

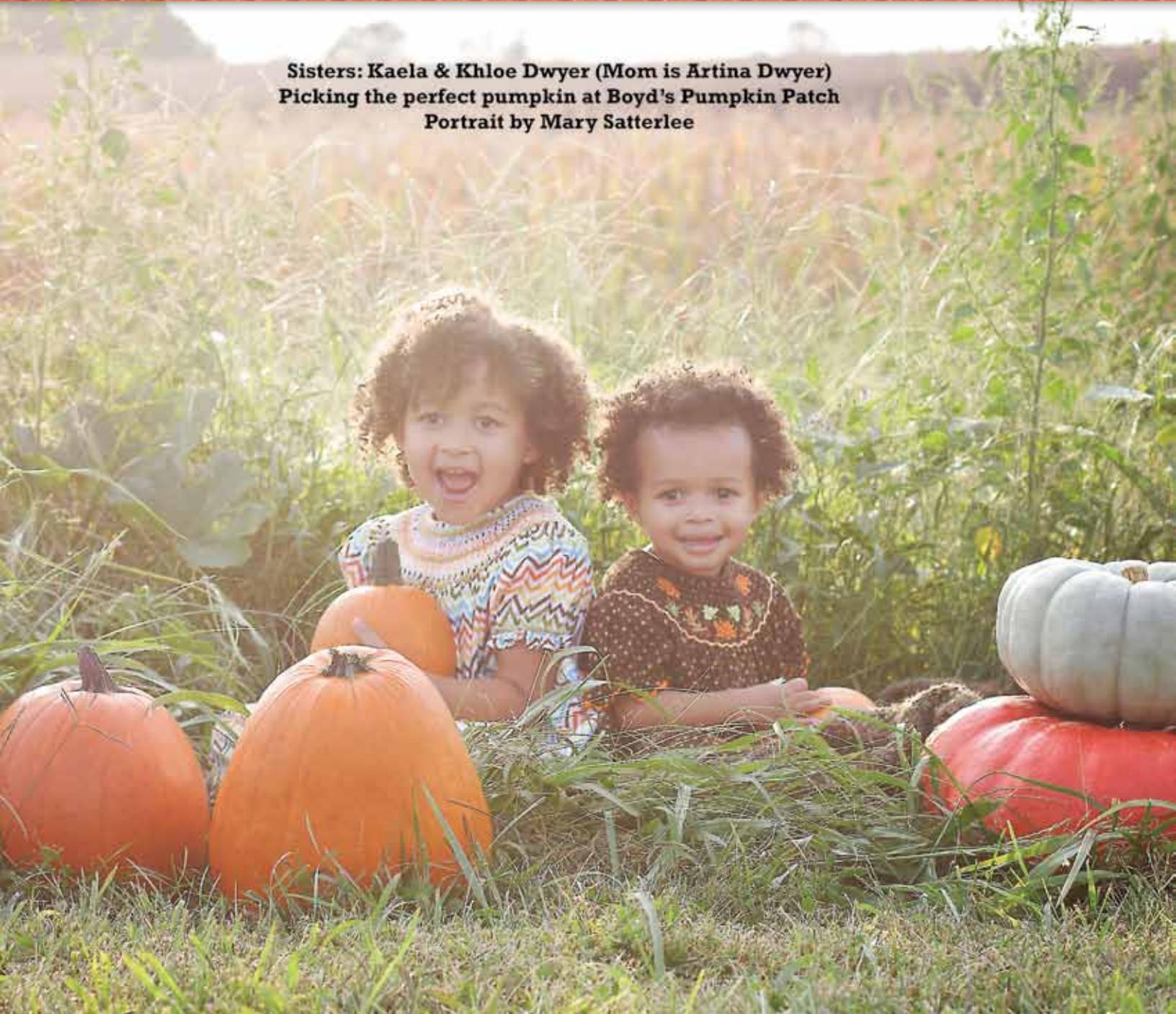
October 2013



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# Publisher's Message

Ah, I love the coolness in the air this time of year because it starts a season of many great things. Halloween this month, Thanksgiving next month, Christmas after that. Plenty of chances to do crafts, cook, bake and get together with family you don't see as often.

I always get ambitious in the fall and start thinking that I'll make (insert awesome Martha Stewart expert-level project here) as a centerpiece for the season. It will be a wondrous project that my son can help with, and will be the talk of the holiday dinner table as relatives stop by and amaze at how talented I am. Then as time dwindles and reality sets in, I end up going to the grocery store and getting one of those precut gingerbread houses that you can assemble in four minutes. And did I mention that my son gets bored with the whole thing before it's out of the package?

Seriously, I do love this time of year, and though there never seems to be enough time to do everything you want, the most important part is spending as much time as possible with those you care about.

This issue is packed with tons of frighteningly fun articles and things to do around town for you and the kiddos! Pamela Magrans has an excellent article about Dunbar Cave's Halloween event on page 28. Taylor Leiberstein has all the deets about the 5th annual Fright on Franklin on page 44; it's definitely not to be missed!

Stay safe and as always, thank you for picking us up! (*And no laughing if you see me in the grocery checkout with that gingerbread house kit!*)

Sincerely,  
Carla Lavergne



# Clarksville Family

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

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## DISCLAIMER

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.

## Special Thanks

Paul and Paula

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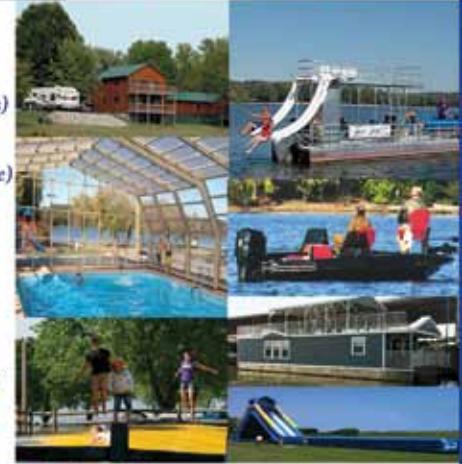
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## CLARKSVILLE'S SAFEHOUSE SHELTER FROM DOMESTIC ABUSE

by Pamela Magrans

The phrase "Safe House" has several connotations today. Some may think of the witness protection program and the 2012 blockbuster movie staring Denzel Washington. From a historical perspective, the phrase "Safe House" was termed during the fight for emancipation. The Underground Railroad provided freedom-seeking slaves a "safe house" to reside. It was a fiercely hidden location, giving the freedom-seeking slaves a refuge as they redirected their lives, made plans, and prepared for the new life that history was about to provide.

During WWII, safe houses were used in Germany to hide victims from the persecutions of the

Nazis. The safe house was often the only option of hope provided in a time of bleak uncertainty.

Most recently, the term "safe house" refers to the refuge offered to victims of domestic violence, families, or individuals seeking safety from an abusive relationship.

Here in Clarksville, the term "safe house" refers to a domestic violence shelter. It is a private location, known only to a few, where victims of domestic violence can live, as they begin the process of breaking free from the cycle of domestic violence.

### **What is domestic violence?**

Domestic violence is aggressive acts, either physical or emotional, committed against

a member of one's family, or shared residence. It knows no discrimination of age, race, religion, sexual preference, marital status or geographical location. It occurs in both the affluent and the lower income neighborhoods. It happens against men and against women. Children are often direct victims or accidental witnesses to this life altering emotional chaos. Children who witness domestic violence are more likely to suffer emotional issues as adults, and so parents remaining in a violent situation may be perpetuating the problem for future generations.

For victims of domestic violence, they stay in the painful relationship with the abuser for

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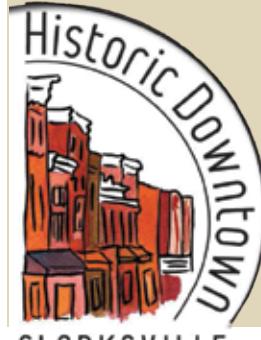


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varied reasons. The abuse may be physical or emotional. Some victims may feel they depend on the abuser and cannot support themselves or their children. Some feel they do not deserve help, because they have been brainwashed by their abuser's negativity. Others fear the consequences of leaving the abuser. Some are paralyzed by threats made by the abuser.

All of those reasons are emotional products of abuse. However, there is help. The local SafeHouse of Clarksville Montgomery County provides refuge for victims who want to end the abuse.

### **Help is only a phone call away**

The mission of the SafeHouse is to provide a safe environment for victims of domestic abuse. By providing education about domestic violence, the SafeHouse hopes to empower the victim and help them understand and overcome the cycle of violence. The SafeHouse serves Montgomery, Stewart, Cheatham and Houston counties. The length of stay is thirty days and accommodates multiple families at a time. Resources include a safe physical place to stay, but also offers individual counseling, referrals, education, and advocacy.

The Office of Criminal Justice, United Way, City of Clarksville and The Office of Community Development fund the SafeHouse jointly. However, private donations and an annual fundraising event help to support the financial obligations of the SafeHouse.

### **Remember My Name Event**

On Saturday, October 12 from 11:00 a.m. to 2:00 p.m. the "Remember My Name" domestic violence awareness event will be held at Kenwood High School. Sponsored jointly by the Montgomery County Sheriff's Office and Daymar Institute; this event is free and open to the public. A Silent Auction will be held and profits will benefit the

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SafeHouse. Also featured at the event will be the Clothesline Project and Dreams to Screams Exhibit.

#### **How to help the SafeHouse**

The SafeHouse is often in need of donations, monetary and otherwise. Donations of

cleaning supplies, household items, school supplies and personal hygiene items are always needed. The SafeHouse is always in need of volunteers. Call and request a volunteer packet, if you are interested in volunteering.

#### **How to reach the SafeHouse**

Reaching safety is only a phone call away. To contact the SafeHouse, call (866) 592-6902 or (931) 648-9100. They can also be reached via email at [christybussell@clarksvilleSafeHouse.com](mailto:christybussell@clarksvilleSafeHouse.com).



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## WALK WITH ME TENNESSEE

by Taylor Lieberstein

Walk your way to health and prizes this fall and winter with the Walk with Me Tennessee Program and the Clarksville Parks & Recreation Department. The Walk with Me Tennessee walking program challenges residents of our community to walk across the state completing a series of challenges featuring walking trails in Clarksville.

Clarksville is one of only seven cities in Tennessee that are part of the start up of this statewide initiative—other cities on board

are Athens, Cleveland, Collegedale, Jackson, Manchester and Sevierville.

The Department of Environment and Conservation launched the “Walk with Me Tennessee” as a self assessment tool that will focus on a variety of aspects, including: planning, health and fitness opportunities, infrastructure, connecting community areas, and safety. It measures and ranks how friendly our community is for walking and provides pertinent

planning information to help communities increase our pedestrian-friendliness.

“Clarksvillians participating in the Walk with Me Tennessee program can maximize their existing outdoor resources and plan for future recreational infrastructure with the goal of increasing the quality of life for residents and lowering the obesity percentage,” said April Johnson, Recreational Educational Services PARTAS Manager. “The benefits for residents include improved fitness,

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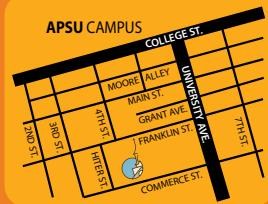
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cleaner air, reduced risks of certain health problems, and a greater sense of community," said Shannon Ashford, the Communications Officer at

the Tennessee Department of Environment and Conservation.

Participating in this program is as simple as creating a free account on [www.healthwalkers.com](http://www.healthwalkers.com)

and beginning completing challenges listed on the Health Walkers website. The first participant to report completion of each challenge during the designated challenge period will receive a Walk

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with Me Tennessee prize pack. For each challenge completed, participants' names will be entered into a drawing for a grand prize at the end of the 12-week session. The more challenges completed,

the more chances to win. The first participant to report completion of each challenge during the designated challenge period will also receive a Walk with Me Tennessee prize pack. To be

eligible for prize winning, participants must track their progress through [www.healthwalkers.com](http://www.healthwalkers.com) and must be residents of the following zip codes: 37040, 37041, 37042, 37043 or 37044.

"This walking program will give our residents an incentive to walk and it will help us track what trails are used the most and what areas of town have a great need for expanding the Greenway," said Melissa Adkins on behalf of the City of Clarksville.

As an incentive, all participants in the Walk with Me Tennessee program will receive one free year's use of the Health Walkers website and an easy way to track your walking progress and stay motivated. The website monitors your improvement by presenting individual and club statistics in various ways. Individuals are able to develop a picture of their fitness activity and therefore gauge their fitness level. Dynamic graph and report building routines provide members with a flexible way to monitor their performance and make comparisons. Data may be viewed in the form of line graphs and bar charts.

A complete list of trails can be found on the



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## METH MOUTH

by Dr. Grace Lee

One of my favorite TV shows, *Breaking Bad*, seems to glorify the production and use of meth, but the reality is quite different. The show's producers are able to hire attractive people to portray meth addicts and, yes, maybe they apply some yellow paste to their teeth or mess up their hair a little; but they actually do very little to portray the true horrors of meth use.

The main cast member of the show, who also happens to abuse meth, is Jesse Pinkman. Jesse is an attractive young man with a nice smile who is tortured by the acts of his associate Walter White. But this is not reality. Reality is this: A sweet young lady, age 22, came into my office with tears in her eyes.

She explained to us that she is currently in rehab after abusing meth for many years. What was left of her remaining teeth was broken almost up to the gum line.

Typical of meth users, this young lady had what is called "meth mouth." She also appeared years older than her true age. Instead of looking like a hot, young girl from *Breaking Bad*, she looked more like something out of *The Walking Dead*. We ended up making her dentures at age 22!

It literally broke my heart that someone like her had to live with dentures her whole life from such a young age. As a dentist with seven years of practice in Clarksville, I have

encountered several patients that abuse methamphetamines (meth), also called "poor man's cocaine." I try to be supportive with all the resources I have. The devastating oral effects of methamphetamine can easily be recognized due to their distinct odor and patterns of decay, including decay on the cheek, sides of the teeth, and around the gum margins.

Meth is highly addictive and has been a widespread drug problem in Clarksville. This is mainly because of its easy production and low price tag. The drug epidemic in our town has been a big concern for our clinic, especially because the town's means of intervention is limited and ineffective. What

is more alarming is that the average age of new users is 18.8 years old. People this age should be running through the street naked as part of the pledge process for their university of choice. They should not be running through the street naked because they think their skin is on fire.

