad on page 53. www.jbsa.org

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WWW.GATEWAYCREDITUNION.COM

October

1 MONDAY

KIDS-N-PLAY: STORYTIME WITH PUPPET SHOW

11:30 a.m.

Kids N Play
525 Alfred Thun Road
(931) 896-1328

3 WEDNESDAY

KIDS-N-PLAY: ARTS & CRAFTS CLASS

12:00 p.m. No additional fee charged above general admission.

Kids N Play
525 Alfred Thun Road
(931) 896-1328

4 THURSDAY

KIDS-N-PLAY: ARTS & CRAFTS CLASS

12:00 p.m. No additional fee charged above general admission.

Kids N Play
525 Alfred Thun Road
(931) 896-1328

5 FRIDAY

FAMILY COMMUNITY EDUCATORS FALL FESTIVAL

8:00 a.m. to 2:00 p.m.

Veterans Plaza
350 Pageant Lane
(931) 648-8245

WOMEN FIRST OPEN HOUSE

10:00 a.m. to 5:00 p.m. Come out for door prizes, raffles, refreshments and we will have the St. Thomas Mobile Mammogram bus on site. We will also offer FREE glucose screenings and FREE blood pressure screenings.

Women First
357 Dover Road
(931) 648-2800

OKTOBERFEST 2012

4:00 p.m. to Midnight. Off I-24 Exit 11 to Hwy 76 Connector West; near Days Inn at the end of Economy Drive.

6 SATURDAY

5K FUN FITNESS RUN/WALK FELLOWSHIP COOKOUT

"Building a Community Fit for Action and Fellowship." A 5K Fun Fitness Run/Walk is from 7:00 a.m. to 8:00 a.m.; Church Family Fellowship is from 11:00 a.m. to noon; Serve the Community @ Cookout is from 1:00 p.m. to 2:30 p.m.

Deliverance Out-Reach Temple
851 Garrettsburg Road

WALK FOR LUPUS NOW

Registration at 8:00 a.m., walk begins at 10:00 a.m. Our goal is to bring awareness to the community. Contact Lupus Midsouth at (877) 865-8787.

Hilldale Church of Christ
501 Tennessee Highway 76
walkforlupusnowclarksville.kintera.org

FALL FESTIVAL

9:00 a.m. to 3:00 p.m. Bring a canned good for our Caring and Sharing food bank for a chance to win a prize donated by our over 30 vendors. St. Francis is patron of animals, to celebrate his feast day we will be having a blessing of the animals. All animals will be welcome. We will also have games for children and other family oriented activities. Vendors include crafts people and artisans from all over the area including embroidery, crochet,

jewelry, hand puppets, woodcrafts, birdfeeders, picture framers, hairbows, tutus, and many more. All proceeds and donations go to fund various St. Francis Ladies Club charity projects that benefit people in and around Dover. The Ladies Club will have lunch and baked goods available for purchase.

Marie Young
(931) 627-0534
St. Francis of Assisi Catholic Church
1489 Donelson Parkway
Dover, Tennessee

BARK IN THE PARK

1:00 p.m. to 4:00 p.m. See ad on page 42.

King's Run Park
Liberty Park
(931) 645-7476
www.cityofclarksville.com

OKTOBERFEST 2012

2:00 p.m. to Midnight. Off I-24 Exit 11 to Hwy 76 Connector West; near Days Inn at the end of Economy Drive.

NATIONAL BANANA PUDDING FESTIVAL

Come celebrate the ultimate Southern treat... banana pudding plus entertainment on two stages, arts, crafts, games, a large kid's area and of course Banana Pudding. The nation's banana pudding champion will be selected at the cook-off. Make your way through the "Puddin' Path" where you'll sample 8 different banana puddings. Admission is \$4. Active military with valid military ID admitted free. This is a Southeast Tourism Society Top 20 Event.

Hickman County Ag Pavillion
at Grinders Switch
Centerville, Tennessee
www.bananapuddingfest.org

8 MONDAY

COLUMBUS DAY

KIDS-N-PLAY: STORYTIME WITH PUPPET SHOW

11:30 a.m.

Kids N Play
525 Alfred Thun Road
(931) 896-1328

ALZHEIMER'S CAREGIVERS SUPPORT GROUP MEETING

6:30 p.m. For information, call Patsy Shell, 648-1884.

Clarksville-Montgomery County Public Library
350 Pageant Lane
(931) 896-1328

10 WEDNESDAY

KIDS-N-PLAY: ARTS & CRAFTS CLASS

12:00 p.m. No additional fee charged above general admission.

Kids N Play
525 Alfred Thun Road
(931) 896-1328

11 THURSDAY

KIDS-N-PLAY: FIRE & SAFETY DAY

Visit from Fire Station 9.

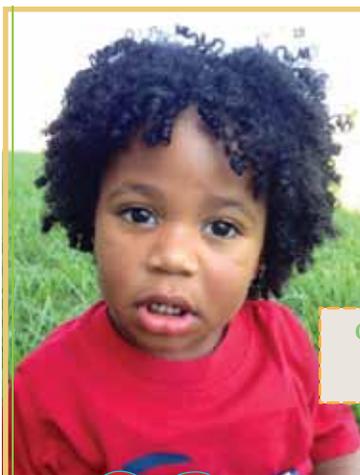
Kids N Play
525 Alfred Thun Road
(931) 896-1328

12 FRIDAY

KIDS-N-PLAY: PARENT'S NIGHT OUT

5:00 p.m. to 10:00 p.m. By sign-up only. Space is limited.

