

November 2013



Clarksville Family

Serving Clarksville, Fort Campbell & the Surrounding Areas

**The Phillips Family: Skyler (5), Rachel, Levi (3), and Mark
at Dunbar Cave.**

Portrait by Lisa Authier



One of the Top 50 Dance Studio's in the Nation!



Dance Force



Don't Start Your Child's Technique out on the wrong foot...

Choosing The Right Dance Studio?

1. Faculty & Staff
2. Facility
3. Dance Education
4. Class Size
5. Performance Opportunities



What We Offer:

Ballet, Pointe, Tap, Jazz, Contemporary, Hip Hop, Musical Theatre, Modern, Acro, & Lyrical.

10,000 sq. ft. 5 State- Of - The Art Studios with Marley Sprung Floors, limited class size, mirrors and ballet barres in all studios, Parent Viewing Monitors, 3 Lobbies, Food & Shopping Nearby. We Provide a positive environment with Professionally trained teachers.

Home of the award winning Performance & Competitive teams "The Force".



*Enrolling Ages 3 & up *unless pottytrained

552-2223

1955 Suite B
Madison Street
Tradewinds South
Shopping Center
www.danceforceclarksville.com

or visit us on 



WHEN YOU'RE BUYING A HOUSE,
YOU'RE DOING MORE THAN BUYING A ROOF AND WALLS.

You're setting up your home.



THE ALTRA
DIFFERENCE



Terri Hancock
Loan Originator
thancock@altra.org
NMLS# 494774

So rely on Altra Federal Credit Union, where the focus is on you and your needs. Altra's team of experienced lenders and dedicated support staff will guide you through the home buying process.

Low rates and local experience before the sale...Local servicing after the sale...and a team you can trust.

To learn more and start the application process online, visit Altra.org or contact Terri to set up an appointment.



931-920-6515 • www.altra.org

1600 Madison Street and
184 Stone Container Drive, Clarksville

800-755-0055 • www.drivealtra.org

Altra
Federal Credit Union

*Membership eligibility required. Mortgage loans available to qualified borrowers. Contact Altra for more information. Equal Housing Lender. Federally insured by NCUA.



Publisher's Message

I would love to say that fall is finally here, but I feel that it has come and gone too quickly and it already feels like winter in October as I am writing this! I hope this is just a temporary cold snap, but with the mild summer we had, I worry that it might not be.



Each year, in the November publisher's letter, I list all the things I am thankful for, and this year isn't any different: My and my family's health and happiness; my friends; our military service personnel and their families; and of course the staff, advertisers and readers of Clarksville Family.

Which brings me to this month's cover photo. I doubt many of you read our masthead each month, if ever (immediately to the right of this letter). We could hardly exist without our sensational advertising sales star Rachel Phillips. We are very thankful and proud to have her along with her sweet family on this month's cover.

We have another issue packed with great articles on a variety of topics this month. Just a sampling: How some of our local Clarksville leaders will be spending their Thanksgiving holiday (page 12); Clarksville Youth Enrichment Program has a new way to learn math with Musical Multiplication (page 30); and the First Annual Mother Son Character Ball, which is a companion event to the very popular Purity Ball, both hosted by Hope Pregnancy Center, (page 40).

Also, be sure to check our calendar (page 58) for some awesome events going on throughout our city like Handmade Holidays on November 16th and 17th. If you're into arts and crafts, admission is free and it's not to be missed!

We hope you enjoy this issue, and Happy Thanksgiving to all of you!

Sincerely,

Carla Lavergne

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.

Clarksville Family

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

For advertising inquiries contact Rachel Phillips at (931) 216-5102 or rachel@clarksvillefamily.com

For all other information:

Phone: (931) 320-9869

E-mail: info@clarksvillefamily.com

Fax: (931) 919-1234

Mail: PO Box 31867
Clarksville, TN 37040

Web: clarksvillefamily.com

Look for us on Facebook 

Owner/Publisher

Carla Lavergne

Editor

Cliff Lavergne

Graphic Design

Colleen Devigne

Carla Lavergne

Advertising Sales

Rachel Phillips

(931)-216-5102

rachel@clarksvillefamily.com

Staff Writers

Brenda Hunley

Taylor Lieberstein

Pamela Magrans

Contributing Writers

Martha Evans

Dr. Mitchell D. Kaye

Rachel Knapp

Dr. Grace Lee

Catherine Meeks

Melanie Wallace

Special Thanks

Paul and Paula

TABLE OF CONTENTS

- FEATURE • 6**
The Great American Gratitude Myth
- COMMUNITY • 12**
Local Leaders Share Their Holiday Traditions
- HEALTH • 16**
Wisdom Teeth 101
- HEALTH • 18**
Recipe: Turkey Stuffing
- HEALTH • 20**
What is Healthy Fat?
- ADVICE • 22**
After School Investments
- EDUCATION • 30**
Musical Multiplication
- COMMUNITY • 32**
Festival of the Nativity
- ADVICE • 36**
Should Parents Maintain a Relationship Post-Divorce?
- COMMUNITY • 40**
A New Tradition for Mothers and Sons
- HEALTH • 42**
Vaccines for Adults
- BEAUTY • 44**
Liposuction for Men
- EDUCATION • 48**
CMCSS Career Interest Fair and Academies
- CANDID CLARKSVILLE & FORT CAMPBELL FAMILIES • 50**
- STORYTIME • 52**
Homecoming
- THE FRIDGE • 56**
- CALENDAR • 58**
- FAMILY RESOURCE NETWORK • 64**

DISCOVER THE **creative** opportunities



apsu.edu/opportunities



APSU does not discriminate on the basis of race, color, national origin, sex, disability, or age. For inquiries regarding non-discrimination policies, contact nondiscrimination@apsu.edu.

You can make a difference!

EVERY TWO SECONDS SOMEONE IN THE U.S. NEEDS BLOOD.
ONE DONATION CAN HELP SAVE THE LIVES OF UP TO THREE PEOPLE.
MORE THAN ONE MILLION NEW PEOPLE ARE DIAGNOSED WITH CANCER EACH YEAR, AND MANY OF THEM WILL NEED BLOOD, SOMETIMES DAILY, DURING THEIR CHEMOTHERAPY TREATMENT.
A SINGLE CAR ACCIDENT VICTIM CAN REQUIRE AS MANY AS 100 PINTS OF BLOOD.



in partnership with



Invites you to a **Blood Drive**

THURSDAY • **11/21/2013** • 10AM-3PM
304 Providence Boulevard, Clarksville, TN 37042



Please call to sign up!

931-648-4100

WWW.GRACEDENTALTN.COM
www.facebook.com/gracedentaltn

THE GREAT AMERICAN GRATITUDE MYTH

by Pamela Magrans

Recently, I was supposed to be in two places at once. I'm sure many of you can empathize. As a remedy for my lack of duality, I asked another parent to pick up my child from soccer practice. As I discussed this with the parent, I said "thank you" several times. A few hours later, once my child was deposited safely back in my care, I scrambled to send another "thank you" text. Then later that night as I set off to bed, I sent yet another text saying "thanks again—good night." Only to get a reply from the parent simply stating, "Pamela—you already thanked me six times."

So perhaps I am guilty of excessive Thank You-ing. Maybe I have gratitude issues. My mother drilled into my childhood psyche that manners were essential. The writing of handwritten thank

you notes and the assertion of oral gratitude were the mark of proper gift receiving etiquette. Old habits die hard. Gratitude can become quite a healthy affliction.

I recently answered a knock at my front door, and to my surprise a florist delivery lady was holding a vase with a dozen red roses. Upon retrieving my gift, and thanking the florist (of course), I examined the card closely. It was from a person who was almost a stranger. The flowers were a visual "thank you" from an individual I had interviewed and written an article about a month prior. The card



said simply, "Thank you for the lovely article."

I enjoyed the flowers for as long as the vertical stems

could hold their weight and until the last cardinal petal fell to the kitchen table. The handwritten thank you note is still on my refrigerator. An earnest thank you goes a long way.

This month we celebrate Thanksgiving. It is a fitting time to think critically about what it means to give thanks. Showing gratitude to another person is an essential

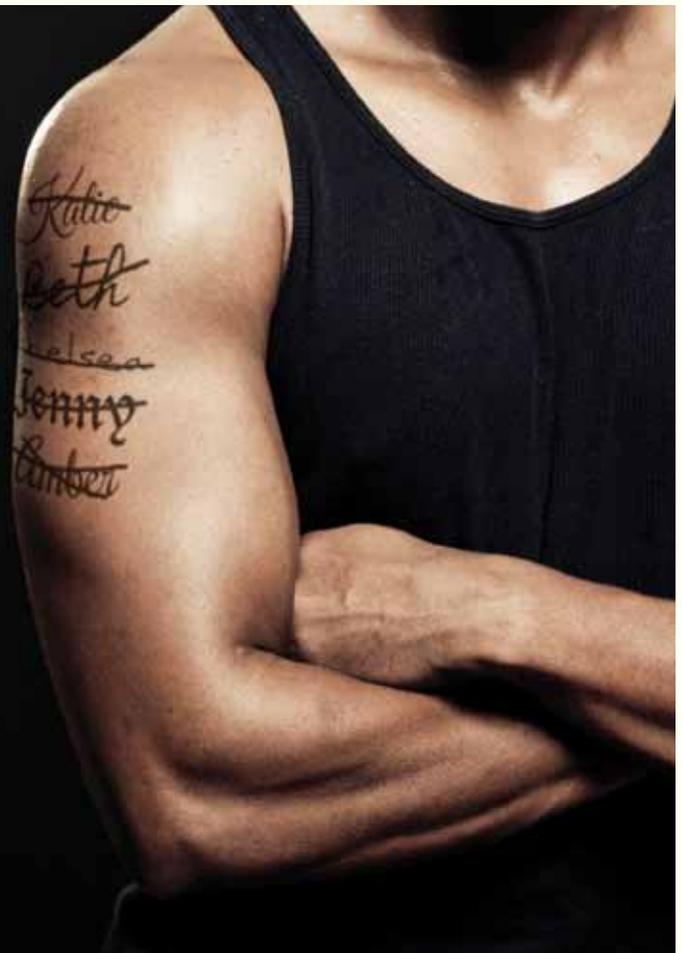
THEY LEFT. YOUR TATTOO DIDN'T.

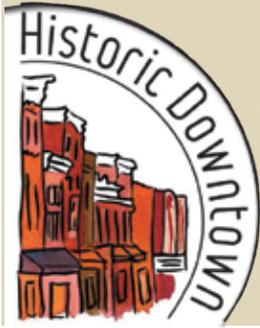
Introducing the most advanced technology in laser tattoo removal.



Call or visit us online
to learn more or schedule
your complimentary
consultation.

931-552-3292 • cumberlandlaser.com
2285 RUDOLPH TOWN ROAD SUITE 200





Downtown

Shop. Dine. Frolic.

CLARKSVILLE
TENNESSEE

Sponsored by members of the
Downtown Clarksville Association

DOWNTOWN



ARTISTS CO-OP

OPEN:

WED - FRI: 12-4PM

SAT: 9AM - 5PM

1ST THUR ART WALK
& RECEPTION: 5-8PM

Don't miss November's
Art Showing:

NO SHORTCUTS

by Cliff Whittaker & Dorothy Thomason

96 FRANKLIN ST. IN HISTORIC
DOWNTOWN CLARKSVILLE, TN
931-552-4747

Couture Crush
FASHION INFATUATION

101 Franklin Street
931-368-8850

thecouturecrush.com



Your Holiday Inspiration
& Shopping Source

125 Franklin Street
931.647.0444

hodgepodge-home.com



109 FRANKLIN ST.
931-802-6776



**Sweet
Memories**
Candy & Gift Shop

Candy, Balloons, Gift Baskets & New Items
Arriving each week!

131 Franklin St.
931-802-6700



CLARKSVILLE'S ONLY
RUNNING SHOE STORE

127 FRANKLIN STREET • 931-542-5788
WWW.CLARKSVILLERUNNERSHUB.COM



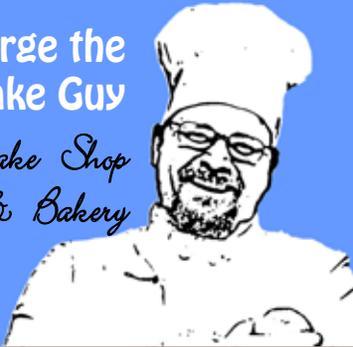
Paint-Your-Own Pottery
Woodcrafts & Canvas

109 Franklin Street
(at Mildred & Mables)

931-802-8282

George the
Cake Guy

Cupcake Shop
& Bakery



100 Strawberry Alley
f (931) 552-8939



THE COUP

Food
Music
Art
Community

118 UNIVERSITY AVE.
931-292-COUP
COUPCLARKSVILLE.COM



109 Franklin St
(at Mildred & Mables)
931.896.2360

f /IsabellaSophiaDowntown

vagaro.com/isabellasophia

building block in relationships and ultimately a stepping-stone to happiness.

That brings me to my personal list of Gratitude Myths. These are not scientific in any way—just one habitual thanker’s reflection on true gratitude.

Gratitude Myth #1: Showing gratitude too much makes it mean less. FALSE. Gratitude never gets old. It is still better to say thank you too often, than to never say it at all. The feeling of gratitude floods us when someone helps us in a deeply personal way. When we feel the emotions of thankfulness and the desire to say “thank you” we should never resist or hide those feelings. Say “thank you,” and then say it again—maybe even five more times!

Gratitude Myth #2: “Thank You” are words, not acts. INACCURATE. We tend to use our written words a lot these days—we text, and Twitter and Facebook. We rely on words to do the hard work for us. But some things must be shown, not stated. The old adages say it best, “Show, don’t tell” and “Actions speak louder than words.” Acts of gratitude are sometimes more effective than the words themselves.

Gratitude Myth #3: I have nothing to be grateful for. My life sucks! WRONG. It is estimated that people who have annual incomes of at least \$41,000 are in the top 3% of the world’s wealthiest people! Most Americans would be considered rich by the rest of the world’s standards. Sometimes stress or emotion causes us to lose

sight of all that we have! I once heard a quote, “I was sad that I had no shoes, until I met a man who had no feet.” If you find yourself focusing only on what you don’t have—you might be suffering from the “woe is me” attitude. Instead of focusing on what you don’t have—focus on what you do have. Gratitude and thanksgiving can transform sadness into joy. We should be thankful for our blessings, instead of brooding on our misfortunes. Those who have little, yet are thankful for what they have—there lies true gratitude, and subsequently happiness.

Gratitude Myth #4: If someone has been generous to me, I must repay them in order to show gratefulness. INCORRECT. Gratitude is not an obligation; it’s an emotion. Sometimes we

More Than Words...Therapy Services

Pediatric speech therapy, physical therapy, and occupational therapy services.

Early intervention, speech delays, language delays, stuttering, autism, feeding therapy, and more!

**We also offer online speech therapy!
In real time and audio!**

Our therapists specialize in pediatric feeding disorders.



“Our goal is to maximize our clients’ potential by working collaboratively with families and other professionals.”

Ask us about a FREE SCREENING!

Our facility accepts private pay and provider approved health insurance.

215 Dunbar Cave Rd., Suite A, Clarksville, TN • 931-542-2739
www.morethanwordsllc.com



NEW!

After School Karate Program!

AT HARRIS HOLT MARTIAL ARTS ACADEMY

For grades k-6

Includes:

Karate classes

Homework help

(by a certified teacher)

Snack time

Transportation from school

Arts & crafts and more!



Begins in January.

**Limited space available, reserve your
child's spot now!**

We offer specialized classes for ages 4 and up.
Building self discipline, confidence, respect.
Classes in Shotokan Karate, Judo, Aikido,
Jujitsu, Weapons, MMA Classes, Fitness Programs
and Certified Licensed Instructors.



Favorite Martial Arts School
2011 & 2012



HARRIS HOLT
MARTIAL ARTS ACADEMY

www.HHMARTIALARTS.COM



Voted Best Martial Arts School
2011, 2012 & 2013

211 W. DUNBAR CAVE RD • 931-542-1151 • www.HHMARTIALARTS.COM

clarksvillefamily.com

are in a relationship where we feel all we do is give to the other person. But soon we find ourselves in a relationship where all we do is take from the other person. Sometimes we must give; sometimes we must take. It's the cycle of life. We should give our time and energy not expecting anything in return. Then we should afford others the same right. Perhaps we loaned money we knew we would never get back. Perhaps we loaned time, and we know that person will never do the same favor for us. Maybe we loaned our ear, but we know the other person won't be able to show the same support for us anytime soon. When we can be grateful for the people in our lives we help, but we know they will never return the favor—we have achieved true generosity.

If we are able to give back to the person, then that is a form of thankfulness, but gratefulness is not contingent on restitution. Gratitude is not about paying someone back—that is debt. There is no debt in gratitude.

Gratitude Myth # 5: If it's not timely, then it doesn't count. WRONG. It's never too late to do the right thing. Gratitude does not wear a watch. Now might be the time to email your high school basketball coach and thank her for believing in you. Or maybe it's time to look up that 3rd grade teacher who complimented you on your science project and encouraged you to enter the science fair, which led you to become interested in medicine, which led you to a degree in internal medicine. Think about

who had an impact on your life—at the time you may not have realized it. Realize it now. It's never too late to say thank you. It might be just what someone needs to hear.

Gratitude Myth #6:

Thanksgiving is a holiday. PARTIALLY CORRECT. Technically, Thanksgiving is a proper noun—a legally designated holiday—but I think it would make a better verb—a day of action! A noun just stands there; it is another aisle at the supermarket. A noun, like a holiday, waits for us to do something with it. A noun does nothing, it's a name in a book, a date on the calendar. But a verb moves, it jolts, reverberates and motivates. A verb shows action. It recognizes, values, appreciates and understands. Thanksgiving is an ongoing process that weaves



W. Stanford Blalock, M.D.
 Plastic & Reconstructive Surgery
 Certified by the American Board of Plastic Surgery.
 More Than 25 Years Experience!

Some of the best gifts can't be wrapped...

Breast Augmentation • Breast Lift Breast Reduction
 Eyelid Surgery • Face, Brow, & Forehead Lifts • Botox® • Restylane®
 Abdominoplasty (Tummy Tuck) • Liposuction • Rhinoplasty (Nose Surgery)



Give yourself a gift!
 CALL NOW TO SCHEDULE YOUR
COMPLIMENTARY
 Cosmetic Consultation!

FINANCING AVAILABLE
931-906-9860
 270 Clear Sky Court, Suite B
 www.drblalock.com

its way from one Turkey Day to the next. It's not something that can be lived in one day, let alone celebrated by excessive eating and spending.

True gratitude cannot be wedged in between a parade and a touchdown. The victory of thanksgiving rests in our own

generosity, not on just one day, but in our year round lifestyle and attitude. We show thanksgiving by our words and actions, not by the size of the turkey, or the lushness of the mum, or the sugared brownness of the pecan pie.

Thanksgiving is an act, not a holiday. It is a way of life, an

embracing of the grandeur of each day, no matter the contents. Thanksgiving does not complain, or scrutinize or ask for more gravy. Thanksgiving is not a holiday, it's an attitude best dressed with humility. Wear it well.

It's beginning to look a lot like Which Wich

With more than 50 superior sandwiches and 60+ toppings, there are trillions of ways to treat your group during the holiday season. Order individual wiches, assorted trays, or box lunches for your team, office, or holiday party.



