

December 2007

Clarksville Family

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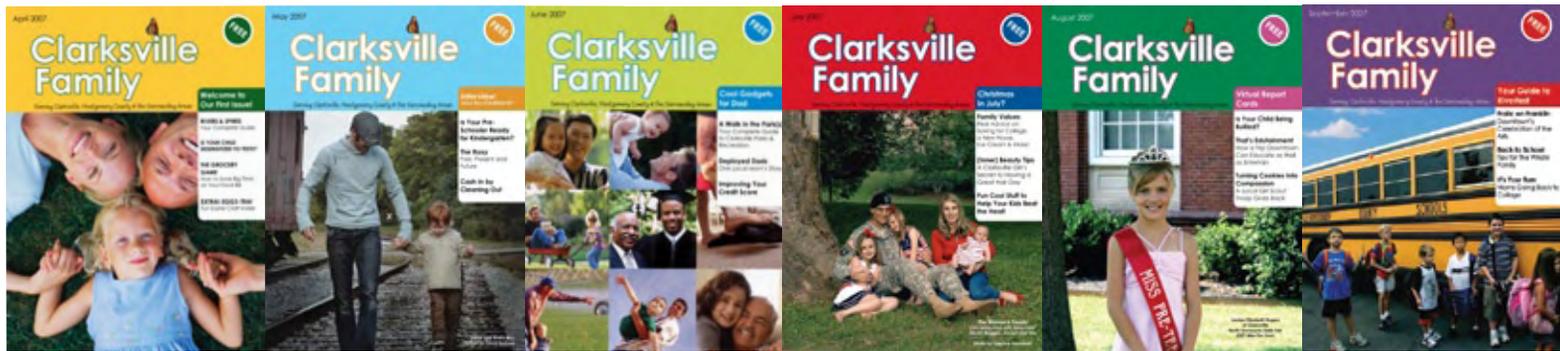


**Michele and Drew Scarbrough
with Victoria, 3, and Melanie,
19 months.**

Photography by David Barbee

Clarksville Family Magazine

THE #1 MEDIUM FOR REACHING WOMEN AND FAMILIES IN CLARKSVILLE, FT. CAMPBELL AND THE SURROUNDING AREAS.



Clarksville Family Magazine is published locally by a Clarksville native. In addition, *Clarksville Family* is comprised of quality content by proud, local residents that include everyone from professionals to stay-at-home-moms. Advertising in *Clarksville Family Magazine* is an investment in Clarksville.

Q: WHO READS CLARKSVILLE FAMILY?

A: We have a targeted audience of over 10,000 monthly readers who routinely turn to us for information on the best products and services they need to raise their families in Clarksville and the surrounding areas.

Q: HOW AND WHERE IS IT DISTRIBUTED?

A: Each month 10,000 copies of *Clarksville Family Magazine* are distributed FREE in over 150 strategic high traffic locations throughout Clarksville, Ft. Campbell, and the surrounding areas.

We are the second largest print medium in Clarksville, with a large female audience and over 25,000 readers each month. *Clarksville Family Magazine* has distribution exclusivity in many locations where no other print media are allowed. (See page 5 for our complete distribution list.)

Q: WHAT IS CLARKSVILLE FAMILY'S SHELF LIFE?

A: We have the **longest shelf life** of any other print medium in the area. Ongoing sections in *Clarksville Family* that keep our readers referring back to our magazine throughout the month include:

MONTHLY COMMUNITY CALENDAR A day-by-day calendar of all of the events and activities families can do together in and around Clarksville. Including special sections for ongoing after-school and other enrichment programs.

FAMILY AND PARENT NETWORK The local resource for support groups, child and family services, as well as mom and parent groups. It has become indispensable for residents and new moms/parents as a way to meet and connect with each other.

THE FRIDGE This reader submitted gallery has become a fast favorite. The Fridge is the place to see some of Clarksville's most adorable faces.

ADVERTISER RESOURCE INDEX A comprehensive index of our advertisers provides easy cross-referencing to readers searching for specific products and services.

Q: HOW AFFORDABLE AND EFFECTIVE IS THE ADVERTISING INVESTMENT?

A: In short, very. Clarksville businesses are finally able to precisely target their message in a full-color, slick magazine format to local readers that are regularly seeking our advertiser's specific products and services for their family.

AFFORDABILITY A quarter page, full-color display advertisement for an entire month can be secured for as little as \$250 per month; and a sixth page for just \$185.

EFFECTIVENESS *Clarksville Family Magazine* is committed to offering our readers an easy and clean way to navigate through our magazine without being confused by jumbled or cluttered pages. This also gives our advertisers some "breathing room" to get their message out effectively without getting lost in the shuffle.

Would you be interested in:

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Publisher's Message

I can't believe it's already the end of the year. The time has flown by, but a lot has happened along the way.

My three year old son just began talking earlier this year, and has definitely made up for lost time! The company my husband works for was bought out by a larger one, and though we've held our breath a few times wondering what changes lay in store, all seems even better than it was before. Mine and my family's health has remained good, and we're very thankful for that. And we started a little magazine called *Clarksville Family* that has allowed me to meet so many unique, talented and special people from all around our community.



We have a lot of wonderful seasonal content this month from several local contributors. Kathy Mathis has a great article explaining all of the hysteria about over-the-counter cough medicine on page 10. And Kimberly Haynes Titlebaum is back with a neat story about how she and her friends make the annual Christmas gift buying/wrapping chore fun on page 12. John McDonald gives a touching recollection of the Roxy's Christmas shows past and present on page 6. And Stephani Cook puts buying presents for your children in its proper perspective on page 20.

As Christmas and New Year's near, it is hard to ignore the compulsion to shop and prepare for the many parties, family meals, and general holiday demands. Please be careful in all of the inevitable traffic around town, and even more so if you are traveling to see family farther away. We want you here safe and sound to make 2008 just as special.

Have a Merry Christmas and a Happy New Year, from *Clarksville Family*. Thank you all for making 2007 so special for us. We hope we have helped to make yours a little better too.