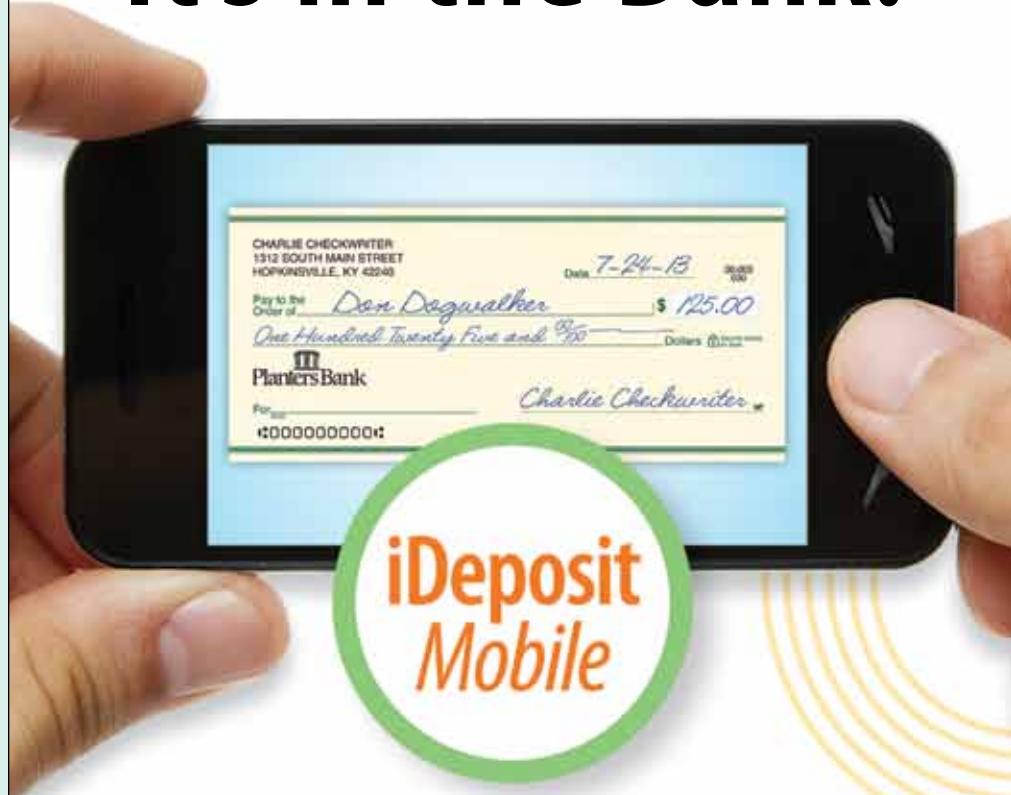
The use of such a drug has horrible consequences, including fatal oral side effects and permanent brain damage. This is a large part of the reason Simon Pegg's character in *Shaun of the Dead* initially confuses the attacking zombies for a group of "p\*ss heads," a British term for meth users. Street names for meth include speed, ice, crystal meth, chalk, fire, and glass. It can be smoked, snorted, injected, or eaten. Some

ingredients in meth are well-known household products, including battery acid, anhydrous ammonia (used in fertilizers), red phosphorus, antifreeze, hydrochloric acid, ephedrine, and drain cleaner, all of which contain large labels reading, "POISON" and "DO NOT INGEST."

The perpetual use of meth by addicts can cause increasing amounts of damage in the brain, which makes it harder to experience pleasure at all. With repeated use, meth takes a big toll on the mind and body, robbing users of their social and physical health. It also releases high levels of adrenaline, which can lead to violent behavior and high incidents of domestic abuse, resisting arrest, and violent robberies when the user attempts to make money for his next score. Some users have been known to feel like insects are crawling in their skin, so they find themselves scratching and picking their skin, leaving large scabs behind. The effects of meth use for a prolonged period of time cause deterioration in the body, and many users look 10 to 20 years older than their true age.

From the oral health perspective, the accelerated and rampant decay from meth abuse can be devastating. Some additional characteristics of "meth mouth" are as follows:

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  - Poor nutrition (cravings for fatty, greasy junk food)
  - Weight loss (malnourished appearance)
  - Fast aging process (can't believe the before/after pictures!)
  - Lack of dental hygiene (neglect to brush or floss for a long period of time; not brushing because it's too painful to scrub the "little black stubs")
  - Drug-induced dry mouth or "cotton mouth" (narrows the blood vessels in salivary glands)
  - Bruxism (grinding of teeth) and clenching from stress and lack of sleep
  - Jaw and neck pain and trismus (inability to open the jaw)
  - Bad breath and frequent vomiting
  - Smoking-related health issues (94% of meth users are smokers)
  - Difficulty getting numb (combination of local anesthetic and meth can cause cardiac problems)
- There are days as a dentist when I feel more like a drug or life counselor, and I wish there were better solutions and programs to help these people. I believe counseling services and education are extremely important factors in helping addicts overcome their addictions. It's very frustrating that many will go back to abusing the drug even after extensive dental repair. We need more programs and shelters for recovering addicts, so they will never have to go back to using meth again. For dentists, meth mouth is very



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difficult to treat, especially without the commitment to stop using the drug. Some users are afraid to see a dentist because they want to avoid the discussion of their drug use and also because treatment of any sort is low on their list of priorities. For this reason, my message may be too late for current users.

However, as with all things, prevention is the best medicine. As a precaution for those who may find themselves confronted with the choice of using or not using, consider this: Meth is a dangerous drug that WILL give you rotten teeth, red, swollen gums, and yellow plaque coating the teeth, in addition to psychological and other health problems. Save yourself all this pain, save your self-esteem, and just say NO.



Dr. Grace Lee had been serving the Clarksville dental community for the past seven years. Follow her at [facebook.com/gracedentaltn](https://facebook.com/gracedentaltn)

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## THIS MONTH'S HEALTHY RECIPE: ROASTED CHICKEN AND SPINACH SALAD

Brought to you by Gateway Medical Center



This spinach salad is a quick and easy recipe for a light summer dinner. Chickpeas, walnuts and feta cheese give this spinach salad a hearty lift.

### Ingredients

- 1/4 cup chopped walnuts
- 1 can (16 oz) kidney beans, rinsed and drained
- 1 can (16 oz) chickpeas, rinsed and drained
- 6 cups spinach leaves
- 1 Tbsp olive oil
- 1 Tbsp balsamic vinegar
- 1 Tbsp lemon juice

- 1/2 small red onion, sliced
- 2 Tbsp crumbled low fat feta cheese
- 1/4 tsp black pepper
- 8 oz cooked chicken, sliced
- 4 small whole wheat pitas (4-inch diameter)
- cheesecloth

### Preparation

- In a large mixing bowl, combine all ingredients except chicken and pitas. Toss to coat evenly.
- Top with sliced chicken. Serve immediately, or

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Ray Hall, M.D.  
Chief of Staff



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chill, covered, for up to two hours before serving.

- Serve with pitas on the side.

## Nutrition Facts

Recipe Yield: 4 servings

### Amount Per Serving

Calories 453

Total Fat 13 g

Saturated Fat 2 g

Cholesterol 49 mg

Sodium 396 mg

Total Carbohydrates 49 g

Fiber 12 g

Protein 35 g

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The advertisement features a collage of four photos showing children interacting with Santa Claus. A banner at the top right reads "DAPHNE'S PORTRAIT DESIGN". Below the banner, the text "Santa Experience Sessions" is displayed in red. A green box contains the text "TWO DAYS ONLY! A 20 Minute interactive experience with Santa - PURE MAGIC!" followed by "Saturday, November 9<sup>th</sup> & Monday, November 11<sup>th</sup>". A call to action "Call to reserve your session today!" is followed by the phone number "931.647.0868" and the website "clarksvillesanta.daphnesportraitdesign.com". To the right, there is a photo of Santa Claus sitting with a young girl.

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One of the best ways to detect breast cancer early, when it is most

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*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.*

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## A HEALTHY LIFESTYLE FOR THE WHOLE FAMILY!

by Katie Slachciak Photo by Angela Butler

I was never the person that went to the gym to work out, or even the type that went for a run “because it felt good.” I went for a run maybe five times in my life, and that was because I was pretty mad about something. So of course,

I did not foresee myself having a passion and career in holistic health and wellness.

In 2010 when I got pregnant with my third son I was still carrying the weight from the baby I had 10 months prior. It did not help matters that my

husband and I were not healthy eaters, liked to drink beer with dinner, and more so on the weekends. I was a smoker on top of all of the other unhealthy lifestyle choices I made. Exercise and losing weight were really not a priority for me. Honestly, you could say I was being destructive because I was so unhappy in my life.

After I found out I was pregnant, of course I stopped smoking and drinking, but something else changed too. I began to notice how certain foods made my body *feel*. I no longer wanted that grilled steak with the side of potatoes and corn, it made me feel dragged down and tired! This baby actually craved healthy food! I ended up losing weight and then slowly gained healthy weight during the pregnancy. This was my lowest weight gain, but my BIGGEST baby; he weighed in at 10 lbs!

During those nine months I started reading a lot about yoga, and really opening my mind and heart to a new lifestyle. After Mason was born I started to practice yoga. I first bought a DVD. This became my sacred alone time at night. I was lacking this self-love in my life. One day, I got brave and went to a Bikram Yoga (hot yoga) class downtown. My body LOVED it, but my wallet didn’t. At the time this was all I could find here in Clarksville, and it was \$20 a pop. So I went back to my DVD, in the solitude of my bedroom at night.

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Seven months after having my son, practicing yoga, and eating a clean diet I had lost any weight I gained during the pregnancy and then some. A couple of months later people said I lost too much and I didn't look good. That was super annoying for me to hear. I was eating; I was just eating things that made me feel good! A family member mentioned how the stress in my life was actually eating away at my body. My divorce was in the waiting phase to be finalized, and I was getting prepared mentally and financially to be a single mommy of three little boys. Of course I didn't look healthy!

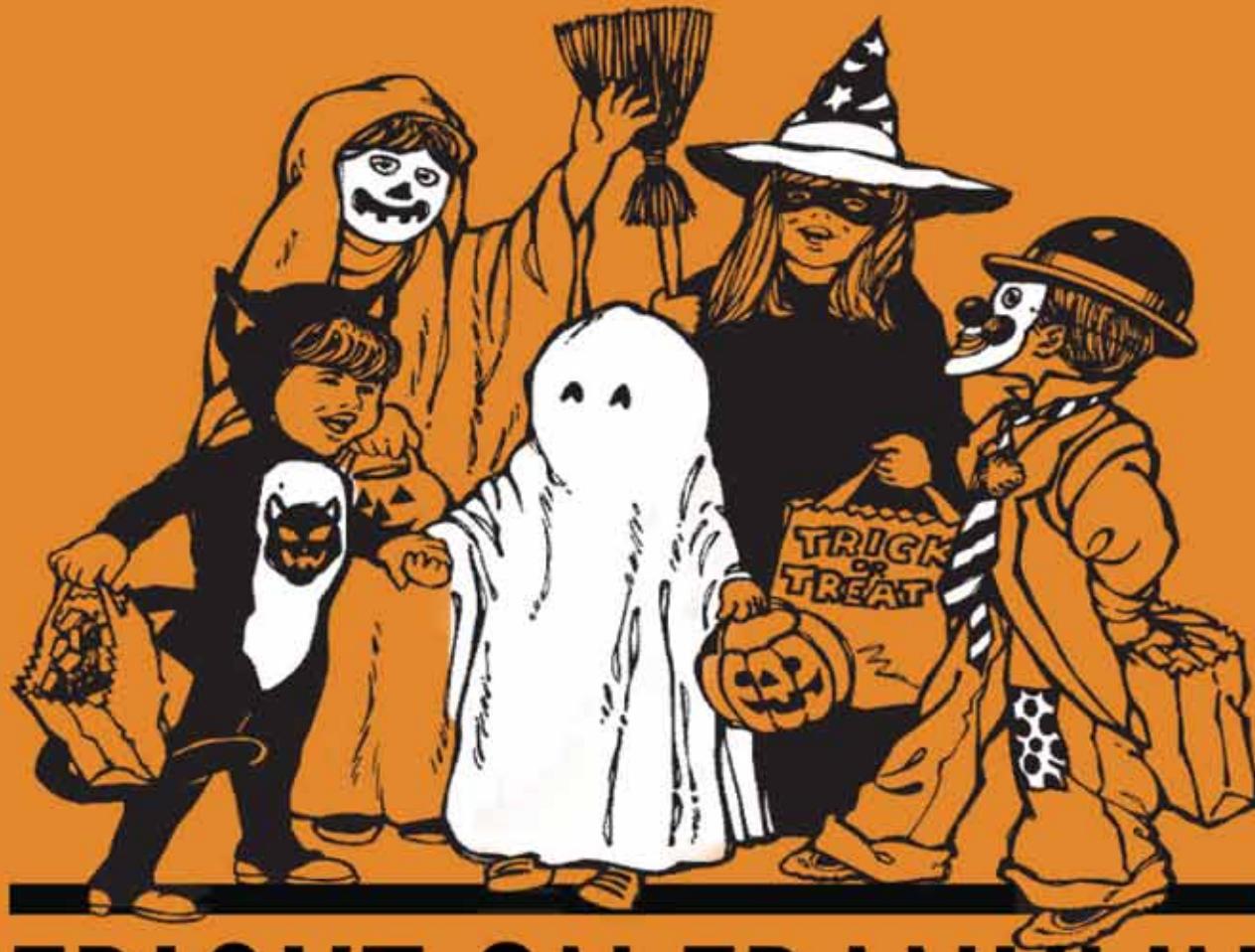
Overall wellness is not just based on one part of our life; it is congruent on the *whole*. Yes, I was eating well and taking part in physical fitness; however, my emotional stress was pulling me down. To be at our optimal health we must have a balance between mind, body, and spirit.

For me, my journey started out with this quest for a more fulfilling, happy life. That was my only goal—make myself happy! I am not saying that I am floating on cloud nine all the time, or that I eat 100% organic food, and get to yoga every day. Heck no! I'm human too! I order pizza once in a while, and we go

out to dinner probably once every couple of months, and I drink wine with my friends. There has to be slack, and forgiveness in what you do in your life, otherwise where is the fun?

The funny thing is that this new path for me affected my kids too. Since I was the one buying the food and cooking it, they ate what I ate. I was learning about how unhealthy certain foods were, so I'd stopped buying them! Why would I be okay with only putting good things into my body, and not my kids'? Call me a mean mommy, but I have a rule: "I only cook one meal for dinner!" Again, why

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would I want to spend time making my healthy meal, and turn around and pop chicken nuggets into the microwave for my kids to ingest? This rule also helps me stay on the healthy path since when it comes time to clean up dinner;

I'm not finishing their uneaten chicken nuggets! Instead, I'm finishing their uneaten salmon or carrots.

One of their favorite dinners is when I do a buffet style meal with fruits and veggies. There is something for everyone, and

they like the independence of making their own choices. For their drink that night I make everyone smoothies with their favorite fruits. It's like dessert before you finish your meal! Trust me; you can get super full off raw fruits and vegetables!

The thing with a whole lifestyle change is when you slip; you have the ability to get back on track, and it helps when the family is on board. You want to implement new, healthy habits into your day. So for me it wasn't about NOT eating something, or forcing myself to exercise, it was always about making me *feel* good. A big part of getting myself back on track and feeling good was my mind. It is amazing what the power of positive thoughts can do! Another way to say this is "being mindful." That is what I was doing the whole time, really. I was being mindful of how certain foods or activities made my body feel.

A suggestion I have for you if you are looking to become healthy and fit for the rest of your life, versus for the next six weeks, is to write it down! Write down *how* you want to feel. Really put yourself into that lifestyle, feel it, see it, and embrace it. You can get creative with this by having your "future" self write your present self a letter. In the letter, have the future you describe in detail how good



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you look and feel. Talk about the rest of the family too! I like to call this “sling shotting” it to the Universe.