20% discount on catering for all Montgomery County schools and APSU

30% return on profits of Spirit/Fundraiser Nights - call to plan yours now

10% student discount for APSU on Saturdays and Sundays with student ID card

Free dozen cookies with Wich tray and gallon beverage purchase during November



Which Wich Clarksville

1767 Madison Street • 931.645.4444

madisonstreet@whichwich.net



LOCAL LEADERS SHARE THEIR HOLIDAY TRADITIONS

by Taylor Lieberstein

The Holidays are upon us. Halloween is already behind us. Thanksgiving will have come and gone before we print another issue. At the end of this month Black Friday will kick off the Christmas holiday season. This year we considered all the festive offerings we can always count on the city to provide us. We will be attending as many of them as we can make time for:

- Christmas on the Cumberland
- The 54th Annual Christmas Parade (this year's theme is a Storybook Christmas)
- The Christmas Cookie Bake-Off
- Multiple Free Holiday Craft Days at the McGregor Park Museum
- Handmade Holidays Crafters Bazaar
- Santa's Elves Visiting the Community Centers

This year we asked select local community leaders how they spend their holiday season in our wonderful community and we gained some insight

into some of their favorite and most cherished traditions they share with their loved ones during the holidays.

For me, Thanksgiving is all about family. As many people know, when the kids get older, it's hard to get everyone together. Thanksgiving is the one time when we get as many family members together as possible. We visit, tell stories, laugh a lot and, of course, eat. It's a wonderful time to relax and recharge. The break also gives me an opportunity to spend some time thinking about all we've accomplished in Clarksville and all we are doing to continue our progress.

Kim McMillan
City Mayor

As for my Thanksgiving tradition I would have to say it's closely related to football. I come from a family of huge college football fans and the Thanksgiving holidays

usually meant either watching or playing in a friendly game outside. Like everyone else, I certainly enjoy the way Thanksgiving seems to be the one holiday that brings families together, but for my family it has always involved food and football.

Al Ansley
Chief of Police

Our Thanksgiving family traditions have evolved over our 50 year marriage. We have just naturally taken those family traditions both our parents celebrated and changed them a little, and they continue to evolve.

Thanksgiving Day usually begins early for me by getting the turkey ready for the oven. I set our dining room table with the best china and Thanksgiving table decorations for a festive family dinner. The menu is pretty traditional with cornbread dressing, sweet potato casserole,

You owe it to your child to visit
The Giving Tree Child Care Center



Private **Preschool**
and **Pre-K** Programs

YOUR CHILD WILL THANK YOU
FOR THIS EDUCATION!

**BEFORE AND AFTER SCHOOL
TRANSPORTATION** to and from
East Montgomery, Sango and
Carmel Elementary
Schools

ENROLL
NOW

THE
Giving Tree
CHILD CARE CENTER, INC.

WE ARE
So Thankful
FOR YOU
Clarksville!

LICENSED
FROM 6 WEEKS
THROUGH
12 YEARS OLD

THREE STAR
AWARDED
SCHOOL BY THE
STATE OF TN

3216 US 41-A South Clarksville, TN 37043

931.358.0028

www.thegivingtreechildcare.com

THE CITY OF CLARKSVILLE
& U.S. BANK PROUDLY
PRESENT

Christmas on the Cumberland

JOIN US AS WE CELEBRATE THE GRAND OPENING, NOVEMBER 26TH AT 6:30 P.M., FOR THE OFFICIAL LIGHTING OF OVER ONE MILLION LIGHTS BY MAYOR KIM MCMILLAN! FEATURES INCLUDE FREE HOT CHOCOLATE, TREATS FROM JERSEY MIKE'S & SPECIAL GUESTS TO INCLUDE SNOWBIRD!

November 26 - January 4
Along the RiverWalk at McGregor Park

HOURS: 5-10 P.M., SUNDAY- THURSDAY
5-11 P.M., FRIDAY & SATURDAY

ACTIVITIES: 6-8 P.M. AT THE MUSEUM AT MCGREGOR
11/29- COUNTDOWN CALENDAR
11/30- SANTA CRAFT
12/13- REINDEER CANDYCANE CRAFT & DANCE PERFORMANCES
12/14- CHRISTMAS COOKIE BAKE-OFF & DANCE PERFORMANCES
12/20- COOKIE DECORATING
12/21- GIVING ON THE CUMBERLAND DROP OFF

FREE ADMISSION
WWW.CITYOFCLARKSVILLE.COM/COC

Thanks to our generous sponsors!

TOP 20 STS
EVENTS



garden salad or fruit salad, and green bean casserole prepared by one of our daughters. The other daughter usually prepares a starchy vegetable. Pumpkin pie and pecan pie are standard desserts for Thanksgiving. This year we will have a new family member with us, our now three-month old granddaughter!

Thanksgiving for us is all about family coming together for a festive dinner, but more importantly a time for us to give thanks for our blessings. I fully realize not all families are able to come together and celebrate our freedoms and blessings, I am most grateful to enjoy Thanksgiving with our family, our two daughters, sons-in-law, grandchildren, and usually a few friends who are not able to celebrate with their families. The day after Thanksgiving is

traditionally spent decorating for the upcoming Christmas holidays, not shopping!

Mayor Bowers
County Mayor

I lost my husband, my mother-in-law, and my dad all within the past year and a half. Needless to say, tradition has a whole new meaning for my two sons and me. Having family together has always been the most important tradition, and my sons and my mom and stepdad will help us to carry that on. Probably since my marriage to Scott in 1985, there was the always-expected dressing recipe that my mother-in-law made each year. In recent years, I've carried on that tradition by making the dressing, which is always time-consuming, but filled with love and memories. With the exception of one year, every Thanksgiving has been

spent in Clarksville or within a half hour of here, in Trenton, Kentucky (where my folks live). Home for the holidays means being in Clarksville or Trenton, so I suppose the location is a tradition in and of itself.

Elise Shelton
Chief Communications Officer at
Clarksville-Montgomery County
School System

My favorite Thanksgiving traditions can be best conveyed to readers through the following "guidelines":

- Thanksgiving is about spending time and sharing a meal with family.
- However, anyone can come eat with us. If you can put up with my extended family you have a standing invitation!
- You should bring a food item. Any type of vegetable baked in a casserole dish and covered with Ritz cracker crumbs or French's fried onions is generally acceptable.
 - While we are on the topic of sides, there will be something called Asian slaw served at the meal. It is delicious, but I am certain it is neither Asian nor slaw.
 - There will be two types of turkey served, generally smoked and fried. It, too, will be delicious.
 - Pumpkin pie is mandatory.
 - No matter what some of my family members may do or tell you, please do not show up with a bottle of white zinfandel.
 - If you come to our house, be prepared for some good-natured teasing. It is how you will know that we like you. See how I seemed to make fun of my family in the guidelines above? It is because I like them.

Joel Wallace
Clarksville City
Councilmember

CHANGING LIVES

For more than a decade, mental-health professionals have graduated from Lindsey Wilson's nationally accredited counseling program.

QUALITY BEGINS HERE

Master of Education in Counseling & Human Development at Hopkinsville Community College

For more information:
Laura Black
(270) 707-3995
blackl@lindsey.edu



“A Storybook Christmas”

54TH ANNUAL CHRISTMAS PARADE

5 p.m., December 7 in Downtown Clarksville. Come be a part of the Clarksville tradition! Don't miss the Budweiser Clydesdales and the 101st Army Band!

Presented by the City of Clarksville & the Montgomery County Government and sponsored by U.S. Bank, Budweiser, The Leaf-Chronicle, Clarksville Family Magazine, ClarksvilleNow.com, The Beaver 100.3, Z97.5, Q108, Eagle 94.3, ClarksvilleOnline.com.

www.cityofclarksville.com/parade

WISDOM TEETH 101

by Dr. Grace Lee

Teething as an adult? Waking up in middle of the night due to an annoying throb in the jaw isn't pleasant, and drooling at work is certainly not very attractive. If you have such symptoms on top of feeling as if you have a four-car pile-up in your mouth, it might be caused by your wisdom teeth coming in sideways, or "impacted." Most adults have four wisdom teeth (third molars) that come in between the ages of 17 and 25.

Wisdom teeth are friendly, but they are not very wise. Too often, they don't grow where they're supposed to. As these not-so-wise wisdom teeth poke through the gums to say "Hello!" you usually have two options. The first option is to return their

kind greeting and give them lots of the attention they want by introducing them to your friend, the local dentist. The second option is to ignore them.

This is when they get awfully demanding. They crave attention and, like a child holding their breath, will cause problems when they don't get it. If ignored, wisdom teeth can cause your gums to get very red and inflamed, causing pain, irritation, infection, limited jaw opening, and crowding. Sometimes, it can cause damage to adjacent teeth, leave a bad taste/odor, and even rarely cause cysts and tumors that damage the jawbones.

Not all wisdom teeth need to be removed, but from my experience, the unwise location they position themselves in causes problems. Wisdom teeth, located at the back of the mouth, are difficult to reach and maintain properly. Because they cannot be maintained properly, they decay easily. Also, when wisdom teeth are only partially erupted, the tissue flap partially

covering the wisdom teeth called the operculum can get very swollen (a condition called pericoronitis). Antibiotics can clear up the infection temporarily, but the vicious cycle will continue until the underlying problem is solved, usually with the removal of wisdom teeth. Think of them as an uninvited houseguest. When they arrive, you can tolerate them, but then when they don't leave, they get quite irritating.

These are some immediate yet temporary reliefs to wisdom teeth pain:

1. Rinse with some warm salt water (1-2 teaspoons of salt in 8 ounces of water). This draws out the swelling.
2. Take up to 800 mg of Ibuprofen (anti-inflammatory) every 6 hours
3. Ice pack to reduce swelling
4. Ambisol (found in baby aisle) numbs tissue
5. Reduce physical activity (no heavy lifting)

Eventually you should go to your dentist for evaluation. X-rays and a dental exam are an absolute necessity to diagnose and treat. Most dentists prefer to take them out in younger people, because it's easier when the roots/jaw bones are not fully formed. Younger people heal faster, too! Most people bring negative feelings about dental treatment, but ask yourself which you would prefer: painfully impacted wisdom teeth, bad breath, with a possibility of tumors and cysts? Or a nice chat with your friendly



CLOTHES MENTOR

We pay you **CASH** on-the-spot!

Come cozy up to our latest **FALL & WINTER** Arrivals at Clothes Mentor!

We have everything you need. Clothing, shoes, purses, scarves, & jewelry!!

10% MILITARY DISCOUNT ON MONDAYS!

Don't forget us on Black Friday-Storewide Sale!

931-802-8665
clothesmentor.com/clarksville
 Like us on Facebook, too!

2714 Wilma Rudolph Blvd
 Clarksville, TN 37040
 (Between Hobby Lobby & TJ Maxx)

Store Hours:
 Monday-Saturday 9:30-8:00
 Sunday 12:00-6:00

CLOTHES MENTOR
 We Make Frugal Look Fabulous

local dentist that ends with a lollipop and two days of ice cream?

For the procedure there are also options like sedation. Sedation works very well. When I had my wisdom teeth taken out, I only remember counting backwards from ten and then waking up with a sore mouth. With the help of some Ibuprofen, two days later I was fine!

If you learn anything here today, remember that wisdom teeth infections can be very dangerous and such infections could travel to other parts of the head and neck. It's quite scary to think that your brain is so close. Go see your dentist TODAY!!

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



Grace Dental
www.gracedentaltn.com
 304 Providence Boulevard
 (931) 648-4100

STAR

PHYSICAL THERAPY

www.STARpt.com

SPECIALIZING IN SPORTS MEDICINE & REHABILITATION

PHYSICAL THERAPY | SPORTS MEDICINE
 ATHLETIC TRAINING | INDUSTRIAL REHAB

CLARKSVILLE
 348 Warfield Blvd. Suites C&D • Clarksville, TN 37043
 (931) 906-4170
 Phil Montague, PT, *Clinic Director*

CLARKSVILLE NORTH
 1430 Corporate Pkwy Blvd. • Clarksville, TN 37043
 (931) 245-0679
 Phil Montague, PT, *Clinic Director*

CLARKSVILLE - SANGO
 2690 Madison Street, Suite 120 • Clarksville, TN 37043
 (931) 358-0559
 Kathy Herber, PT, DPT, *Clinic Director*

WISHING A GREAT SEASON TO ALL ATHLETES!



Sales ★ Service ★ Installation

Carpet ★ Vinyl
 Laminates ★ Ceramic Tile
 Hardwood ★ Area Rugs



Flooring America
 With you every step of the way.



HOURS:
 Monday – Friday 8 a.m. – 5 p.m.
 Saturday 8:30 a.m. – Noon

606 Spring St. Clarksville, TN
931.552.1818

THIS MONTH'S HEALTHY RECIPE: TURKEY STUFFING

Brought to you by Gateway Medical Center



This low calorie turkey stuffing is a quick and easy recipe for Thanksgiving or any time you want to dress up a chicken or

pork dish. The woodsiness of sage gives the stuffing a delicious flavor.

Ingredients

- 10 slices whole wheat bread, cubed
- 4 Tbsp trans fat free margarine
- 1/2 cup chopped onion
- 1/2 cup chopped carrots
- 1/2 cup chopped celery
- 1 Tbsp dried sage
- 1/8 tsp salt
- Black pepper to taste
- 1/4 cup chopped fresh sage
- 1 garlic clove, minced
- 2 cups low sodium chicken or turkey broth

Preparation

Preheat oven to 350°.



"We empower people to take control of their lives."

Avni Vora, M.D.
Endocrinology



Find out more about how Gateway is making a difference at TodaysGateway.com.

Layer bread cubes on a baking sheet and toast in oven about 10 minutes. Remove from oven and set aside.

In a large saucepan, heat margarine over moderate heat until melted. Add onion, carrots and celery and sauté for one minute. Mix in seasonings and garlic, and cook three minutes, until vegetables are softened. Add chicken broth and simmer for two minutes. Remove from heat.

In a large bowl, toss toasted bread cubes (reserve 1/4 cup for topping later) with vegetable mixture.

Coat a casserole dish with nonstick cooking spray. Transfer stuffing mixture to casserole dish and top with reserved 1/4 cup bread cubes. Bake, uncovered, for 20 minutes or until golden.

Recipe Copyright © 2013
Baldwin Publishing.

Nutrition Facts

Recipe Yield: 8 servings

Amount Per Serving

Calories 179

Total Fat 7 g

Saturated Fat 0 g

Cholesterol 1 mg

Sodium 454 mg

Total Carbohydrates 28 g

Fiber 5 g

Protein 6 g

**We protect
THE GOOD
in your life**



Mimmiehan Insurance Agency

286 B Clear Sky Ct
Clarksville, TN 37043

931-542-0401

Auto • Home • Life • Retirement



Christmas at Cherry Lane...



Something for everyone on your list.



OPEN HOUSE
Dec. 6th & 7th

329 Warfield Blvd.
(Next to the Looking Glass)
931-552-2655



Look for us on facebook! www.cherrylanegifts.com Military Discount

WHAT IS HEALTHY FAT?

Brought to you by Gateway Medical Center



Certain amounts of fat are good for your diet. Unsaturated, monounsaturated or “good” fats improve blood triglyceride and cholesterol levels. They provide insulation, as well as transport and store fat-soluble vitamins, in addition to helping cushion organs—and they don’t stick to our arteries.

Examples of good or monounsaturated fats include nuts/seeds, peanut butter, almond butter, olive oil, avocado, flaxseed and flaxseed products, and omega-3 fatty acids in fish, such as salmon or tuna.

Bad or saturated fats include fried foods, pastries and

We hear a lot about “healthy” or “good” fat and “bad” fat.

What’s the difference?



Behavioral Healthcare Center at Clarksville

A dedicated free standing hospital for seniors specializing in the psychiatric treatment of:

Dementia, memory loss or confused thoughts, Depression, Psychiatric Disorders, Agitation
Thoughts of self harm, Mood instability, Physical or verbal aggression

... a path to serenity
931-538-6420



930 Professional Park Drive
Clarksville, TN 37040
www.tnhealthmanagement.com/BHC/Clarksville

baked goods; heavily processed desserts; white, thick creamy sauces and dressings; fat from meat; and whole-fat dairy products. Another benefit of eating a diet consisting of these good fats: stronger bones. Research shows that consumption of a diet rich in such foods as olive oil and fish—known as a Mediterranean diet—can also increase bone density.

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.

Want more health information and recipes?



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



Not on Twitter? No problem. Receive all of

those great resources right in your inbox each month when you sign up for our free monthly eNewsletter. Visit TodaysGateway.com and click the eNewsletter icon.

GIVE the GIFT of MUSIC

Layaway NOW for the holidays!

Amazing storewide **Black Friday Deals** you don't want to miss!

- Instruments -
- Private or group lessons -
- Gift certificates -



NEW INVENTORY!

Santa stocked it, so you can ROCK it
SHOP EARLY FOR THE BEST SELECTION!

931.552.1240 🎵 305 North Riverside Drive, Clarksville, TN
Hours: Mon-Fri 9am-6pm, Sat 9am-5pm 🎵 www.marysmusicofclarksville.com

InitiallyStitched

Custom Embroidery & Personalized Gifts

Many gifts in stock and ready for personalization. Bring in your own items for Monogramming.



HOLIDAY OPEN HOUSE Saturday, November 16th from 10am-5pm
Food, Fun, & Great Holiday Gift Ideas!

149 Kender Rhea Ct. Suite D

931-552-0225



INITIALLYSTITCHED.COM

Like Us for Specials & Discounts!

AFTER SCHOOL INVESTMENTS

by Rachel Knapp

According to the Research Institute of Making Up Facts (located in On the Spot, TN), 98% of parents hope their child is where they say they are going to be between the few dangerous hours that school lets out and the parent gets home to check on them. Similarly, 86% of parents fear that their precious angel may grow up to be like one of the various miscreant teenagers that have been spotted in shady locations, taking up extracurricular activities such as: stealing, doing drugs, vandalizing, bullying, twerking...or worse. Likewise, 103% of

parents express feeling worn out after working all day long at a job where they are underpaid and underappreciated, and find themselves struggling to just cook dinner and do laundry. Moreover, 4% of parents admit that they force their children to shower with clothes on so they don't have to do laundry.

Even though the percentages are completely fabricated, the points made are still valid, and fears still real. How does a hard working parent combat such concerns? This "Twilight Zone" of time can either

be the Bay Window of Opportunity or the Autobahn to Destruction. Finding the **right** afterschool program not only alleviates these problems, but creates a myriad of benefits that a person never outgrows.

And now...

Ten Aspects of a Quality Afterschool Program

1. Safety

It may seem like a no-brainer, but safety is the first facet to consider when choosing an afterschool program. Any program should be housed in a legitimate business



KIDS-N-PLAY
TAKING PLAY TO A NEW LEVEL

Call us to Book Now!

We love Birthday Parties!

Every Birthday Party Includes:
Private, Decorated Party Room • Party Supplies
Bouquet of Balloons • Color Printed Invitations
Designated Party Host • Set Up/Clean Up
And MORE!

KidsNPlay.com • 931-896-1328
info@KidsNPlay.com • 525-B Alfred Thun Rd.

Sign up on our Facebook page mailing list to receive coupons & promotions!



building and not in some random house in a neighborhood, complete with a poster-board sign advertising open enrollment. Not only should the aesthetics of the building be under scrutiny, but the employees as well. It is important that they have undergone a background check. You do not want your child being guided by someone that recently made the sex offenders list. Some of the “mom and pop” programs have good intentions, but in the end your child’s safety could be in jeopardy if you attempt to use one of these. To go so far as to consider what they are wearing and how they compose themselves is likewise important and leads to the next point of concern.

2. Qualified

Anyone can watch a kid watch TV, which is why 12 year olds are able to babysit their younger siblings or even the kid down the road. That is not what you are looking for. When inquiring about an afterschool program, it is critical to ask the important question, “What are the qualifications of your employees?” This will vary from program to program. For example, if an afterschool program that focuses on music is what is being sought, then the employees should have musical merits like degrees in music or actual experience performing for years. Heck, it wouldn’t hurt if some of the employees also have degrees in teaching music or have prior experience working with young adults. Knowing how to disseminate the material is just as important as knowing the material to disseminate—or learning isn’t going to happen easily.