Kids N Play
525 Alfred Thun Road
(931) 896-1328



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THE HOLIDAYS?



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

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Also, now offering embroidery, heat & screen printing services!

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Next to Appleton's Harley Davidson on the bypass

(931) 896-2025

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

Spirit Nights

1 MONDAY
Norman Smith Elementary

2 THURSDAY
Sango Elementary

4 THURSDAY
Carmel Elementary

5 FRIDAY
Norman Smith Elementary

16 TUESDAY
East Montgomery Elementary

18 THURSDAY
Barksdale Elementary

19 FRIDAY
CHS JROTC

30 TUESDAY
Little Scholars Montessori

Events

8 MONDAY
Lydia Walker free concert

13 SATURDAY
TENNESSEE "HANDGUN CARRY PERMIT" CLASS

8:00 a.m. to 4:00 p.m. Professional instruction includes range safety, gun safety in the home, and shotgun operations. Bring Handgun, 50 rounds of ammo, hearing and eye protection. All items available for purchase in the store. Please park in lower lot.

Clarksville Guns & Archery
1690 Golf Club Lane
(931) 802-8912
clarksvillegunsandarchery.com

COMMUNITY CARES WALK & EXPO

9:00 a.m. to 1:00 p.m. Fundraising event for the Clarksville Association for Down Syndrome (CADS).

Liberty Park Events Center
1190 Cumberland Drive
Holly McDonald
(931) 553-4676

FLOATING PUMPKIN PATCH
Adaptive ages 2-18, 10:00 a.m. to 12:00 p.m. Ages 2-12, 1:00 p.m. to 4:00 p.m. See ad on page 70.

Indoor Aquatic Center
166 Cunningham Lane
(931) 552-6199
(931) 472-3380
recpro.cityofclarksville.com

15 MONDAY
KIDS-N-PLAY: STORYTIME WITH PUPPET SHOW
11:30 a.m.

Kids N Play
525 Alfred Thun Road
(931) 896-1328

16 TUESDAY
DIABETIC SUPPORT GROUP
5:30 p.m. Gateway Medical Center's Diabetic Support Group offers current, accurate and usable information related to self-management of diabetes. Each meeting showcases a different expert speaker as well as a question and answer period. Family members are welcome to attend.

Gateway Medical Center
651 Dunlop Lane
Diana Smith
(931) 502-1692

17 WEDNESDAY
KIDS-N-PLAY: ARTS & CRAFTS CLASS
12:00 p.m. No additional fee charged above general admission.

Kids N Play
525 Alfred Thun Road
(931) 896-1328

18 THURSDAY
KIDS-N-PLAY: ARTS & CRAFTS CLASS
12:00 p.m. No additional fee charged above general admission.

Kids N Play
525 Alfred Thun Road
(931) 896-1328

"CELEBRATE ADOPTION" A COMMUNITY EVENT
5:00 p.m. to 8:00 p.m. Hay rides, bonfire, s'mores, music, bouncy house, bouncy slide, petting zoo, face painting, entertainment

for elementary age children! (Plus zipline and pony rides for a small cost.) All ages welcome! Whether you enjoy sitting by the fire talking with friends, dancing to good music, or chasing your young ones around, there is something for everyone to enjoy! Come celebrate adoption with family, friends, neighbors and community members. Please encourage your children to invite their friends, and don't forget to invite yours. This is a community event, so ALL are welcome! Sponsored by the Clarksville Family Adoption Group.

RiverView Mounds Century Farm
1715 Boyd Rinehart Road

"SHINE"

6:00 p.m. to 8:00 p.m. Join The Lantern Ministry for a night of worship, discussion, and teaching that encourages military wives to conquer the challenges that come with the military lifestyle through growing in relationships with each other and with the Lord. Snacks and free on-site childcare are provided. Doors open at 5:45 p.m.; arrive early for childcare, to check in and to socialize. For more information and to register for childcare email thelanternclarksville@yahoo.com.

St Bethlehem Christian Church
280 Dunbar Cave Road

19 FRIDAY
KIDS-N-PLAY: SPONGEBOB SQUAREPANTS VISITS

Kids N Play
525 Alfred Thun Road
(931) 896-1328

JAMMIN' IN THE ALLEY:
TEN STRINGS & TOM, CHRIS ROBINSON, TRES HOMBRES
7:00 p.m. to 10:00 p.m. Join us every third Friday from May through October for our summer concert series. Come ready to eat, dance, and have fun! Visit www.parksafterdark.com for a complete schedule.

20 SATURDAY
GO COMMANDO HALF MARATHON & 5K

Runners and walkers begin at 7:30 a.m. Visit gocommandoclarksville.com for pricing and details.

ROXY REGIONAL THEATRE BIRTHDAY BASH

9:00 a.m. to 3:00 p.m. Community-wide yard sale fundraiser and birthday party. Free birthday cake at 2:00 p.m. Food zone, kids

zone, local artists and merchants booths. Free samples and lots of fun. Benefiting the Center for Arts and Education.