Sincerely,

Carla Lavergne

Clarksville Family

Clarksville Family Magazine has 10,000 issues published and distributed monthly at over 150 locations across Clarksville and the surrounding area.

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Be an Angel...



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A Clarksville Christmas

by John McDonald



I cannot imagine Christmas without the chaos of putting together the Roxy's annual Christmas show.

The churches have the Messiah and the living Christmas tree, and the schools have pageants. But somewhere between the magnificent Radio City Rockettes and the solemnity of Midnight Mass nestles our simple but magical Christmas play.

For the last 25 years this event has filled the season and our lives with the Christmas spirit from Halloween on, "presenting the Christmas drill," as we lovingly call it. And after 50-odd performances and the handing out of thousands of peppermint sticks as farewell

parting gifts, all of us are Christmased out by that final curtain!

I sometimes ask the grown-up children I see which show or shows they came to and what they remember as a child. More often than not I get a compilation of snow falling, lost boys, mean sisters, babes lost in the woods, townspeople glued to a goose, pirate ships, candy houses, mice and cats running through the auditorium, and flying! Snow falling and flying—isn't that what

the holiday is? Snow-- or its promise--white, clean and pure. Flying, uplifted spirits, joy and happiness.

One year we were giving our second-to-last performance of *The Carol*, and while chewing the scenery I became annoyed by a portion of the audience near the back who seemed to not be enjoying what I was so graciously putting on. Out-Scrooging Scrooge in my vain attempt to entertain them. The rest of the bused-in school group seemed unbothered by

these distractions. When the show ended I wanted to see the ones that I thought had not been with me. They were a group of about 20 that Mr. Hartlage had brought.

Whoever plays Tiny Tim is always the cutest boy (or sometimes girl) one has in the company. This time Tiny Tim had nothing on these children Mr. Hartlage had brought.

Wheelchairs and life-support systems. Where vowels and consonants come together but do not form words, uncontrolled, sporadic and disconnected... Tiny Tim can really walk and run and play and sports a cute cane, but backstage he annoys everyone with his childish antics. We politely say "challenged" when referring to the aforementioned children, but the word is too small for the great difficulties they face in performing the simplest acts and the many impenetrable challenges of daily life that they will never, ever conquer.

The next morning was to be our last performance but the white stuff came down and school was cancelled, so the buses never came. It turned out the last performance had been given for some real Tiny Tims.

This year's spectacle, another Dickens piece, *The Chimes*, again promises fake snow, revolving sets, and real chimes played live on stage. Another Christmas show given to engage, enlighten and enliven future memories. And present magic in a time when the possibility of dreams coming true is still very real and hope springs. Dickens

has a way of doing that, and in *The Chimes* the characters again fit their names. We examine our own lives while Trotty Veck, seeing his own life without his being in it, comes to understand the unique importance he and we all have on this planet. Frank Capra used that idea for his Christmas classic *It's a Wonderful Life*. But Dickens used it first in *The Chimes*.

I often stand outside before a show begins, watch in hand, mingling with the Franklin Street throng. One night last summer a father and his little daughter walked by. The father pointed to me and said, "Look, there is Belle's father." Not five minutes later from the opposite direction a mother and son walked by and the mother said, "Look, there is Pinocchio's father."

Leslie Greene, my longtime stage wife (we have been married in more shows than you can shake a stick at) and I were backstage for a

performance of *Hansel and Gretel*, where Tom King was the wild and wonderful owner of that famous candy house. Leslie looked at me and said, "You know we aren't Hansel and Gretel's parents?" I was surprised to hear my favorite actress deny her character without missing a beat. "We are their grandparents." She was right of course. I was 50-plus and she...well, she being ageless, was right.

"But let's not tell them," I said. We never did. That's acting.

John McDonald, artistic director of the Roxy, has performed and/or written the Roxys annual Christmas show since its inception.



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Children and Spanish: Coming of Age in a Dual Language Society

by Pamela Magrans

While at the park enjoying the last fleeting days of summer, I overheard a preschool child say, "Adios" to a young peer at the playground. Everything else they uttered in English escaped my attention. But her use of a Spanish word made me wonder who inspired her new vocabulary. Was it a Spanish-speaking grandmother? Muzzy, the acclaimed language videos? Or maybe that bilingual book she picked out at the library? Maybe. But somehow I speculate that Dora the Explorer, along with her map following friends, had some influence on this blooming new mind. No matter, there is something more important than cartoons at play here.

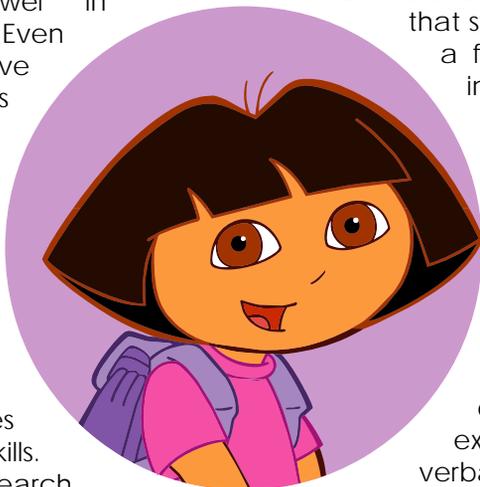
Boosting Brain Power

Scientific research suggests that learning a second language boosts brainpower in young children. Even those who receive small amounts of exposure to another language are better problem solvers. A second language also triggers abstract thinking and enhances cognitive skills. Education research analyst Janice Stewart theorizes that when a foreign language is introduced in the early elementary school years there are three main advantages including, "increased cognitive skills, higher achievement in other academic areas, and higher standardized test scores."

Studies also support that those children who are exposed to a second language before adolescence exhibit more native-like pronunciation and are more

likely to be fluent in that second language once they are adults. A second language also has the power to boost a child's self-esteem, vocabulary, and their overall understanding of how language works. The human brain is more responsive to language learning during the years between birth and pre-adolescence. If we wait until the high school years to introduce a second language, we are losing valuable time.