Next, backtrack a little. Maybe do a little research for this part about what goes into the foods you are eating. Like you have heard before, knowledge is power. I also recommend starting small. Start to add healthy choices into your day, instead of trying to take things out.

The best way to gauge your progress and how you feel is to keep a log. This may sound annoying, but I promise it helps! I have three kids plus myself to feed, and let me tell you, we are all different! Instead of trying to remember what meal certain people like, I write it down! I also ask what each one wants to eat that week. I take their suggestions, and clean it up a bit. For example: my oldest loves these frozen chicken breasts that are stuffed with broccoli and cheese. I used to buy them, but don't anymore. He keeps asking me for them. So, I told him I would buy the ingredients and we would make them together. It was fun, he was involved, I controlled what was going into their bodies, and my son got a meal that he loves!

When it comes down to it, being healthy and happy go hand in hand. It does not have to be hard to achieve. This came way too easily for me; I really just wanted to feel good! Remember, the first step is being mindful. The second step is to set your intention and begin your journey. The third step, LIVE it every day!



Katie Slachciak is a holistic life coach, and a consultant for doTERRA Essential Oils.

Her passion for helping others improve their lives naturally has made her known in Clarksville as The Lotus Coach. More info can be found at [www.TheLotusCoach.com](http://www.TheLotusCoach.com) and Facebook #LotusCoach.

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## HALLOWEEN AT DUNBAR CAVE

by Pamela Magrans

The autumn air becomes crisp and the leaves forsake their tree limbs. The hearty mums boast their yellows, oranges and deep purple blooms.

Like orange M&Ms sitting on a green plate, pumpkins dot local fields, just waiting for reaping or carving time! Each pumpkin sits like a blank canvas, waiting to be made into a piece of Halloween art. October is



upon us and with it comes Halloween and the change of seasons.

For every mummy, clown or princess, Halloween is a chance to pretend, to imagine, and to mingle with others who enjoy doing the same. For many, October brings an excuse to celebrate the changing season by mimicking it, and using costumes as a way to become another character, if only for one night! For others, October is a time to enjoy the coolness of the changing seasons and savor the outdoors before the influx of winter.

While there are ample ways to enjoy the Halloween tradition of costuming, pumpkin carving and telling spooky stories, a local event at Dunbar Cave also functions as a fundraiser for a beloved natural park. What better place to celebrate the changing season than the lovely deep woods of Dunbar Cave Natural Area?

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## Halloween Event at Dunbar Cave

The annual Dunbar Cave Halloween event will be held at Dunbar Cave State Natural Area this October 18th and 19th. Come join other locals who love the imagination invoked by Halloween. By purchasing a ticket you are helping to maintain Dunbar Cave State Natural Area as profits go directly to the park.



For only \$5 per person, ticket holders will be led down the dark path leading to the cave entrance. With only flickering torchlight and a few flashlights to guide the way, actors will tell stories about the Dunbar Cave area. At the cave entrance actors will present *Animal Tales: the Tale of Hansel and Gretel*. The tour and skit performed at the entrance will focus on the history of the Dunbar Cave area.

Ticket holders will be ushered away from the cave entrance through the upper wooded trail lined with specialty carved jack-o-lanterns. The tour will last approximately 30 minutes and is designed for families.

Due to the overwhelming participation in last year's Sleepy Hollow event, tickets are being sold in advance. The Friends



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of Dunbar Cave are hosting this event as an annual fundraiser to support Dunbar Cave State Natural Area at a time when operating costs for the park are limited. The Friends of Dunbar Cave are partnering with W. Riley Braem and the actors of Theater for Youth. Actors will lead several nightly tours ranging from 6:00 p.m. to 8:20 p.m.



Tickets can be purchased at the Dunbar Cave Visitor's Center from October 1-17, or until tickets become extinct!

Free hot chocolate and cider will be available. Parking space is limited at Dunbar Cave, so consider carpooling if coming as a group.

The cave itself is presently closed due to the White Nose Syndrome that threatens our local bat population. However, the area surrounding the cave is just as alluring.

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**Saturday, October 26th:  
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**Thursday, October 31st:  
Chick or Treat at CFA! 4-7pm**

Check our store calendar in the lobby and on Facebook for Spirit Nights and fun family events.

The Dunbar Cave State Natural area is steeped with unique history. If the cave itself could speak, oh, the stories it would tell of days forgotten. This October, come to Dunbar Cave and costume your imagination. Enjoy the landscape of the trails and woods that cover this intriguing cave. Admire



the myriad of jack-o'-lanterns and the ambience of a dark autumn wood!

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## PROTECT YOUR CHILDREN'S TEETH THIS HALLOWEEN

by Drs. Montee and Renfroe

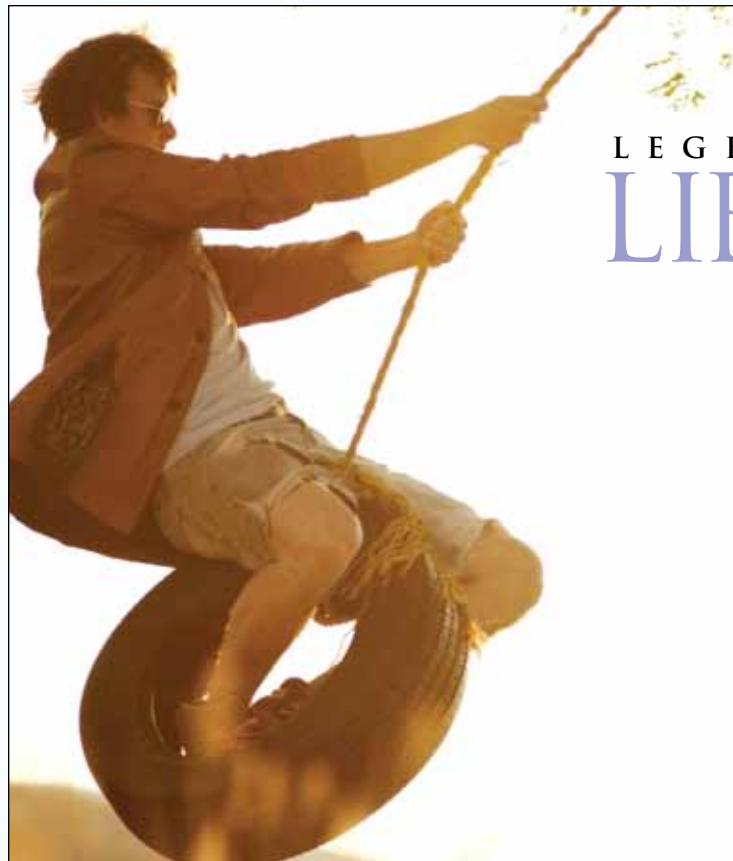
More than 90 percent of children will go trick or treating this year and return home with bags full of sugary candy that can turn their mouth into a nightmare! By taking a few preventive steps your children can enjoy Halloween without harming their teeth.

Since sugar-free gum is one treat that actually helps prevent cavities, it is a smart choice to drop in Halloween bags this year. Parents can give it to their children to help neutralize the effects of sugary snacks

after eating. "Chewing sugar-free gum containing the artificial sweeteners sorbitol and xylitol reduces cavities," says Dr. Stan Montee. The chewing motion stimulates the flow of saliva, which helps cleanse the teeth. Sweets are especially harmful, since damaging acids form in the mouth every time you eat a sugary snack and continue to affect the teeth for at least 20 minutes before they are neutralized. The sweetening agents in sugarless gum are effective in combating the bacteria

in plaque and fighting the acid that eats away at enamel.

Certain foods such as sweets and soda are easily linked to tooth decay, however all foods can promote tooth decay if eaten in excess. The key is to teach kids to eat in moderation and make sure that they take proper care of their teeth. "While healthy alternatives to candy, such as fruit and nuts, are great, these foods are sticky and can get caught in the pits and grooves of teeth, causing



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decay," says Dr. Derek Renfroe. "Reading nutrition labels and being sensible about the foods you and your children eat on a daily basis helps promote good oral and overall health."

Children should brush three times a day for two minutes each and then rinse with a fluoridated mouthrinse. They should also visit their dentist every six months for a check-up.

Dr. Stan Montee is a veteran and a Fellow of the American College of Dentists and a Fellow of the Academy of General Dentistry, and he has practiced dentistry in Clarksville for the past ten years. Dr. Derek Renfroe is also a veteran and recently moved to the Clarksville area to practice dentistry. They are partners at Clarksville Dental Center – St. B located at 1715 Wilma Rudolph Boulevard, past the Co-Op. For more information visit their website at [www.clarksvilledentalstb.com](http://www.clarksvilledentalstb.com) or call (931) 645-2469.

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**HOW TO HUG A VAMPIRE**

by Chris Edmondson

Vampires are all the rage. You turn on the television, there are vampires. You go to the movies—vampires. It's Halloween, and some of you have vampires on your front porch wanting candy!

I bet that you have some vampires in your life as well. All of us have someone that sucks the life out of us. We're all vampires. We all drain others; we're all broken; we all have places in our lives that are messed up. Everybody sucks the life out of somebody.



Some of you are married to a vampire. Your spouse is sucking the life out of you and draining the joy out of your life. Some of you have vampires for friends. They just keep taking and taking and taking from you, and you just keep giving and giving and giving. Others are raising little vampires.

Your kids are running you; you're not running your kids. Your children won't do homework, won't do chores. They don't treat you with respect—yet you still keep on giving and giving to them. Some of you are raising little vampires.

There is a long list of things vampires don't do. Vampires don't do garlic. Vampires don't do wooden stakes. Vampires don't do holy water. Vampires don't do werewolves. Vampires don't do sunlight. Vampires don't

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go and watch *Twilight* movies! Vampires don't do mirrors. Vampires don't do self-reflection. Jesus said...

Why worry about a speck in your friend's eye when you have a log in your own? How can you think of saying to your friend, "Let me help you get rid of that speck in your eye," when you can't see past the log in your own eye? Hypocrite! First get rid of the log in your own eye; then you will see well enough to deal with the speck in your friend's eye.

Matthew 7:2-5 (NLT)

Jesus is saying, "When you are all focused on what is wrong with me and you neglect what is wrong with you—you are a hypocrite. What I have noticed is that **people who are hyper-critical are usually hypocritical**. Jesus says, "Put down the magnifying glass and pick up a mirror!"

Vampires can't deal with self-reflection, because self-reflection is difficult. Self-reflection takes a degree of maturity, to be honest enough to see your shortcomings. Vampires don't have the guts for self-reflection. Many times they go on the attack against qualities in others that they struggle with themselves.

When you realize that you are not a vampire hunter designed to stake out all of the other vampires, and try to fix all of the other people, and clean up everyone else's life—that sets you free. Because the same Jesus who loved you through your dysfunction and still loves you through your current dysfunction—He wants to love other people through you through their dysfunction.

I read a book recently written by Dr. Henry Cloud called *Boundaries*. He talks about this idea of boundaries. The best way I can define a boundary is to talk about your home.

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begins. Some of you reading this are thinking, "My property line ends where I stop mowing the lawn!" No! If you want to put up a fence, you just don't guess where you think the

fence should be. You have to know where your property line is.

Many people don't know where your property line ends and where another's begins, and it causes you endless stress and headaches. Why? Because you're mowing another person's yard! You don't know the clear property lines of what is and what is not your responsibility. But if you draw relational property lines in the right place, it minimizes frustration and conflict.

There is a tension here. Because *you can give unconditional love without giving unrestricted access*. If you have a vampire person in your life you need to establish boundaries.

Unhealthy people build barriers. Healthy people establish boundaries.

Lets talk about barriers first, because barriers aren't healthy. Barriers are **designed** to keep people out and away. God designed us to be relational beings, but barriers are walls we build around the heart. Barriers are always built because of past pain. We keep people away because someone hurt us in the past.



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Let me give you an example of a **barrier**. Let's say a friend of yours asks to borrow a \$100. This person hasn't asked you for anything like this before—they have just fallen on hard times. This person says they will pay you back next payday. So you let them borrow \$100. Next payday, you ask for your money back, and they tell you, "I'm not going to pay you back!" Ouch! Ticks you off. So you make the decision then and there, "I am never going to lend money to anyone ever again!" That is a barrier. Barriers are based on past hurts, and keep you from trusting anyone ever again. ***Unhealthy people create barriers based on past hurts and fears that create isolation.***

Jesus was all about tearing down barriers. The ancient world was a segregated society. Men against women, race against race. Judgments and Jesus came to tear down walls of all of the "isms": racism, classism, and sexism—all of the bad stuff.

But look at what Jesus came to do. Look at these words found in Galatians 3...

For you are all children of God through faith in Christ Jesus. And all who have been united with Christ in baptism, so there's no longer Jew or Gentile, slave or free, male and female. For you are all one in Christ Jesus.

Galatians 3:26-28 (NLT)

Jesus Christ came to tear down barriers. Barriers create isolation. For some, your pain runs deep. Someone abused you. Abused your trust. Someone has taken advantage of you. And for our own self-protection, we keep everyone at arm's length. We may be afraid to be close and truly love another because we have a belief we will lose ourselves in a relationship...again. So we inadvertently push people away.

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Christians are the master of creating barriers. Many Christians were on the wrong side of racism and segregation. They would invent Bible verses creating barriers between black and white. Entire denominations were created because Christians refused to love people from different races. That is wrong. That is based on fear. That is sin.

Many Christians were on the wrong side of women's rights. Jesus and the Bible have never been against women. So why did it take so long to grant women the

right to vote? Because all of us have a tendency to build barriers.

I think most Christians are wrong in how we have approached the homosexual community. We have picketed, yelled, screamed, and prohibited the rights of homosexuals. I don't think it is Christian to refuse anyone his or her rights. Christians are called to love others, not prohibit someone's rights. I believe that if we spend more time listening and tearing down barriers, we would go farther in spreading God's love to

everyone. You can disagree with me on this point, but we would do more for the kingdom if Christians were better tearing down barriers rather than building them. Why?

Because Jesus is a barrier buster—ultimately breaking down the biggest barrier that all of us have—the barrier of our sin. He died on the cross to pay for our sins, so we can have access to and have a relationship with God.

Unhealthy people build barriers. Healthy people establish boundaries.

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Let's go back to the friend who borrowed \$100 and didn't pay it back (the difference of a **barrier** and of a **boundary**). What does a boundary look like? You don't hate that person. You forgive that person. You move on. You continue the relationship. But if they ask to borrow another \$100? You say, "No." That is a boundary.

Jesus called us to love everyone. Love your neighbor. Love your family. Love God. Even love your enemies. But here's the thing: you can give unconditional love without giving unrestricted access to everybody. It is not unbiblical or unloving to restrict a relationship, or to renegotiate a relationship. It is not unbiblical to have boundaries.

God's command for you to love everyone is not permission for you to mismanage the investment that He has put inside of you.



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Because you're a limited resource—you're not God, you can't save everyone—you mismanage your time, your emotions, your energy—because you let other people run you. You need to draw a boundary.