Mural Lot Adjacent to
Roxy Regional Theatre
100 Franklin Street

6TH ANNUAL WAGS TO WITCHES FUR BALL BASH "SCARY FAIRY TALES"

7:00 p.m. to midnight. At the Riverview Inn Ballroom, Downtown Clarksville. \$50 per ticket, includes: heavy hors d'oeuvres prepared by American Culinary Federation of Clarksville & APSU Culinary Students; complimentary beer provided by Budweiser of Clarksville; live DJ, Scott Chase, of Q108; dancing; lots of laughs; costume contests; door prizes; cash bar; a silent and live auction; and professional portraits by Picture Your Photo Photography by Tina Hartman. Purchase tickets online at www.clarksvillehumaneociety.org or at any Cumberland Bank & Trust. \$50 per ticket. All proceeds benefit The Clarksville Humane Society.

22 MONDAY
KIDS-N-PLAY: STORYTIME WITH PUPPET SHOW
11:30 a.m.

Kids N Play
525 Alfred Thun Road
(931) 896-1328

24 WEDNESDAY
KIDS-N-PLAY: ARTS & CRAFTS CLASS
12:00 p.m. No additional fee charged above general admission.

Kids N Play
525 Alfred Thun Road
(931) 896-1328

25 THURSDAY
KIDS-N-PLAY: ARTS & CRAFTS CLASS
12:00 p.m. No additional fee charged above general admission.

Kids N Play
525 Alfred Thun Road
(931) 896-1328

The Golden Rose Pageantry presents:
A VERY BIEBER HOLIDAY!

Come for a chance to win!

- Justin Bieber concert Tickets
- Pink Barbie Mustang Convertible

Saturday, November 3rd, 2012
Registration begins at 1pm; pageant at 2pm
* We have sibling discounts available. Open to boys & girls!

2001 Memorial Boulevard
Springfield, TN 37172
Andra Kimberly: 931.627.3795
goldenrosepageantry.com





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home parties vendor shows and events website sales



Visit my website to view the October Breast Cancer Awareness Shells Promotion. A portion of the proceeds of these shells goes to fund breast cancer research.

Joann Wagouer

Founding Leader
931-801-1700
joannwagouer.miche.com



26 FRIDAY

KIDS-N-PLAY: HALLOWEEN BASH

5:00 p.m. to 9:00 p.m.

Kids N Play
525 Alfred Thun Road
(931) 896-1328

27 SATURDAY

YOUNG SPORTSMAN

Youths 6-16 years of age only. Each young sportsman must be accompanied by a non-hunting adult, 21 years of age or older, who must remain in a position to take immediate control of the hunting device and who must also comply with fluorescent orange regulations, as specified for legal hunters. Multiple youths may be accompanied by a single qualifying adult. Youths 10 years of age or older must meet Hunter Education requirements.

Clarksville Guns & Archery
1690 Golf Club Lane
(931) 802-8912
clarksvillegunsandarchery.com

2ND ANNUAL PINK RIBBON AFFAIR 5K, 10K, 20K WALK

8:00 a.m. on Tiny Town Road (meeting at The Great Escape Theatres). Come out and show that Clarksville supports breast cancer awareness with Flourishing Families in support of the American Cancer Society. Pick how far you want to walk and sign your team up at thepinkribbonaffair2012.com. Contact flourishingfamilies@hotmail.com or call (931) 278-2544 or (931) 980-5003 for more information.

ST. BETHEHEM FALL FESTIVAL

10:00 a.m. to 3:00 p.m. There will be games and prizes, concessions, crafts for kids, inflatables, a dunk tank, airbrush tattoos by Erik Goodwin, and several booths set up by your favorite local vendors. There will also be a silent auction and basket auction. Armbands will be available as well as individual tickets

for games and events. All proceeds from the event will go to the St. B community playground project.

St. Bethlehem Elementary School
2450 Old Russellville Pike

4TH ANNUAL FRIGHT ON FRANKLIN

Beginning at 3:00 p.m. in Downtown Clarksville, presented by the City of Clarksville. This free, family friendly and award winning event is for adults and kids of all ages and will feature safe trick-or-treating, costume contests, and much more! Please be sure to leave your pets at home, they will not be permitted. Pre-registration by October 25 is required for costume contest: recpro.cityofclarksville.com.

HALLOWEEN IN OAK GROVE

5:00 p.m. to 9:00 p.m. This free event includes Trick or Treat Alley (for costumed children ages 12 and under) and a Haunted House (not for the faint of heart).

105 Walter Garrett Lane
Oak Grove, Kentucky
(270) 439-5675
visitoakgroveky.com

28 SUNDAY

TRUNK OR TREAT

5:00 p.m. to 7:00 p.m. A free family-friendly alternative to trick-or-treating. Sponsored by First Baptist Church. No scary costumes please.

First Baptist Church
435 Madison Street
(931) 572-1508

29 MONDAY

KIDS-N-PLAY: STORYTIME WITH PUPPET SHOW

11:30 a.m.