Those first two could have been figured out and agreed on by everyone. The next characteristics mentioned are specific to pedagogy, or the study of learning. Tori DeAngelis points out in her article featured on the American Psychological Association website that, “Politicians tend to support



Cadillac
PRE-OWNED LUXURY

TWO YEAR MAINTENANCE PLAN

Just \$1 on all pre-owned Cadillacs sold in November!

2008
CADILLAC ESCALADE ESV #119783

SALE



\$29,988

#4316A



2010
CADILLAC SRX

SALE

\$24,988

2009
CADILLAC DTS #4321A

SALE



\$21,988

Disclaimer: See dealer for details. WAC plus TTL.

James
CORLEW
CHEVROLET • CADILLAC



722 COLLEGE STREET • CLARKSVILLE, TN

931.552.2020 • 1.800.685.8728



WWW.JAMESCORLEW.COM



an academic focus because grades are easy to measure and national competitiveness is a top concern. Psychologists and social scientists, on the other hand, take a developmental approach: For them, the

whole child is what matters and they are hopeful that if communities systematically apply more holistic models of youth development, academic benefits will follow.” In any case, the next

few characteristics hit both ideologies of the purpose of an afterschool program.

After earning my bachelor’s in English and a Master in Education from Ohio State University, I moved to Tennessee and taught junior English in an urban school. Teachers have a saying, “Those that can teach do. Those that can’t teach, pass laws about teaching.” To discuss all the problems with public education and state testing is an entire series of articles, and I will not delve into that sinkhole today.

I also went on to have two children, now ages three and four. It is through the eyes of both an educator and a parent that the next aspects were selected when determining if an afterschool program is appropriate for your child.

3. Instructional/ Educational

Supervision should be paired with learning, whether it is a new skill, multiple skills, material, or a combination. That is the main facet separating an afterschool program from some daycare facility or neighbor watching the kids. The term “afterschool program” does showcase the fact that indeed children just spent several hours learning in a traditional school

**Thank You!
Clarksville**

**See you
Aug 29th 2014**

**The great pumpkin
HALLOWEEN EXPRESS**

**Not just for Halloween-
shop with us year round at
halloweenexpress.com/clarksville**

setting; however, that does not mean that the pupils are done learning for the day—that they have somehow maxed out when it comes to learning.

An afterschool program can have two tactics: either recapitulate what has been taught by complementing and correlating the material or introduce completely new material. A combination of both tactics would be beneficial and appropriate. Children are not usually fans of learning after having already learned for eight hours in school, so the

next two characteristics help optimize and ensure learning is indeed occurring.

4. Fun and Stimulating

As pointed out, the little scholar just spent eight hours in a tornado of information. Much like summer break, the next few hours after school can be spent unlearning everything they just came in contact with, an amazing feat. If a young adult is engaged in an afterschool program that is enjoyable to them, it will help solidify the information they received at school. Truth be told, with the movement to Common Core and all the state testing,

teachers simply do not have time to make learning fun and relevant. RIGOR is what matters. It is easy for all of the information that was crammed in their skull to just seem like a blur. Scope and Sequence make it nearly impossible for a student that isn't quite "getting it" to catch back up. This is where the right afterschool program can come to the rescue.

5. Differentiated

Whether a young adult is always the first to understand a concept or the last to know anything, finding an afterschool program

This month at


Wilma Rudolph Blvd.



Come warm up with a bowl of Chicken Tortilla soup!

available for a limited time only.

3096 WILMA RUDOLPH BLVD., CLARKSVILLE, TN 37040 • (931) 552-5511

[Facebook.com/ChickfilAWilmaRudolph](https://www.facebook.com/ChickfilAWilmaRudolph) • MON TO SAT 6:00 AM - 10:00 PM

CLOSED SUNDAY

Come Join the Fun!

November 11th:

NEW Coffee/Iced Coffee Available
Veteran's Day Special

Show your military credentials for a free chicken sandwich

November 12th:

Glenellen Spirit Night 4-7

November 19th:

Rossview Spirit Night 4-7

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

that has both ends of the spectrum (and everything in between) covered is essential. It is a fact that everyone is put together differently and learns at different speeds using different techniques. To

find an afterschool program that provides information that appeals to auditory learners, oral learners, and kinesthetic learners is ideal. For example, to put a child in an art afterschool program: the program should not only

explain the instructions, but also show pupils how to paint in that style, and then let the students attempt to paint and mimic what they have heard and seen. Differentiation is not changing the channels and putting in different movies!

6. Value the Individuality of the Students

To build off of the aforementioned aspect, an afterschool program should have enough qualified help to ensure that those students that are responding to the lesson at a quicker pace get opportunities to continue to build. Likewise, those struggling should feel comfortable enough to get assistance. Programs that do not hone in on just one specialized area (only art or only classical music) allow for more opportunities for a young erudite to find their niche, their gift, and also be accepted—no matter how far from the mold they might be. This is critical to building confidence, intrinsic motivation, warding off learned-self-helplessness, and creating a life-long learner. Simply, young adults will not perform tasks repeatedly if they are not good at it—it isn't fun being terrible at something. People thrive when they feel like they belong even when they are "different."



Use Them Before You Lose Them!

Don't let a busy schedule this time of year stop you from maximizing your family's dental benefits. Schedule your next dental visit at Clarksville Family Dental Spa before your 2013 dental benefits expire!

Services we provide:

- ✓ Root Canals
- ✓ Wisdom Teeth Removal
- ✓ Dental Implants/Dentures
- ✓ CEREC - Same Day Crowns
- ✓ Laser Treatment to Heal Gum Disease
- ✓ Sedation Dentistry - For Kids, Teens, Adults & Patients with Special Needs
- ✓ Bonding
- ✓ Whitening
- ✓ 3D Digital X-RAYS
- ✓ Cosmetic Dentistry
- ✓ Full Mouth Reconstruction
- ✓ Silver Filling Replacement

+ We accept all major insurances

888 - 665 - 7744

www.ClarksvilleDentalSpa.com
www.ClarksvilleDentalSpa4Kidz.com

Dr. Lance Harrison is licensed as a general dentist in TN.

DENTAL SPA
 clarksville
 & For Kidz! 🎉

Dr. Lance Harrison, Jr.
 Family and Cosmetic Dentist
 800 Weatherly Drive Suite 103-B
 Clarksville, TN 37043

7. Structured

Human beings do best in environments that give them some freedom of choice, while still being structured. It is imperative that an afterschool program has a clear schedule and interact with the pupils daily. This not only is beneficial for the student, by allowing them to build trust with their instructors, maintain and build relationships with other colleagues, and learn organizational skills; but is also a stress relief for the parents. A quality afterschool program should be ready and willing to

provide in advance what will be covered during the week, or even for the month, depending on the size of the program. The purpose of all activities should be clear or readily explained.

8. Not a Business

I realize this one is going to sound warm and fuzzy, but it truly is a critical characteristic to a rocking afterschool program. The quintessential afterschool program is not in it for the money, but in it because they believe in the sacred idea of learning; the value of learning; that learning is

sincerely what gives people the advantage. I used to tell my students, "You can't help where you come from, but you can help where you're going." An afterschool program should have the same ideology. Education allows for a better society, not greed. Something simple like knowing the students' names and what they are into goes a long way. Knowing someone cares builds resilient, confident, independent members of society.

LEGENDS BANK CHRISTMAS SAVINGS CLUB



LEGENDARY TIDINGS

Good tidings we bring for Christmas. The Legends Christmas Savings Club. It's perfect to help you save ahead and earn interest, rather than paying it.

Now: Open with a \$50 deposit or more. Make deposits as you please.

Then: Receive your balance, including all your deposits and interest, in the form of a check early November.

Penalty for early withdrawal. Rates subject to change.



LEGENDARY SERVICE... *extraordinary people*

www.legendbank.com


Member FDIC

9. Transportation

So, after relentlessly searching, you have located this dreamy afterschool program. There is just one problem, it's only 2013 and we haven't perfected teleporting—or at least not that we know of. I think the movie *The Fly* set it back some. A superior afterschool program not only has all the wonders mentioned previously, but also can pick up the little darlings from school #1 and ship them to school #2. No more stories about, "See what happened was, So-and-So was supposed to give me a

ride..." Can you imagine it? You are at work, you look up from your computer screen and see that it is 3:30, and you not only know where your angel is, you know exactly what they are doing! You can't put a cost on "free of mind."

10. Cost

Similarly, you can't put a cost on your child's emotional, intellectual, and spiritual growth—but your job sure can! Being involved in a quality afterschool program is beneficial in that it not only helps students earn a high school diploma,

it increases their chances of scoring well on the ACT and earning scholarships, and furthering their education with a college degree. On average, a college graduate will earn around One Million Dollars (in Dr. Evil's voice of course) more in 40 years, than those who only earn a high school diploma.

Let's do some math: \$1,000,000 divided by 40 years is \$25,000 a year. Take it a step further, \$25,000 divided by 12 months is \$2,083.34 per month. A step further, \$2,083.34 divided by the 160 hours worked in a month is \$13.02 per



An Evening With Santa
Brought to you by Oak Grove Tourism
Friday, December 6th, 6pm-9pm
At the Valor Hall Conference & Event Center
105 Walter Garrett Lane, Oak Grove Kentucky
Please join us for:
Pictures, Refreshments & Storytelling.
Refreshments Sponsored by  of Clarksville 
Free Family Fun
www.visitoakgroveky.com
(270) 439-5675

hour. Stay with me now... the average program will be from 3:00 p.m. to 6:00 p.m., Monday through Friday, so that is 60 hours a month. 60 hours a month by the \$13.02 an hour equals \$781.20 total.

So, the calculated worth of enrolling your child in an amazing, mind blowing afterschool program is \$781.20 a month. And we didn't even try to calculate any possible scholarships or money saved from not having to pay the bond to get them out of jail for stealing, doing drugs, vandalizing, bullying, twerking...or worse. I'm guessing the vast majority of

afterschool programs are not charging anything close to that—a daycare sure would though!

I can't, and won't, give an actual number. Sit down with a calculator and your bills, take another look at the stellar points made within this article, consider what they are charging, and decide.

Happy hunting!

References:

www.apa.org/monitor/mar01/afterschool.aspx

www.thirteen.org/edonline/concept2class/afterschool/index.html

www.averageactscore.com/scholarships/high-scores/

howtoedu.org/college-facts/how-much-more-money-do-college-grads-make/

www.apa.org/monitor/mar01/afterschool.aspx

www.thirteen.org/edonline/concept2class/afterschool/index.html

www.averageactscore.com/scholarships/high-scores/

howtoedu.org/college-facts/how-much-more-money-do-college-grads-make/



HEAVENLY HAIR
IN AN INSTANT

H

HALOCOUTURE

Couture Extensions
Experience The HALO Effect!

Look For The Gold Wings!

Luster
SALON

350 Warfield Blvd, Suite B
Clarksville, TN • (931)542-1312

www.lustersalon.com

MUSICAL MULTIPLICATION INCREASING OVERALL MATH SKILLS

by Taylor Lieberstein

In Brooke Knight's classroom, musical application in multiplication has been on the lesson plan for roughly eight years. This year she is inviting all students in the community to come learn her proven technique through her classes at the Clarksville Youth Enrichment Programs (CYEP). In only one semester (18 weeks) your child can be fluently multiplying and more. Her method is guaranteed results. Bonus: No prior musical talents are needed.

Knight told us that she created this method of specific musical application in multiplication about eight years ago and has used it in her own classroom

each year. It has worked so well that she wanted to be able to offer it to all students at Clarksville Youth Enrichment Programs. It is a blend of songs that Knight has written as well as some that she has found and put to good use within her program. It mixes music with movement and specific thinking strategies that are much different from typical rote memorization of multiplication facts.

"Once a student has musical multiplication, not only can they multiply but they now have all the tools they need for division, fractions, reducing, greatest common factors, least common multiples patterns and so much more," said Knight.

Knight, who facilitates the Engineering and Musical Multiplication programs, is also the director of Clarksville Youth Enrichment Programs. In addition, she is presently a fifth grade math and science teacher at Clarksville Academy. Recently nominated as Tennessee Teacher of the Year, Brooke holds an MA in Education, a BS in Broadcast Journalism, and a minor in Classical Piano from Belmont. Brooke has received specialized training in the Engineering Design Process and teaches with an emphasis in problem solving while "thinking outside the box."

RENEW CREW
Incredible Outdoor Surface Cleaning

Clean big.
Protect big.
Save big.

\$50 OFF
Your Renew Crew Clean
Decks • Fences • Siding • Patios

Renew Crew, formerly Wood Re New, will bring your weathered outdoor surfaces back to beautiful life. Call now and save.

Call **615-530-0644**
Online **RenewCrewClean.com**

**NO COOKING NECESSARY
LET US DO ALL THE WORK!**

**THANKSGIVING BUFFET LUNCH AT THE
HILTON GARDEN INN**
THURSDAY, NOVEMBER 28
*Reservations Required, Please Call or
Email by November 25th*

Hilton Garden Inn **THE GREAT American Grill**

290 Alfred Thun Road I24 Exit 4 • Clarksville, TN
931.647.1096 • Clarksville.hgi.com • tamika.barker@hilton.com

**Book your Holiday Party with us!
Several dates are still available.**

“Multiplication is the building block for almost every concept in math from the third grade on up! Build the proper foundation and math will never be an intimidation! This program incorporates music, singing, motion, thinking strategies, and more! We GUARANTEE that it works, so let us prove it! If your child is not fluently multiplying after the completion of the program, we will give you additional classes free until your child has reached this goal,” said Knight.

Students may register anytime during the month of November. Typically, ages of enrollment are from 2nd-6th grades. The program meets

for one hour a week, and CYEP can usually schedule the day and time to suit the customer. Clarksville Youth Enrichment Programs is open Mondays, Tuesdays, and Thursdays from 4:00 p.m. to 6:00 p.m. The program cost is \$20 per hour for 18 weeks.

More on CYEP

In early 2012 a talented team of teachers and facilitators opened CYEP. Since opening, they have been offering a variety of specialized enrichment programs that are available for Pre-Kindergarten through 12th graders. These programs allow students to explore, design, and create in their own unique areas

of interest. These sessions are designed specifically to enrich students in their areas of choice, build upon their existing talents, and allow them to think and create in new and exciting ways. All programs are accepting students for the new semester. Programs include, but are not limited to, ACT test prep, sewing, art, creative writing, mad scientist and sign language.

Contact Brooke Knight to get your child enrolled in a specialty-learning program at Clarksvilleyouthenrichment@gmail.com or (931) 920-0003.

Two-Year Maintenance Package only \$1 **with any pre-owned vehicle purchased in November!**
Includes: oil, lube, filter & tire rotations for 2 years!

<p>2006 CHEVROLET AVEO LS</p> <p>#10466B</p>  <p>ONLY \$5,988</p>	<p>2007 MERCURY GRAND MARQUIS</p> <p>Only 61,000 miles!</p> <p>#28270B</p>  <p>\$11,988</p>	<p>2007 CHEVROLET AVALANCHE 4WD</p> <p>and 4-door</p> <p>#28487A</p>  <p>\$16,588</p>
--	---	--

WWW.JAMESCORLEW.COM



722 COLLEGE STREET • CLARKSVILLE, TN
 931.552.2020 • 1.800.685.8728

Disclaimer: See dealer for details. WAC plus TTL.




FESTIVAL OF THE NATIVITY CELEBRATING THE BIRTH OF CHRIST

by Pamela Magrans

The drapes of ivory wooden fabric fold loosely around Mary's face. Her complexion flawless and polished, smooth like the very knife that carved the lines of her face. By her side, slightly taller than her, stands Joseph; they are one piece of wood, carved into two figures. They are not individuals; they are a pair, forever joined not only by the carver's knife but also by a divine plan.



dangling out of the ashen folds of wooden carved fabric. Joseph's eyes are directed towards the child in admiration and contemplation. Mary's gaze is undiluted. She fixes her eyes forward towards the human who carved her frame. Her eyes now penetrate the viewer, taking us to that sacred day when God became man.

In Mary's arms rests a baby, swaddled loosely, with one baby foot playfully

The baby's frame leans tight against Mary's body, locked

"A Crafters Bazaar" presented by Clarksville Parks & Recreation & U.S. Bank

HANDMADE HOLIDAYS

NOVEMBER 16 • 10 AM-6 PM

NOVEMBER 17 • NOON-5 PM

*Fine arts & crafts from over 50 local artists,
door prizes, concessions & free admission!*

WILMA RUDOLPH EVENT CENTER
AT LIBERTY PARK

WWW.CITYOFCLARKSVILLE.COM/HANDMADE

in a timeless embrace. As we gaze at the nativity scene we pause in reverence and awe.

The nativity set depicting Mary, Joseph, and Baby Jesus is like so many others that have graced coffee tables, church alters, mantels and the like. Some are crafted in wood, some in porcelain or glass, and others in silver or gold. The nativity has been captured in countless oil paintings, watercolors, fabric tapestries, plastic, and acrylic child's painting kits. Countless mortal hands have tried to capture the image of the nativity and in turn solidify the moment that changed human history.



As we approach Christmas, one local church celebrates the birth of Christ by creating a unique and memorable display of nativity sets from across the world. Exhibited and free to the public, the Festival of the Nativity celebrates the birth of Christ by sharing these nativities with the public.

The 4th annual Festival of the Nativity is being held on Friday, December 6 through Sunday, December 8 from 5:00 p.m. to 8:30 p.m. at The Church of Jesus Christ of Latter Day Saints located at 3242 Hwy 41-A South in Clarksville.

EDINGTON'S *Etc.*

furniture
design
accessories



327 WARFIELD BLVD.
CLARKSVILLE, TN 37043
(931) 648-8422



www.edingtonsetc.com

The Festival of the Nativity includes hundreds of sets depicting the birth of Christ. Over three hundred poinsettia plants adorn the indoor area as families guide their children through the collection.



Families meander through the nativities, viewing

many sets from other countries and cultures. A photo opportunity allows families to receive a free photo from the event.

Musical performances will occur nightly. Friday's opening night musical performance will include a live presentation of Handel's "Messiah," performed by

the Nashville Community Choir and Orchestra. This event is free and open to the public. A live indoor nativity set will be the culmination of the event.

Helen Robson serves as Decoration Chairman for the Festival of the Nativity. "What a powerful teaching moment we have to share with our children. Through art, children and parents visually connect with scenes of Christ's birth," said Helen. "We encourage everyone in the community to participate by loaning their nativity to be on display, by helping out with



Did you know...

We offer salon & spa services at a discounted rate?

<ul style="list-style-type: none"> Hair Cuts/Styles Clipper Cuts Color Chemical Perms Chemical Relaxers Hair Straightening Design Lines Mustache/Beard Trims Ear/Nose Trims Natural Hair Braiding 	<ul style="list-style-type: none"> Weaves/Extensions Manicures / Spa Pedicures / Spa Acrylic Nails Gel Nails Facials Eye Brow Waxing Leg Waxing • Face Waxing Bikini Waxing Brazilian Waxing Back Waxing 	<ul style="list-style-type: none"> Back Treatments Cellulite Reduction Body Wraps Weight Reduction Body Wraps Detoxification Body Wraps Air Brush Tanning Microdermabrasion Make Up/Airbrush Application Eyelash Application Chi System
---	--	---

Purchase a \$25 gift certificate for only

\$20

Valid from Nov 1-Dec 14, 2013

WWW.QUEENCITYCOLLEGE.COM

QUEEN CITY COLLEGE
931-645-3736
1594 Ft. Campbell Blvd | Clarksville, TN 37042

the decorating, or being a part of the musical performances.”