While most school districts do not consider foreign languages a core subject, colleges recognize the need for expanded language proficiency. Most four-year colleges now require at least two years of high school foreign language as an entry requirement. Researcher Thomas Cooper gathered data from 23 high schools in the southeast and found that students who took a foreign language in high school performed better on the verbal portion of the SAT. Despite the student's age, knowledge of a foreign language can potentially expand a student's verbal capacity and ability to understand and process written language.



Nickelodeon's
Dora the Explorer

According to www.webmd.com, a recent study looked at brain densities of bilingual people. There are two types of brain tissue: gray and white matter. Brain imaging showed that bilingual speakers had "denser gray matter compared with monolingual participants." The difference was more defined in the brain's left side, the side known to regulate communication and verbal skills. However, the right side of the

brain also revealed a comparable result. This effect was strongest in individuals who learned a second language prior to age 5. This study shows that being bilingual can actually impact structural changes in the brain, especially in areas of language, memory and attention.

Take advantage of your child's multiplying brain cells. The younger the child, the quicker a second language can be learned. Children are more capable of hearing and remembering the nuances of accents and pronunciation than are adults.

Maybe Dora is really on to something.

The Future of American English

Twenty years from now the little girl at the park will probably know more Spanish than "Adios." She'll probably know more Spanish than her parents. She, after all, is coming of age in a society moving quickly towards bilingualism. More and more businesses post messages in Spanish. College graduates speaking a second language find themselves more marketable than those who do not. The rapid growth of English as a second language in public school systems is evidence of the widespread usage of Spanish nationwide. Of course, depending on where you live the impact is different. Travel to Miami, Dallas or Los Angeles and knowledge of some Spanish is inherent. Living in Tennessee, you can still get by without knowing Spanish. At least for now.

There are some that feel the usage of Spanish in America will lead to a change in our national language. Don't worry, our English is changing, but don't blame Spanglish. Language does not exist in a vacuum and therefore will always change as a result of social, cultural and religious influences. The English we speak today is different from the English

that King James and Shakespeare spoke approximately 400 years ago. Certainly, the language we speak 100 years from now will be different too.

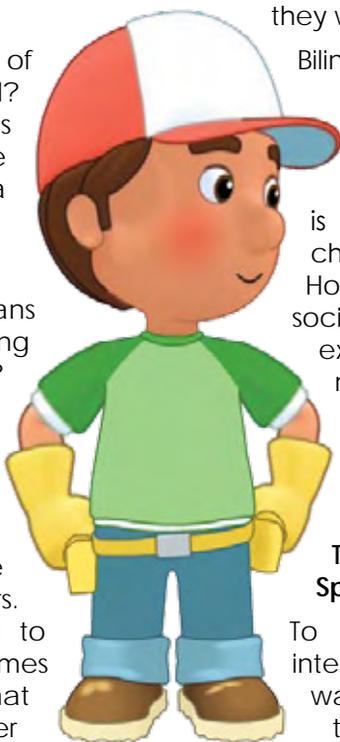
Is America a bowl of cherries or a fruit salad? For that answer perhaps we should ask the Wiggles. They speak a variation of English too.

Why does it matter?

Why should Americans be interested in teaching their children Spanish? Because learning any second language is important in the education of our youth. It makes our future leaders more adaptable to world affairs. It challenges the mind to think beyond what comes naturally. It reminds us that we are part of a bigger world than where we live.

Not to mention it apparently makes our children smarter. And what parent hasn't swelled with pride when their three-year-old came home from preschool counting in Spanish.

Which of us has not passed someone in the grocery store and overheard another language only to silently wish we knew what they were saying?



Playhouse Disney's Handy Manny

Bilingual learning is by no means limited to Spanish. Learning any second language is beneficial to a child's development. However, in today's society Americans are exposed to Spanish more than any other second language. This gives us a prime opportunity to learn it too.

Tips for teaching Spanish to your child:

To spark your child's interest utilize various ways to expose her to Spanish. Many people begin with audiotapes and books, of which there are many available online. There are also a number of good Spanish software programs available. Jumpstart Spanish is a good introduction. Purchase some children's music

CDs in Spanish and turn learning into a family dance party. Your child may not understand the words fully, but simply hearing the pronunciations will benefit their learning.

Visit the library and check out some bilingual picture books. Pick up some flash cards in Spanish and encourage your child to look at them in the car while you are driving.

To maximize your child's learning, find a Spanish study group or tutor so she can practice speaking. If you know bilingual children, encourage them to speak to one another in both languages. Children learn through play too.

If you are not bilingual, you and your child could learn Spanish together. Maybe she could help you learn something for a change.

As for Dora and the aspiring bilingual girl at the park, "Vamonos."

If you are interested in enrolling your child in a group Spanish course contact Danny Magrans at (931) 561-9671. Courses are forming for ages K-8th grade.

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by Kathy Mathis

It is that time of year again when we stock our cabinets with tissues, extra vitamin C, chicken noodle soup and various other items that might help our children combat the cold and flu symptoms. According to Patricia Jackson Allen, of the National Association of Pediatric Nurse Practitioners, children catch five to eight colds each year. Those colds generally do not require treatment beyond comfort measures that do not involve giving a dose of some type of drug. With the safety and usefulness of cold medicines now being questioned for children under six, what alternatives can parents try? Those old-fashioned remedies are poised to make a comeback especially with all the hype.

For most of us, children included, it is just a matter of waiting out the average common cold and treating the symptoms with a more palliative treatment versus always medicating. To make stuffy tots feel better and help them rest pediatric specialists recommend: plenty of liquids—from water to chicken soup, suction bulbs can gently clear infants' clogged noses, saline nose drops loosen thick secretions so noses drain more easily, a cool-mist humidifier in the child's bedroom, some chest creams can ease stuffiness with menthol or other fragrances—but check labels for age restrictions, and acetaminophen or ibuprofen as recommended by your doctor to alleviate pain or discomfort—but check that they don't contain extra ingredients like decongestants or antihistamines.