Kids N Play
525 Alfred Thun Road
(931) 896-1328



THE CHILDREN'S DENTIST

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lanasdancecentre@yahoo.com

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EXHIBITS:

The Amazing Maze

The Amazing Maze is back! Our life-size maze will have a Civil War theme to go along with our Civil War Remedies exhibit and other Civil War stories in the Kimbrough Gallery. Through October 15.

Inspirations and Origins

This is a juried exhibition of the work of the Cumberland Furniture Guild. The show will be exhibited through October 28th.

Subtle Manipulations: The Vision of Greg Sand

Greg's work explores the issues of existence, time, and death. His digital photography addresses the nature of the medium and its role in defining reality. An Austin Peay graduate, Sand has been called one of "the most exciting new artists emerging in the world of photography." Through the month of October.

Camille Engel: Impressions of Reality

An American contemporary realist oil painter, Camille is

internationally acclaimed and known for her use of rich colors, textures, and intricate detail. Primarily a still life artist, Engel began by focusing her studies on floral and still life paintings, and paints abstract views of realism. Her work is published and mentioned in national magazines like American Art Collector, The American Artist, and Southern Living, and also hangs in corporate, public and private collections such as the renowned Children's Hospital at Vanderbilt, Nashville, TN. See her art September 12th through November 4th.

ACTIVITIES:

George McGlothlin as Clay Faulkner

Friday, October 5th, 6:00 p.m. in the Turner Auditorium. Take a look back into 1863 through the eyes of a Civil War soldier. Historian George McGlothlin will assume the persona of Clay Faulkner in 1910 as he looks back on his decisions as an 18-year-old enlistee. McGlothlin's performance is based on actual 1863 events in McMinnville,

Tennessee. This event is free and open to the public.

Let's Find: Benches and Chairs

October 10th & 11th, 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. This month we will be looking for unusual benches and chairs in Inspirations & Origins, an exhibit by the Cumberland Furniture Guild. We will also read a story and make a craft. This activity is free to museum members. Non-members pay the regular adult admission of \$7, plus \$1 per child. Siblings are welcome.

Sunday Family Fun: Meet the Mannequins

Sunday October 28th, 1:00 p.m. – 5:00 p.m. Dressing up for Halloween is fun! Come see how some of the museum's residents are "dressed up" all the time! Be sure to stop in the Coca Cola Café for some fun, and funny, Halloween crafts before you leave. Costumes are invited, but not required. This

drop-in activity is free with your paid admission or museum membership.

Art & Lunch: Whistler

Thursday, October 18th, 12:05 p.m. Renowned for his witty banter, the work of American artist James Abbott McNeill Whistler led many critics to believe him to be the forerunner of abstract art. His nocturnal scenes and highly stylized portraits secured his reputation. Free admission (to film only). In conjunction with Impressions of Reality

Museum Hours

Tuesday through Saturday
 10:00 a.m. to 5:00 p.m. Sundays
 1:00 p.m. to 5:00 p.m. **The Museum will be closed Monday, October 8th in observance of Columbus Day.**

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.

**INDOOR AQUATIC CENTER
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FLOATING PUMPKIN PATCH:
 October 13, \$3
 Adaptive Ages 2-18, 10 am-12 pm
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30 TUESDAY

WHICH WICH HALLOWEEN

5:00 p.m. to 7:00 p.m. Bring the kids in their Halloween costumes and receive a free kidswich with the purchase of a regular wich. There will be activities and treats.

Which Wich
1767 Madison Street
In Publix Shopping Center

31 WEDNESDAY HALLOWEEN

KIDS-N-PLAY: ARTS & CRAFTS CLASS

12:00 p.m. No additional fee charged above general admission.

Kids N Play
525 Alfred Thun Road
(931) 896-1328

HILLDALE BAPTIST CHURCH FALL FESTIVAL

6:00 p.m. to 8:00 p.m. This is Clarksville's largest family friendly fall festival. For families of children birth-5th grade. Come dressed in your Halloween costume and go Trunk-Or-Treating (just like Trick or Treating, except we use trunks of cars to hold the candy). Inflatables, hot air balloon rides (weather permitting), games, food and so much more. Event is FREE; food is for sale with proceeds going toward (F.U.E.L., a ministry to feed CMCSS Children during the school year).

Hilldale Baptist Church
2001 Madison Street
(931) 648-8031

LIGHT UP THE NIGHT AN XTREME HALLOWEEN

6:00 p.m. to 9:00 p.m. Games, inflatables, face painting, and it's absolutely FREE.

1596 Fort Campbell Boulevard

November

3 SATURDAY

FT CAMPBELL OFFICERS' SPOUSES' CLUB 37TH ANNUAL FALL CRAFT FAIR

9:00 a.m. to 5:00 p.m. Saturday, November 3 and 10:00 a.m. to 3:00 p.m. Sunday, November 4. Outside Gate 7 on the grounds of the War Memorial Walking Trail Park. Open to the public. From woodcrafts and pottery to jewelry and gourmet treats, the OSC Craft Fair boasts a wide variety of vendors. Each year, we have approximately 2,000+ attendees who attend this event which raises money for the organization's scholarship fund. All proceeds from this event go back to Fort Campbell and the surrounding communities in the form of scholarships and charitable donations. www.fortcampbellosc.com.