“The three hundred nativities from around the world, loaned to the festival by friends, neighbors and various churches throughout our community, represent all the different people, faiths and cultures in the world that love and believe in Jesus,” said Helen. “I am grateful for this amazing gift to the community that has been such a blessing to my family each Christmas, and can be one for yours too.”

Carve a new family tradition by attending the Festival of the Nativity at the Church of Latter Day Saints and begin this Christmas season wrapped in the picturesque display of Christ’s birth.

For more information or to find out how you can help, visit www.christmasnativity.org, email clarksvillechristmasnativity@gmail.com or call (931) 551-8928.



The source of many purchases to come.

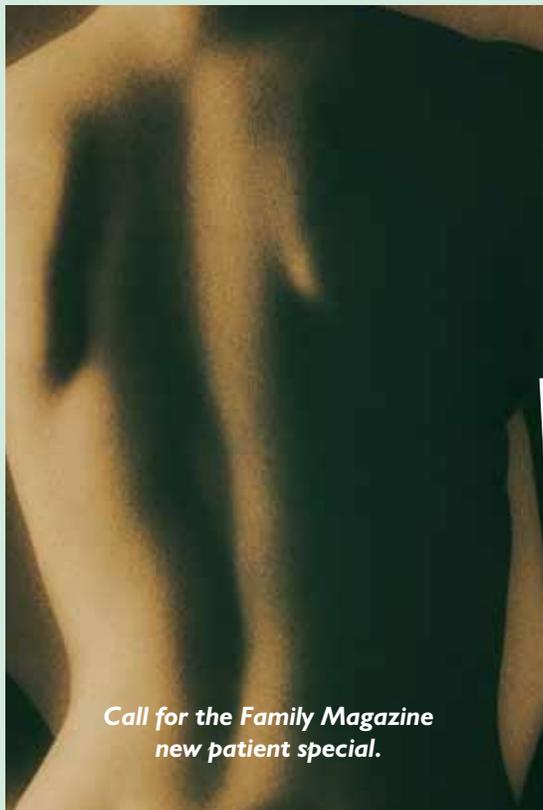
Clarksville Family

M A G A Z I N E

Advertise smarter not broader.

Targeting the most lucrative market in our community brings in more business, and smart businesses are advertising in Clarksville Family.

**AD DEADLINES: 15TH OF THE MONTH
CALL RACHEL NOW! (931) 216-5102**



let the healing begin



Dr. David Allen D.C.



Dr. Brenda Villalobos D.C.

Call for the Family Magazine
new patient special.



Riverside Spine and Wellness Center

625 North Riverside Drive, Clarksville TN 37040
Web: clarksvillechiro.com • Phone: 931-542-9420

SHOULD PARENTS MAINTAIN A RELATIONSHIP POST-DIVORCE?

by Melanie Wallace

The U.S. Census Bureau reports that forty percent to fifty percent of marriages in the United States end in divorce. While a two-parent household is ideal, the reality is that many children growing up in the United States will live in non-traditional families. After a breakup, most adults want to distance themselves from their former partners—out of sight, out of mind. After all, who really wants to see an ex-boyfriend, girlfriend or spouse after a breakup?

In fact, most adults go to great lengths just to avoid such a scenario. What about parents that have shared biological children? Is it necessary for them to maintain a relationship with one another post divorce? Studies suggest that it is imperative for parents to maintain a low-conflict,

cooperative relationship with one another after a divorce for the well being of the children.

Before that ex's phone number is permanently removed and the address erased from memory, it is important to pause for a moment and think about the impact that decision could have on the children. While pressing the delete button and never hearing from, or seeing that ex again would feel oh so good to the soul, it may not be possible, or in the best interest of the children. The most well adjusted children of divorce come from situations in which the parents continue to work together for the benefit of the child.

Dr. Diane Lye, who was involved in the study of the Washington State Parenting Plan, concluded that, "Parental conflict is a major

cause of reduced well-being among children of divorce." It will be almost, if not entirely impossible, to adequately provide for the emotional and physical needs of the children if the parents cannot communicate and work through conflict.

Peter Favaro, Ph.D., similarly states, "Children from high-conflict divorce see poor interpersonal problem solving, poor conflict resolution, motivation for revenge, disrespect, antagonism, even violence." Therefore, it is important for parents to understand that how they interact with one another during and after divorce will have a direct impact on the children. If the parents are combative and non-cooperative

Little Rascals Child Development Center

Christian-based Daycare.

Cameras in every room.

RN on staff.

Pre-k Programs available including a computer lab.

Keypad security entry.

Now Enrolling!



Before & After School Transportation to: Glenellen, St. B, Burt & Rossvie.

6 weeks to school age. (two infant rooms with a caring staff)

3,000 square foot gym and 2 playgrounds.

Accepting NACCRA for deployed spouses and DHS certificate

239 Needmore Road | 931-905-2525
(located behind Hobby Lobby)

Christmas with **GRACE**

Nov 30th & Dec 1st
at Rossvie High School

EXPERIENCE **CHRISTMAS** in a new way with your family!

A NIGHT FILLED WITH MUSIC AND FUN TO START YOUR HOLIDAY SEASON!
GCOMCHURCH.COM

with one another, then the children will have great difficulty in adjusting to their new lives in separate households.

The parents are obviously divorcing for a reason, and the conflict of the two parents often remains throughout the transition period and, all too often, for years to come. Cooperation and communication between the parents is imperative to the adjustment of the children. Focusing on a “good divorce” rather than an adversarial or “bad divorce” will help to maintain the stability of the children.

There have been many studies and much debate about whether or not a “good divorce” is of any actual benefit. Elizabeth Marquardt, vice president for family studies and director of the Center for Marriage and Families at the Institute for American Values in New York City, has written many books on the impact of divorce on children, and makes the argument that there is no such thing as a “good divorce.” Marquardt believes that no matter how low-conflict a divorce may be, it will still leave permanent psychological scars on the children and will affect their future relationships. Marquardt further argues that if parents had the ability to cooperate post-divorce, then they should have stayed together in the first place.

On the other hand, Constance Ahrons, author of the book *The Good Divorce* disagrees with Marquardt. Ahron does not make the mistake of attempting to convince her readers that divorce is good, but finds that a “good divorce” can significantly decrease the negative impact on children. Ahron discovered through her twenty years of interviews and research of divorced families that parents can minimize the negative impact to the children by the way that they handle the divorce. In fact, Ahron discovered that most of the children involved in the study became “emotionally well-grounded adults,” which is in direct opposition to Marquardt’s theories. Ahron further disagrees with Marquardt’s idea that parents in low-conflict situations should stay married for the sake of the children to avoid any potential psychological impact. Ahron states, “Such a prediction has no published research or clinical data to support it” and even accuses Marquardt of “confusing the role of researcher with that of a fortune teller.”

Sabrina Broadbent, author of the article “Single Parenting Can Be Beneficial” suggests that the father and mother may become better parents after divorce. With the stress and anxiety of divorce out of the way parents may become more available to the children, which creates a greater bond between the child

580 Mountain View Dr.



- Located in Sango just minutes from exit 11.
- 4 bedrooms & 3 1/2 baths.
- Attic area roughed in for an addtl 300-400 sq ft.
- L-shaped in-ground salt water pool!
- Dedicated shower area by pool.
- Day Room with tile, custom trim, half bath & built in bar.

- Tile & Hardwood floors
- Large laundry area with sink.
- Formal Dining with gorgeous chandelier & ceiling.
- Sango & Rossview schools.
- Largest lot in the subdivision!
- Heated & cooled detached shop.

MLS#488899

A TEAM DEDICATED TO YOU



for Angela
Amanda
Lee
for Bob
Lynne
Jimmy

Home for sale

Call us today for a private showing or visit our website for a video tour.

www.TheVaughnTeam.com

931-542-4824 | 931-647-3600

2250-H Wilma Rudolph Blvd. | Clarksville, TN



Find us on



Jon Vaughn



Each office is independently owned and operated.

and each parent individually. Broadbent suggests that not all children view themselves as damaged or deprived due to divorce. On the contrary, some view themselves to have a much greater relationship with each parent after divorce than they had before.

While no one is implying that divorce is actually good, the reality still remains that forty to fifty percent of marriages end in divorce. Therefore, it is important to determine how best to handle the situation with the least amount of anxiety and harm to the children. Darcia Tudor takes Ahron's ideas a step further and concludes that through her years of experience as an attorney, mediator, and clinical therapist a "good

(nonadversarial) divorce achieved through mediation is best for the children." Tudor's idea is that if the parties mediate and agree on the terms of the divorce then there is less conflict between the parents, thus making it easier on the children. If divorce is inevitable, then it is in everyone's best interests to mediate and negotiate the terms of the divorce and custody arrangements in a non-adversarial way. Protracted litigation between the parents will only result in both families taking an enormous financial hit and negates to resolve any of the underlying internal conflict between the divorcing parents.

Bad mouthing and negativity is another problem many parents face in a high-conflict divorce. It is especially hurtful

to a child when one parent is saying horrible things about the other parent to the child. Janet R. Johnston, Ph.D., director of research at the Center for the Family in Transition, Corte Madera, CA states, "There are realistic concerns about parenting capacity in individuals whose functioning and judgment are compromised by their own emotional distress and the continual criticism and undermining of their parenting by the ex-spouse." This behavior demonstrates anger and hatred towards the other parent and is unhealthy and damaging to the child. Placing a child in the middle of an argument or bad mouthing the other parent can often lead to the child rejecting one parent or feeling like they need to become a mediator or a peacekeeper for the family. Johnston also contends that "Inter parental conflict after divorce (for example, verbal and physical aggression, overt hostility, distrust) and the custodial parent's emotional distress are jointly predictive of more problematic parent-child relationships and greater child maladjustment."

Divorce is a very tumultuous time for the entire family. There is often a move to a new home for one or both parents, a change in school for the child, the loss of friends and family. There may be a downward shift in the economic status for one or both parents, which could affect the children. While adults are generally equipped to deal with life changes, although

Come to us for all of your adult medicine needs.



www.sangomedicine.com



Dr. J. Jason James, DO, FACOI & Elaina Higgins, FNP-BC



Elaina has been practicing since 2006 as a Nurse Practitioner. She believes in building a long lasting and trusting relationship with her patients.

Accepting appointments for NEW patients. Most commercial insurances accepted, including Tricare. Call now for details!!

662 Sango Road, Suite C
Clarksville, TN 37040

Phone: 931.245.1500
Toll Free: 877.672.9020

difficult, a child may have never experienced life changes of this magnitude.

All too often, parents get so caught up in their own battles and emotions during the divorce that they seem to forget the significance of the changes that the child is going through. The child will be on an emotional roller coaster of loss, grief, fear and abandonment and will have grave emotional needs at this time as well. That is why it is important for the parent that may be struggling with the divorce and all the changes, which is perfectly understandable and expected, to seek help from other adults or professionals when needed. Johnston states, "High-conflict divorced parents have a relatively poor prognosis

for developing cooperative co-parenting arrangements without a great deal of therapeutic intervention." Parents should work to maintain a good balance of mental and emotional health in order to help the child through the transition and thereafter.

Children in divorced families will have a multitude of challenges and obstacles to face. Managing the conflict between the child's two parents should never be one of those challenges. The child's well-being and emotional security should be the first priority of both parents. This will be extremely difficult to accomplish if the parents remain focused on their interpersonal conflict with one another. While tempting, deleting that phone number and moving to Alaska

to avoid the ex may not be the best choice after all. Children will grow up and move on soon enough, but they will need the involvement of both parents until that time comes. That is why both parents should strive for a cooperative relationship in which they have the ability to continue to parent the children together. Once the children are grown, if the necessity is still there to delete that phone number and move far way, then go for it! However, if parents find common ground and continue to raise their children together, they will most likely maintain that relationship and will enjoy their children and grandchildren together for years to come.

this month at
Chick-fil-A
Madison Street

kids Every Monday
Kids Night from 5-7 pm.



Receive a FREE Chick-fil-A Nuggets Kid's Meal (4-piece) with the purchase of each Adult Meal.

No coupon needed

Join us for crafts and fun family events!

1626 Madison St., CLARKSVILLE, TN 37040 • (931) 648-4468

[facebook.com/chickfilamadisonstreet](https://www.facebook.com/chickfilamadisonstreet)

MON TO SAT 6:30 AM - 10:00 PM • CLOSED SUNDAY



Fundrai\$er Spirit Nights!

- Fri. 11/01: Clarksville Family Adoption Association 5-8 pm
- Tues. 11/05: Sango Elementary 5-8 pm
- Thur. 11/07: Carmel Elementary 5-8 pm
- Tues. 11/19: East Montgomery Elementary 5-8
- Thur. 11/21: Norman Smith Elementary 5-8 pm
- Thur. 11/26: Barksdale Elementary 5-8

A NEW TRADITION FOR MOTHERS AND SONS

by Martha Evans

For the past four years, I have had the great privilege of helping to plan the annual Father Daughter Purity Ball hosted by Hope Pregnancy Center. It's been an amazing experience each year, as the details come together to provide a magical evening for hundreds of men and girls. Earlier this year, the Ball drew nearly 1,200 participants.

I love this event. It's such a privilege to give local fathers and other male role models this unique opportunity to help build strong foundations for purity and confidence in the lives of these precious young ladies.

In the time I've been involved, I've heard story after story of how families have been blessed by the Purity Ball. I've heard girls say it was the best night of their lives. Men who came reluctantly the first time have become the biggest supporters of

the event. Mothers have told me their daughters start planning for the next year about a week after they go to the ball.

The other thing I've heard over and over in that time is, "What about our sons???" Often, there is greater emphasis placed on encouraging girls to remain pure. We have special events and books and Bible studies for them. Purity rings. Coming of age retreats and conferences for pre-teen girls and their mothers. All kinds of things.

While some of those things are also available for boys, there often seems to be this underlying sense that it's not as important to encourage boys



to remain pure or develop godly character. In many ways, our culture tells young men it's too hard to control themselves, so instead, just be careful.

Use protection. Don't get caught. We believe, like many families in our region, that the character of our young men is of vital importance. And so we are honored to offer the first annual Mother Son Character Ball.

On Friday and Saturday, November 8 and 9, hundreds of mothers and sons, grandmothers and grandsons, aunts and nephews and family friends will gather at Valor Hall in Oak Grove, KY to enjoy dessert, dancing and a brief message on becoming "A Man of Respect." We've surveyed some young men

Clarksville Christian School

Limited openings currently available.



"Providing academic excellence while equipping our students for righteous Christian living"

- Fully Accredited
- Serving Pre-K – 12th Grade
- New Gym, Science Lab, and Cafeteria – Fall 2013
- Basketball, Cross Country, Soccer, Golf, & Clay Sports Teams
- Daily Bible/Weekly Chapel

Thank you.

We reached a record enrollment number for the 2013-14 school year!

505 Hwy. 76 Clarksville, TN 37043

(931) 647-8180 T (888) 741-0953 F

www.ClarksvilleChristianSchool.org



Pediatric Dentistry, P.C.

Dr. K. Jean Beauchamp
Dr. Kevin Kennedy, Jr.
Dr. Andy Reed
Dr. Mandy Ashley

Clarkville Pediatric Dentistry, P.C.

We provide specialized dentistry for children and adolescents in a "child-friendly" environment. We serve infants, children, teens and special needs patients in Clarksville, Ft. Campbell and surrounding areas.

Now accepting new patients!



2297 Rudolphtown Rd.
Clarksville, TN
(931) 245-3333



2485 Ft. Campbell Blvd.
Clarksville, TN
(931) 245-6060

www.clarkvillepediatricdentistry.com



www.facebook.com/cpd_kiDDS



[@cpd_kiDDS](https://twitter.com/cpd_kiDDS)

about what they'd like to see happen at an event like this, and their answers really surprised us. What they described was a lot more like the Purity Ball than we expected. So, on their word, we're endeavoring to prepare a similar event with a decidedly masculine flavor, and it's really coming together nicely.

Each year, we plan to emphasize a different character quality. This year, the focus is on respect—respect for oneself as well as for others. Our hope is that this evening starts a conversation about character, and strengthens the relationships between parents and sons in powerful ways. In addition to giving mothers and sons a special evening, many fathers are using this opportunity to teach their

sons how to treat a woman with respect. However families use this event, we're excited to offer it.

Two weeks after we opened online registration, we already had over 200 people signed up. I was particularly impressed to notice that many older teen boys are coming. Friday night is reserved for mothers with sons in grades K through 5, and Saturday night is set aside for mothers with sons in grades 6-12 and college age. We have several 16, 17 and 18 year olds participating. I love that! It's a privilege to be a small part of celebrating these young men as they develop and demonstrate godly character in spite of a culture that says character doesn't matter. I love the example they'll be setting for the younger boys who will be there that night. And I'm excited for

the moms who have been waiting to share an event like this with their sons.

We have room for about 700 people, so if you're interested, we'd love to have you! Registration is required for this event. Please visit Hope Pregnancy Center's website for details and to reserve your place at the Character Ball. Go to www.SpeakingHope.com and look for the black masquerade mask. Do it soon, though...we suspect this event will sell out. We can't wait!

Martha Evans serves as Executive Director at Hope Pregnancy Center. This medical pregnancy help center is committed to providing accurate information and quality services to those facing an unexpected pregnancy, as well as anyone struggling with a past abortion experience.

Marathon Chiropractic

Maximized Living & NFL Alumni will deliver 5 Essential healthcare to Retired NFL Players

NFL ALUMNI

MaximizedLiving

Get Healthy and Well with Us Today!
Call 931-591-2010 or stop by
1715 Wilma Rudolph Blvd. Suite E, Clarksville, TN

Maximized Living

A Man of Respect

First Annual Mother Son Character Ball
hosted by Hope Pregnancy Center

A new companion event to the popular Father Daughter Purity Ball

Friday Nov. 8, - sons in grades K-5
Saturday Nov. 9, - sons in grades 6-12 & college age

Registration required
Register online at:
www.speakingHOPE.com
or call 931.645.2273

VACCINES FOR ADULTS

by Catherine Meeks

Quick—do you know if you're up to date on your vaccines? Or do you think of vaccines as just kids' stuff? Apparently lots of folks do, given that way too few adults receive the recommended vaccines. That puts them—and those who come into contact with them—at greater risk for vaccine-preventable diseases.¹

Consider this:

- In 2012, there were 42,000 cases of whooping cough (pertussis)—the highest number in a single year since 1955. Nearly a quarter of these cases were in adults. Most of the babies who died

from the disease, in fact, picked it up from an adult in the home.¹

- In 2011, most of the 4,000 people who died from pneumococcal pneumonia were older than 50. The highest rate of death was in those older than 65, yet only two-thirds of this age group receive the vaccine.
- Only about one-third of U.S. adults at high risk for hepatitis B have received the vaccine. Fewer still have received a vaccine for hepatitis A.

If you're someone who's afraid of vaccines, you need to know this: You can't get a

disease from the vaccine. They won't cause you harm. Instead, the more people who receive vaccinations, the fewer germs are around you. Vaccines virtually wiped smallpox and polio off the face of the map.¹

How does this all work? Vaccines ally with your body's natural defenses to safely develop immunity. But first a reminder about immunity: When germs invade your body, they attack and multiply, causing an infection. Your immune system works bravely to fight it off. This leaves your body with a supply of cells that now recognize this invader, providing immunity.²

Vaccines imitate, but don't cause, an infection. They help the body learn how to respond if a real infection attacks your body. As your body builds immunity, however, it is normal to have mild symptoms such as fever.²

So which vaccines do adults need? Recommendations vary depending upon your age, overall health, and medical history. It's really important to stay up to date with vaccines if you have special health conditions such as diabetes or cardiovascular, liver, or renal disease. That's because some vaccine-preventable diseases may put you at increased risk for serious complications.