If you choose to medicate pay close attention to the over-the-counter (OTC) cough and cold medications you are stocking in your medicine cabinet, especially if you have children under the age of six. The public again is being bombarded with varying opinions on what we should or should not do with regards to giving children OTC cough and cold medicines.

We know our children are bound to get a cold at some point this year, but what seemed to be a simple choice of treatment has now turned into a matter of life and death, especially regarding what we once thought was a simple dose of cough or cold medicine.

With all the hype that is printed, advertised and is constantly changing concerning the use of OTC cough and cold medicines and children lately, here are the facts as stated from the Consumer Healthcare Products Association (CHPA):

On October 11, 2007 the Consumer Healthcare Products Association (CHPA) on behalf of the leading makers of OTC cough and cold medicines announced the voluntary withdrawal of oral infant cough and cold medications from store shelves.

- The voluntary withdrawal of OTC oral infant cough and cold medicines was initiated by the makers of those medications out of an abundance of caution. This was not a mandatory recall or a medicine safety issue.
- Kids' OTC cough and cold medicines are both safe and effective when used correctly. Very rare cases of overdose from misuse, however, reportedly have occurred, particularly in infants less than two years of age, prompting the medicine makers' precautionary action.
- Infants under the age of two are the most vulnerable to the consequences of this misuse.
- The voluntary withdrawal only affects oral infant cough and cold medications. It does not affect any other children's medicines.
- Oral OTC pediatric cough and cold medicines affected by this voluntary withdrawal are listed below.

On October 18-19, 2007 two advisory committees of the U.S. Food and Drug Administration

(FDA) gathered in Maryland to discuss the safety and efficacy of OTC cough and cold medicines for children. The panels, in a majority vote of 13-9, voted to recommend to the FDA that cough and cold active ingredients should no longer be available for use in children under six years old.

- This is only a recommendation and not a determination or action by the FDA. The FDA will review this recommendation and all the data discussed during the advisory committee meeting to determine what actions, if any, it will take.
- If the FDA were to adopt this recommendation parents would be left with no over-the-counter medicinal relief when their children under age six suffer from cold symptoms.
- The data show that these medicines are safe when used as directed and that harm to this age group, while very rare, is attributable in most cases to accidental ingestion, an issue of safekeeping that is best addressed through education.
- The medicine makers will continue their education efforts, with the launch of a new, major multi-year educational campaign for parents and other caregivers, and healthcare professionals. The campaign will stress the safe use and safekeeping of OTC cough and cold medicines to prevent misuse or accidental ingestion.
- Tips are available to parents on how to safely give oral OTC cough and cold medicines to children.

Harm from OTC cough and cold medicines is very rare and, when it does occur, is almost always the result of misuse (significant overdose or accidental swallowing due to medicine not being properly stored and secured).

- As with all medicines, dosing instructions for all OTC remedies

must be read and followed carefully. It is important to remember that any medicine can cause harm if taken or used improperly.

- If a parent or other caregiver has any questions about a child's health they should contact a healthcare professional for assistance.
- Safe use and safekeeping are extremely important. Giving medicine according to label directions is part of the solution; storing it out of the sight and reach of children is part of it as well.

The makers of OTC cough and cold medicines want to ensure that parents and caregivers understand when and how to use these medicines safely. The safe use of these medicines is the highest priority. Medicine makers will continue their long history of providing consumer education with the launch of a new, multi-year national educational program to build awareness among parents and other caregivers and healthcare professionals about how to safely use OTC cough and cold medicines in children, and, as importantly, when not to use them.

TIPS for Parents for Giving Oral OTC Cough and Cold Medicine to Children

Medicating a child is a big responsibility, but it does not have to be difficult if you follow this general advice:

- Always read and follow medicine labels.
- Use the right medicine in the right dose. Remember that oral cough and cold medicines come in adult, child, and toddler strengths. Never give an adult-strength medicine to a child unless under a doctor's instruction.
- Do not give oral cough and cold medicine to a child under two.
- Never give a child two medicines with the same active ingredient, unless specifically told to do so by a doctor. Since many medications—both OTC and prescription—contain the same active ingredients, always know what is in the medicine you are giving your child so you don't accidentally give your child too much of the same active ingredient.
- Follow the dose directions precisely and use the correct measuring tool.
- Keep all medicines out of a child's sight and reach.
- Bring any questions you have to a doctor, pharmacist, nurse, or other healthcare professional.
- Keep an eye out for unwanted or unexpected side effects or reactions to a medication. Contact your healthcare professional immediately if you spot any signs or symptoms that concern you.
- Keep emergency numbers by your telephone, including the nationwide poison control

hotline, (800) 222-1222. Provide emergency contact information, as well as cell phone numbers for yourself and other family members, to babysitters and daycare centers.

Oral Infant cough and cold medicines voluntarily withdrawn are:

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- Little Colds® Decongestant Plus Cough
- Little Colds® Multi-Symptom Cold Formula
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- Robitussin® Infant Cough DM Drops
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That's a Wrap

by
Kimberly
Haynes Titlebaum



If there is anything I have learned in my years as a counselor and a life coach it is that it takes all kinds. Take for example the way one approaches the holidays. Some people enjoy the crowds and the crush of the malls. They find schlepping shopping bags better than pilates. They relish the chance to express their creativity in the gift wrapping. God love 'em, I say.

I love the baking and the parties and I love giving the presents. But oh, how I dread the shopping for those presents! Fortunately, several years ago, my three best friends and I came up with a way to benefit from our collective strengths and take the stress out of the biggest chore of the holidays, the shopping and wrapping. What started out as a way to reduce the labor of shopping in crowded malls has become one of my most joyous traditions of the season.