You can't help people who need help? You can only help people who want help. You're not Jesus, and you can't save anyone. So stop trying to help people whom you know need help, but don't want help, because all they're doing is sucking you dry. We are responsible

to others and for ourselves. Paul writes in Galatians 6:1...

Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself (there's a boundary), or you also may be tempted. Carry each other's burdens, and in this way you will fulfill the law of Christ.

Galatians 6:1-2 (NLT)

That is our responsibility to one another. Many times others have burdens that

are too big to bear. They do not have enough strength, resources, or knowledge to carry the load, and they need help. Denying ourselves to do for others what they *cannot* do for themselves is showing the sacrificial love of Jesus. That is what He did for us. But keep on reading.

Each one should test his own actions. Then he can take pride in himself, without comparing himself to somebody else, for each one should carry his own load.

Galatians 6:4-5 (NLT)

That sounds like a contradiction. Which one is it? You tell me in verse 2 to carry each other's burdens. You tell me in verse 5, that each one of us should carry our own load. So which one is it? Both.

The Greek words for burden in verse 2 and load in verse 5 give us some insight. The Greek word for burden means excess *burdens*, or *boulders*. Boulders can crush us. We shouldn't be expected to carry a boulder by ourselves! It

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would break our backs. We need help with boulders—those times of crisis and tragedy in our lives.

In verse 5, the Greek word for *load* means *cargo*, or *the burden of a daily toil*. This word describes the everyday things we all need to do. These loads are like knapsacks. Knapsacks are possible to carry. We're all expected to carry our own. We are expected to deal with our own feelings, attitudes, and behaviors, as well as the responsibilities God has given to each one of us, even if it takes effort.

Problems arise when people act as if their knapsacks are like boulders. What does that mean? Well, there are certain things you can do for people, and there are certain things you can never do for people—no matter

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how much you love them. You have to have wisdom in knowing the difference between the two.

There are some burdens I can shoulder with you. I can pray for you. I can support you. I can love you. I can be there for you. I can help you when you cannot help yourself. But when you will not help yourself, I cannot carry your load. I can help you carry your burden, but I can't carry your load for you. All that will do is make you become dependent on me, rather than depending

on God. That will make you weak, rather than you getting stronger.

You can't change anybody. You can inspire them. You can advise them. But you can't change them. You need proof? You can't really even change yourself. You've got some stuff about you that you would change if you could, but you can't. So now you're going to change someone else in his yard, when your grass is coming up to your waist? That's not going to happen.

When you're carrying the load of someone else's

responsibility—you're shouldering the burden trying to change them—it will break you down every time. I believe our life, our emotions, and how we deal with people would be much easier and healthier if we all decide to draw some boundaries where our responsibility ends and others begin. It only makes sense.

Want to hear more about How to Hug A Vampire? Then join us at oneChurch.tv in October as we talk about people who suck the life out of us. See you there!

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Chris Edmondson is a father of three boys and is happily married to his best friend. Chris is the lead pastor of oneChurch.tv, a church for those disconnected to God. oneChurch.tv meets at Northeast High School, across from the Regal 16 Movie Theatre, at Exit 1. Check them out at [onechurch.tv](http://onechurch.tv).

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**FRIGHT ON FRANKLIN**

by Taylor Lieberstein

Photos by Bill Larson, ClarksvilleOnline.com

The 5th Annual Fright on Franklin will take place Saturday, October 26, beginning at 3:00 p.m. in Downtown Clarksville. This free, family friendly and award-winning event is for adults and kids of all ages and will feature safe trick-or-treating, a hayride and costume contests.

There are two new categories to enter in the costume contest this year, "You Made That?" and "Group." All ages, including adults, are welcome in both of these new categories. All costumes must



be homemade to compete in the "You Made That?" category. The Group is exactly that, a group-themed costume—for example five guys dressing up as the five members in

the teenage pop group, One Direction. Actually, someone please do that. Please!

All children participating in the 0-2 and 3-6 age group costume contests this year will receive a prize courtesy of Altra Federal Credit Union. Prizes include, but are not limited to, gift

baskets from Sweet Memories Candy and Gift Shop, a free year of Chick-fil-A, and \$100 dollars toward classes at the Clarksville YMCA. There will be other prizes for winners of the other categories.

**He may need your foot steps to follow...**

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## Event Schedule

- 3:00 p.m. - Performance by Acro Dance Express
- 3:30 p.m. - 0-2 year old costume contest
- 4:00 p.m. - 3-6 years old costume contest
- 4:30 p.m. - "You Made That?" costume contest
- 5:00 p.m. - 7-9 year old costume contest
- 5:30 p.m. - 10-12 year old costume contest
- 6:00 p.m. - Group costume contest



Once again, pre-registration for the costume contest is required. There will be no registration the day of the event. Costume contest participants can register now through October 25, 2013 at the Parks and Recreation

office or online at [recpro.cityofclarksville.com](http://recpro.cityofclarksville.com). The contest is free to enter and open to ages 0 to 12. Prizes will be awarded. Register early; there are a limited number of spots per category. All costumes should be in good taste and appropriate for a family event.

This is sure to be a night of fall fun for all ages. For more details on the event, contact the Clarksville Parks and Recreation Office at (931) 645-7476 or visit [recpro.cityofclarksville.com](http://recpro.cityofclarksville.com).

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## STUDY: PATIENTS WITH HYPOTHYROIDISM AT RISK FOR LUNG CANCER

by Dr. Dale Brown

A new Italian study published in the journal *Reproductive Biology and Endocrinology* titled, “[Levothyroxine and lung cancer in females: the importance of oxidative stress](#),” has raised a concerning possibility: levothyroxine (T4), one of the world’s most commonly prescribed forms of hormone replacement, may be raising the risk of lung cancer in millions of men and women being treated for low thyroid function (hypothyroidism).

The authors of the study pointed out that levothyroxine (T4) treatment can lead to medication-induced (iatrogenic) thyroid over-activity (hyperthyroidism) and oxidative stress that can lead to chronic diseases like cancer.

In discussing their findings, the authors noted that they could not fully determine if the increased lung cancer rate was caused by the condition of hypothyroidism or from the medication itself.

### Discussion

What is hypothyroidism? It is a state in which the thyroid gland does not produce a sufficient amount of the thyroid hormones.

What causes hypothyroidism? There are multiple known individual causes of thyroid dysfunction and many times the condition is caused by multiple of these factors all working against the patient. Below is a list of known causes:



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1. Long-term stress.
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3. Vitamin and mineral deficiencies.
4. Prescription drugs may induce hypothyroidism.
5. Other chemicals like fluoride and pesticides.

With these being some of the known causes of thyroid dysfunction, the focus of a true health

care system should be on treating and correcting these causes so that the thyroid and the whole person can return to a proper state of function and health. The fact is that the majority of patients within the U.S. "disease maintenance system" are simply put on a medication like Synthroid. This approach treats the symptoms of hypothyroidism and allows for the person's health to continue declining over time. This is why the

research suggests that it may not simply be the drug that is causing the increase in a person risk for cancer.

This is a huge point that many patients on medications do not realize. While a medication may change the numbers on a blood test or cover up symptoms, the actual cause of the improper function of the body is left untreated. If causes like toxicity increase, then spinal deterioration worsens, nutrient



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## Fundrai\$er Spirit Nights!

- Tues. 10/01: Sango Elementary 5-8 pm
- Thur. 10/03: Carmel Elementary 5-7 pm
- Fri. 10/04: Clarksville Family Adoption Association 5-8 pm
- Thur. 10/17: Norman Smith Elementary 5-8 pm
- Tues. 10/22: East Montgomery Elementary 5-8
- Thur. 10/24: Barksdale Elementary

deficiencies persist, and stress continues while the person's "check engine light" (symptoms) may be covered up. The person's health continues down a path to worsening disease.

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improve. Within one year, she was able to stop taking her thyroid medication because her thyroid began functioning normal again. She was even able to reverse the early stages of diabetes!

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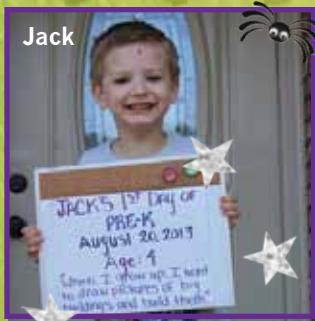
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# CANDiD CLARKSVILLE

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



## WRESTLE A FROG? WHAT?

by Brenda Hunley Illustrated by Willie Bailey

Storytime

Earlier this morning Boomer had been given his own brand new pair of bib overalls to wear. Boomer had never worn overalls before so he was eager to see what it felt like to wear them. Boomer had put them on as soon as he got home. He spent quite a bit of time in the mirror trying to tie his new green bandanna just like Mr. Chipmunk wore his. He

stretched, kicked, and wiggled around in his new overalls until he found he was quite comfortable in them.

The rest of the family had been preparing for the Crawfish Festival. Mrs. Chipmunk had been working all day preparing her own pot of crawfish and vegetables for the boil that evening. There was a contest to see who makes the best boil and she was hoping to take home a blue ribbon. Mr. Chipmunk had made a new hot sauce he was hoping to share with everyone.



weight contest; and a wrestling match. Boomer didn't know anything about wrestling or alligators. The only wrestling he had done was with his brother Chester. And his friends back at home had told him to just stay away from alligators. Boomer thought that was a good idea, and he planned to do just that.

At school, Boomer had been told that there were lots of competitions that would be happening this evening. There was an art contest where the winner's picture would be selected to be on the front page of the newspaper the next day. They would have a dance off to see who was the best dancer; there was a sing off to find the best voice in the swamp; an alligator

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The Chipmunk family had arrived at the Crawfish Festival. It was dark outside so Boomer squinted his eyes trying to take in as much of the Louisiana atmosphere as he could. The only light came from paper lanterns hanging in the trees, and a few fires with families gathered around them. As his eyes adjusted he could see there were animals everywhere. Everyone in town seemed to be celebrating.

Boomer and Mr. Chipmunk carried Mrs. Chipmunk's big pot of crawfish over to a waiting fire.

"Well, Mrs. Chipmunk, I see you have an entry this year!"

said Mr. Raccoon, the town's mayor. "I look forward to trying a taste."

Mrs. Chipmunk smiled, "Yes, and I hope it brings home a ribbon!"

"Howdy, Mayor!" smiled Mr. Chipmunk shaking the mayor's outstretched hand.

"Hey there, did you make any more of that hot sauce you brought last year?"

"I sure did! It will make you breathe fire!"

"Well then, set aside an extra bottle for me, will ya?" asked the Mayor.

Mr. Chipmunk handed Boomer a bottle of hot sauce to

put in his pocket. "That way we have one left over for the mayor. This stuff tends to go quick."

Boomer put the bottle in his pocket. His ears twitched as he heard a band start to play and he asked, "May I go see where the music is coming from?"

"Come on, I will go with you," Mr. Chipmunk said.

As the two walked toward the music the lights got brighter as the sound grew louder. Boomer could see a band of crickets and a little frog that was singing and playing guitar.

When the frog finished everyone clapped. Boomer went to say something to Mr. Chipmunk but noticed he was

not standing with him anymore. Mr. Chipmunk was making his way toward the stage. As he stepped in front of the microphone, Boomer adjusted his glasses to make sure he didn't miss a thing. He had no idea what Mr. Chipmunk was about to do.

Mr. Chipmunk cleared his throat and introduced himself to everyone. Then he took a harmonica out of his pocket and began to play. The sweet sounds filled the air and folks started to dance.

"Is anyone sitting here?" asked a small voice next to Boomer. Boomer turned and looked right in the face of the frog that had been singing earlier.

"Is that your dad?" she asked.

Boomer shook his head. "No. He is my host parent for the next couple of weeks. I am from Tennessee."

"Tennessee? I've never been there before. What is Tennessee like?"

While Boomer shared about his family back home, he found himself telling her all about some of the fun adventures he had with his brother.

"Maybe you could become part of the exchange student program and come to Tennessee. I have a friend named Lily that would really like you," Boomer said.



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"Lily? That is a pretty name. Is she a frog like me?"

"No. She is a dragonfly," Boomer answered.

"Is she your girlfriend? Cuz you are kinda cute."

Poor Boomer. He could feel himself getting red in the face. "No, she does like my brother Chester though. By the way, what is your name?"

"I'm Shelia. I like to sing. One day I want to go to Nashville and be a star."

Boomer grinned, "Well, I do not live far from Nashville."

Shelia got excited and started hopping up and down. "So do you know any of the stars? Do you get to hear them play?"

"No. I don't know any stars. If you come to Tennessee I will ask Ranger Bill to take us to Nashville."

"Ranger Bill. He is a human, right? You talk to humans in Tennessee? Do they talk to you?"

"Yes, I talk to Ranger Bill all the time. He helps take care of all the animals that live in the Woods of Dunbar."

"Woods of Dunbar. Sounds mysterious. I don't know if I am brave enough to talk to a human." Shelia was thoughtful for a moment then came to life again just as quickly.



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"So...do you dance in Tennessee?" she asked.

"Some."

"Would you like to dance with me?" she asked, pulling Boomer onto the dance floor.

After a while of dancing, Boomer and Shelia saw some friends so they went to sit with them.

"Hey everybody!" Shelia sang.

"Boomer, are you going to enter the wrestling contest?" asked Pete the opossum.

"I wasn't planning on it," Boomer answered. "Why?"

"Cuz there is a prize."

"I heard about that—a banjo, right?" asked Boomer.

"Yep, a brand new banjo," Pete said.

"Cool," Boomer answered, looking around. "Who do ya have to wrestle?"

"My brother, Frank," Shelia answered. "He is the one giving the banjo away."

"Why doesn't he just keep it?"

"He likes to wrestle. He has worn everyone out around here, and was hoping for some competition this year."

"I don't know that I am the one to do it," Boomer said looking at the ground.

The next thing Boomer knew he had not only been talked into wrestling, but it was now his turn!

Round one was rather simple; he had to wrestle a mean looking cricket. It didn't take Boomer long to pin him to the mat. Pulling up all those crawfish baskets had helped Boomer grow some muscles he never had before.

When the next bell rang Boomer was faced with a lizard. The hardest thing about wrestling a lizard is that they are slick little creatures. Boomer had to be quick and was able to wear this guy out just by running him around the ring.

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### october events

#### Military Appreciation Weekend October 12-13

Special military discounts, giveaways & entertainment all weekend long. Active duty & retired military and their families may pick up a Shopping Pass at Customer Service now.

#### Halloween October 31, 5pm-9pm

Spend your Halloween at Governor's Square Mall for a safe trick-or-treating environment and family fun including a spooky science show, costume contest and character appearance from Franny K. Stein.

For more details and a full list of upcoming events visit [GovernorsSquare.net](http://GovernorsSquare.net) or the Customer Service Center. All events are subject to change without notice.



10am to 9pm, Mon.-Sat. • 11am to 6pm, Sun.  
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During a break, Boomer got a good drink of water and felt pretty good about his progress. That was, until he saw the frog. Shelia didn't tell him that her brother was a huge bullfrog!

When Frank hopped into the ring, the floor moved with his weight. Poor Boomer. He was so scared.

Frank laughed when he saw he was going to wrestle a little chipmunk. Boomer looked through the ropes at Shelia. "What am I going to do? I can't beat your brother!"