Now Carrying
Essential Oils,
Gluten-Free Products,
Nuts & Dried Fruits!



Dr. Catherine Meeks
Pharmacist, Owner

Locally Owned

931.919.2491
2197 Madison St. • Ste 109

 sangopharmacy.com



**Most Insurances Accepted
Including Tricare**

Gift Shop • Drive Thru

get your
Flu Shot
here!

For Just

\$25

Be prepared, get yours early!
Most insurances accepted.
Appointments appreciated.
Walk-ins welcome!

Your doctor may also need to make adaptations with vaccines if you are pregnant or have a medical condition. For example, in certain cases, you may need to avoid the nasal live attenuated influenza vaccine and use an injectable form instead.^{4,5}

Remember: all adults—no matter how healthy you are—should have a seasonal influenza vaccine every year.³ You can work with your doctor about your schedule for these vaccines:

- Tetanus, diphtheria, pertussis (Td/Tdap)
- Varicella (chickenpox)
- Human papillomavirus (HPV)

- Zoster (shingles)
- Measles, mumps, rubella (MMR)
- Pneumococcal
- Meningococcal
- Hepatitis A
- Hepatitis B³

Be healthy and stay well!

Catherine Meeks
Pharmacist
Sango Pharmacy
2197 Madison St. Suite 109
(931) 919-2491

Sources

1. HealthDay: “Too Few Adults Get Recommended Vaccines: CDC.” Available at: www.nlm.nih.gov/medlineplus/news/fullstory_133532.html Accessed March 18, 2013.

2. CDC: “How Vaccines Prevent Diseases.” Available at: www.cdc.gov/vaccines/parents/vaccine-decision/prevent-diseases.html Accessed March 18, 2013.

3. CDC: “Immunization Schedules.” Available at: www.cdc.gov/vaccines/schedules/easy-to-read/adult.html Accessed March 18, 2013.

4. CDC: “Adults with Special Health Conditions.” Available at: www.cdc.gov/vaccines/adults/rec-vac/health-conditions.html Accessed March 18, 2013.

5. Immunization Action Coalition: “Screening Checklist for Contraindications to Vaccines for Adults.” Available at: www.immunize.org/catg.d/p4065.pdf Accessed March 18, 2013.





Pediatrician/owner
Dr. Mark Hughes



Pediatrician
Dr. Gwynetta Luckett



Pediatric Nurse Practitioner
Emily Harvison
(local resident)



Pediatric and adolescent care:

- Well child examinations
- Newborn care
- Sick care
- School and sports physicals
- Behavioral/developmental conditions such as ADHD, autism, learning disabilities
- Immunizations
- Minor procedures
- Minor injury treatment
- Acute and chronic illness care

615-746-4040
6509 Hwy 41a
Pleasant View, TN 37146
Phone-746-4040
Fax-746-4041

Hours of operation: Mon-Fri 8-5
Accepting New Patients!
and most insurances
www.gracepeds.com

Our mascot, Gracey!

DO YOU WANT A BEAUTIFUL SMILE?

Call Today For Your Free Consultation

BRACES FOR ADULTS & CHILDREN



Specialist in Orthodontics
Invisalign Certified Practice
Outstanding Customer Service







www.AboutFacesAndBraces.com

Clarksville, Rudolphtown
(931) 436-7750
2305 Rudolphtown Rd.

Clarksville, Ft. Campbell
(931) 249-8440
2845 Ft. Campbell Blvd. Ste. 105

Open Monday thru Friday, 8am to 5pm

LIPOSUCTION FOR MEN

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

According to recent statistics, there were close to 500,000 liposuction procedures done in the United States last year alone, making it the single most popular cosmetic surgical procedure. A significant proportion of these cases were men.

Although the method of liposuction is essentially the same for men and

women, the problem areas are very definitely different for both sexes. Men tend



to accumulate fat around the middle, producing the well-known "love handles" and belly fat or "spare tire." Another common area is the male breast, which can

produce embarrassment and self-consciousness due to the association of large

breasts with a normal female shape. This understandably can conflict with a man's self image. Other areas of unwanted accumulation are the upper

neck and beneath the chin, arms, and buttocks. Diet, age, level of activity, and family genetics all play a role in this process of fat accumulation.

The look you've always wanted is closer than you think



1-866-234-0470
(toll free)
Hopkinsville, KY

AdvancedCosmeticKY.com



- Breast Augmentation
- Breast Lift
- Liposuction
- Tummy Tucks
- Facelift
- Eyelid Surgery
- Juve'derm™
- Sculptra Aesthetic®
- Botox®
- Radiesse®
- Face, Brow, & Forehead Lifts
- Skin Resurfacing & Peels
- Facial Mole Removal
- Neck Liposuction
- Rhinoplasty
- Fat injection & transfer
- Obagi® Skin Care
- Permanent Makeup

Advanced Cosmetic Surgery Center of Kentucky

Dr. Mitchell Kaye
Complimentary Consultation

Call to Schedule
Offer expires: 11/30/13

The good news is that liposuction is a nearly ideal way to reduce or eliminate areas such as these. It is not a treatment for obesity, although it can be used to make an overweight person look more proportional.

For example a heavy-set person could have an out of proportion neck or abdominal fat pad, which can benefit from treatment. Fat that has accumulated inside

the belly (think beer belly) is not going to go away with liposuction for obvious



reasons.

The “gold standard” for liposuction has been Tumescent Liposuction for close to 20 years now.

Other techniques, including Laser, Ultrasound, and Water Assisted Liposuction seem

to pop up every year. None of these options has been proven to be more effective than Tumescent Liposuction, and they are often more

expensive and have a greater risk of problems associated with them.

The use of a weak local anesthetic in large volumes



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

PLAY TOGETHER | Youth Dance (ages 3-9)
So you think you can dance? The Y’s fun-filled dance sessions teach classic and modern technique through the gamut of popular dance styles, including contemporary ballet, hip-hop, jazz, and Zumba, among others.

Dance sessions are offered on select dates throughout Oct. & Nov.
*To participate in the Sharing Rectial Event in December, ballet students must have participated in Oct. & Nov. Sessions.

CHARACTER COUNTS HERE | Martial Arts
No matter your age or skill level, Martial Arts is an engaging, fun, and challenging way to improve your health, gain discipline, and learn important character values. Children and adults can learn the techniques needed for self protection and gain more insight into their own strengths and capabilities.

Tae Kwon Do Classes are offered all month long throughout Oct.-Dec.
Hapkido Classes are offered on select dates throughout Oct. & Nov.

CALL FOR MORE DETAILS or TO SIGN UP!
Clarksville Area YMCA • 260 Hillcrest Dr • Phone: 931-647-2376

Daymar Institute - Clarksville, TN



DAYMAR INSTITUTE

2691 Trenton Road
Clarksville, TN 37040
(931) 552-7600

NEW LOCATION

Classes Begin Soon
Enroll Now! (931) 552-7600

www.DaymarInstitute.edu

For more information about graduation rates, median debt of students who completed the program, and other important information, visit our website at daymarinstitute.edu/disclosures.
Career Education | Accredited Member, ACICS

is the main feature of Tumescant Liposuction, as it produces a very nearly painless and exceptionally safe procedure. This means no need for general anesthesia, such as a person might need for a major surgery, and a very rapid recovery that typically is only a few days in length. The technique is like sculpting in that the surgeon/

artist must have the vision to see what lies hidden beneath the current shape.

with very obvious changes becoming apparent the day after the procedure. This



is especially gratifying to men who have spent literally hundreds of hours working out with weights, running, etc. and can never seem to lose

The results can be astounding in some cases. Increased definition and a more attractive shape can be achieved almost overnight,

“that last handful” or “pass the tape test.” For most of these men, Liposuction is the only real way to get to that next level. Not surprisingly,



Lary Deeds, DMD
R. Michael Weaver, DDS
Sarah M. Deeds, DMD

THE CHILDREN'S DENTIST



Parents welcome in treatment areas at all times.

- Infants / Children / Teens
- Special Needs Patients
- Hospital Dentistry

Nitrous Oxide Available at No Charge

No out of pocket expense for check ups & x-rays with military MetLife



271 Stonecrossing Drive • Clarksville, TN
931-551-4400 • www.thechildrensdentist.net

Family Ownership... Family Values.

COMPLETE PRE-ARRANGED FUNERALS

CREMATIONS

VETERANS FUNERALS

ALL BURIAL INSURANCE POLICIES ACCEPTED

PAYMENT PLANS AVAILABLE



ED LARSON



TOM CREECH



TONY NAVE



931.647.3371

1209 MADISON ST., CLARKSVILLE
WWW.NAVEFUNERALHOMES.COM

MCREYNOLDS NAVE
& LARSON

Funeral Home

this is extremely common in actors, models and others in the public eye.

What is really surprising is just how common Liposuction is for everyday people, hence the 500,000 cases last year. The procedure has a very quick recovery time and most people, men or women, are back at work in two to four days without problems. Final results require a few months, as it takes skin some time to contract to its new shape.

For more information on these and other cosmetic procedures or to see real life

examples, visit our website, www.AdvancedCosmeticKY.com. To schedule an individualized consultation with Dr. Kaye call our office toll-free at (866) 234-0470. You can also submit a question about this or other cosmetic procedures to: admin@mdkaye.com. Type "Clarksville Family" in the subject area.



Dr. Mitchell D. Kaye performs an array of cosmetic surgery services. He has taught

Aesthetic Surgery to his colleagues at surgical courses and as a lecturer. He is a fellow of the American College of Surgeons, Board Certified by the American Board of Facial Plastic & Reconstructive Surgery and the American Academy of Cosmetic Surgery. He is a member of the American Society of Cosmetic Breast Surgery. The Advanced Cosmetic Surgery Center of Kentucky maintains a fully equipped outpatient surgical suite and is accredited by The Institute for Medical Quality, based in San Francisco California.

THE CITY OF
CLARKSVILLE
TENNESSEE'S TOP SPOT
PARKS & RECREATION

SWIM LESSON SESSIONS

INDOOR AQUATIC CENTER AT NEW PROVIDENCE

SESSION DATES:
NOVEMBER 4-14
DECEMBER 9-19
JANUARY 6-16
FEBRUARY 3-13
MARCH 3-13
APRIL 7-17

Mommy & Me, Preschool, Level 1, Level 2, Level 3, Level 4, Level 5, Level 6 and Adaptive Lessons for special needs children & adults

ADAPTIVE SWIM DATES:
NOV. 4-20 • DEC. 4-20
JAN. 3-20 • FEB. 3-19
MAR. 3-19 • APR. 2-18

Price for the 2-week session:
\$35 without a pool pass
\$15 with a pass

REGISTER ONLINE AT:
RECPRO.CITYOFCLARKSVILLE.COM/AQUATICS

166 Cunningham Ln. Clarksville, TN. | (931) 552-6199 or 931-472-3380

Grace HEALTHCARE
Caring for the whole you

Grace Healthcare of Clarksville

Dr. David L. Boles Do, MD

Scarlett Mulligan, PAC

- ⌘ 24-Hour RN Nursing Care
- ⌘ In & Outpatient Physical, Occupation & Speech Therapy
- ⌘ Intermediate, Skilled, Hospice & Respite Care
- ⌘ Tracheostomy & Wound Care
- * Free Wi-Fi access *

Contracted Providers with the following Insurance Companies:

- Blue Cross Blue Shield (Network P, Network S)
- HealthSpring (Medicare Advantage & Commercial Plans)
- Cigna
- Blue Advantage (Medicare Advantage Plan)
- Windsor Medicare Extra (Medicare Advantage Plan)
- Americhoice (United Healthcare TennCare Plan)
- Amerigroup (TennCare Plan)

Jody Espinoza, Marketing/Admissions
931-647-0269
111 Ussery Road, Clarksville, TN
37043
www.gracehcclarksville.com

CMCSS CAREER INTEREST FAIR & ENROLLING STUDENTS FOR CAREER ACADEMIES

by Taylor Lieberstein

What does your child want to do after high school? Which career path do they want to take? Do they want a career in medicine, technology or business management? It is never too early to collaborate with your child and start answering these important career questions. Beginning with last year's freshman class CMCSS instituted Career Academies, a program designed to start career-specific training during the first year of high school.

A college and career academy is a school within a school aligned with a specific career or college preparatory theme. They are small learning communities where a select group of students with a common interest share many of the same teachers, allowing

educators to collaborate with each other to coordinate lesson plans and classroom activities aligned with the academy theme.

Beginning with the 2013-2014 school year, incoming high school freshmen had the opportunity to apply to seven different college and career academies in the district. These academies have been created to align with the local and national job market. The ultimate goal is to provide students with opportunities to become college and career-ready prior to graduating from high school. Applications are now being accepted for the 2014-2015 school year freshman class.

Academies allow for work and problem-based learning opportunities, which improve student

achievement by applying a hands-on element to supplement their coursework. Schools partner with local employers to help develop curriculums, provide guest speakers, and create relevant experiences for students. Many college and career academies also provide student internship opportunities in the field

for upperclassmen, along with certifications and dual enrollment options.

Any student who is zoned for a CMCSS school and that is scheduled to be a freshman next year may apply. Students wanting to apply must complete an application that is available in each of the middle schools and on the CMCSS website. Only 75 students will be selected for each academy from across the district. The applications are due to the middle school counselors no later than March 14, 2013 as the selections will be made beginning March 15. If there are more applicants than available seats, a lottery will be conducted.

There are seven career academies for students to choose from:

1. The Academy of Business and Finance at Clarksville High School
2. The STEM Academy at Kenwood High School
3. The Academy of Plant and Animal Systems at Montgomery Central High School
4. The Academy of Computer and Game Programming Technology at Northeast High School
5. The Academy of Health Science at Northwest High School
6. The Academy of Media Arts and Technology at Rossville High School
7. The Academy of Criminal Justice and Homeland Security at West Creek High School

For more in depth descriptions on any of these seven academies visit the school system's website at www.cmcoss.net.

Students can apply to any of the academies within the district, no

AVEDA
pure privilege™

gifts of joy for all

Photographed in Kathmandu, Nepal.

EARN BONUS POINTS	• PURCHASE 1	• PURCHASE 2	• PURCHASE 3
FOR A LIMITED TIME	PRE-MADE OR CUSTOM GIFT SET	PRE-MADE OR CUSTOM GIFT SETS	PRE-MADE OR CUSTOM GIFT SETS
EARN 150 BONUS POINTS	EARN 350 BONUS POINTS	EARN 700 BONUS POINTS	

offer valid through december 4, 2013

Eden Gift Cards are always a perfect fit.

EDEN
day spa & salon

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

matter to which school they are zoned. CMCSS offers paired bus transportation between the following schools: NEHS-RHS, WCHS-NWHS, and CHS-MCHS. If a student's home school does not match with the academy he or she wants to attend (for example an NEHS-zoned student wants to attend CHS but the bus only is paired to go to RHS) the student could still apply as long as the parent agrees to provide transportation for the child.

CMCSS recognizes that there are specific workforce needs for Montgomery County and Middle Tennessee. They are taking an active role to introduce students to career opportunities and other emerging careers by offering more career education

within the curriculum. The 8th Grade "Your Choice, Your Future" Career Exploration Day is an excellent strategy for getting students authentically engaged in learning about careers.

The Fourth Annual 8th Grade "Your Choice, Your Future" Career Exploration Day will be held November 22, 2013 at APSU in the Memorial Health Building (Red Barn) from 7:00 a.m. to 3:30 p.m. This comprehensive career event is being held to better inform eighth grade students about career opportunities available. The students will be interviewing career role models, teachers, and people from postsecondary education while at the career day. All eighth grade students

have completed a career interest survey and a folder with their results and interview questions and materials specific to career day will be provided to each student. Parents can participate by reviewing the folder with their student and discussing career options.

Research findings indicate that eight years after high school graduation, academy graduates produced sustained earning gains that average 11 percent higher compared to students who did not graduate from an academy. Discuss this with your incoming freshman-aged children and find out which career academy is right for them.

THE CITY OF
CLARKSVILLE
TENNESSEE'S TOP SPOT
PARKS + RECREATION

TODDLER SPLASH POOL PARTY

The first Wednesday of every month
Indoor Aquatic Center • 10 am – 12 pm

A time for kids ages 5 and under to enjoy the pool, crafts, games and more!

\$3 fee, please register at: recpro.cityofclarksville.com/aquatics

THE CITY OF
CLARKSVILLE
TENNESSEE'S TOP SPOT
PARKS + RECREATION

CARDIO BOXING

AT BURT COBB COMMUNITY CENTER

Ages 9-Adult • Mondays at 6:30pm
\$3 per class with Center ID

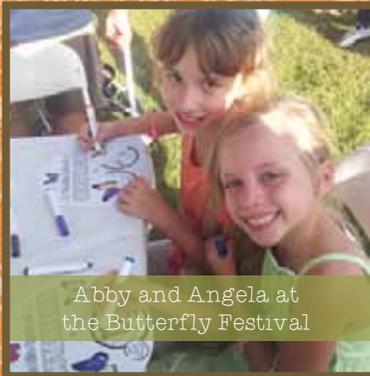
Cardio boxing has tons of benefits and can burn between 800-1,000 calories per hour! Cardio Boxing also helps to reduce and relieve stress, build confidence and improve balance, flexibility, coordination and endurance.

REGISTER ONLINE AT:
RECPRO.CITYOFCLARKSVILLE.COM/BURTCOBB
1011 Franklin St. Clarksville, TN. | (931) 552-1263

CANDID Clarksville



All tuckered out



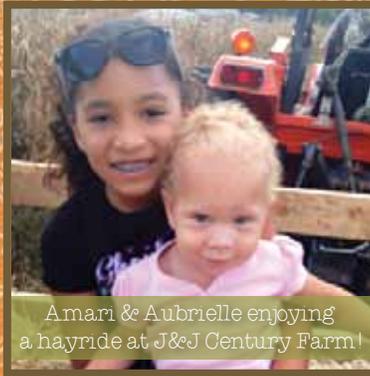
Abby and Angela at the Butterfly Festival



Addilynne's pumpkin picking



Campbell, Anna Kate & Ava getting ready to dance at the Predators game



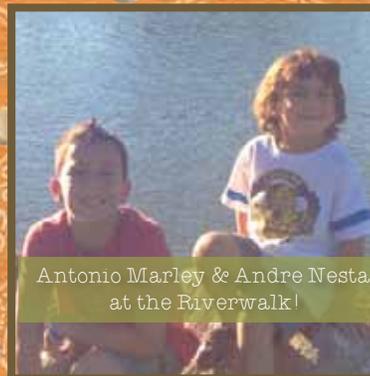
Amari & Aubrielle enjoying a hayride at J&J Century Farm!



Andre Nesta thinks its winter!



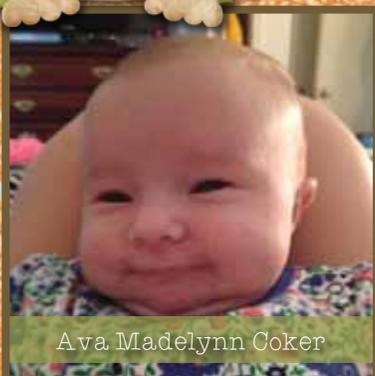
Angelina enjoying the river walk



Antonio Marley & Andre Nesta at the Riverwalk!



Eating an apple right off the tree



Ava Madelynn Coker



Ready for Ballet!



Cousins at Pier Park, Panama City during Fall break



& Ft. Campbell Families



The Jude Family



Lillian, 7
Enjoying Fall Fun!