Our tradition, which our husbands and children have come to call the Bacchanal, has two parts. The first part takes place as early as possible in the season. We schedule an evening to gather at one of our homes and bring all of the catalogs that have been filling our mailboxes for months. Even after we sort them out and toss the duplicates, thanks to our varied backgrounds and interests, we usually have a good dozen of general and special interest catalogs to pour over. Then we pass out the highlighters, making sure we all have different and distinctive colors. As we munch on our Christmas cookies and debate the virtues of boiled custard over eggnog, we go through all the catalogs for ourselves and our families.

And we share ideas. I can go through the Sharper Image three or four times but it takes Diana's shrewd eye just once to notice something that would be perfect for my gadget-loving husband. By the same token it is amazing how

often my hard-to-buy-for mother gets the same thing that went over big last Christmas with Mary's mother. And Teri's experience with the active outdoorsy life can often help couch-potato Diana pick out the perfect hiking or camping invention for her Robert.

After we compare and compile our lists, we also organize and pool our collective coupons or discounts. One year, we figured we saved well over a couple of hundred dollars through this and pooling orders to get free shipping.

Then we fire up our computers and begin to order. Ordering online has been a relatively new refinement to our tradition, and one I was a bit wary of considering credit card fraud and all. However, our techno-whiz Mary does the research and makes sure we only use secure shopping sites and safe practices to protect both our identities and credit cards.

Another big plus is, unlike most stores, the Internet is always open for your convenience. You can

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For the next few weeks, as those around us wail and fret as the shopping days melt away, we sail serenely home each evening to collect the boxes of booty left by the UPS and Fed-Ex people, and mark them off our tracking lists.

Then we are ready for Part II of the Bacchanal. Usually the last full weekend before Christmas we load up all of our boxes of deliveries, insure the kids are cared for, and lay in a store of all manner of goodies as we gather at one house for a wrapping fest and sleepover.

We put on the Christmas music and Diana brings out the vast amount of wrapping materials she bought at a huge discount at last year's post Christmas sale. Every year we put together a kitty of cash and Diana takes it and hits all the best places for wrapping paper, bags, boxes, ribbon, tape and tags, usually for about 75% off. She then stores it all year for us.

Besides the wrapping materials, we share our wrapping skills. I hate wrapping alone. The tape sticks to everything but what it should, and I can't seem to cut a straight line. But I love our wrapping fest. Mary wraps boxes quickly and neatly, her corners are always clean and square and her cut edges are folded smoothly under. Tape behaves for her! Diana is the queen of the art of Christmas bags. She can always find a bag to fit no matter how oddly shaped or ungainly the present is. Teri's expertise is bows, tissue, hot-glued sparklies and glitteries, and all the frou-frou that make it extra-EXTRA special. My special talent is calligraphy so I make sure all the tags are personalized, beautifully lettered and attached to the right present and sorted into piles by giver. Together, we out-Martha Martha Stewart and we do it in an amazingly short time. Best of all we do it amid laughter, love, and fun, the way the holiday's traditions should occur.

Much has been written about the blessing of friends, especially girl friends. I have been blessed with fabulous friends and our friendship has endured distance, career changes, the joys of

birth and the tears of death and divorce. We have inspired, bolstered, applauded, and reality-checked each other. We are the village that raised our collective children. At times we have even lied gallantly for each other. Our friendship is less based on our similarities than the appreciation of our complementary differences. Using our various strengths and skills helped us develop a way to take a lot of the stress out of the holidays and put back the joy that should be there.

The best Christmas wish I can make for you, dear readers of *Clarksville Family*, is that each of you are blessed with the joy of enduring friendship.

Kimberly Haynes Titlebaum has been a working mom, a stay-at-home mom, a career counselor, an educational counselor, and currently enjoys being a Life Coach. Visit her on-line at www.transitionsofnashville.com.

Please join us for Candlelight, Communion, Christmas & more.
There's something for everyone all month long!

Dec. 1 & 2:

Madison Street UMC Drama Ministry presents: *"Yes, Virginia, there is a Santa Claus."* For ticket information call 552-8871.

Dec 2 - Dec 23:

• **May Your Light Shine:** Advent worship services at 8:15 and 10:45 a.m. in the Sanctuary. For more information call 647-0221.
• Christmas Around the World rotation Sunday School study for children. (3rd floor)

Dec 9:

7:00 p.m.
Festival Of Light: a musical celebration presented by the Music Ministry of Madison Street United Methodist Church

Dec 16:

6-9:00 p.m.
Progressive Dinner for all youth (begins at church and then on to various homes)

Dec 24:

Christmas Eve Sanctuary Services
• 5:00 p.m. **"Backwards Christmas Pageant"** - a service for children and families.
• 7:00 p.m. & 11:00 p.m. Candlelight Communion Service

Madison Street United Methodist Church

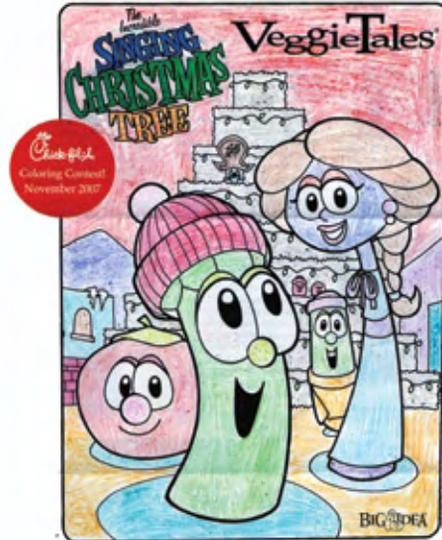
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Chick-fil-A Coloring Contest Winners!