Frank hopped toward Boomer lifting him in the air and dropping him on the mat. Boomer was out of breath.

Then Frank decided to show off and he wrapped Boomer in his long tongue and prepared to slam him down one more time. But something different happened. All of the sudden, Frank released Boomer quickly with a big, "Pfft!"

Boomer shook his head and looked up at Frank. Frank was wiping his mouth off with his shirt and kept trying to stick his big face in the little water bucket.

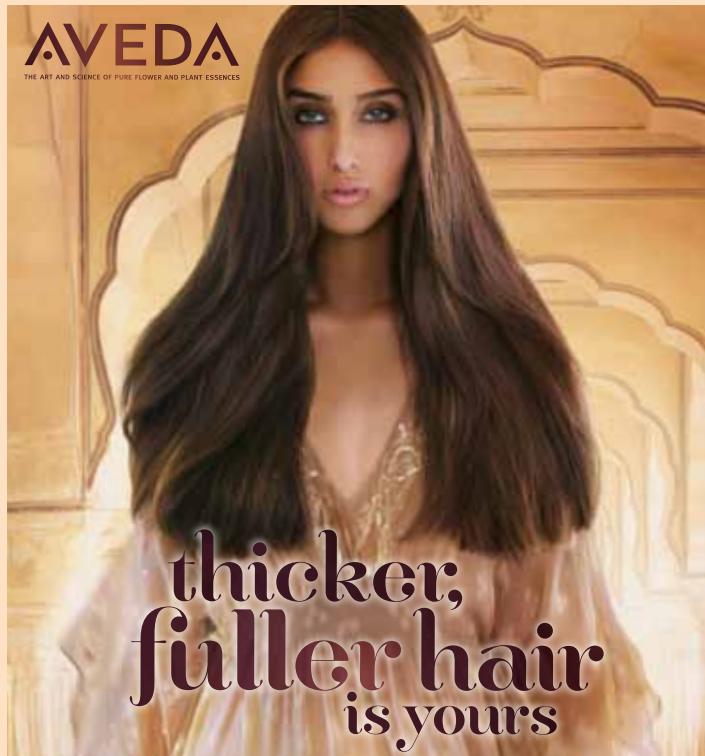
"What's wrong Frank?" the referee called.

"That little chipmunk is spicy! I give up!" Frank said, shaking his big head.

The crowd roared! "Boomer you won!"

When the Chipmunk family went home that evening they had all won something. Mrs. Chipmunk won a blue first place ribbon, and Mr. Chipmunk sold all of his hot sauce, and Boomer got to bring home a new banjo!

Want to be a part of Storytime with Chester?  
Submit your plot ideas to  
[brenda@clarksvillefamily.com](mailto:brenda@clarksvillefamily.com).



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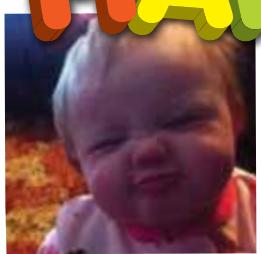
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**Wanna be on the Fridge?**: Email photo to: [fridge@clarksvillefamily.com](mailto:fridge@clarksvillefamily.com) by October 15th.

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

# HAPPY BIRTHDAY!



Lil Mis Adria happy 1st birthday



Happy First Birthday Kinsley!  
Love, Mom, Dad, Mimi, Papa  
and Aunt Tay Tay



Happy 2nd Birthday Camdyn!  
Mommy and Daddy Love you!!!



Happy 2nd Birthday Jaylee!  
We love you oceans!!  
Love, Daddy, Mommy, & John!!



Happy 2nd Birthday! We love you!  
Mom, Dad, Uga, and Oscar



Happy 2nd Birthday Makayla!  
We love you very much! Mommy and Daddy



Happy 2nd Birthday, Preston!!  
We love you! Mommy & Daddy



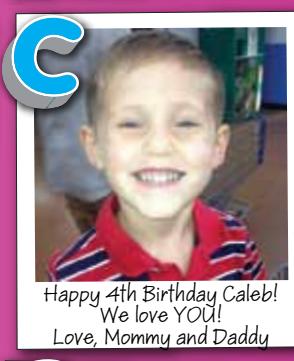
Happy 3rd Birthday Levi!  
Love, Mom, Dad & Skyler



Happy 3rd Birthday,  
Naomi Lyne Schewe  
We love you!



Happy 4th Birthday Ali!  
Love, Mom, Dad, and Mallory



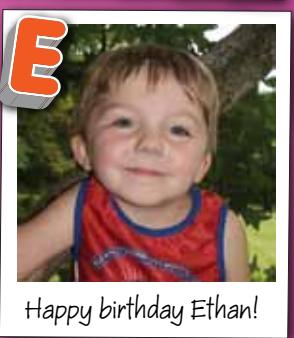
Happy 4th Birthday Caleb!  
We love YOU!  
Love, Mommy and Daddy



Happy 4th Birthday Carter!  
Love, Daddy, Mommy and Charlotte!



Happy 4th Birthday Elias!  
You are loved very much!



Happy birthday Ethan!



Happy 4th Birthday Gavin!  
Love, Mommy, Daddy, & Connor



Happy 4th Birthday LOGAN!  
Love, Dad, Mommy, Jacob & Ethan



Tandy is 4! Happy b'day  
Mom, Dad, Nana & Papa



Happy 5th Birthday Cecilia Jo!  
Love, Papa, Mama, and Foxey



Happy 5th Birthday Claire!  
We love you peanut girl!  
Mommy, Daddy, Luke, Audrey & Lauren!



Happy Birthday Isabelle  
Nana, Papa, and Mom Love you  
with all our HEARTS

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

# HAPPY BIRTHDAY!



Happy birthday Jimmy!



Happy 5th Birthday Skyler!  
Love, Mom, Dad & Levi



Happy 5th Birthday Svenja!  
Love, Mama and Dada



Happy 6th Bday, Skyla Lin Freeman  
We All Love You, Gpa, Gma,  
Dad, Mom, Zia, Lelia, & Xavier



Happy 7th Birthday Blessed!  
Love, Mom, Dad, Kim,  
Sunshine, & the Meeks



Happy birthday Lorenzo  
love mommy, Ivan Dad,  
grandma, grandpa



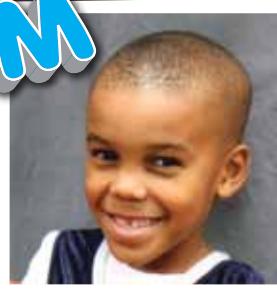
Happy 7th Birthday Travis!!!!  
We Love You Very Much,  
Dad, Mom, Sissy and Thor!



Happy 8th Birthday to  
my Princess, Tymela!  
Love Mommy



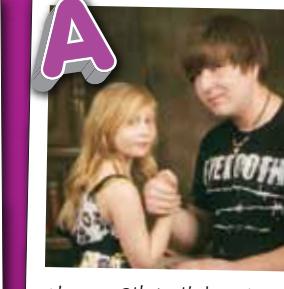
Happy 8th Birthday Zion!  
Love Mom, Dad, & Sisters



Happy 9th Birthday McKinlee!  
We love you big time!!!  
Love, Mommy, Bryan and Max



Nyshonte' brown 9yrs  
We love u and proud of u  
Mommy, daddy, and nye'rek



Happy 10th Birthday Alissia!!  
Love Mom, Dad, Bubba, & the rest



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)

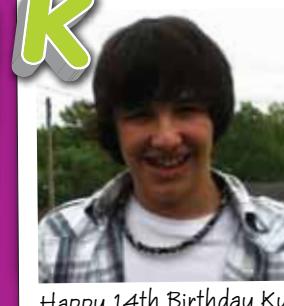
Winners are chosen via random drawing.  
The winning birthday boy & girl's parent or guardian will be notified each month by phone or email.



Happy 10th Birthday Shawn  
God bless love Dad & Mom



Happy 13th Birthday  
Lauren Ashley Watts



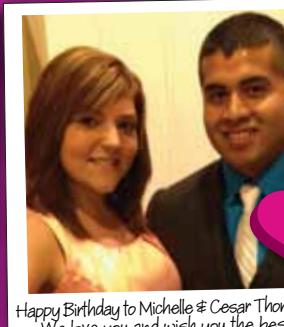
Happy 14th Birthday Kyle!  
Love, Sunshine



Happy 14th Birthday Sunshine!  
Love Mom, Robert, Blessed, Kim, & the Meeks



Jazzmine Meghan  
Happy sweet 16th Birthday  
Love, Granny



Happy Birthday to Michelle & Cesar Thompson  
We love you and wish you the best,  
Chelsey, Nany, LeAnn & mommy

# Calendar

## Ongoing

### 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. Child care is provided.

Grace Church of the Nazarene  
3135 Trenton Road  
(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

### CLARKSVILLE CHESS CLUB

6:30 p.m. Thursday evenings.

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

### CLARKSVILLE DOWNTOWN MARKET

Saturdays through October 19 from 8:00 a.m. to 1:00 p.m. Fresh produce, baked goods, home decor, crafts, local artists, musicians and more. See article on page 30.

Downtown Clarksville  
Public Square  
[clarksvilledowntownmarket.com](http://clarksvilledowntownmarket.com)

### CLARKSVILLE SCRABBLE CLUB

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

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### CLARKSVILLE WINTER MARKET

Fridays from October 25, 2013 through May 9, 2014 from 9:30 a.m. to 1:00 p.m. Fresh produce, baked goods, handmade jewelry, quilts, domestic goods, eggs, jams, honey, plants, and art.

Smith Trahern Mansion  
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### FAMILY LIFE CENTER ACTIVITIES

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

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

### HABITAT FOR HUMANITY RECYCLING OF MONTGOMERY COUNTY

#### TN

Tuesday through Saturday, 9:00 a.m. to 5:00 p.m. Recycling bin is located at:

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RecyclingHabitat  
[MCTN@gmail.com](mailto:MCTN@gmail.com)  
Recycling Coordinator: Denny Mihalinec

### HOPE RIDERS BIKER CHURCH

Church every Sunday morning at 9:30 a.m. Bible Study every Friday at 6:30 p.m. at 1140 Graton Road. Ride each Sunday at 11:00 a.m. Hope Riders is a full-fledged Biker Ministry and all bikers are welcome.

Epicenter (Youth Building)  
First Church of the Nazarene  
150 Richview Road  
Contact: Pastor Ron  
(931) 801-0379

### 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 Gropel  
(931) 561-5530

### Chick-fil-A Wilma Rudolph

3096 Wilma Rudolph Boulevard  
(931) 552-5511

### SPIRIT NIGHT

Tuesday, October 22  
4:00 p.m. to 7:00 p.m.

### ROSSVIEW ELEMENTARY SPECIAL EVENTS

Saturday, October 26  
10:00 a.m. to 12:00 p.m.

HALLOWEEN COOKIE DECORATING  
Thursday, October 31  
4:00 p.m. to 7:00 p.m.  
CHICK OR TREAT

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### ART&WALK

5:00 p.m. to 8:00 p.m. Major exhibits of art by local artists in downtown Clarksville.

Strawberry Alley  
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Suite 1, in Austin's Square, next to TJ Maxx  
931.645.9346

## 4 FRIDAY

### MONTGOMERY COUNTY FAMILY COMMUNITY EDUCATORS FALL FESTIVAL

8:00 a.m. to 3:00 p.m. There will lots of crafts, food and other demonstrations going on that day. It is free so come out and enjoy the day.

Veterans Plaza  
350 Pageant Lane  
(931) 648-8245

### ARTS & CRAFTS FOR PRESCHOOLERS

11:00 a.m. Join us for a fun scarecrow craft!

Kids-N-Play  
525 Alfred Thun Road  
(931) 896-1328  
[www.kidsnplay.com](http://www.kidsnplay.com)

### HARVEST WEEKEND

Through Saturday, October 5. Stay with us this weekend, donate three or more non-perishable food items and receive a scoop of ice cream from our snack bar. Pumpkin decorating on Saturday. Food items to be donated to local food bank.

Prizer Point Marina & Resort  
1777 Prizer Point Road  
Cadiz, Kentucky  
(270) 522-3762  
[www.prizerpoint.com](http://www.prizerpoint.com)

## 5 SATURDAY

### NATIONAL BANANA PUDDING FESTIVAL

Through Sunday, October 6. Come celebrate the ultimate Southern treat... banana pudding. Enjoy two fun-filled days of 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 on Saturday beginning at 9:00 a.m. followed by an auction of the competing cook-off banana puddings. Make your way

through the "Puddin Path" where you'll sample eight different banana puddings made by local non-profit organizations. This award winning festival has received the SFEA Best Festival Kaleidoscope award and been named a Southeast Tourism Society Top 10 Event. Activity duty military admitted free with valid military ID. Admission \$5.

Centerville River Park  
Hwy 100  
Centerville, Tennessee  
[www.bananapuddingfest.org](http://www.bananapuddingfest.org)

### CHILDREN'S MUSIC WORKSHOP

2:00 p.m. Come join us for an afternoon of music making, storytelling and movement! We will all gather to sit, stand, wiggle, jiggle, spin, drum and sing. This free workshop is geared toward families with pre-k to elementary kids, but definitely open to and fun for all ages and abilities. Come take this opportunity to explore and create with your family!

The Coup  
118 University Ave  
(931) 292-2687

## 6 SUNDAY

### GRACE CONCERT SERIES: OCTOBERFEST

4:00 p.m. In honor of our German heritage, we bring you the Alpine Mountain Polka Band—a new group to our series. Come and enjoy the familiar sound of the oompah band playing the familiar and lively polkas we love.

Grace Lutheran Church  
2041 Madison Street  
(931) 647-6750

## 7 MONDAY

### COLORS & SHAPES BINGO FOR PRESCHOOLERS

11:00 a.m. A way for children to learn colors and shapes while having fun!

Kids-N-Play  
525 Alfred Thun Road  
(931) 896-1328  
[www.kidsnplay.com](http://www.kidsnplay.com)

## 8 TUESDAY

### STORYTIME & PUPPETSHOW

11:00 a.m. Come listen to Goldilocks and the Three Bears and do a color activity with us.

Kids-N-Play  
525 Alfred Thun Road  
(931) 896-1328  
[www.kidsnplay.com](http://www.kidsnplay.com)

### CRAFT DAY AT BERRY BEAR

12:00 p.m. Free craft days and buy one get one free yogurts (equal or greater value purchased). Feel free to bring a bag lunch. Kids cup size now available.

Berry Bear Frozen Yogurt  
2341 Madison Street  
[www.berrybearyogurt.com](http://www.berrybearyogurt.com)

## 9 WEDNESDAY

### MUSIC & MOVEMENT FOR PRESCHOOLERS

11:00 a.m. Get moving and grooving with rhythm sticks!

Kids-N-Play  
525 Alfred Thun Road  
(931) 896-1328  
[www.kidsnplay.com](http://www.kidsnplay.com)

### CRAFT DAY AT BERRY BEAR

12:00 p.m. Free craft days and buy one get one free yogurts (equal or greater value purchased). Feel free to bring a bag lunch. Kids cup size now available.