Moose, doing a little shopping



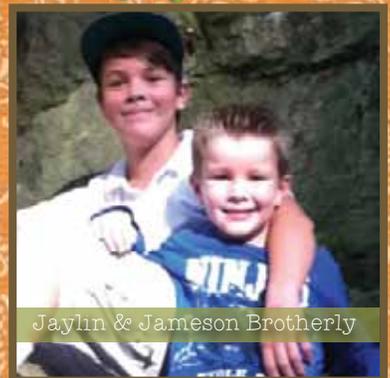
Noah going to watch
some football



Thomas, 3
Enjoying Fall Fun!



Brantley & Gnash!



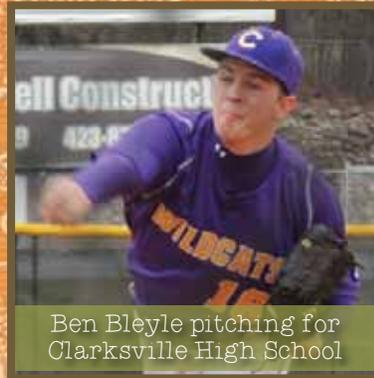
Jaylin & Jameson Brotherly



Chassidy & Matt Sinks



Alena Marie Winn Born 10/10/13
to Stephen & Anitra Winn



Ben Bleyle pitching for
Clarksville High School

Email photos to candid@clarksvillefamily.com by November 15th.

HOMECOMING

by Brenda Hunley Illustrated by Willie Bailey

It was time for Boomer to come home. Boomer had learned a lot and had made some new friends during his summer break in Louisiana. At the same time, Freddy, who had switched places with Boomer, was ready to go home also.

When the two met at the airport in Louisiana, Freddy told Boomer how much he had enjoyed his family.

“Your sisters are crazy!” laughed Freddy.

Boomer smiled. “Yes, I suppose they are!”

“How do you like the bibs?” asked Freddy, pointing at Boomer’s clothes.

“They are very comfortable. I saved my money and bought

Chester a pair also, I hope he likes them,” Boomer said, patting his backpack.

Freddy grinned and gave Boomer a high five. “Catch ya later! I’ve got to go find Mom. She said she was making crawfish for me! I have missed that meal!”

Boomer smiled at his new friend, “I am ready for home too. See ya later!”

Boomer was excited getting on the airplane. He buckled up and sighed deeply when he felt the tires leave the runway. Boomer closed his eyes and fell asleep.

Soon Boomer could hear the sound of the captain’s voice overhead. “Please put your



chairs and tray tables in the upright position and prepare for landing.”

As Boomer and his teacher walked into the airport they were welcomed by Chester Chipmunk



Are you hitting your target audience?

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

Call today to join our Family!

- 10,000 issues distributed at over 160 locations across Clarksville & Ft. Campbell every month
- 2nd largest print medium in town
- Full color glossy ads & free ad design
- A full month of advertising
- Locally owned

Ad campaigns starting at just \$195 per month



Rachel Phillips

Advertising Sales

(931) 216-5102

rachel@clarksvillefamily.com

Santa's Arrival • Nov. 9, 10:30am, Center Court

Join us to welcome Santa back to Governor's Square Mall! FREE Holiday activity books for the first 200 kids.

Santa Photos • Nov. 9-Dec. 24, Center Court Mon.-Sat., 10am-8pm, Sun., Noon-6pm

Sensitive Santa Photos • Nov. 16, 9am-10am, Center Court

Photos with Santa for children with special needs.

Pet Photos with Santa • Nov. 18 & 25, 6pm-8pm, Center Court

Breakfast with Santa • Dec. 7, 9am-10am, Food Court

For more details and a full list of upcoming events visit GovernorsSquare.net or the Customer Service Center. All events are subject to change without notice.

www.GovernorsSquare.net



www.MallGiftCards.net



10am to 9pm, Mon.-Sat. • 11am to 6pm, Sun.
2801 Wilma Rudolph Blvd. • Clarksville, TN • 931.552.0289



MAJOR EXHIBITS OF ART

BY LOCAL ARTISTS IN CLARKSVILLE, TENN

5:00 PM - 8:00 PM ON STRAWBERRY ALLEY

FIRST THURSDAY

== OF EACH MONTH ==

FREE PARKING DOWNTOWN AFTER 5PM, M-F & ALL DAY ON WEEKENDS!

931-614-0255 • info@artwalkclarksville.com • artwalkclarksville.com

and Ranger Bill holding a big sign saying “WELCOME HOME!!!”

It was a very warm welcome. The ride home was fun, as each person shared what had been happening over the last few months.

Arriving at The Woods of Dunbar was a special treat to Boomer and his teacher as they had missed home. Boomer’s whiskers twitched, he breathed in deeply. He could smell a tobacco barn’s smoke, he could hear children playing, he could hear ducks quacking, and, yep—Clyde and Earl, the resident geese, arguing. It was good to be home.

Saying a quick “thank you” and “see ya later” to his teacher and Ranger Bill, Boomer hurried home with his brother, Chester.

Mom and Dad Chipmunk were waiting at the door. Boomer could smell his mom’s apple pie and his dad’s chili bubbling over the fire. Hugging his parents and sisters, Boomer exclaimed, “It is so good to be home!”

After a wonderful meal, Boomer gave Chester his present.

“A present for me? Thanks!” Chester eagerly ripped open the paper. Holding up the new set of overalls he smiled at his brother. “Thanks for the gift. Are they as comfortable as they look?”

Chester hopped out of his chair and went to a back room to

change. When he came out he showed off his new bibs to the whole family. “Well, what do you think?”

“Picture time!” called Mom Chipmunk.

As the Chipmunk family gathered in front of the fireplace for their picture, Chester put his arm around his brother. “It’s good to have you home, little brother.”

Boomer grinned and answered, “It’s good to be home, big brother.”

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

Be holiday ready with Bella Medical Spa!

Get glowing skin for your holiday parties!

\$25 OFF A VITALIZE CHEMICAL PEEL

Expires November 30, 2013

Purchase a \$200 gift card & we'll add an

EXTRA \$25 FREE

Expires November 30, 2013

Restylane • Botox • Water-assisted Liposuction
SmartXide DOT CO2 Laser System • Massage Therapy
Microdermabrasion • Laser Hair Removal • Artefill
Tattoo Removal • Permanent Makeup • and More!



931-266-4404 • 400 Franklin Street

APSU & Military Discounts Given

Gift Cards Available!

November at



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Most classes are 7pm-9pm* <small>unless otherwise noted online</small> Check-in begins 30 minutes before class starts <small>*some classes may run past 9pm</small></p>					 Harvest Moon	 Peacock Feather
<p>No painting experience necessary! Grab a friend, a brush, and even some wine if you'd like and unleash the inner artist in you!</p>				 Autumn Blossom	 Rakers Nightmare	CLOSED
<p>View the Swirlz Art Calendar & book your class online at www.swirlzart.com</p>				 Falling into Winter	 Moody Blue Trees	 Never Leave Me
<p>2pm - KIDS / 7</p>  Snow Deer	<p>Most adult classes are \$35* Kids classes are \$25 <small>*unless otherwise noted online</small></p>			 Dream Tree	 Midnight Moon	 Jasmine Jade
	 Barnstormer	<p>Happy Thanksgiving</p>	 Hanging Out	 Don't Be Home for Christmas		



Join our Facebook page to stay plugged into our latest news, giveaways and more!



Swirlz Art Studio
 329-E Warfield Blvd • Clarksville, TN
 (Near the Looking Glass in Warfield Towers)

Wanna know more? Visit us online at www.swirlzart.com

Wanna be on the Fridge?: Email photo to: fridge@clarksvillefamily.com by November 15th.

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

HAPPY BIRTHDAY!



Happy 1st Birthday Madeline!
All our love, Momma & Dada



Happy 1st Birthday Rheazon!!!
Love Mama, Daddy & family"



Happy 2nd Birthday Mackenzie!
Love, Mommy and Daddy



Happy 2nd Birthday Olivia!
You are loved!



Happy 3rd Birthday to
the diva Amiya Jasleen!



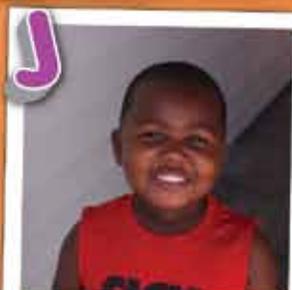
Happy 4th Birthday Bella!
Love, Mommy & Rosie!



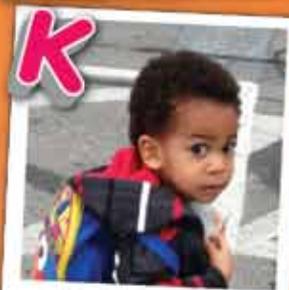
Happy 3rd Birthday Caleb!
Love, Mommy, Daddy, Christa, & Chris



Happy 3rd Birthday Drew & Kaolyn!
Love, Mommy, Daddy, Gwen, Josh & Lib



Happy 3rd Birthday Josiah!
We love you!



Happy 3rd Birthday Kamren!! We love you!!
Love, mommy, daddy, brothers & sisley!



Happy 3rd Birthday Keith!!!
Love Mama, Daddy & family"



Happy 3rd Bday Lola Lin Freeman
Love gna, gna, mom, dad, skyfa, za, & korie!



Happy 4th birthday Aidan!
Your bud, Knox



Happy 4th Birthday Alil
Love, Mom, Dad, & Mallory



Happy 4th Birthday Teagan! We love you!
Mommy, Daddy & Sissy



Happy 5th Birthday Ava
Love, Mommy, Daddy & Anistyn



Happy 6th Birthday Ezra!
We all love you!



Happy 6th Birthday Jayleon
Love GiGi & Papa"



Happy 6th birthday Kaylea
Love uncle Danny, aunt Cheryl and cousins



Happy 6th Birthday to our
sweet Lacey Lou! We love you!

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

HAPPY BIRTHDAY!



Happy 6th birthday Natalie!
We love you so much!



Happy 6th Birthday Unique!
Love Mom, Dad, Zion, & Aryana



Happy 7th Birthday Kaitlyn
We love you so much



Happy Birthday
We love u very much
Mimi and PauPaw



Happy 7th Birthday Naliya!
Love, Mom, Dad & Grand Grand!



Happy 7th Birthday Tunkiel! You've grown
into a silly sassy lil diva!
Wishing you many more birthdays to come!
We all love you!



Happy 8th Birthday Samuel!
We love you,
Mom and Dad



Happy 9th Birthday Amari!
Our lives are better because you're in it.
We love you. Love Mommy, DaDa & Punky!



Happy 9th Birthday Antonio Marley!!
You are my sunshine Everyday.
(One Love.)



Happy 9th Birthday, Gracen!
Love, Mommy and Daddy



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



Happy Birthday Big Run!!!
Love, Momma and Jordan



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 12th Birthday Libby



Happy 14th Birthday Alana!
We love you more! :)
Dad, Mom, Lea, & Grandma

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

CHRISTMAS ON THE CUMBERLAND

November 26 through January 4. 5:00 p.m. to 10:00 p.m. Sundays through Thursdays, 5:00 p.m. to 11:00 p.m. Fridays and Saturdays. Free admission. See ad on page 13.

Along the RiverWalk
McGregor Park
640 North Riverside Drive
www.CityOfClarksville.com/coc

CLARKSVILLE CHESS CLUB

6:30 p.m. Thursday evenings.
Freedom Deli
2088 Lowes Drive
Contact: Roy
clarksvillechessclub@charter.net

CLARKSVILLE SCRABBLE CLUB

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

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

CLARKSVILLE WINTER MARKET

Fridays 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
101 McClure Street
smithtrahernmansion.com

FAMILY LIFE CENTER ACTIVITIES

Monday through Friday, 5:30 a.m. to 9:00 p.m. (except Wednesday, 5:30 a.m. to 5:00 p.m.), Saturday, 7:00 a.m. to 4:00 p.m. This family-oriented facility sports a walking track, basketball courts, weight room, cardio deck, racquetball court, group fitness, game room, and a luxurious senior-adult social room. It is open to the entire Clarksville community and offers a variety of membership options such as walking pass member, group exercise member, and single- 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

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:

Clarksville Restore (Habitat for Humanity of Montgomery County).
(931) 645-4242
408 Madison Street
RecyclingHabitatMCTN@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 Gratton 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 Groppel
(931) 561-5530

FAMILY FUN DAY

10:00 a.m. to 6:00 p.m. Free family entertainment throughout the day including a bounce house in the Food Court provided by Space Walk of Clarksville!

Governor's Square Mall
2801 Wilma Rudolph Boulevard
(931) 552-0289
GovernorsSquare.net

3 SUNDAY DAYLIGHT SAVINGS TIME END

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

MUSIC AT GRACE CONCERT SERIES

4:00 p.m. Silent movie with organ accompaniment. Andrew Peters uses the resources of the pipe organ to give sound to Harold Lloyd's famous 1928 classic silent film *Speedy*. Speedy Swift tries to save the last horse drawn car in New York! Hilarious! Stay for a bowl of chili for just \$3 after the show to help the youth group.

Grace Lutheran Church
2041 Madison Street
(931) 647-6750
www.grace-lutheran-church.org

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. \$5 per parent.

First Baptist Clarksville
435 Madison Street
(931) 572-1508
www.fbct.org

November

1 FRIDAY COLORS & SHAPES BINGO

11:00 a.m. A fun way for preschoolers to learn colors and shapes. There is no additional charge above general admission for participating.

Kids-N-Play
525 Alfred Thun Road
(931) 896-1328
www.kidsnplay.com

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

Maxxx'D OUT
COLLISION & TOWING

- 24 Hour Towing
- Full Collision Repair Shop
- Custom Paint & Graphics
- Free Estimates
- Insurance Certified
- Rental Cars available

931.431.6096
2631 Ft. Campbell Blvd

Where we treat your children like family.

Make appointments today for your child's flu vaccine! It's not too late

Like Us On facebook

www.aquinopediatrics.com
931-645-4685

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

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

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.

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

STORYTIME & PUPPETSHOW

11:00 a.m. Storytime is enhanced through the use of puppets and/or props. There will be a coloring activity for the kids to do afterwards. There is no additional charge above general admission for participating.

Kids-N-Play
525 Alfred Thun Road
(931) 896-1328
www.kidsnplay.com

5 TUESDAY STORYTIME WITH THE CLARKSVILLE- MONTGOMERY COUNTY LIBRARY

10:30 a.m. to 11:30 a.m. Food Court. Clifford the Big Red Dog will be joining us for an exciting Storytime all about the circus!

Governor's Square Mall
2801 Wilma Rudolph Boulevard
(931) 552-0289
GovernorsSquare.net

MUSIC & MOVEMENT

11:00 a.m. Join us for a fun musical enrichment activity that will get your preschooler moving & counting! There is no additional charge above general admission for participating.

Kids-N-Play
525 Alfred Thun Road
(931) 896-1328
www.kidsnplay.com

SPECIAL NEEDS NIGHT

4:00 p.m. to 8:00 p.m. Kids-N-Play will re-open our facility at 4:00 p.m. exclusively for families with a special needs child and their siblings for a private night of fun.

Kids-N-Play
525 Alfred Thun Road
(931) 896-1328
www.kidsnplay.com

6 WEDNESDAY LITTLE KIDS SCIENCE LAB

11:00 a.m. Full of fascinating hands-on experiments and hands-on activities geared toward preschoolers that give a way to enjoy the world of science. Activity is designed for children ages 4-6 years old. There is no additional charge above general admission for participating.

Kids-N-Play
525 Alfred Thun Road
(931) 896-1328
www.kidsnplay.com

7 THURSDAY ALPHATALES

11:00 a.m. AlphaTales teaches letter recognition, letter sounds and early literacy skills. Activities will include story time, music and movement and a coloring activity. Each week will center on a "letter of the week."

Kids-N-Play
525 Alfred Thun Road
(931) 896-1328
www.kidsnplay.com

TWEEN PROGRAM

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

Children's Theater
Clarksville-Montgomery County Public Library
350 Pageant Lane, Suite 501
(931) 648-8826
www.clarksville.org

ART&WALK

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

Strawberry Alley
info@ArtWalkClarksville.com
ArtWalkClarksville.com
(931) 614-0255

8 FRIDAY HEALTH INSURANCE MARKETPLACE OVERVIEW AND Q&A

7:30 a.m. to 12:00 p.m. Gateway Chief Financial Officer George Sprinkel will give an overview and answer questions about the Health Insurance Marketplace. This initiative is part of the Affordable Care Act, which requires most U.S. citizens to have health insurance beginning January 1, 2014. A primary goal of the Affordable Care Act is to help uninsured, eligible Americans gain access to affordable healthcare. Financial help to lower costs is also available for people who qualify.

Americans will be able to find health plans on the Marketplace that cover a comprehensive set of benefits, and they cannot be denied coverage based on a pre-existing condition. Some of the health benefits include preventive care and wellness services, doctor visits, prescription drugs, hospital and emergency department care, lab services, pediatric services—and more.

While Tennessee has chosen not to expand Medicaid, government subsidies to help citizens obtain coverage from the Health Insurance Marketplace are available, depending on income and other qualifications. There are still many individuals in our community who qualify for Medicaid coverage even though Tennessee is not expanding Medicaid. These individuals can enroll at any time and coverage can begin immediately.

At Gateway Medical Center we're committed to supporting your health

needs and also to educating and informing the people we serve. Join us to learn more. We'll also tell you how we can assist you in the enrollment process.

To make an appointment for sign-up help for the Health Insurance Marketplace, call (931) 502-1976.

Liberty Rooms
Gateway Medical Center
651 Dunlop Lane
todaysgateway.com

LEATHERWOOD METHODIST CHURCH CHRISTMAS BAZAAR

Through Saturday, November 9 from 9:00 a.m. to 2:00 p.m. Featuring handcrafted gifts, jewelry, wood crafts, baked goods, jellies and homemade candies. Everyone is welcome to come out and have fun and enjoy the day.

Leatherwood Asbury Methodist Church
2912 Leatherwood Road
Stewart, TN
(931) 232-0448

MOTHER SON CHARACTER BALL

See article on page 40. For mothers with sons grades K-5.

Valor Hall Conference and Event Center
105 Walter Garrett Lane
Oak Grove, Kentucky
www.SpeakingHope.com

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

SANTA'S ARRIVAL

10:30 a.m. Center Court. Help us welcome Santa to his brand new home at Governor's Square Mall! The first 200 kids will receive a free holiday activity book!

Governor's Square Mall
2801 Wilma Rudolph Boulevard
(931) 552-0289
GovernorsSquare.net



Pass the Turkey 5K

Thursday, Nov. 28th
(6am registration)
5k starts at 7am

Monetary Donations & Non-perishable Food Items collected for race.

Registration starts at 6am near the Target side of Governor's Square Mall. Start and finish at Governor's Square Mall.

Join the Clarksville Running Club for our annual fundraiser for Manna Café! Non-competitive fun run for runners and walkers. Jogging strollers and dogs on leashes welcomed. No bibs, no timing chips, just a family-friendly event to raise money and donations for Manna Café.

For more info checkout our Facebook page  www.clarksvillerunningclub.com




Clarksville Cumberland Presbyterian Church

<i>Sunday</i>	
Fellowship	9:00 a.m.
Sunday School	9:30 a.m.
Worship	10:30 a.m.
<i>Wednesday</i>	
Dinner	5:15 p.m.
Programs for All	6:00 p.m.
Adult Choir	7:00 p.m.

Steve Louder, Pastor

1410 Golf Club Lane • 931.648.0817 • www.clarksvillecpc.com

LEGO PROGRAM

2:00 p.m. to 3:30 p.m. Free program for all ages. We provide the Legos, you supply the imagination!