Valor Hall Event Center
Walter Garrett Lane
Oak Grove, Kentucky

PUMPKIN' CHUNKIN' FALL FESTIVAL

10:00 a.m. to 3:00 p.m. Featuring 10,000 Villages. Presented by Trinity Episcopal Church. See article on page 24.

317 Franklin Street
www.trinityparish.com

A VERY BIEBER HOLIDAY

Registration begins at 1:00 p.m., pageant begins at 2:00 p.m. Presented by A Golden Rose Pageantry. See ad on page 68.

2001 Memorial Boulevard
Springfield, Tennessee
Andra Kimberly, (931) 627-3795
goldenrosepageantry.com

Submit your event to events@clarksvillefamily.com by the 15th of the month to be included in the next issue.

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PUMPKIN CHUNKIN' FALL FESTIVAL

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www.GovernorsSquare.net • www.MallGiftCards.net

in Clarksville. Karen Henderlight, (931) 362-4723, karen.henderlight@uhsinc.com.

ADOPTION & FOSTER CARE CLARKSVILLE FAMILY ADOPTION GROUP

Bringing families and individuals together that have been impacted by adoption, providing support for prospective families and keeping members educated about the needs of adopted children. Events include information meetings, drop in play dates for families with young children, fun days for adopted teens, fun family time and various celebrations throughout the year. Attendance at each event is optional. No commitment. For more information, contact Jaime at (931) 980-8498 call/text. To be added to the contact list, please send your e-mail address and/or phone number to jaimeforjewelry@gmail.com.

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.

OAK PLAINS ACADEMY

1751 Oak Plains Road, Ashland City. We serve children of all ages with therapeutic services, and have several foster homes

OMNI VISIONS INCORPORATED

A multi-state child placement agency. We offer treatment foster care and services. 171 Hatcher Lane, (931) 645-7711 or www.omnivisions.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.

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, or visit our website at 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, 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.

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@hotmail.com, or visit 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 or www.clarksvilleimpact.us.

CLARKSVILLE TENNIS ASSOCIATION

Open to all who love tennis. A great group of people who bend over backwards to provide fun tennis tournaments and matches for people who are competitive or just play for fun. We encourage all levels and age groups. The President is Preston Howle and he can be reached at PrHowle@aol.com for all who are interested. Visit www.clarksvilletennis.usta.com.

EMMANUEL FAMILY LIFE CENTER

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

SWIMMING EAGLES

We are a Fort Campbell based competitive swim team open to non-military families. For more information please visit www.swimmingeagles.com call (352) 262-0627 or e-mail swimeagleky@yahoo.com. All participants must pass a swim test.

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.

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.

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.

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 for info on classes (group, private or home-study).

BREASTFEEDING EDUCATION AND SUPPORT (WIC)

We offer breastfeeding classes for everyone in the community twice per month, as well as hold a support group for breastfeeding families once a month. Nutritionists and a breastfeeding peer counselor are also available to answer questions via phone during business hours. Please call for future class and support group schedules or look in the Calendar section of this month's issue for upcoming events. Breastfeeding is one



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CLARKSVILLE BIRTH COMMUNITY

A place for families in the Clarksville/Fort Campbell area to find resources for pregnancy, birth and beyond. Join us for monthly playgroups and gatherings. We have a lively discussion group on Facebook where women can ask questions and get answers from fellow moms and professionals such as childbirth educators and doulas. We want to be sure our members know that all moms are welcome here. Our primary goal is that you make *informed* choices for your pregnancy, birth and newborn care. Events posted at fortcampbelldoulas.webs.com or find us on Facebook at www.facebook.com/groups/clarksvillebirthpros/.

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

We meet on the first Wednesday of every month at 10:00 a.m. at the Clarksville-Montgomery County Public Library meeting room, except in July on the 5th and in November on the 8th. We will also meet on the third Wednesday of each month at 6:00 p.m. at the Fort Campbell Family Resource Center. Expectant and nursing mothers are all welcome to attend! Babies are always welcome at meetings. For information, support and to answer questions email BreastfeedTN@gmail.com or call (931) 444-7087.

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, CAPPA Lactation Educator Trainer at (931) 451-3223 or 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.

CHILD CARE

CHILD CARE AWARE

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

MID-CUMBERLAND CHILDCARE RESOURCE AND REFERRAL

At 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/

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

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

PARENT INFORMATION NETWORK

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

PROGRESSIVE DIRECTIONS

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

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.middlemalanon.org.

CLARKSVILLE RAPE AND SEXUAL ABUSE CENTER

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

CHAP PROGRAM OF CATHOLIC CHARITIES

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

DEPARTMENT OF CHILDREN'S SERVICES

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

LEGAL AID SOCIETY

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

MONTGOMERY COUNTY CHILD SUPPORT SERVICE

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

SAFEHOUSE

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

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

CHILDREN'S GROUPS

4-H YOUTH DEVELOPMENT

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

BOY SCOUTS OF AMERICA

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

GIRL SCOUTS OF MIDDLE TENNESSEE

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

LEAP ORGANIZATION

Provides youth development services such as mentoring, case management, counseling, community service, and career development targeted at ages 12 to 18. (931) 378-0500, info@leaporg.net, www.leaporg.net.

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 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.