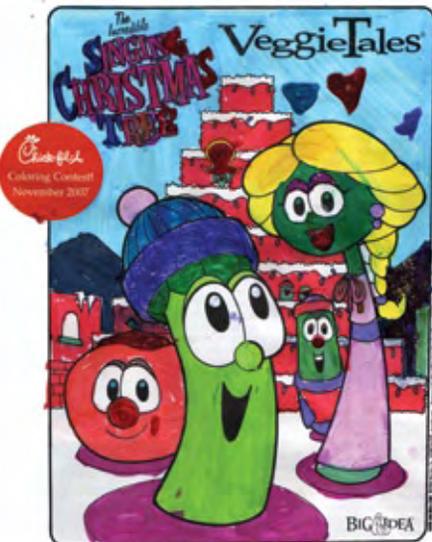


Khera Gray, age 11

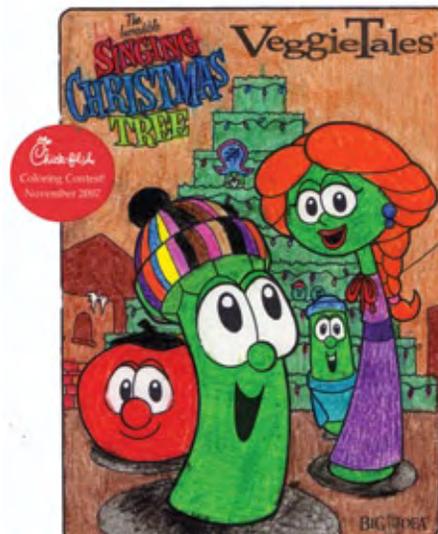


Leah Murray, age 11

Age 9-12



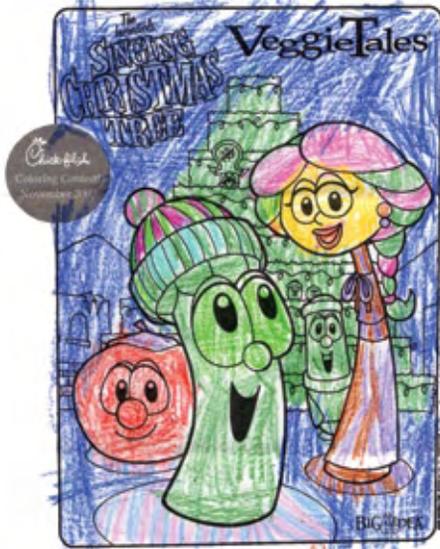
Brynn Greene, age 7



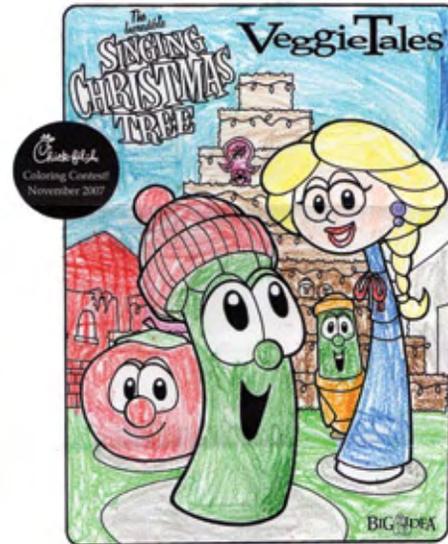
Devin Wilson, age 7

Age 5-8

Chick-fil-A Coloring Contest Winners!



Adison Lenz, age 4



Sebastian Motes, age 4

Age 0-4

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

Both Chick-fil-A & Clarksville Family Magazine would like to thank all of the wonderful and talented kids who entered and would like them to know that it was a VERY difficult decision choosing the winners!

Be sure to stop by either Chick-fil-A location (Governor's Square Mall or Madison St.) to check out the winning works of art in person!

And last but not least...tune in for next month's coloring contest for another chance to win!



Be An Angel



The Salvation Army is hosting its annual Angel Tree program to offer gifts and assistance to needy children. Last year over 500 families and 1,000 children had their holidays lifted by the generosity of the Clarksville community. Already this year more than 350 families in need have signed up.

Businesses, individuals and civic groups are all encouraged to adopt an Angel Tree child now through December 14. The trees are available at

Governor's Square Mall, all three Wal-Mart locations, K-Mart on Madison Street and Fort Campbell Credit Union on Wilma Rudolph Boulevard.

Participation in the Angel Tree program is fun and easy. The rules are simple: only new clothing and gifts should be given to your Angel. Each Angel's profile contains information on the child's age, size, gender, and special Christmas wish. Use the information as a guide.

Remember you do not have to purchase the toy listed, but it should be an age appropriate gift.

It is up to you to determine how much you care to spend, but the Salvation Army suggests spending no more than \$30 to \$60 per Angel. If you have more than \$100 dollars to spend, we recommend dividing your money up and adopting more than one Angel this Christmas.

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Adoption: The Gift of Life

by Kevin C. Kennedy, Attorney at Law

In our every-growing society the reality is that some families still cannot have children. One of the most pleasant times I have had in a courthouse is seeing new parents adopt a child. As I look over my 23 and a half year career, some of the highlights are the joyous occasions of a final adoption decree being signed. It is one of the rare times that everyone present in the courtroom is pleased with the outcome of the proceeding and cannot wait to comply with the ruling of the judge.

The rhetorical question is asked, "What is adoption?" Adoption in its most real form is parents taking on the vital task of raising and loving a child. But how do parents start down the path that will lead to the adopting of a child that they can call their own? While the process can seem intimidating to the untrained eye, with the assistance of an attorney it can turn into a smooth and life-changing process.

Whether the adoption is uncontested, contested, or a step-parent adoption, there are certain documents that must

be filed for the adoption to be complete. With the assistance of an attorney you can reach these goals quickly and finalize the adoption.



First, the adopting parents must file a petition with the court with the request to adopt the child. Second, the parents must show that they are financially able to support the child as natural parents would. This process would have the effect of establishing inheritance rights for the child from the adopting parents.

Beyond being financially able to support a child, the adoptive parents must show to the court that they are willing to take on

a legal relationship with the child that will continue until the child is 18 years old. All of these requirements may appear to be challenging, but an experienced attorney can aid a couple in reaching their goal of finally becoming parents to a child who deserves a loving family.

While adopting a child is a joyous occasion, it is a process that takes careful thought and consideration before being entered into. But once the decision to adopt has been made, the adoption of a child is a gift that will continue to bring joy for a lifetime.