Berry Bear Frozen Yogurt  
2257 Wilma Rudolph Boulevard  
[www.berrybearyogurt.com](http://www.berrybearyogurt.com)

## 12 SATURDAY

### ST. FRANCIS FALL FESTIVAL AND CRAFT SHOW

9:30 a.m. to 2:30 p.m. Cost: FREE and family friendly. Door Prizes: Bring a non-perishable grocery item or make a donation for our Caring and Sharing food bank for a chance to win a prize donated by our more than 30 wonderful vendors featuring: handmade goods from crafts people, artisans, and home businesses all over the area including wooden toys, crochet, jewelry, pottery, birdfeeders, hairbows, tutus, chainsaw art, scrollsaw art, soaps and body scrubs, Pampered Chef, Thirty One, and much more. The Ladies Club will have lunch and baked goods available for purchase. There will be free games with prizes for the kids.

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

## 13 SUNDAY

### PROJECT LINUS

1:00 p.m. to 3:00 p.m. Project Linus is a non-profit organization that provides homemade/handmade blankets to children in need through the Emergency Medical Services, Hope Pregnancy Center, Camp Rainbow, and the Fisher House on Ft. Campbell. We meet the second Sunday of every month.

Our quilted, crocheted, knitted and fleece blankets are lovingly made by adults and children from all walks of life. Come, join us and receive the good feeling of giving.

For more information please contact: JoAnn Ballard at (931) 647-1827 or Carol Ballard at (931) 645-8896.

Cumberland Presbyterian Church  
1410 Golf Club Lane

## Get a jump start on your FALL WARDROBE

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Monday-Saturday 9:00-7:00

Sunday 12:00-5:00

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of \$50 or more

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

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must have coupon

Go GLAM this  
Halloween  
at Rhythm Rags!

931.647.5301



## ETHOS VOLLEYBALL CLUB INFORMATIONAL MEETING

2:00 p.m. to 3:00 p.m. Sign up for tryouts. See ad on page 62.

West Creek High School Lecture Hall  
1210 West Creek Coyote Trail  
[www.ethosvolleyball.com](http://www.ethosvolleyball.com)

## 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. For more information contact Registered Dietitian Diana Smith at 502-1692.

Gateway Medical Center  
651 Dunlop Lane  
Diana Smith

## 14 MONDAY COLUMBUS DAY

### ALZHEIMER'S CAREGIVERS SUPPORT GROUP MEETING

6:30 p.m. For information, call Patsy Shell, (931) 648-1884.

Clarksville-Montgomery County Public Library  
350 Pageant Lane

## 15 TUESDAY DAR CHAPTER MEETING

1:30 p.m. refreshments begin, with program and business meeting starting at 2:00 p.m. usually lasting until 3:30 p.m. DAR Members visiting the Clarksville area are welcome to attend. The Daughters of the American Revolution is a nonprofit, nonpolitical women's service organization founded in 1890 to promote patriotism, preserve American history, and support better education for our

nation's children. Any woman 18 years or older, regardless of race, religion or ethnic background, who can prove lineal descent from a patriot of the American Revolution is eligible for membership.

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

## 18 FRIDAY HALLOWEEN AT DUNBAR CAVE

6:00 p.m. to 8:20 p.m. See article on page 28. Experience the woods of Dunbar in this Halloween themed tradition. Limited tickets available, advanced purchase required. \$6.

Dunbar Cave Visitor's Center  
401 Old Dunbar Cave Road  
(931) 648-5526

## JAMMIN' IN THE ALLEY

7:00 p.m. to 10:00 p.m. A free summer concert series at Strawberry Alley in downtown Clarksville.

## HALLOWEEN WEEKEND

Through Saturday, October 19. Haunted house, hay rides, trick or treating, site, golf cart, costume contests and more.

Prizer Point Marina & Resort  
1777 Prizer Point Road  
Cadiz, Kentucky  
(270) 522-3762  
[www.prizerpoint.com](http://www.prizerpoint.com)

## 19 SATURDAY LOUISIANA SATURDAY NIGHT

5:00 p.m. to 8:00 p.m. Event to support Loaves & Fishes (an agency that feeds the hungry). Cajun Food and Fun for Everyone! Located at the corner of Foster and 3rd. Dine in or carry out. Tickets \$10. For more information call (931) 220-8124.

## HALLOWEEN AT DUNBAR CAVE

6:00 p.m. to 8:20 p.m. See article on page 28. Experience the woods of Dunbar in this Halloween themed tradition. Limited tickets available, advanced purchase required. \$6.

Dunbar Cave Visitor's Center  
401 Old Dunbar Cave Road  
(931) 648-5526

## 21 MONDAY COLORS & SHAPES BINGO FOR PRESCHOOLERS

11:00 a.m. A way for children to learn colors and shapes while having fun!

Kids-N-Play  
525 Alfred Thun Road  
(931) 896-1328  
[www.kidsnplay.com](http://www.kidsnplay.com)

## 22 TUESDAY KINDEMUSIK

10:30 a.m. Registration required

Kids-N-Play  
525 Alfred Thun Road  
(931) 896-1328  
[www.kidsnplay.com](http://www.kidsnplay.com)

## CRAFT DAY AT BERRY BEAR

12:00 p.m. Free craft days and buy one get one free yogurts (equal or greater value purchased). Feel free to bring a bag lunch. Kids cup size now available.

Berry Bear Frozen Yogurt  
2341 Madison Street  
[www.berrybearyogurt.com](http://www.berrybearyogurt.com)

## 23 WEDNESDAY JOB & RESOURCE FAIR

10:00 a.m. to 2:00 p.m. Dress for success and bring several copies of your resume to provide to participating agencies and businesses.

Tennessee Rehabilitation Center  
1575 Corporate Parkway Boulevard  
(931) 648-5560

## PUMPKIN PRESCHOOL SCIENCE & SENSORY ACTIVITY

11:00 a.m. Have fun with Color Mixing Play.

Kids-N-Play  
525 Alfred Thun Road  
(931) 896-1328  
[www.kidsnplay.com](http://www.kidsnplay.com)

## CRAFT DAY AT BERRY BEAR

12:00 p.m. Free craft days and buy one get one free yogurts (equal or greater value purchased). Feel free to bring a bag lunch. Kids cup size now available.

Berry Bear Frozen Yogurt  
2257 Wilma Rudolph Boulevard  
[www.berrybearyogurt.com](http://www.berrybearyogurt.com)

## 24 THURSDAY ARTS & CRAFTS FOR PRESCHOOLERS

11:00 a.m. Join us for a fun bat craft!

Kids-N-Play  
525 Alfred Thun Road  
(931) 896-1328  
[www.kidsnplay.com](http://www.kidsnplay.com)

## 25 FRIDAY ARTS & CRAFTS FOR PRESCHOOLERS

11:00 a.m. We will be making fall wreaths.

Kids-N-Play  
525 Alfred Thun Road  
(931) 896-1328  
[www.kidsnplay.com](http://www.kidsnplay.com)

## HALLOWEEN WEEKEND

Through Saturday, October 26. Haunted house, hay rides, trick or treating, site, golf cart, costume contests and more.

We have a **great** selection of **fashion & maternity bras** as well as high **quality** fashion wigs.

**Certified Fitter**

**Mastectomy Products Now Available!**  
Call now to schedule your personalized fitting appointment.

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Order Online Now  
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Prizer Point Marina & Resort  
1777 Prizer Point Road  
Cadiz, Kentucky  
(270) 522-3762  
[www.prizerpoint.com](http://www.prizerpoint.com)

## 26 SATURDAY

### CAR SOCIETY MEETING

2:00 p.m. to 4:00 p.m. Open to boys and girls from birth until age 22, Clarksville's Sevier Station Society of the Children of the American Revolution (C.A.R.) trains good citizens, develops leaders, and promotes love of the United States of America and its heritage among young people. Email us for membership information.

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

### FRIGHT ON FRANKLIN

Beginning at 3:00 p.m. Halloween costume contests, trick or treating and community fun. See article on page 44. See ad on page 25.

Downtown Clarksville  
Franklin Street, First Street,  
Strawberry Alley  
(931) 645-7476  
[recpro.cityofclarksville.com](http://recpro.cityofclarksville.com)

### HALLOWEEN IN OAK GROVE

5:00 p.m. to 9:00 p.m. Two attractions: trick or treat maze for costumed children 12 and under, and a haunted house for ages 13+ (not for the faint of heart). See ad on page 24.

Valor Hall Conference & Event Center  
105 Walter Garrett Lane  
Oak Grove, Kentucky  
(270) 439-5675  
[visitoakgroveky.com](http://visitoakgroveky.com)

## 27 SUNDAY

### TRUNK OR TREAT

4:00 p.m. to 6:00 p.m. Free for all ages. Carnival style games, candy, food, inflatables, trackless train, BMX

exhibition show. Fun for the whole family. No scary costumes please. See ad on page 10.

First Baptist Clarksville  
435 Madison Street  
(931) 572-1508  
[www.fbct.org](http://www.fbct.org)

## 28 MONDAY

### ARTS & CRAFTS FOR PRESCHOOLERS

11:00 a.m. Join us for ghost footprint painting.

Kids-N-Play  
525 Alfred Thun Road  
(931) 896-1328  
[www.kidsnplay.com](http://www.kidsnplay.com)

## 29 TUESDAY

### STORYTIME & MAKE YOUR OWN PUPPET

11:00 a.m. *The Five Little Pumpkins.*

Kids-N-Play  
525 Alfred Thun Road  
(931) 896-1328  
[www.kidsnplay.com](http://www.kidsnplay.com)

## 30 WEDNESDAY

### ARTS & CRAFTS FOR PRESCHOOLERS

11:00 a.m. Painting Real Pumpkins (a small pumpkin will be provided).

Kids-N-Play  
525 Alfred Thun Road  
(931) 896-1328  
[www.kidsnplay.com](http://www.kidsnplay.com)

## 31 THURSDAY

### HALLOWEEN MUSIC & MOVEMENT FOR PRESCHOOLERS

11:00 a.m. Sing and move with our favorite Nursery Rhymes.

## October is Fire Safety Month!

Does your family have a meeting place in the event of a fire or an emergency?

Does your home have smoke detectors with a good working battery?

Do your children know the rules in the kitchen especially around a hot stove?



These are important things to discuss with your children.



Check us out on Facebook.

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

**931-645-4685**

881 Professional Park Dr.  
Off Dunlop Lane by Gateway Medical Ctr.

Pediatrician  
**Dr. Barbara Aquino**

Kids-N-Play  
525 Alfred Thun Road  
(931) 896-1328  
[www.kidsnplay.com](http://www.kidsnplay.com)

First Baptist Clarksville  
435 Madison Street  
(931) 572-1508  
[www.fbct.org](http://www.fbct.org)

# November

## 2 SATURDAY

### CRAFT FAIR

8:00 a.m. to 4:00 p.m. Crafts, baked goods, breakfast and lunch items. Free admission.

Christ Lutheran Church  
2425 Kirkwood Road  
(931) 358-0888

## 38TH ANNUAL FT.

### CAMPBELL CRAFT FAIR

9:00 a.m. to 5:00 p.m. This event is open to the public! There will be fun, food and some fantastic door prizes offered by our participating vendors. See ad on page 20.

Freedom Fighter Gym  
Inside Gate 7  
[www.fortcampbellosc.com](http://www.fortcampbellosc.com)

## 3 SUNDAY

### 38TH ANNUAL FT.

### CAMPBELL CRAFT FAIR

10:00 a.m. to 3:00 p.m. This event is open to the public! There will be fun, food and some fantastic door prizes offered by our participating vendors. See ad on page 20.

Freedom Fighter Gym  
Inside Gate 7  
[www.fortcampbellosc.com](http://www.fortcampbellosc.com)

## INTENTIONAL PARENTING WORKSHOP

4:00 p.m. to 6:00 p.m. A workshop centered on being more patient, balanced, hopeful and free as a parent. See ad on page 10. \$5 per parent.

## 4 MONDAY

### CANDY BUY BACK PROGRAM

Through Friday, November 8. Children can bring their Halloween candy to our office. For every one pound, we are giving \$1.

Cumberland Pediatric Dentistry and Orthodontics  
495 Dunlop Lane, Suite 112  
(931) 221-0050  
[www.cumberlandsmiles.com](http://www.cumberlandsmiles.com)

## HALLOWEEN SWEETS BUY BACK

9:00 a.m. to 4:00 p.m. Grace Dental, in partnership with Operation Gratitude, will buy back unopened candy from kids for \$1/pound. See ad on page 14.

Grace Dental  
304 Providence Boulevard  
(931) 648-4100  
[facebook.com/gracedentaltn](http://facebook.com/gracedentaltn)

## 9 SATURDAY

### ANNUAL HOLIDAY BAZAAR

8:00 a.m. to 2:00 p.m. Free and open to the public.

Cumberland Presbyterian Church  
1410 Golf Club Lane

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

# Meeks & Meeks

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137 Franklin St.  
Downtown, Clarksville, TN  
[travismEEKS@bellsouth.net](mailto:travismEEKS@bellsouth.net) • [www.meeksandmeeks.com](http://www.meeksandmeeks.com)

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

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

### **Just for Me Story**

**Time** 10:30 a.m.  
Tuesdays, October 1 through 15. Designed for children ages 4 and 5 years old. We incorporate the use of music and movement as well as offering the best in children's books and storytelling. We have a craft or an art activity as part of this program. To help create an independent learning experience, children should attend this program alone, while the parent or caregiver waits in the Children's Library. Parents are welcome to join during the craft or

art activity.

### **Busy Bees**

9:30 a.m. Mondays, October 7 through 14. This program is designed for children from 18 months through three years old, to be an interactive program for parent and child. It is important that the child stay on their parent's or caregiver's lap, or cuddle near them during the program. Books with brightly colored pictures, songs, finger plays, and music are used to make this time as rewarding and instructive as possible. Parents and their children ages 18 months through three years old should attend this program without older or younger siblings. NO OLDER OR YOUNGER CHILDREN IN THIS

### **PROGRAM PLEASE!**

#### **Baby and Me Lapsit**

9:30 a.m. Thursdays, October 3 through 17. For infants up to eighteen months will enjoy our "Lapsit" program. This program brings parents and infants together in the library and offers them an opportunity to enjoy a special sharing time together. Infants sit on their parent's lap and interact with them while enjoying songs, finger plays, and books designed with babies in mind! NO OLDER CHILDREN IN THIS PROGRAM PLEASE!

#### **Family Story Time**

9:30 a.m., Tuesdays, October 1 through 8. Programs will feature stories centered around a specific theme that will cover a wide range of ages. Families with children

of varied ages will find this program the ideal way to enjoy the library together.

### **Lego Program**

2:00 p.m. to 3:30 p.m., Saturday, October 12. Families with kids of all ages are encouraged to grab a tub of Legos and have fun being creative and building something special while making new friends.

### **Tween Program**

5:00 p.m. to 6:00 p.m., Thursday, October 3. Program for tweens in the fourth, fifth and sixth grades. Science wonders and other good stuff.

### **Halloween Story**

10:00 a.m. Thursday, October 31. Join us for Halloween-themed stories and a costume parade through the library.