ALL NATIONS BIBLICAL STUDY CENTER

Offers tuition-free Bible courses to the community in the major fields of biblical research. The Fall Semester begins in September. Online Courses are offered year-round. Visit www.studythescriptures.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 or www.ed2go.com/apsu.

ARMY COMMUNITY SERVICE

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

ASERACARE HOSPICE

Hospice 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. Find out more about how Free Cakes for Kids began by checking out: 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.

FRIENDS OF THE BLUEWAY

A group dedicated to keeping Clarksville's Blueway beautiful and directly involved with the new access point park on Tiny Town. We will have clean up days, fundraisers, events and meetups. This group is passionate about outdoor activities, including kayaking and canoeing. The Parks and Rec department works closely with this group and gives insight on future access points to the rivers. Visit our facebook at facebook.com/FriendsoftheBluewayClarksvilleTN for more information and sign up for email updates at outdoorclarksville.com.

FRIENDS OF ROTARY PARK

A volunteer group that is diligently working to improve the trail network and playground areas at the park.

Those interested in joining Friends of Rotary Park can do so by contacting Chad Eaton at (931) 624-7787 or chadeaton@hotmail.com. Or visit www.facebook.com/FriendsOfRotaryPark to keep in touch with other members and events at the park. Dues are annual at \$15 for individuals / \$25 for a family / \$50 business membership.

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

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

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

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

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 404 Madison Street, (931) 645-4222, www.habitatmctn.org. The ReStore accepts and sells building, furniture and appliance donations funding Habitat's mission while providing an environmentally and socially responsible way to keep reusable materials out of the waste stream. 408 Madison Street, (931) 645-4242, donation@clarksvillerestore.org.

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.

HUI HAWAII O TENESI HAWAIIAN CIVIC CLUB

Chartered by the Association of Hawaiian Civic Clubs in Hawaii, the club's goal is to perpetuate the Aloha Spirit and the Hawaiian Culture throughout the state of Tennessee and the surrounding area. Because of our close proximity to Fort Campbell, we are able to contact many native Hawaiians who are stationed here or have decided to retire in the local area. Many soldiers and their families have been stationed in Hawaii and also elect to join us and partake in the activities. Membership is open to everyone, and we love our times to meet and share the Aloha Spirit and the "local grinds" that everyone learns to love. For more

information, please call Marlene Livesay at (931) 572-0804 or visit our website at www.huihawaiiotn.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 or 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.

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 nonprofit 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.

REFORMERS UNANIMOUS

Christ-centered recovery program that offers guidebooks and weekly meetings with supportive caring people. Designed to assist people with addictive behaviors and other struggles of life. Meets at Bible Baptist Church, 3102 Prospect Circle, Fridays from 7:00 p.m. to 9:00 p.m. Visit www.reformu.com or call (931) 233-0519.

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.

UNITED WAY

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

VETERANS UPWARD BOUND

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

COUNSELING, SUBSTANCE ABUSE & MENTAL HEALTH

ALCOHOLICS ANONYMOUS

Do you or a member of your family, or perhaps a friend, have a problem with alcohol? We can help. Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that

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

they may solve their common problem with alcohol. The only requirement for AA membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses or opposes any causes. Our primary purpose is to stay sober and to help other alcoholics achieve sobriety.

AA 24 Hour Hotline: (615) 647-831-1050

Clark Street AA Hotline: (931)-647-0255 (11:30 a.m. to 12:15 p.m.; 5:30 p.m. to 9:15 p.m.)

Alanon/Alateen Family Hotline: (888) 425-2666

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.

CENTERSTONE

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

FAMILY CENTERED SERVICES

901 Martin Street, (931) 503-4600.

THE FAMILY GUIDANCE TRAINING INSTITUTE

800 Tiny Town Road, committed to positively impacting the lives of our community's children, youth and their families. Family Guidance Training Institute, Inc. is a 501c3 licensed community mental health center and alcohol and treatment facility. Offering quality, private, compassionate services to persons who seek emotional wellness. Therapeutic and psychiatric services include: assessments, individual counseling, marriage and family counseling, group counseling, supervised visitation, mental health case management, and alcohol and

drug treatment and education services. For further information call (931) 431-7580.

HOPE (HOMELESS OUTREACH PARTNERSHIP AND EMPOWERMENT)

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

LIFESOLUTIONS - ASPIRE & JOBLINK

611 Eighth Street, (931) 920-7210.

MENTAL HEALTH COOPERATIVE

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

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.pastoralcounselingctrs.org.

THE PATH LIFE COACHING

Through The Path Life Coaching (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 or (931) 906-5449.

REGIONAL INTERVENTION PROGRAM (RIP)

Regional Intervention Program 404 Pageant Lane, (931) 920-2347, is a program through local mental health agency and not-for-profit organization Centerstone providing behavior modification for preschoolers 18 months through 6 years old. RIP offers a 2-hour classroom setting for children and siblings, in addition to case management for parents two times per week on Tuesdays and Thursdays. RIP currently has immediate openings for the morning program @ 10:00 a.m. to 12:00 p.m. Contact Taboya Holman, Clarksville RIP program Coordinator @ (931) 920-2347 or Taboya.Holman@centerstone.org.