Kevin C. Kennedy is the Senior Attorney at The Kennedy Law Firm, PLLC. He can be reached at (931) 645-9900.

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It's Never Too Early: Don't Wait Until Next Year to Plan Your 2008 Tax Strategy

by Frazier Allen

As well-intentioned procrastinators learn every year, waiting for April showers to start thinking about planning your tax strategy is not the way to go about it. Tax planning should be done early. If you map out sound strategies now, you are far more likely to reap satisfying benefits when you sign your tax documents.

Generally, and briefly, your tax planning should concentrate on maximizing your deductions and your retirement accounts and taking action to minimize your overall tax liability. Are you entitled to child-related credits? Will changes in your personal status, medical requirements or property sale affect your taxes?

This year there is another factor to consider: the future of low tax rates. While no specific tax increase proposals are on the table, the national pool of red ink cries out to be drained sooner or later. Some market and political commentators expect that because of political changes rates could rise.

As a practical matter, it may be advantageous for you to move future

taxable events into 2008 if possible, to take advantage of current rates. The 15% rate on net capital gain and qualified dividend income will remain in place through 2010. And qualified distributions from 529 Plans for educational savings are now tax free permanently. Review your taxable investment holdings for opportunities to take losses on underperforming investments to offset capital gains.

Whether you give cash or property to a qualified charity, the law now requires that you have appropriate records showing the name of the charity, date of the contribution and the amount—and that applies to cash contributions of any amount.

Direct Charitable Transfer

If a substantial charitable gift (up to \$100,000) is on your agenda, don't forget to take advantage of a provision that allows IRA holders age 70½ and older to transfer money directly from an IRA account to their charity of choice. Direct transfer, which ends December 31, 2007, avoids you having to take the

traditional IRA distribution as income, then trying to claim a charitable deduction.



Frazier Allen is a Clarksville native. He is a graduate of Clarksville Academy and APSU, is currently on the board of directors for Clarksville downtown Kiwanis Club, and is Assistant Vice President of F&M Investment Services, Inc. Frazier and his wife, Sally, have one daughter. He can be reached at (931) 553-2048 or frazier.allen@myfmbank.com.

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Dear Readers,

I have had the honor of being able to reach out to several people in our community through this magazine for the last several months and it has been my pleasure to help answer some of your financial questions, but I thought this time of the year deserved something more than discussing interest rates, loan programs, and our current housing market.

I am sure most of you will agree with me when I say that it seems like this year has just flown by. We are right in the middle of the hustle and bustle of the Holiday season once again. Still full from the Turkey and Pie's of Thanksgiving, we are now faced with planning the best Christmas, Kwanza or Hanukah possible. Most Clarksvillians will have school plays, office parties, Church Musicals and numerous other activities to attend. We all have shopping to do for our children, family and friends. Most will spend a great deal of time decorating our homes and some will even go as far as adding a few festive pieces to our cars. All of this we must accomplish while tending to the regular day to day activities of running a household, caring for loved ones, and working.

It is so easy to get overwhelmed with tasks that must be complete before Santa makes his rounds, that some of us loose sight of what the Holidays are supposed to be. I think that no matter if you celebrate Christmas, Hanukah, Kwanza or a combination, they are all meant to be spent with the people you care about.

Both of my parents put forth a lot of effort to make Christmas magical for my brothers and I. I would get to help Mom bake cookies and decorate the tree. My dad would always make me feel like a princess by buying me a beautiful Christmas Dress to prance around in. I only hope that with the help of my husband Wesley, that I can make Christmas as magical for our three daughters, Wittney, Lindsay and Kayleigh. I can't wait to see the sparkle in there eyes when we read them a Christmas story, watch a Holiday movie, or decorate the tree.

So please don't worry if the Gingerbread house is not perfect. Don't worry if one stocking is crooked. Take time to make special memories with family and friends, to feel the magic around you, to help the people who need help, and most of all enjoy this wonderful time of year.

Happy Holidays, from my family to yours!

It's not *just* business...

...it's personal



329 - A Warfield Blvd
Clarksville, TN 37043



Andrea Sommermeyer

Mortgage Consultant

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homeloansbyandrea@yahoo.com



But I Want It!!! by Stephani Cook



It's that time of year again. A wonderful season to celebrate the birth of Jesus, to spend time with family and friends, to spread peace on Earth and Goodwill towards men, and to shop, shop and shop some more!

Inevitably there is always that item that is the "must have" toy for the year. You know the one—by the time Christmas arrives it is selling on eBay for 100% more than the original price because there are NONE to be found. The one that by June your child has either broken, lost, or decided it "just isn't that cool anymore." The "Tickle

Me Elmo" toy I like to call it. (Which, by the way, went for \$3.00 at my summer yard sale.)

They are on the list every year creating panic in the hearts of parents all over the world. I have seen grown women practically cat fight in the middle of Toys R Us to get the last one. The crowds will line up at 4:00 a.m. to fight over the ten that Wal-Mart might have on the shelf when they open at the crack of dawn. Have we lost our minds completely?

Well, yes and no. Of course, as parents, there is nothing more

wonderful than seeing our children's faces light up when the wrapping paper comes off of the box and they exclaim, "It's just what I wanted!" It's natural for us to want to give our children things that make them happy. They are, after all, our pride and joy and we love them deeply. However, in our quest to make our children happy all the time, it's possible that the common sense factor has been sadly left behind. With that in mind I'd like to suggest a few things to consider before you buy that must have toy this season.

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Ann's Helpful Notes

If you are thinking of buy a home, now is the time to do so. There are many houses on the market that have reduced their prices and are willing to help with the closing cost. Call Ann or Rita and let us put you in a new home for 2008!

Merry Christmas from our Family to your Family and may you have a blessed New Year.

1) How many different ways can my child play with this toy?

As technology advances so does the "realistic" quality of many toys. Gone are the days of toilet paper roll telephones and oat can drums. Now our children have toy telephones that are easily mistaken for our own cell phones and drums that follow along with a video demonstration.