# Fall

is the perfect time of year for fresh starts and to turn over a new leaf! Why not keep yourself or your child inspired with fun that is FUNctional?

### *Take our KMA Challenge!*

6 weeks of classes  
KMA t-shirt  
karate pants & white belt  
for one low price.

*For first time students only*

**Nov 4-Dec 17**

*We offer age specific classes  
for students 2 years and up!*

**CALL** Deadline to  
**TODAY!** Register: Sat, Nov 2

For more info call or visit  
**931-472-1008**  
[kriegischmartialarts.com](http://kriegischmartialarts.com)

ETHOS VOLLEYBALL CLUB

**ETHOS**

Club volleyball is for any athlete who wants to maximize their potential in the sport. Top-notch coaching with an intense practice environment & multiple weekend tournaments will get your athlete ready to compete at their highest level. Whether you are trying to make the Varsity team for the first time or preparing to play college ball, you'll become your best at Ethos Volleyball Club.

**Clarksville Branch**

Meeting to be held @ West Creek High School, in the Lecture Hall on October 13th, @ 2 PM  
*Club information and tryout dates will be announced during this meeting.*

Point of Contact: Levada Johns  
[leadanishion@hotmail.com](mailto:leadanishion@hotmail.com) • 254-371-4472  
[www.ethosvolleyball.com](http://www.ethosvolleyball.com)

## The Roxy Regional Theatre

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

### **SPAMALOT**

Lovingly ripped off from Monty Python's classic film comedy, this Tony Award-winning musical retells the legend of King Arthur and his Knights of the Round Table as they embark on their quest for the Holy Grail. But before they can find the grail, they're taking a little side-trip to the Queen City—complete with a bevy of beautiful show girls, flying cows, killer rabbits, and French people!

8:00 p.m. October 4, 5, 11, 12,  
18 & 19

7:00 p.m. October 2, 3, 9, 10, 16  
& 17 Warp" like you have never done it before! Rated "M" for Mature.

Tickets \$25 (adults) and \$15 (13  
and under)

### **The Rocky Horror Show**

Dig out your fishnet stockings and sharpen your stilettos... that sweet transvestite and his motley crew are back for a limited engagement! On the way to visit an old college professor, two clean-cut young people, Brad Majors and his fiancee Janet Weiss, run into trouble and seek help at the freaky Frankenstein mansion. With Richard O'Brien's cult favorite, prepare to do the "Time

8:00 p.m. October 25 & 26 and  
November 1 & 2

7:00 p.m. October 31  
11:59 p.m. October 26  
Tickets \$25

### **The Zinghoppers**

Superheroes unite! Grab your cape and mask, and get ready to go on a one-of-a-kind adventure with the rising stars of early childhood education, the Zinghoppers! Join Conductor Jack, DJ Kitty, Penelope the Possum, Olo the Donkey, and

Coconuts the Kangaroo as they learn what it means to be a real superhero. Featuring songs from the band's Emmy Award-winning PBS television series, this fun musical concert entertains and engages while teaching important life lessons about being a good friend, eating healthy, exercising daily and looking for numbers and letters in the world around us.

12:00 p.m. October 26

2:00 p.m. October 26

Tickets \$15 (adults) and \$10 (13  
and under)

## CUSTOMS HOUSE MUSEUM & CULTURAL CENTER

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

### **EXHIBITS:**

- Tom Malone: Art from Influence**  
Through October 20
- Dane Carder: Ghosts and Hopes**  
October 23 - January 12
- The Photography of Tony Cantonese**  
Through October 28
- Entangled Roots: The Art of Jennifer Bowman**  
October 4 - January 5
- The Surreal World of Mindy Herrin**
- Cindy Billingsley: Wild Ones**  
October 23 - January 5
- Day of the Dead**  
October 2 - December 1

### **ACTIVITIES:**

#### **Laying Low**

Saturday, October 12th, 5:00 p.m. through 10:00 p.m. The 3rd Annual Laying Low is an outdoor festival style event to benefit the Customs House Museum. Enjoy a casual evening with beer, barbecue, and live music by The Beagles! Limited tickets are available at \$50 per person. To purchase tickets call Linda Maki at (931) 648-5780.

#### **Let's Find: Eyes**

October 9 and 10, 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 all kinds of eyes: people eyes, animal

eyes, and even some googly eyes. 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 always welcome. For more information contact Sue Lewis at (931) 648-5780.

#### **Sunday Family Fun: Making Faces**

October 27, 1:00 p.m. to 5:00 p.m. Happy faces, scary faces, people faces, animal faces, even clock faces—with a mask you can pretend to be whatever or whoever you would like to be. Join us this Sunday for mask-making fun that's not just for Halloween. This event is free with your museum membership

or paid admission. For more information contact Sue Lewis at (931) 648-5780.

#### **Fall Break Special Model Trains**

Thanks to our volunteer engineers, the model trains will be making special runs on October 15 & 16 from 10:00 a.m. to 12:00 p.m. and on October 17 & 18 from 12:00 p.m. to 2:00 p.m. Funded, designed, and maintained solely by hundreds of volunteers, the model trains exhibit has fascinated and delighted more than half a million visitors since 1989.

The museum will be closed Monday, October 14th for Columbus Day.

## Clarksville Cumberland Presbyterian Church

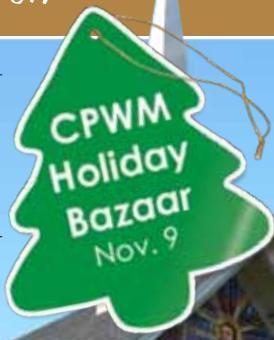
### **Sunday**

- |               |            |
|---------------|------------|
| Fellowship    | 9:00 a.m.  |
| Sunday School | 9:30 a.m.  |
| Worship       | 10:30 a.m. |

### **Wednesday**

- |                  |           |
|------------------|-----------|
| Dinner           | 5:15 p.m. |
| Programs for All | 6:00 p.m. |
| Adult Choir      | 7:00 p.m. |

Steve Louder, Pastor



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# Family Resource Network

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

### OAK PLAINS ACADEMY

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

### OMNI VISIONS INCORPORATED

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

### YOUTH VILLAGES

A private nonprofit organization dedicated to helping emotionally and behaviorally troubled children and their families live successfully through innovative, research-based programs. 651 Stowe Court; contact Jennifer Kessler at (931) 552-5260, [jennifer.kessler@youthvillages.org](mailto:jennifer.kessler@youthvillages.org) or visit [www.youthvillages.org](http://www.youthvillages.org).

## ARTS, CRAFTS & HOBBIES

### COMMUNITY SCHOOL OF THE ARTS AT APSU

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

### MONTGOMERY COUNTY WATERGARDEN SOCIETY

A not for profit water garden and koi pond club that hosts an annual Water Garden Tour. Visit [www.mcwg.org](http://www.mcwg.org), if

you would like more information regarding who we are and what we do, or contact Pam Ross at (931) 368-1583 or Sharon Baggett at (931) 249-2355.

## ATHLETICS

### BUDDY BALL SPECIAL NEEDS ATHLETIC LEAGUE

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

### CANINE FLYBALL CLUB

The Queen City Road Runners meet most Sunday afternoons at their indoor training facility (call in advance for times). Private lessons also available. Flyball is a fun family sport where a relay team of four dogs races another team, jumping a series of four hurdles, trigger a spring loaded box to release a tennis ball, and race back to the handler. The Road Runners Club teaches the sport using a positive approach, emphasizing the human/canine bond. Family members of all ages welcome. The sport is open to any breed. Call (931) 220-4907, email [icflyball@hotmail.com](mailto:icflyball@hotmail.com), or visit [www.flyballdogs.com/qcr](http://www.flyballdogs.com/qcr) for more information about this exciting canine sport.

### CLARKSVILLE IMPACT SOCCER CLUB

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

### 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](mailto:PrHowle@aol.com) for all who are interested. Visit [www.clarksvilletennis.usata.com](http://www.clarksvilletennis.usata.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](http://clarksvillefamilycenter.org) or call (931) 647-4341.

### SWIMMING EAGLES

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

## TEAM CLARKSVILLE YOUTH WRESTLING

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

### WARRIORS SPECIAL NEEDS CHEERLEADING

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

## CHILDBIRTH & PARENTING EDUCATION

### ALPHA CHRISTIAN CHILDBIRTH PREPARATION

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

### 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 of the most important life-lasting gifts you can give to your baby. You can do it; WIC can help! Montgomery County WIC, 1850 Business Park Dr, Suite 103, (931) 551-8777.

### 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](http://fortcampbelldoulas.webs.com) or find us on Facebook at [www.facebook.com/groups/clarksvillebirthpros/](http://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

La Leche League offers mother-to-mother breastfeeding information and support in meetings and via phone and email. All breastfeeding and expectant mothers and their children are welcome to attend either or both monthly meetings! Meetings are on the first Wednesday of each month at 10:00 a.m. at Clarksville's Montgomery County Public Library in the large meeting room and also on the third Wednesday of each month at 6:00 p.m. on Fort Campbell Army Post. The evening meeting is also open to your support person. Please check our Facebook for location each month [www.facebook.com/LLLClarksville](http://www.facebook.com/LLLClarksville). If you have breastfeeding questions please contact one of our local group's leaders at [BreastfeedingTN@gmail.com](mailto:BreastfeedingTN@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](http://ninemonthsandbeyond.com).

## YOUR BIRTHING BODY

Extensive Childbirth Education utilizing The Bradley Method® and offering training in what to expect during pregnancy, labor, and birth, as well as consumerism of childbirth, nutrition, exercise, communications, breastfeeding, knowledge of procedures, interventions and complications, knowledge of newborn procedures, postpartum preparation and care, and assistance in creating a birth plan. Offers training not only for the expectant mother, but

also trains a labor coach of her choice to serve as her own personal doula/labor support. I also offer my own personal doula services to my students at discounted rate. For more information contact Jade Chapman at (931) 802-9869 or visit [www.yourbirthingbody.com](http://www.yourbirthingbody.com).

## CHILD CARE

### CHILD CARE AWARE

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

### MID-CUMBERLAND CHILDCARE RESOURCE AND REFERRAL

At 128 North Second Street, provides childcare free referrals and information to parents, training and on-site consultation to childcare providers, and a lending library full of resources for the community. (931) 648-3695 or (866) 446-6006.

### MONTGOMERY COUNTY CHILD CARE PROVIDERS BY AREA

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

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

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

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

### PARENT INFORMATION NETWORK

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

### PROGRESSIVE DIRECTIONS

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

### TENNESSEE NUTRITION & CONSUMER EDUCATION PROGRAM (TNCEP)

Provides nutrition education programs that help limited-resource individuals

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

## CHILD PROTECTION & DOMESTIC CRISIS SERVICES

### AL-ANON & ALATEEN

Support for families of alcoholics. Call for more information and meeting times. Grace Lutheran Church, 2041 Madison Street, Joyce at (931) 358-9518; or Ajax Senior Citizens Building, 953 Clark Street, Kim at (931) 647-0566; or Community Church, Jack Miller Boulevard & Airport Road, Kim at (931) 647-0566. [www.middletnalanon.org](http://middletnalanon.org).

### CLARKSVILLE RAPE AND SEXUAL ABUSE CENTER

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

### CHAP PROGRAM OF CATHOLIC CHARITIES

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

### DEPARTMENT OF CHILDREN'S SERVICES

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

### LEGAL AID SOCIETY

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

### MONTGOMERY COUNTY CHILD SUPPORT SERVICE

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

### SAFEHOUSE

Provides a safe shelter, crisis line, counseling, support groups, referrals

and advocacy, community education and safety planning for women and children who are domestic violence victims. (931) 552-6900.

## CHILDREN'S GROUPS

### 4-H YOUTH DEVELOPMENT

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

### BOY SCOUTS OF AMERICA

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

### CHILDREN OF THE AMERICAN REVOLUTION (C.A.R.)

The Children of the American Revolution (C.A.R.) is the nation's oldest, largest, patriotic youth organization. Membership is open to boys and girls from birth until age 22, who can prove lineal, bloodline descent from an ancestor who aided in achieving American independence. Email us at [sevierstation@yahoo.com](mailto:sevierstation@yahoo.com).

### GIRL SCOUTS OF MIDDLE TENNESSEE

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



**Free Estimates**

- Landscape Design
- Shrub Trimming
- Flower Beds
- Mulching
- Seeding
- Fertilizing
- Mowing
- Edging
- Weed Control
- Leaf Removal
- Pressure Washing



PayPal VISA MASTERCARD

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

## ALL NATIONS BIBLICAL STUDY CENTER

Offers free Bible courses to the community in the major fields of biblical research. Fall Semester classes begin in September. Online Courses are offered year-round. Visit [www.studythescriptures.net](http://www.studythescriptures.net) or call (931) 648-8844 for more information and to register.

## APSU EXTENDED EDUCATION

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

## ARMY COMMUNITY SERVICE

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

## ASERACARE HOSPICE

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

## BAYANIHAN FILIPINO-AMERICAN INTERNATIONAL GROUP

A tax-exempt, non-profit organization. Its purpose is to promote Filipino-American culture to all Filipinos and to any interested nationalities, develop a better understanding of our ethnic Filipino history, and promote our unique and diverse cultural heritage. Our group participates in various community services. Many Filipino soldiers assigned in Fort Campbell Post and their families join our social and civic activities in the community of Clarksville and Kentucky. The organization extends its services to donating clothes, shoes, and canned goods to various local organizations. The organization is also teaching Tagalog lessons to those interested in learning another language.

Membership is open to all. For inquiry, call Mario Wong at (931) 431-6786 or Pat Lowry at (931) 494-1080.

## 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.

## DAGAN FOUNDATION

Creating schools in rural areas for free education and sending orphans and disadvantaged children to schools in Togo, West Africa. Spreading the word of God through evangelism and planting and supporting churches in rural areas in Togo. Digging wells and providing clean water in rural areas in Togo. Partner with us and join us so together we can change lives in Togo, West Africa.

You want to go to mission in Africa, you want to plant a church in Togo, you want to go teach English in our schools in Togo during Summer, you want to adopt a student or a church in a rural area, don't hesitate to contact us. Invite us and we will come to present our projects in your church.

Contacts: Mr. Adolph Dagan at (931) 302-0787 or [daganfoundation@yahoo.com](mailto:daganfoundation@yahoo.com), or visit [www.daganfoundation.org](http://www.daganfoundation.org). Like as on Facebook at [Facebook.com/DaganFoundation](http://Facebook.com/DaganFoundation). Our main partner in Togo is Action Bethesda, [www.actionbethesda.org](http://www.actionbethesda.org).

## FREE CAKES FOR KIDS KY & TN

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 [facebook.com/pages/Free-Cakes-for-Kids-KYTN/529017437122370](http://facebook.com/pages/Free-Cakes-for-Kids-KYTN/529017437122370). Reach Mindy Parker or Christina Johnson at [freecakesforkids\\_fortcampbell@yahoo.com](mailto: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](http://facebook.com/FriendsoftheBluewayClarksvilleTN) for more information and sign up for email updates at [outdoorclarksville.com](http://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](mailto:chadeaton@hotmail.com). Or visit [facebook.com/FriendsOfRotaryPark](http://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.