VIVIAN HOUSE

125 Vivian Street, (931) 920-7235.

WEEMS ACADEMY

812 Greenwood Avenue, (931) 920-7370.

YMCA'S RESTORE MINISTRIES COUNSELING CENTER

Restore Ministries offers one-on-one, couples (including marital and pre-marital) and family counseling in addition to play therapy for children ages 3-12 years old in a safe and confidential setting. Private counseling fees are frequently out of reach for individuals with limited financial resources or no insurance, but we are committed to providing professional, holistic counseling on a sliding scale so that no one is turned away due to the inability to pay. You do not have to be a member of the YMCA to seek counseling. For more information about our counseling services or to schedule an appointment, please contact Susanna Powers at (931) 647-2376 or spowers@ymcamidtn.org.

INTERNATIONAL ORGANIZATIONS

MISS TENNKY AREA AFS VOLUNTEER LEADERSHIP TEAM HOSTING AND SENDING TEACHERS AND STUDENTS ON INTERNATIONAL EXCHANGES

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 and January, they leave at the end of June.

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-USA needs people who enjoy international folks and want to learn more about becoming a registered volunteer as a liaison or aunt/uncle, driving, writing, doing public speaking, organizing festivals, interviewing, chaperoning, becoming hosting or school coordinators, etc. Go to www.afsusa.org/volunteer or e-mail AFSBecky@comcast.net for more details and to begin registration.

Anyone interested in learning about sending a student on an exchange should go to www.afsusa.org/going-abroad or contact Becky Heywood at AFSSending@misstennky.org, and for being a host family in the future go to www.afsusa.org/hostfamily or e-mail AFShostcommittee@misstennky.org. You may also call (800) 876-2377 x127 to see the availability of students and to fill out a preliminary hosting application. The local Miss Tenny Area AFS Team web site is afsusa.org/misstennky/.

PARENT GROUPS CLARKSVILLEMOMMIES.COM

A Mommies Network community, was founded in September 2009 by Blythe Belenky to help connect and support Moms in the Montgomery County, Clarksville, Ft. Campbell and Hopkinsville areas. ClarksvilleMommies.Com is for ALL types of moms including those who work full-time. The site offers chatting online in a private forum—discussing everything from the best photographers to the worst temper tantrums and all that lies between—and meet-ups regularly at member-driven events around the area. And best of its all FREE! Everything—online support, playgroups, and MNOs are all FREE! ClarksvilleMommies.Com is part of TheMommiesNetwork.com, a 501-C(3). Register to be part of ClarksvilleMommies.com!

CHARA (CHRIST-CENTERED HOMESCHOOLERS APPLYING RIGHTEOUSNESS ACADEMICALLY

CHARA is a support group for families who have chosen to educate their children at home. Monthly meetings for parents and children are held at Hilldale Baptist Church, 2001 Madison Street. Additional activities are held throughout the year. For more information visit www.orgsites.com/tn/chara or e-mail 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. There is not a fee to register with the group. You must post an introduction to the group within one week of joining.

FIRST BAPTIST CHURCH HOMESCHOOL GROUP

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

HOPE@HOME (HELPING OTHER PARENTS EDUCATE AT HOME)

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

ClarksvilleAreaHomeSchoolNews/

HOPKINSVILLE SAHM MEETUP GROUP

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

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

Provides information, encouragement and support to mothers who wish to breast feed their babies. We meet on the first Wednesday of every month at 10:00 a.m. at the Clarksville-Montgomery County Public Library meeting room, except in July on the 5th and in November on the 8th. We will also meet on the third Wednesday of each month at 6:00 p.m. at the Fort Campbell Family Resource Center. Expectant and nursing mothers are all welcome to attend! Babies are always welcome at meetings. For information, support and to answer questions email BreastfeedTN@gmail.com or call (931) 444-7087.

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 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 for East Clarksville or clarksvillemomsclub@yahoo.com for West Clarksville.

MOPS AT FIRST BAPTIST CLARKSVILLE

Meets on select Fridays every month throughout the school year from 9:15 a.m. to 12:00 p.m. at First Baptist Church downtown, 435 Madison Street. Childcare is provided for members. For more information on visiting a meeting or joining please contact Liz Coop, Membership Coordinator, at (615) 686-8008 or clarksvillemops@gmail.com. We look forward to meeting you!

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 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, visit www.hilldale.org/mops or look for us on Facebook under Hilldale Baptist Church MOPS or call the church office at (931) 648-8031.

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 11:30 a.m. and childcare is provided. For more information contact Ashleigh Goss at ashleighgoss7@yahoo.com. Find us on Facebook at [Spring Creek MOPS](http://SpringCreekMOPS).

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 for more information.

PARENTS REACHING OUT

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

SHARE (SECULAR HOMESCHOOLERS: ANY RELIGION, ECLECTIC)

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

TENNESSEE EARLY INTERVENTION SYSTEM (TEIS)

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

WIC NUTRITION EDUCATION CENTER

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

RETIREMENT GROUPS

AARP LOCAL CHAPTER 1957

Meets on the 2nd Tuesday of each month at 10:00 a.m. at Hilldale United Methodist Church, 1751 Madison Street. We are affiliated with the National AARP and to become a member of the local chapter, you must be an active member of the national chapter. The local dues are \$5 per year. Our motto is "To Serve and Not to Be Served" in our communities. We have guest speakers monthly who reflect on services to our seniors. We welcome guests at all our meetings, and have light refreshments after each meeting. We need your support so that we can continue to influence the needs of seniors by our voice in local, state, and federal government. For additional information, please contact The Rev. Dr. W. Ira Wilson, President at (931) 920-3983 or email wira.wilson@yahoo.com.