Children's Library
Clarksville-Montgomery County Public Library
350 Pageant Lane, Suite 501
(931) 648-8826 x61426
www.clarksville.org

ANTE UP FOR THE RED CROSS

6:00 p.m. to 10:00 p.m. Tickets are \$75 each and include food, entertainment, and a silent auction. This year the Red Cross's annual fundraiser has a Roaring 20's theme of "Night at the Cotton Club."

Tangleood House
1601 Madison Street
(931) 645-6401
redcross.org/anteup2013

MOTHER SON CHARACTER BALL

See article on page 40. For mothers with sons grades 6-college age.

Valor Hall Conference and Event Center
105 Walter Garrett Lane
Oak Grove, Kentucky
www.SpeakingHope.com

10 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

11 MONDAY VETERANS DAY

BURY MY HEART IN DRESDEN SHOWING

5:00 p.m. A documentary will be presented by Bettina Renner, an AFS-Congress-Bundestag scholarship exchange student from Dresden, Germany (the first from East Germany) about 15 years ago. The title of the film is *Bury My Heart in Dresden*, a story about a Dakota Sioux Indian Chief named Lakota Edward Two Two who took his fellow tribesmen to Germany and remained. This is a rare opportunity to meet the film's director, Bettina Renner, and the Konrad Adenauer Stiftung representative, Julie Eubank, a native Tennessean. (Bettina was a student at Davidson Academy for her exchange year and was hosted by Connie and John Allen in Madison, TN.) This FREE viewing is sponsored by The Miss Tennky Area AFS Volunteer Leadership Team (Clarksville), Konrad Adenauer Stiftung and APSU. It may be enjoyed by students from middle school through adults. It is especially great for folks who love history concerning our native Americans.

Clement Hall
APSU Campus
601 College Street

12 TUESDAY STORYTIME WITH THE CLARKSVILLE-MONTGOMERY COUNTY LIBRARY

10:30 a.m. to 11:30 a.m. Food Court.

Governor's Square Mall
2801 Wilma Rudolph Boulevard
(931) 552-0289
GovernorsSquare.net

COLORS & SHAPES BINGO

11:00 a.m. A fun way for preschoolers to learn colors and shapes. There is no additional charge above general admission for participating.

Kids-N-Play
525 Alfred Thun Road
(931) 896-1328
www.kidsnplay.com

13 WEDNESDAY MUSIC & MOVEMENT

11:00 a.m. Join us for a fun musical enrichment activity that will get your preschooler moving & counting! There is no additional charge above general admission for participating.

Kids-N-Play
525 Alfred Thun Road
(931) 896-1328
www.kidsnplay.com

14 THURSDAY STORYTIME & PUPPETSHOW

11:00 a.m. Storytime is enhanced through the use of puppets and/or props. There will be a coloring activity for the kids to do afterwards. There is no additional charge above general admission for participating.

Kids-N-Play
525 Alfred Thun Road
(931) 896-1328
www.kidsnplay.com

15 FRIDAY ARTS & CRAFTS

11:00 a.m. Join us for a fun "Fall Themed" arts & craft activity. Craft projects are suited for ages 3 and up. There is no additional charge above general admission for participating.

Kids-N-Play
525 Alfred Thun Road
(931) 896-1328
www.kidsnplay.com

16 SATURDAY SENSITIVE SANTA

9:00 a.m. to 10:00 a.m. Center Court. A special photo opportunity with Santa before the mall opens for families of children with special needs. Enter through the main entrance doors.

Governor's Square Mall
2801 Wilma Rudolph Boulevard
(931) 552-0289
GovernorsSquare.net

2013 HOLIDAY MARKET

9:00 a.m. to 2:00 p.m. This is the 38th year of the event, sponsored by the Priscilla Group. All the money made will go to local and community missions. The Market will be held in the church gym as well as Fellowship Hall. Local as well as mid-state vendors will be present with their wares. One of the highlights of this event is the delightful baked and frozen goods, which go very fast! There will also be a wonderful lunch served in Fellowship Hall, provided by the Esther Group. Admission is free and a delicious home cooked meal will be served for only \$7. Some of the vendors will have Christmas items, jewelry, soaps, pillows, aprons, painted furniture, woodwork, embroidery, wreaths, purses, cookbooks, etc. There will also be over 50 items in the silent auction. Please come out and join us for this fun and enjoyable Saturday event!

If you have any questions about being a vendor, please call Kay Hopson at (931) 648-4068.

Madison Street United Methodist Church
319 Madison Street

HANDMADE HOLIDAYS

10:00 a.m. to 6:00 p.m. Fine arts and crafts from over 50 local artists. Door prizes, concessions and free admission. See ad on page 32.

Wilma Rudolph Event Center
Liberty Park
1190 Cumberland Drive
cityofclarksville.com/handmade

HOLIDAY OPEN HOUSE AT INITIALLY STITCHED

10:00 a.m. to 5:00 p.m. Join us for food, fun, and great holiday gift ideas!

Initially Stitched
141 Kender Rhea Court, Suite B
(931) 552-0225

SCIENCE FICTION & FANTASY EXPO

6:30 p.m. to 9:00 p.m. Dress as your favorite character and join us at the public library for a celebration of the science fiction and fantasy genres in literature, film and television. Activities, demonstrations and crafts will be



Teresa's
perfect fit
Bra & Wig Boutique
Featuring Wigs by:
Jon Renau.
FASHION CUSTOM-FIT
BRAS FROM SIZE 30A TO 50M

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.

Like us on Facebook and stay informed!
3375 Hwy 41-A South • 931-358-0030
Wigs by *Jon Renau.*



Once upon a child®

Now accepting & selling Fall & Winter clothing & merchandise

Don't forget us on Black Friday... Storewide Sale!

"Kids stuff with previous experience."
Mon. - Sat. 9am-8pm • Sun. 12pm - 6pm
10% off for all military

Like us on Facebook & join our text/email clubs to stay plugged in to our latest deals!

Once upon a child
2728 Wilma Rudolph Blvd.
Suite 1, in Austin's Square, next to TJ Maxx
931.645.9346

available for all ages. This is a free event. For more information call or check us out on Facebook.

Clarksville-Montgomery County Public Library
350 Pageant Lane, Suite 501
(931) 648-8826
www.clarksville.org

17 SUNDAY HANDMADE HOLIDAYS

12:00 a.m. to 5:00 p.m. Fine arts and crafts from over 50 local artists. Door prizes, concessions and free admission. See ad on page 32.

Wilma Rudolph Event Center
Liberty Park
1190 Cumberland Drive
cityofclarksville.com/handmade

18 MONDAY KINDERMUSIK PLAYDATE "THANKFULNESS"

10:30 a.m. to 11:15 a.m. Cost is \$15 per registrant and includes general admission into Kids-N-Play. Limit 15 per class.

Kids-N-Play
525 Alfred Thun Road
(931) 896-1328
www.kidsnplay.com/childrens-entertainment-center-clarksville-tennessee-kindermusik/

PET PHOTOS WITH SANTA

6:00 p.m. to 8:00 p.m. Center Court. All animals are invited to get their photos with Santa. Animals must be on a leash or in a carrier while inside the mall.

Governor's Square Mall
2801 Wilma Rudolph Boulevard
(931) 552-0289
GovernorsSquare.net

19 TUESDAY STORYTIME WITH THE CLARKSVILLE- MONTGOMERY COUNTY LIBRARY

10:30 a.m. to 11:30 a.m. Food Court.

Governor's Square Mall
2801 Wilma Rudolph Boulevard
(931) 552-0289
GovernorsSquare.net

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

ARTS & CRAFTS

11:00 a.m. AlphaTales teaches letter recognition, letter sounds and early literacy skills. Activities will include story time, music and movement and a coloring activity. Each week will center on a "letter of the week."

Kids-N-Play
525 Alfred Thun Road
(931) 896-1328
www.kidsnplay.com

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. November's program will commemorate the 50th Anniversary of the Vietnam War. Our special guests will be Vietnam Veterans. 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
www.tndar.org/~wmedmiston/

20 WEDNESDAY STORYTIME & PUPPETSHOW

11:00 a.m. Storytime is enhanced through the use of puppets and/or props. There will be a coloring activity for the kids to do afterwards. There is no additional charge above general admission for participating.

Kids-N-Play
525 Alfred Thun Road
(931) 896-1328
www.kidsnplay.com

ALZHEIMER'S CAREGIVERS SUPPORT GROUP MEETING

11:00 a.m. For information, call Patsy Shell, (931) 648-1884.

Cumberland Presbyterian Church
1410 Golf Club Lane

21 THURSDAY GRACE DENTAL BLOOD DRIVE

10:00 a.m. to 3:00 p.m. in the Red Cross bus. Schedule your appointment today. Use Sponsor Code [GraceDental9](https://www.gracedental9.com) when making your appointment online. To schedule an appointment visit redcrossblood.org, call (800) 733-2767, or call or email Grace Dental (information below).

Grace Dental
304 Providence Boulevard
(931) 648-4100
gracedentaltn@gmail.com
[facebook.com/gracedentaltn](https://www.facebook.com/gracedentaltn)

FUN WITH MATHEMATICS

11:00 a.m. "Gems in a Treasure Chest." Join us for a fun, hands on game which will make counting more fun than ever! Activity is designed for children ages 3-6 years old. There is no additional charge above general admission for participating.

Kids-N-Play
525 Alfred Thun Road
(931) 896-1328
www.kidsnplay.com

22 FRIDAY "YOUR CHOICE, YOUR FUTURE" CAREER EXPLORATION DAY

7:00 a.m. to 3:00 p.m. See article on page 48.

Memorial Health Building (Red Barn)
APSU
601 College Street

LITTLE KIDS SCIENCE LAB

11:00 a.m. Full of fascinating hands-on experiments and hands-on activities geared toward preschoolers that give a way to enjoy the world of science. Activity is designed for children ages 4-6 years old. There is no additional charge above general admission for participating.

Kids-N-Play
525 Alfred Thun Road
(931) 896-1328
www.kidsnplay.com

KRIS KRINGLE MARKET AND BAZAAR

5:00 p.m. to 9:00 p.m. Free admission. We will have crafts, vendors, booths, inflatables, food, a hay ride, and Santa Claus. If you are interested in having a booth or selling your items or crafts, please email brandizeck@yahoo.com.

East Montgomery Elementary School
230 McAdoo Creek Road

23 SATURDAY STEWART COUNTY BAZAAR

10:00 a.m. to 3:00 p.m. There will be 30 vendors showcasing jewelry, art, sewn creations, knit and crochet items, wood work, candles, quilts, baked goods, jellies, homemade candy and other types of handmade items. Everyone is welcome to come out and enjoy the day.

Dover Visitor Center
117 Visitor Center Lane
Dover, TN
(931) 232-7706

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.)



Santa Experience Sessions
Saturday, November 9th
& Monday, November 11th

Call to schedule your session today!
931.647.0860
clarksvilleontario.daphnesportraitdesign.com

DAPHNE'S
PORTRAIT DESIGN



Meeks & Meeks

LAW FIRM

Travis N. Meeks
ATTORNEY AT LAW

p. 931.645.3888
f. 931.645.4902

137 Franklin St.
Downtown, Clarksville, TN
travismEEKS@bellsouth.net • www.meeksandmeeks.com

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@tndar.org

24 SUNDAY FREE HOLIDAY PERFORMANCE

4:00 p.m. to 5:00 p.m. Food Court. Free holiday performance by the Grace Notes Youth String Orchestra directed by Simone Parker.

Governor's Square Mall
2801 Wilma Rudolph Boulevard
(931) 552-0289
GovernorsSquare.net

25 MONDAY ARTS & CRAFTS

11:00 a.m. Join us for a fun "Fall Themed" arts & craft activity. Craft projects are suited for ages 3 and up. There is no additional charge above general admission for participating.

Kids-N-Play
525 Alfred Thun Road
(931) 896-1328
www.kidsnplay.com

PET PHOTOS WITH SANTA
6:00 p.m. to 8:00 p.m. Center Court. All animals are invited to get their photos with Santa. Animals must be on a leash or in a carrier while inside the mall.

Governor's Square Mall
2801 Wilma Rudolph Boulevard
(931) 552-0289
GovernorsSquare.net

26 TUESDAY STORYTIME WITH CLARKSVILLE- MONTGOMERY COUNTY LIBRARY

10:30 a.m. to 11:30 a.m. Food Court.

Governor's Square Mall
2801 Wilma Rudolph Boulevard
(931) 552-0289
GovernorsSquare.net

STORYTIME & PUPPETSHOW
11:00 a.m. Storytime is enhanced through the use of puppets and/or props. There will be a coloring activity for the kids to do afterwards. There is no additional charge above general admission for participating.

Kids-N-Play
525 Alfred Thun Road
(931) 896-1328
www.kidsnplay.com

CHRISTMAS ON THE CUMBERLAND GRAND OPENING

6:30 p.m. Free admission. See ad on page 13.

Along the RiverWalk
McGregor Park
640 North Riverside Drive
www.CityOfClarksville.com/coc

28 THURSDAY THANKSGIVING

PASS THE TURKEY 5K

Registration begins at 6:00 a.m., run begins at 7:00 a.m. Come out and join the Clarksville Running Club for our annual fundraiser for Manna Café on Thanksgiving morning! Registration starts at 6:00 a.m. near the Target side of Governor's Square Mall. Start and finish at Governor's Square Mall. This is a non-competitive fun run for runners and walkers. Jogging strollers and dogs on leashes welcomed. No bibs, no timing chips, just a family-friendly event to raise money and donations for Manna Café. Same day registration only!

Monetary donations and non-perishable food items will be collected for the race. CRC will also be taking donations of gently used coats, jackets, gloves, scarves and mittens—youth to adult sizes—for Manna Cafe too.

New this year we will be selling "CRC Pass the Turkey 5K" long sleeve tees for a donation. All participants must sign waiver prior to fun run. There will also be a raffle.

Checkout our Facebook page for more info or visit clarksvillerunningclub.com. See ad on page 59.

ROCK THE MALL MIDNIGHT BALL

11:00 p.m. to 6:00 a.m. First 1,000 shoppers at the Main Entrance will receive a free holiday tote bag! Entertainment and giveaways all night long! Stores open at midnight on Friday, November 29!

Governor's Square Mall
2801 Wilma Rudolph Boulevard
(931) 552-0289
GovernorsSquare.net

30 SATURDAY CHRISTMAS WITH GRACE

Through Sunday, December 1. Experience Christmas in a new way with your family. See ad on page 36.

Rossvie High School
1237 Rossvie Road
gcomchurch.com

The Roxy Regional Theatre

100 Franklin Street • (931) 645-7699 • www.RoxyRegionalTheatre.org

THE GREAT GATSBY

Jay Gatsby, a self-made millionaire, passionately pursues the elusive Daisy Buchanan. Drawn into their world of obsession, greed and danger is young newcomer Nick Carraway. In Fitzgerald's opulent, iconic, carefree lifestyle of the Jazz Age there lurks a materialistic center, making this breathtaking adaptation's sharp depiction of the "American Dream" resonate anew for each generation.

8:00 p.m. November 8, 9, 15, 16, 22 & 23

2:00 p.m. November 16

Tickets \$20 (adults) and \$15 (13 and under)

PLAID TIDINGS

The Plaids are back! At first Francis, Jinx, Smudge and Sparky aren't sure why they've returned to Earth for another posthumous performance, but a phone call from the heavenly Rosemary Clooney lets them know that they're needed to put a little four-part harmony into a discordant holiday. Featuring "Plaid-erized" Christmas

standards "Have Yourself A Merry Little Christmas," "Carol of the Bells," "Let It Snow," "I'll Be Home for Christmas" and more!

8:00 p.m. November 29 & 30, December 6, 7, 13 & 14

7:00 p.m. December 4, 5, 11 & 12

2:00 p.m. December 7

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

A YEAR WITH FROG AND TOAD

Part vaudeville, part make-believe and all charm, this whimsical musical follows two great friends—the cheerful, popular Frog and the rather grumpy Toad—through four, fun-filled seasons. A jazzy, upbeat score and a host of endearing characters equal perfect fun for the entire family!

2:00 p.m. December 14 & 21

6:15 p.m. December 18, 19, 20 & 21

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

STAY
HEALTHY
FOR
THE
HOLIDAYS!



BOOT-CAMP CHALLENGE

Invest in yourself

MORE THAN JUST
WORKOUTS & NUTRITION

- We build a **TEAM**
- We build **CONFIDENCE**
- We demand **ACCOUNTABILITY**
- We generate **CHANGE**

LET US HELP YOU REACH
YOUR FITNESS GOALS!

931-896-5929 • mondaymorningfitness.com

Licensed, Insured & Locally Owned.

SPACE WALK™

Here Comes Fun

Spacewalk is your #1 choice for party and event rental: space walks, water slides, concessions, and interactive!

Our Sumo Suits are fun for kids* and adults alike. Providing hours of competitive fun at your next party or event! *(ages 10 & up)

\$10 OFF
coupon code fall 2013
expires 11/30/2013

Order Online Now
www.spacewalkclarksville.com or call 931-905-1116

December

6 FRIDAY

FESTIVAL OF THE NATIVITY

Through Sunday, December 8, from 5:00 p.m. to 8:30 p.m. See article on page 32.

The Church of Jesus Christ of Latter Day Saints
3242 Highway 41-A South
www.christmasnativity.org
(931) 551-8928

14 SATURDAY

HOLIDAY CARD WORKSHOP

9:00 a.m. to 12:00 p.m. Come to our watercolor workshop and hand paint holiday cards to send to special friends and family members. Artist Judy Morgan

will help participants paint holiday scenes in watercolors to create unique keepsake cards in the December Second Saturday Workshop offered by the Clarksville/Montgomery County Arts and Heritage Development Council and Downtown Artists Co-Op. Participants need no experience in watercolor painting to create cards to be proud of. Morgan has taught successful card-making classes of all ages from elementary school-aged children to senior citizens.

Participants will paint three or four scenes in the three-hour workshop and can use the techniques they learn to create more at home—or they can just make prints of their work if their time is short and card recipient list is long. Cost of the workshop is \$35, plus \$10.50 for supplies.

Downtown Artists Co-Op
96 Franklin Street
www.artsandheritage.us
artsandheritage@cdelightband.net
(931)551-8870

21 SATURDAY

TIGER FAST DEFENSE CLASS

11:30 a.m. to 3:00 p.m. This 3.5 hour course is a comprehensive, reality-based self defense and is open to all females age 16 and up. Class size is limited. Call for details.

Kriegisch Martial Arts
2690 Madison Street, Suite 190
(931) 472-1008

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

CUSTOMS HOUSE MUSEUM & CULTURAL CENTER

200 South Second Street • (931) 648-5780 • www.CustomsHouseMuseum.org

EXHIBITS:

Dane Carder: Ghosts and Hopes
Through January 12. "This body of work is not simply about the Civil War. It is about an emotion: the layered, all-encompassing emotion that accompanies a life lived. It is about being passionate enough to fight, compassionate enough to grieve, honest enough to be open. It is about ghosts and hopes." - Dane Carder

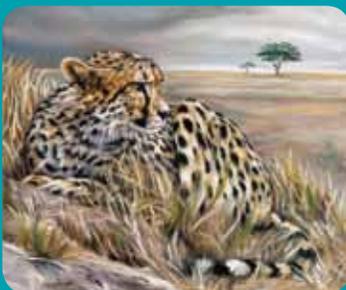
Entangled Roots: The Art of Jennifer Bowman

Through January 5. Being a self-taught artist has given Jennifer the freedom to explore and experiment while absorbing inspiration from nature, the city streets, a rustic old warehouse, or even a quiet afternoon. While utilizing a variety of mediums she creates layers of rich earth tones consisting of mostly acrylic, coffee, glaze, and oil, with a foundation of molding paste for a textural effect.