## 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.

## GOOD NEWS CLUBS

The BIBLE in the public schools? Yes! Many children do not get to go to church in America today, but most children do go to the public schools. We have a great opportunity to take the Gospel to them through an after-school Bible club called the Good News Club. Teams are forming now for existing and new clubs. No experience necessary; we will train you and provide ongoing support. For more info visit [www.ReachingKidsForJesus.com](http://www.ReachingKidsForJesus.com) or contact (931) 241-8202 or [reachingkidsforjesus@yahoo.com](mailto:reachingkidsforjesus@yahoo.com).

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

## 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](http://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, [humaneociety@clarksville.com](mailto:humaneociety@clarksville.com) or [clarksvillehumane.org](http://clarksvillehumane.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 [asociacionlatina.info](http://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.

## MANNA CAFE MINISTRIES

Serving the Montgomery County area with hot meals and food pantry.

FOOD PANTRY - Mondays, Wednesdays and Fridays between the hours of 10:00 a.m. and 4:00 p.m. at our warehouse on Franklin Street.

HOT MEALS - We serve hot meals three days a week.

Tuesdays at 5:30 p.m. located at Vacation Hotel on Providence near Peachers Mill Road.

Thursdays at 5:30 p.m. located at the Clarksville Montgomery County School Systems Office located in the large parking lot on Crossland and Gracey Avenues.

Saturdays at 8:30 a.m. for breakfast served at BOTH locations.

We are committed to uplifting those in need through kindness, love, respect and a full stomach.

1319 Franklin Street, (931) 933-0970.

## **MEALS ON WHEELS**

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

## **MONTGOMERY COUNTY WIC CLINIC**

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

## **PREVENT BLINDNESS TENNESSEE**

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

## **RADICAL MISSION**

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

## **REFORMERS UNANIMOUS**

Christ-centered recovery program that offers guidebooks and weekly meetings with supportive caring people. Designed to assist people with addictive behaviors and any 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](http://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. Sittow, TRAEYC President, at (931) 221-7308 or visit [www.traeyc.org](http://traeyc.org).

## **UNITED WAY**

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

## **VETERANS UPWARD BOUND**

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

## **COUNSELING, SUBSTANCE ABUSE & MENTAL HEALTH**

### **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 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-FIRST CHURCH OF THE NAZARENE**

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

## **CELEBRATE RECOVERY-GRACE CHURCH OF THE NAZARENE**

A 12 step recovery program for individuals that are seeking healing and recovery from hurts, habits and hang-ups is offered every Friday evening at Grace Church of the Nazarene, 3135 Trenton Road. The 12 steps are based on the 8 principles of recovery taken from the Beatitudes in Matthew 5 of the Bible. Celebrate Recovery is a safe place where anonymity and confidentiality are critical elements for recovery. The evening begins at 6:15 p.m. with refreshments served and the meeting starts at 7:00 p.m. Child care is provided and we also offer Celebration Station, which is an organized teaching outreach to the children (ages 5 through 12) of Recovery attendees. Come check us out. If you have any questions you may call the church office at (931) 647-7768 or call Jo Ann Waikel at (931) 216-6644.

## **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.

## **HEALTH CONNECT AMERICA**

At 1820 Memorial Drive, Suite 203. Offers programs that assist at-risk youth and their families facing issues such as depression, anxiety, grief, abandonment, anger management, substance abuse and family conflict. For more details on our programs please call (931) 933-7200 or visit [www.healthconnectamerica.com](http://www.healthconnectamerica.com).

## **FAMILY CENTERED SERVICES**

901 Martin Street, (931) 503-4600.

## **THE FAMILY GUIDANCE TRAINING INSTITUTE**

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

## **HOPE (HOMELESS OUTREACH PARTNERSHIP AND EMPOWERMENT)**

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

## **LIFESOLUTIONS - ASPIRE & JOBLINK**

611 Eighth Street, (931) 920-7210.

## **MENTAL HEALTH COOPERATIVE**

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

## **OAK HILL RESIDENTIAL**

118 Union Street, (931) 647-8257.

## **PASTORAL COUNSELING CENTER**

The Pastoral Counseling Center at 516 Madison Street, is a ministry of professional care dedicated to healing and growth in human life and relationships. In partnership with local congregations the centers are committed to providing clinical and education services to all who need these services. When you or someone you love is troubled by depression, marital or relationship problems, substance abuse, or a vague sense that your life is adrift, we can help. Professional support is available with fees based on your ability to pay. (931) 648-9009 or [www.pastoralcounselingctr.org](http://pastoralcounselingctr.org).

## **THE PATH LIFE COACHING**

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

## **REGIONAL INTERVENTION PROGRAM (RIP)**

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](mailto: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](mailto:spowers@ymcamidtn.org).

### INTERNATIONAL ORGANIZATIONS

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

Host an AFS-USA high school exchange student from one of the over 40 partner countries for the next school year beginning in August.

Why not take the opportunity to bring the world to the Clarksville area and give your family, community and school insights into new cultures?

Go online and see details at [www.afsusa.org/hosting](http://www.afsusa.org/hosting) and fill out a preliminary application. Your best choice of gender, interests, talents, native country, etc. is to choose a student early when more are available. This will also insure that there is a place in your local high school. CMCSS high schools will only allow four (4) in each high school. Students may also attend private schools and families who homeschooled may host, but the AFSSers must attend public or private school.

Contacts: Dr. Barbara Y. Wills at (931) 378-7258 and [afsbarb58@gmail.com](mailto:afsbarb58@gmail.com) or Sandy Rich at [srich@afs.org](mailto:srich@afs.org) and (865) 617-0665 and the local web site Miss Tenny Area AFS Volunteer Leadership Team at [www.afsusa.org/missstennyk](http://www.afsusa.org/missstennyk).

### PARENT GROUPS

#### CLARKSVILLEMOMMIES.COM

A Mommies Network community, was founded in September 2009 by Blythe Belenky to help connect and support Moms in the Montgomery County, Clarksville, Ft. Campbell and Hopkinsville areas. ClarksvilleMommies.

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

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

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

#### CLARKSVILLE HOMESCHOOL NETWORK

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

#### FIRST BAPTIST CHURCH HOMESCHOOL GROUP

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

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

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

#### HOPKINSVILLE SAHM MEETUP GROUP

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

#### LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

La Leche League offers mother-to-mother breastfeeding information and support in meetings and via phone and email. All breastfeeding and expectant mothers and their children are welcome to attend either or both monthly meetings! Meetings are on the first Wednesday of each month at 10:00 a.m. at Clarksville's Montgomery County Public Library in the large meeting room and also on the third Wednesday of each month at 6:00 p.m. on Fort Campbell Army Post. The evening meeting is also open to

your support person. Please check our Facebook for location each month [www.facebook.com/LLLClarksville](http://www.facebook.com/LLLClarksville). If you have breastfeeding questions please contact one of our local group's leaders at [BreastfeedingTN@gmail.com](mailto:BreastfeedingTN@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](http://www.momsclubofclarksvilletn.com) for more information.

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

#### MOPS AT FIRST BAPTIST CLARKSVILLE

Meets 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](mailto: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 Amanda Wiley at [mrs.wiley2006@gmail.com](mailto:mrs.wiley2006@gmail.com) or (210) 846-4501.

#### 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 Michelle Clayton or Hannah Conway, Co-Coordinators, via email [mops@hilldale.org](mailto:mops@hilldale.org), visit [www.hilldale.org/mops](http://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](mailto:ashleighgoss7@yahoo.com). Find us on Facebook at [Spring Creek MOPS](http://Spring Creek MOPS).

#### PARENTS OF MULTIPLES

An email support group for parents of twins, triplets and more that live in Clarksville or the surrounding area. Call Kelley Corley at (931) 358-0127 or e-mail [KCorley77@aol.com](mailto:KCorley77@aol.com) for more information.

#### PARENTS REACHING OUT

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

#### TNSHARE (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: [www.facebook.com/#!/groups/tnSharehomeschool/](http://www.facebook.com/#!/groups/tnSharehomeschool/)

#### TENNESSEE EARLY INTERVENTION SYSTEM (TEIS)

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

#### WIC NUTRITION EDUCATION CENTER

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

### RETIREMENT GROUPS

#### 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](mailto: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@cdelightband.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](mailto:relocation@fortcampbellmwr.com) or [www.fortcampbellmwr.com/ACS/familyReadiness.htm](http://www.fortcampbellmwr.com/ACS/familyReadiness.htm).

### ASMT (AUTISM SOCIETY OF MIDDLE TENNESSEE)

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

### AUTISM SUPPORT GROUP

Donna Richardson at (931) 503-2315.

### CLARKSVILLE ASSOCIATION FOR DOWN SYNDROME (CADSTN)

Where individuals, families and the community come together to enrich,

educate and support one another. Contact Patricia Hanna at (931) 645-1261 or [cadstn@hotmail.com](mailto:cadstn@hotmail.com). Visit [www.cadstn.org](http://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/ CAREGIVER SUPPORT GROUP

Are you the parent or caregiver of a child exhibiting challenging behaviors? Do you sometimes have feelings of frustration, anger, helplessness, guilt or isolation? Do you live in the Ft. Campbell/Montgomery County area? Join us at Thursday Nights, 5:00 p.m. to 7:00 p.m. at the Grace Nazarene Church, 3135 Trenton Road. Free child care and food—please call Monica to reserve child care. For more information contact: Monica Causey at (615) 269-7751 ext. 133 or [mcausey@tnvoices.org](mailto:mcausey@tnvoices.org), Jennifer Allen at (615) 854-2165 or [jallen@tnvoices.org](mailto:jallen@tnvoices.org); or Felicia Johnson at (615) 852-9728 or [fjohnson@tnvoices.org](mailto:fjohnson@tnvoices.org).

### 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.

### FOCUS AUTISM NOW

Online support for parents with children and youth with Autism. We serve the community from Clarksville since 2009. Contact us for information, resources, support, advocacy and leadership tools. Hablamos Español. [www.focusautismnow.com](http://www.focusautismnow.com)

### GRIEF SUPPORT

A grief support group provides opportunities to connect with others who have had a similar experience and talk about the experience in a safe, supportive, understanding environment. Aseracare Hospice offers grief support groups free of charge open to anyone who has or is experiencing grief. For more information please contact Chris at (931) 551-4100.

### JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)

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

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

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

### PARENTS HELPING PARENTS

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

### PARKINSON AWARENESS AND FELLOWSHIP GROUP

Interested in knowing more about Parkinson? Do you need the support of those who have Parkinson? You are welcome to all meetings on the second Tuesday of each month at 5:00 p.m. This lively group of people meet at Christ Presbyterian Church, 1230 Rossview Road, across the road from Rossview schools. Wayne King, (931) 645-8174, Coordinator.

### 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](mailto: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  
e-mail  
[info@clarksvillefamily.com](mailto:info@clarksvillefamily.com).



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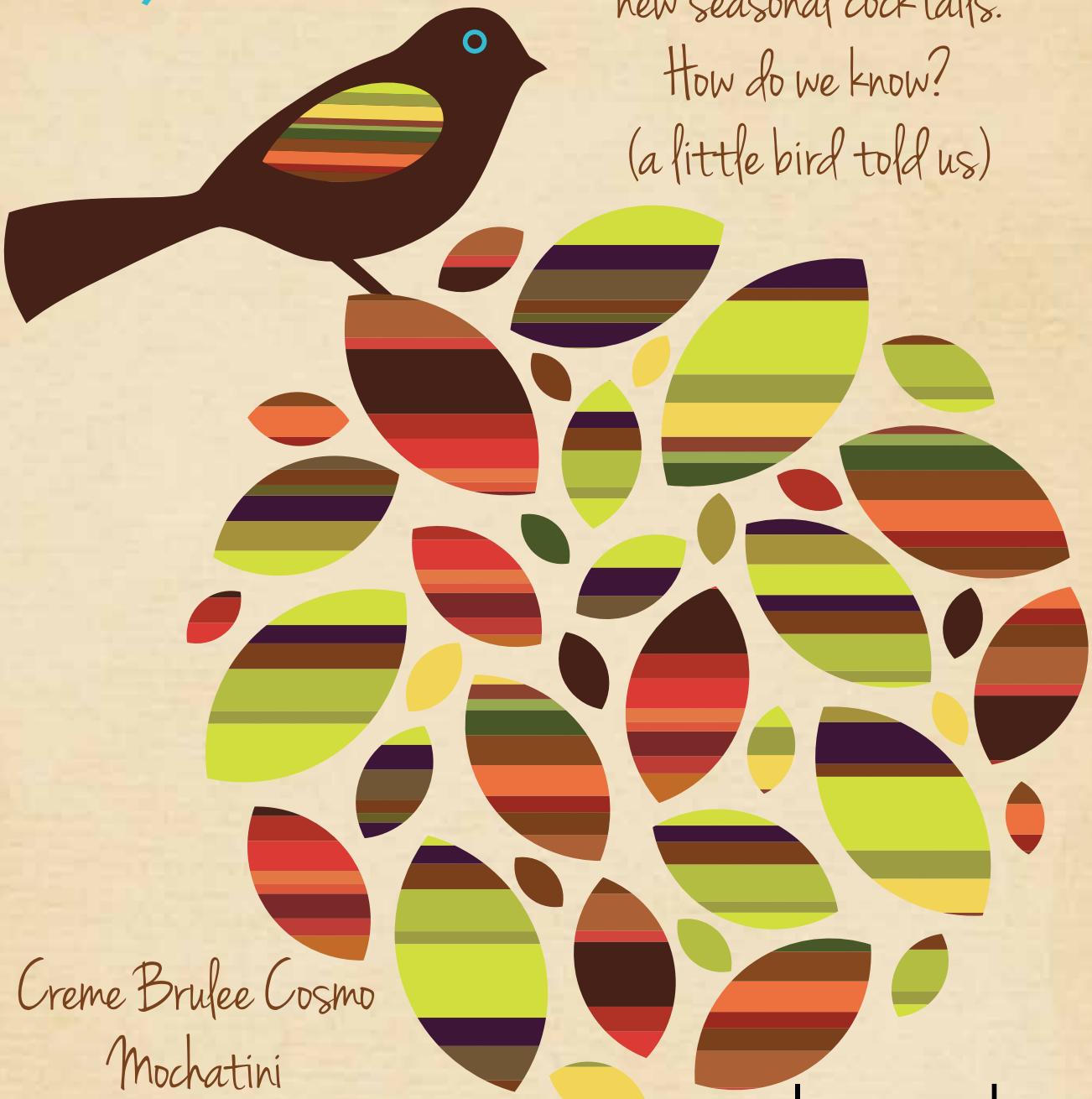
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# October at



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
					Red Reflections	Sunset Silhouette
						Bonjour
2pm - KIDS 	6	7	8	9	10 Red, Red, Wine	11
Stray Cat Strut						
	15 View the Swirlz Art Calendar & book your class online at <a href="http://www.swirlzart.com">www.swirlzart.com</a>		16	17	18	19
20	21	22	23	24 Dahlias	25 Chevron Chic	26 Starry Night
27	28	29 	30	31 I Heart Clarksville		
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