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

The only association dedicated to protecting the earned retirement benefits of federal employees, retirees

and their survivors. Founded by 14 federal retirees in 1921, NARFE has become an effective and highly respected legislative voice for federal workers and retirees. 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 and membership 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 250,000 members nationwide and almost 4,000 here in Tennessee, we are a strong voice in Washington, DC.

Local NARFE Chapter 870 meets on the 2nd Thursday of each month at the Golden Corral Restaurant, 2811 Wilma Rudolph Blvd. We gather to eat at 11:00 a.m. with the business meeting starting at noon. Even with our speaker, we are normally finished by 1:00 p.m. or 1:15 p.m. We have a private area reserved with our own waitress service, always have a speaker, and guests are always welcome. For more info please contact J.C. Whitney at (931) 358-4855 or e-mail jcwhitney@cdeightband.net.

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 11:00 a.m. at the Senior Citizen's Center at 953 Clark Street. Patsy Shell at (931) 648-1884.

ARMY COMMUNITY SERVICE

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

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.

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. Contact Patricia Hanna at (931) 645-1261 or cadstn@hotmail.com. Visit www.cadstn.org.

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, 303 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 each Wednesday from 5:30 p.m. to 7:00 p.m. Childcare is available, but we ask that parents contact Monica Causey at (931) 801-0895 or (800) 680-9882 to make childcare reservations.

DIABETIC SUPPORT GROUP

Gateway Medical Center offers information related to self-management of diabetes. Each meeting showcases a different expert speaker as well as a question and answer period. The group meets the third Tuesday of each month at 5:30 p.m. in the Liberty Rooms of Gateway Medical Center. For more information, contact Registered Dietitian Diana Smith at (931) 502-1692.

JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)

Meets the last Saturday of each month. Contact 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 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.

YMCA'S RESTORE MINISTRIES SMALL GROUPS

Restore Ministries offers small groups led by trained and caring facilitators in a supportive environment in which people who are seeking to make similar life changes can work together to identify and overcome the barriers standing between them and lasting change. If you are having relationship difficulties, experiencing loneliness, grief, stress, sadness or just need

encouragement, we can help. Our groups address all types of issues ranging from anxiety to grief to low self-esteem and body image. Restore Ministries is for everyone, guiding men and women to complete hope, healing and restoration. Most groups meet for 8 weeks. Fees are based on your ability to pay. Groups are open to both members and non-members of the YMCA. For more information or to sign up for a group, contact Susanna Powers at (931) 647-2376 or spowers@ymcamidtn.org.

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.



LEND A HELPING HAND

Want to help The Breast Cancer Research Foundation® support cruelty-free research into environmental and life style factors that possibly affect the risk of breast cancer? Just stop by for limited-edition pink ribbon hand relief™— \$4 U.S. of the purchase price goes to The Breast Cancer Research Foundation® to support cruelty-free research,* plus you get a 7% per ounce savings over regular size.** Help make a difference.

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AVEDA

Madison St. Chick-fil-A Coloring Contest Winners!



Ava Biter
age 3, Clarksville, TN

Ages 0-3



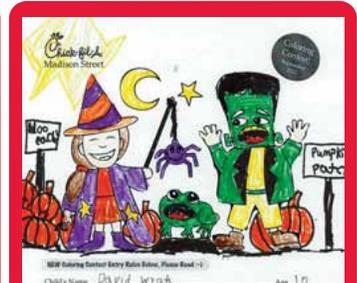
Ezra Boyd
age 4, Clarksville, TN

Ages 4-6



Molly Stowell
age 8, Clarksville, TN

Ages 7-9



David Wyatt
age 10, Clarksville, TN

Ages 10-12



Elias Boyd
age 2, Clarksville, TN



Ethan Long
age 6, Clarksville, TN



Nicole Batista
age 9, Clarksville, TN



Emily Wyatt
age 12, Clarksville, TN

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

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

Chick-fil-A catering



- Mark your Calendars!**
- Mon. 10/01:** Norman Smith Elementary
 - Tues. 10/02:** Sango Elementary
 - Thur. 10/04:** Carmel Elementary
 - Fri. 10/05:** Clarksville Adoption Group
 - Tues. 10/16:** East Montgomery Elementary
 - Fri. 10/19:** CHS JROTC
 - Tues. 10/30:** Little Scholars Montessori
- * Lydia Walker, Monday Oct 8**

Chick-fil-A Madison St. (931) 648-4468 Order online at www.chickfila.com/madisonstreet

WE CAN'T ALL BE SUPERHEROES

GOOD THING WE'RE NOT ALONE...

Wouldn't it be cool to be able to fly? To be bulletproof? To have X-Ray Vision? Wouldn't life be easier? For those of us who are mere mortals, though, life can be tough--especially when we try and go it alone. At oneChurch.tv, we understand that no one is bulletproof, and we all feel more like Clark Kent than Superman.



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