The Surreal World of Mindy Herrin

Mindy Herrin is a metal smithing professor, sculptor, and figurative

artist. "I use elements of nature and the body to create narrative objects, jewelry, and sculpture. My pieces are fabricated, or made from parts in order to contrast organic and mechanical imagery. I use mechanisms to create visual structure, perform a function, or define a restriction. For me it is necessary to cross the lines of reality when describing a concept, or idea."



Cindy Billingsley: Wild Ones

Through January 5. Award-winning wildlife sculptor and painter exhibits new works in the Kimbrough gallery.

Day of the Dead

Through December 1. Lobby exhibit including art coffins by Atlanta-based Neoclassical Southern Gothic artist Margaret Mroczek, a Day of the Dead altar, and Retablos and ex-votos from the collection of Olen Bryant.

ACTIVITIES:

Let's Find: Animal Faces
November 13 & 14, 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 are going on a safari! If you would like, bring your camera and have your picture taken with some of Cindy Billingsley's beautiful painted and sculpted animals. 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.

Family Funday: "Lions and Tigers and Bears, Oh My!"

Friday, November 29, 10:00 a.m. to 4:00 p.m. After the turkey, after the 6:00 a.m. shopping, and before or instead of the football, gather the kids and out of town company for some crafty animal antics at the museum. Bring your camera and have your picture taken with the Wild Ones, the painted and sculpted animals by Cindy Billingsley. This activity is free with your paid admission or museum membership. For more information about programs, contact Sue Lewis at (931) 648-5780.

The museum will be closed Monday, November 11th for Veterans Day and Thursday, November 23rd for Thanksgiving Day.

News • Business • Events • Arts & Leisure

Clarksville Online

The Best in Local Information and News Coverage

www.clarksvilleonline.com

Fall in love with our latest dance gear & collections!



\$10 off any purchase of \$50 or more

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

Please use by November 30th, 2013
Must present coupon at time of purchase

Ballet, Tap, Jazz,
Active Wear & Praise
Apparel for all ages!



931.647.5301

149 Kender Rhea Ct, Ste A-1
Clarksville, TN 37043
Near Appleton's on the bypass

ADOPTION & FOSTER CARE CLARKSVILLE FAMILY ADOPTION GROUP

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

CARING CHOICES OF CATHOLIC CHARITIES

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

OAK PLAINS ACADEMY

1751 Oak Plains Road, Ashland City. We serve children of all ages with therapeutic services, and have several foster homes in Clarksville. Karen Henderlight, (931) 362-4723, 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.

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 or visit 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 (931) 221-7808, csa@apsu.edu, or visit csa.apsu.edu.

MADISON STREET MUSIC & ARTS ACADEMY

The Madison Street Music & Arts Academy offers music and art classes as well as private lessons for both children and adults. Classes include Kindermusik for infants-age 7, Kinderart for pre-schoolers, Musical Theatre for middle and

high school students, and Photography and/or Scrapbooking for teens and adults. Private music lessons

are available for voice and most instruments, including the impressive pipe organ at Madison Street United Methodist Church. Lessons are available at reduced rates for families who qualify for the school lunch program, and scholarships are available for outstanding music students. For more information, contact JoAnn McIntosh at (931) 278-7921 or joann@madisonstreetumc.com, or visit our website at www.madisonstreetumc.org.

MONTGOMERY COUNTY WATERGARDEN SOCIETY

A not for profit water garden and koi pond club that hosts an annual Water Garden Tour. Visit www.mcwgs.org, if you would like more information regarding who we are and what we do or contact Linda VanMaanen at (931) 368-1636 or Linda Westfall at (931) 648-6350.

ATHLETICS

BUDDY BALL SPECIAL NEEDS ATHLETIC LEAGUE

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

CANINE FLYBALL CLUB

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

CLARKSVILLE IMPACT SOCCER CLUB

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

CLARKSVILLE TENNIS ASSOCIATION

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

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

SWIMMING EAGLES

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

TEAM CLARKSVILLE YOUTH WRESTLING

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

WARRIORS SPECIAL NEEDS CHEERLEADING

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

YOUTH WRESTLING PROGRAM

The Hawks wrestling club is for boys and girls ages 7 through 14 years old (Elementary - Middle school). We are also looking for experienced volunteer wrestling coaches and coordinators. For more information, please contact wrestling coach Rafael Gonzalez at (931) 320-8042 or e-mail at taniagon@charter.net.

CHILDBIRTH & PARENTING EDUCATION

ALPHA CHRISTIAN CHILDBIRTH PREPARATION

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

BREASTFEEDING EDUCATION AND SUPPORT (WIC)

We offer breastfeeding classes for everyone in the community twice per month, as well as hold a support group for breastfeeding families once a month. Nutritionists and a breastfeeding peer

counselor are also available to answer questions via phone during business hours. Please call for future class and support group schedules or look in the Calendar section of this month's issue for upcoming events. Breastfeeding is one 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 or find us on Facebook at www.facebook.com/groups/clarksvillebirthpros/.

FAMILY BIRTH CENTER

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

GATEWAY MEDICAL CENTER

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

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

HEALTHY START

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

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

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. If you have breastfeeding questions please contact one of our local group's leaders at 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.

YOUR BIRTHING BODY

Extensive Childbirth Education utilizing The Bradley Method® and offering training in what to expect during pregnancy, labor, and birth, as well as consumerism of childbirth, nutrition, exercise, communications, breastfeeding, knowledge of procedures, interventions and complications, knowledge of newborn procedures, postpartum preparation and care, and assistance in creating a birth plan. Offers training not only for the expectant mother, but also trains a labor coach of her choice to serve as her own personal doula/labor support. I also offer my own personal doula services to my students at discounted rate. For more information contact Jade Chapman at (931) 802-9869 or visit www.yourbirthingbody.com.

CHILD CARE

CHILD CARE AWARE

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

MID-CUMBERLAND CHILDCARE RESOURCE AND REFERRAL

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

MONTGOMERY COUNTY CHILD CARE PROVIDERS BY AREA

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

www.tennessee.gov/humanserv/childcare/63/37040/

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

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

PARENT INFORMATION NETWORK

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

PROGRESSIVE DIRECTIONS

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

TENNESSEE NUTRITION & CONSUMER EDUCATION PROGRAM (TNCEP)

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

CHILD PROTECTION & DOMESTIC CRISIS SERVICES

AL-ANON & ALATEEN

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

CLARKSVILLE RAPE AND SEXUAL ABUSE CENTER

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

CHAP PROGRAM OF CATHOLIC CHARITIES

Creating Hope by Assisting Parents is a free and voluntary program that provides parenting education, crisis intervention

and case management for families that desire assistance. Please call a CHAP counselor at (931)645-9793 or visit www.cctenn.org.

DEPARTMENT OF CHILDREN'S SERVICES

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

LEGAL AID SOCIETY

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

MONTGOMERY COUNTY CHILD SUPPORT SERVICE

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

SAFEHOUSE

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

CHILDREN'S GROUPS

4-H YOUTH DEVELOPMENT

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

BOY SCOUTS OF AMERICA

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

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.

GIRL SCOUTS OF MIDDLE TENNESSEE

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

LEAP ORGANIZATION

Provides youth development services such as mentoring, case management, counseling, community service, and

career development targeted at ages 12 to 18. (931) 378-0500, info@leaporg.net, www.leaporg.net.

COMMUNITY OUTREACH

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

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

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

Association contributions include: Provided design, funded and constructed the Division Memorial at Arlington National Cemetery in memory of all fallen Screaming Eagles; provided design, funded and constructed the Division Monument at Ft. Campbell in honor of all Screaming Eagles, past, present and future; raised \$200,000 (and counting) in support of troopers and their families during Enduring Freedom/Iraqi Freedom deployments; supporting families at Ft. Campbell through the Association's Screaming Eagle Support Fund, which also provides quality of life enhancements for single soldiers under the Better Opportunity for Single Soldiers (BOSS) program; providing annual scholarships to Screaming Eagle family members for over forty years; ongoing activities and tours bringing Screaming Eagles together; regional and unit-based chapters throughout the country; magazine and website for information and use by all units/members.

As a member of the Association, you will be helping us carry on the legacy that our comrades began back in World War II. Some benefits that the 101st Airborne Division Association members receive

Don't Forget to ask about our CLARKSVILLE FAMILY DISCOUNT

Burkhardt

Lawn Care

landscaping, mowing, & more

931.980.3939

Licensed & Insured burkhardtlawncare.com

Commercial & Residential Services

Free Estimates

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

2010 THE LEAF CHALLENGE Readers Choice Awards

PayPal VISA M/C

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

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

ALL NATIONS BIBLICAL STUDY CENTER

Offers 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.studythescritures.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 or www.ed2go.com/apsu.

ARMY COMMUNITY SERVICE

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

ASERACARE HOSPICE

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

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, or visit www.daganfoundation.org. Like as on Facebook at [Facebook.com/DaganFoundation](https://www.facebook.com/DaganFoundation). Our main partner in Togo is Action Bethesda, 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.com/pages/Free-Cakes-for-Kids-KYTN/529017437122370](https://www.facebook.com/pages/Free-Cakes-for-Kids-KYTN/529017437122370). Reach Mindy Parker or Christina Johnson at 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](https://www.facebook.com/FriendsoftheBluewayClarksvilleTN) for more information and sign up for email updates at outdoorclarksville.com.

FRIENDS OF ROTARY PARK

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

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

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 or contact (931) 241-8202 or 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. 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.

HUI HAWAII O TENESI HAWAIIAN CIVIC CLUB

Chartered by the Association of Hawaiian Civic Clubs in Hawaii, the club's goal is to perpetuate the Aloha Spirit and the Hawaiian Culture throughout the state of Tennessee and the surrounding area. Because of our close proximity to Fort Campbell, we are able to contact many native Hawaiians who are stationed here or have decided to retire in the local area. Many soldiers and their families have been stationed in Hawaii and also elect to join us and partake in the activities. Membership is open to everyone, and we love our times to meet and share the Aloha Spirit and the "local grinds" that everyone learns to love. For more information, please call Marlene Livesay at (931) 572-0804 or visit our website at www.huihawaiiotn.com.

HOPE CENTER

A community service branch of the Family Guidance Training Institute, Inc. provides a number of community activities to include summer camps for seriously emotionally disturbed children, S.T.E.P. in 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) 431-7880.

HUMANESOCIETY OF CLARKSVILLE-MONTGOMERY COUNTY

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

LATINA ASSOCIATION

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

LOAVES AND FISHES

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

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 or call (931) 233-0519.

SUNCREST HOME HEALTH

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

TENNESSEE REHABILITATION CENTER AT CLARKSVILLE

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

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

The Two Rivers Association for the Education of Young Children, TRAEYC, (pronounced tray-see), is one of the fastest growing affiliates in the history of the statewide associations. TRAEYC members have a passion for young children and are committed to their education. The Tennessee Counties represented by TRAEYC are Benton, Dickson, Henry, Houston, Humphreys, Montgomery and Stewart. We invite you to join us in exciting upcoming professional growth opportunities. Contact Dr. Linda A. Sitton, TRAEYC President, at (931) 221-7308 or visit www.traeyc.org.

UNITED WAY

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

VETERANS UPWARD BOUND

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

COUNSELING, SUBSTANCE ABUSE & MENTAL HEALTH

ALCOHOLICS ANONYMOUS

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

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.

FAMILY CENTERED SERVICES

901 Martin Street, (931) 503-4600.

THE FAMILY GUIDANCE TRAINING INSTITUTE

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

supervised visitation, mental health case management, and alcohol and drug treatment and education services. For further information call (931) 431-7580.

HOPE (HOMELESS OUTREACH PARTNERSHIP AND EMPOWERMENT)

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

LIFESOLUTIONS - ASPIRE & JOBLINK

611 Eighth Street, (931) 920-7210.

MENTAL HEALTH COOPERATIVE

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

OAK HILL RESIDENTIAL

118 Union Street, (931) 647-8257.

PASTORAL COUNSELING CENTER

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

THE PATH LIFE COACHING

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

REGIONAL INTERVENTION PROGRAM (RIP)

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

VIVIAN HOUSE

125 Vivian Street, (931) 920-7235.

WEEMS ACADEMY

812 Greenwood Avenue, (931) 920-7370.

YMCA'S RESTORE MINISTRIES COUNSELING CENTER

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

INTERNATIONAL ORGANIZATIONS

MISS TENN KY AREA AFS VOLUNTEER LEADERSHIP TEAM

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 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 homeschool may host, but the AFSers must attend public or private school.

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

PARENT GROUPS

CLARKSVILLEMOMMIES.COM

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

areas. ClarksvilleMommies.Com is for ALL types of moms including those who work full-time. The site offers chatting online in a private forum—discussing everything from the best photographers to the worst temper tantrums and all that lies between—and meet-ups regularly at member-driven events around the area. And best of its all FREE! Everything—online support, playgroups, and MNOs are all FREE! ClarksvilleMommies.Com is part of TheMommiesNetwork, 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 or e-mail clarkvillechara@gmail.com.

CLARKSVILLE HOMESCHOOL NETWORK

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

FIRST BAPTIST CHURCH HOMESCHOOL GROUP

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

HOPE@HOME (HELPING OTHER PARENTS EDUCATE AT HOME)

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

HOPKINSVILLE SAHM MEETUP GROUP

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

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

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. If you have breastfeeding questions please contact one of our local group's leaders at 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 for more information.

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

MOPS AT FIRST BAPTIST CLARKSVILLE

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

FT. CAMPBELL MOPS

Free child watch is available 9:15 a.m. to 12:00 p.m. MOPS meets the 1st and 3rd Wednesday of the month at Memorial Chapel Church on Fort Campbell. Contact Amanda Wiley at 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-Coordination, via email mops@hilldale.org, visit www.hilldale.org/mops or look for us on Facebook under Hilldale Baptist Church MOPS or call the church office at (931) 648-8031.

SPRING CREEK BAPTIST CHURCH MOPS

Meets at Spring Creek Baptist Church at 2760 Trenton Road on the 1st and 3rd Thursday of the month from September to May. Meetings are from 9:30 a.m. to 11:30 a.m. and childcare is provided. For

more information contact Ashleigh Goss at ashleighgoss7@yahoo.com. Find us on Facebook at [Spring Creek MOPS](http://SpringCreekMOPS).

PARENTS OF MULTIPLES

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

PARENTS REACHING OUT

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

TNSHARE (SECULAR HOMESCHOOLERS; ANY RELIGION, ECLECTIC)

SHARE is a non-religious home school group of 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/

TENNESSEE EARLY INTERVENTION SYSTEM (TEIS)

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

WIC NUTRITION EDUCATION CENTER

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

RETIREMENT GROUPS

AARP LOCAL CHAPTER 1957

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

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

The only association dedicated to protecting the earned retirement benefits of federal employees, retirees and their survivors. Founded by 14 federal retirees in 1921, NARFE has become an effective and highly respected legislative voice for federal workers and retirees. If you are now receiving, or expect to receive, a federal retirement annuity then you should join us as a member and help us actively preserve our federal benefits. We need your support and membership to increase our overall membership numbers. NARFE works on the national and state levels in Congress to propose and oppose legislation in the interest of the federal employee and retiree. With over 200,000 members nationwide and over 3,000 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 Boulevard. 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 Sandra Simms at (931) 647-6551 or hsimms6551@charter.net.

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

Meetings are the second Monday of each month at 6:30 p.m. at Clarksville Montgomery County Public Library, and the third Wednesday of each month at 11:00 a.m. at the Senior Citizen's Center at 953 Clark Street. Patsy Shell at (931) 648-1884.

ARMY COMMUNITY SERVICE

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

**ASMT (AUTISM SOCIETY OF
MIDDLE TENNESSEE)**

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

AUTISM SUPPORT GROUP

Donna Richardson at (931) 503-2315.

**CLARKSVILLE ASSOCIATION
FOR DOWN SYNDROME
(CADSTN)**

Where individuals, families and the community come together to enrich, educate and support one another. Contact Patricia Hanna at (931) 645-1261 or cadstn@hotmail.com. Visit www.cadstn.org.

**CLARKSVILLE MONTGOMERY
COUNTY MULTIPLE SCLEROSIS
SUPPORT GROUP**

A local support group for Multiple Sclerosis patients, family members and caregivers in the day to day management of M.S. Activities include guest speakers, up to date medical news, advances in finding a cure for M.S., and open forum discussions. Meets the third Tuesday of each month (September through May) at 7:00 p.m. at First Christian Church, 516 Madison Street. For more information call Melba Dowdy at (931) 552-1486 or Mary Nell Wooten at (931) 647-8904.

CLARKSVILLE OSTOMY SUPPORT

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

**CLARKSVILLE PARENT/
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 LEAP Building, 1860 Wilma Rudolph Boulevard. Free child care and food—please call Monica to reserve child care. For more information contact: Monica Causey at (615) 269-7751 ex. 133 or mcausey@tnvoices.org, Jennifer Allen at (615) 854-2165 or jallen@tnvoices.org; or Sharon Jarrell at (931) 266-6064.

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

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 cvohland-free@jdrf.org.

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

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

PARENTS HELPING PARENTS

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

**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.

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.

SO MANY PROJECTS SO LITTLE TIME

We have the tools, skills, and time for those projects you've been planning to do...

- Roofing
- Plumbing
- Electric
- Decking
- Tiling
- Tree Removal
- Vinyl Siding
- Landscaping
- Additions
- Window Replacements
- Privacy Fences
- Storm Damage

Committed to providing excellent service with quality, meeting clients needs and desires while completing the job in a timely manner.

HARDY HOME IMPROVEMENT
Steve Hardy - Owner
Over 25 year Experience
931.220.1106
Look us up @ Campbell Yard sales or email hardyhomeimprovement@gmail.com

Call today for a FREE estimate on your next home repair or home project.
We work with insurance companies.

cloud

We think you could fall hard for our
new seasonal cocktails.

How do we know?
(a little bird told us)



Creme Brulee Cosmo

Mochatini

Banana Pudding Martini

The Red Russian

Salted Caramel Cosmo

Tiramisu Martini

cloud

136 Franklin St
Downtown, Clarksville
(931) 320-9569

Open Tue-Sat @ 11am
(ages 6 & up)



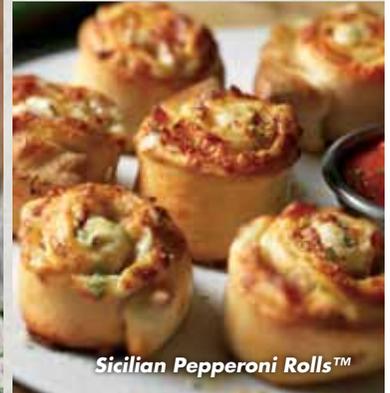
/cloud9clarksville



Tavern Thin Double Deckeroni™



Italian Sausage Stromboli



Sicilian Pepperoni Rolls™

ONLY THE FRESHEST DOUGH, MADE FROM SCRATCH DAILY

Our chefs arrive at 6am, 7 days a week to ensure that your meal is made with care, handcrafted from the freshest ingredients around.

Stop in and share the Old Chicago experience today.



CLARKSVILLE 2815 Wilma Rudolph Blvd. • 931.245.3300 • www.oldchicago.com
Wilma Rudolph Blvd in front of Governors Square Mall

**SPREAD HOLIDAY CHEER
BY GIVING THE GIFT OF PIZZA & BEER**





Need a **Car** or **Truck?**



WWW.JAMESCORLEW.COM

OPEN 24/7



722 COLLEGE STREET • CLARKSVILLE, TN

931.552.2020 • 1.800.685.8728