So, what's the harm? The more realistic a toy is, the less imagination your child will need to play with it. With less imagination comes less thinking and with less thinking comes less resourcefulness or problem solving skills. Our children as a whole, although very bright and highly entertained, are demonstrating less and less "outside the box" thinking. How many times have you heard, "I'm bored, there's nothing to do"? What your child is really saying is, "I need to be entertained because I'm not creative enough to make up my own fun." By buying toys that are versatile and require more imagination, you are actually helping to equip your child with skills that will benefit him as he grows into adulthood.

2) How active will my child need to be to use this toy?

Video and computer games have done a lot for our children in terms of hand-eye coordination and problem solving. However, they have handicapped our children in terms of gross motor skills needed for sports and physical activity and they have certainly helped to create a world of "lazy" kids.

We have a childhood obesity crisis on our hands that can be easily traced to poor diet and lack of physical activity in our kids.

As you purchase toys this year, think about those that have a physical component. Trampolines, bicycles, skateboards, balls, bats, swing sets, and scooters force children to get active. Outdoor play is a healthy and very necessary part of childhood development.

3) Be careful to not stereotype according to gender.

Children typically have a natural tendency towards certain things. Little girls tend to automatically gravitate towards baby dolls and things that make them "pretty." Boys often throw whatever you give them, and have an innate ability to make perfect truck noises at an early age. However, we must be careful that as parents we do not stereotype our children or forbid play that crosses gender lines. Little boys have just as much to learn in the play kitchen as little girls, and many a young lady has been excited by a cool toy truck or a tall oak tree to climb. The key here is to let kids be kids and to let them use their imaginations in play.

4) Allow your child to save money and make purchases.

Can you remember the first thing you ever bought with your own money? I'll bet many of you can. There is something so rewarding about knowing you earned money and have the freedom to spend it on whatever you want. This gratification

was multiplied if you had to save for a long time to get that ONE special thing. What about your child? Has she had that same kind of fun? We have to be careful that we don't rob our children of that joy by giving them everything they ask for immediately.

5) SURPRISE, SURPRISE, SURPRISE!!!!

Our children make such specific Christmas lists that they almost don't have to open the gift because they know the shape of the box under the tree. While it's okay to make a wish list, try to leave some room in the budget for surprises—gifts your child will love but may not have necessarily asked for. After all, the true spirit of gift giving is that the giver enjoys the exchange as much or more than the receiver. When we feel limited by a "get this or nothing" list, it hinders that spirit and takes out a lot of the fun for both sides.

I hope these suggestions cause you to pause and ponder a little about your Christmas shopping this year. What a privilege we have as parents to teach our children the joy of this season, which hopefully isn't just all about the stuff.

I wish you all a very Merry Christmas and a Happy New Year!

Stephani Cook is a school psychologist in the Clarksville-Montgomery County School System and co-owner of Beyond the Books Educational Resource Center in Sango. Additionally, she is the author and presenter of Train up a Child, a Biblically based parenting seminar.



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Little Miss Natalie



Wake me when
the fun starts!



Naya
YAY for me!



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Mommy's pride & joy



Kyle & Sam



Lorenzo, Mommy & Daddy, wish
everyone a very merry Christmas

Wanna be on the Fridge?

Email photo to: fridge@clarksvillefamily.com
by December 15th. *Please include the names of
who is in the photo & a preferred caption. (optional)

DECEMBER BIRTHDAYS!



Avery will be 1!



Micah

Happy 3rd birthday!



Guitar Hero
Isaiah turns 8!



Happy 6th birthday Eric Jr.!

Love, Mommy, Daddy, & Noelani



Carli, the dancing diva
is turning 4!



Happy 3rd birthday
Shamaan!

Don't forget!

Send in photos for
January birthdays to:

birthdays@clarksvillefamily.com

* You may also mail your photos to:

PO Box 31867 Clarksville, TN 37040

Mailed photos can not be returned.

Submitted photos and signature will serve as a "photo release" allowing Clarksville Family Magazine a one time right to print the photo.

*Photo publication cannot be guaranteed due to volume and time restraints.

1 SATURDAY

CSA ENSEMBLES RECITAL

All day at Austin Peay in the MMC Concert Hall.

CRAFT FAIR

9:00 a.m. at Immaculate Conception Catholic Church Family Life Center, 709 Franklin Street. Featuring more than 50 vendors, a country kitchen (serving chili, soup, funnel cakes, chips and drinks), a country bakery (selling homemade cakes, pies, cookies, candy, home-canned jams and jellies), Christmas ornaments, crocheted afghans, baskets, and jewelry. Admission is \$1. Contact Dianne Ellis at (931) 645-3680 for more information.

ICE!

10:00 a.m. at Gaslight Theater, 2804 Opryland Drive in Nashville. Other shows on December 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 24, 25, 26, 27, 28, 29, 30 and 31. Visit ticketmaster.com for times and ticket prices.

RADIO CITY CHRISTMAS SPECTACULAR

11:00 a.m., 2:00 p.m., 5:00 p.m. and 8:00 p.m. at Grand Ole Opry House, 2804 Opryland Drive in Nashville. Other shows on December 2, 4, 6, 7, 8, 9, 11, 12, 13, 14, 15, 16, 18, 19, 20, 21, 22, 23, 24, 26, 27, 28, 29 and 30. Visit ticketmaster.com or call (615) 889-6611 for times and ticket prices.

CHRISTMAS ON THE CUMBERLAND

Through January 1 all along the McGregor Park Riverwalk. Opening daily at 5:00 p.m. Closes at 10:00 p.m. Sunday through Thursday, and at 11:00 p.m. Friday and Saturday.

CLARKSVILLE "THE SIGHTS AND SOUNDS OF CHRISTMAS" PARADE

5:00 p.m. Downtown. 48th annual parade hosted by the Clarksville Jaycees and The City of Clarksville. Route begins at 8th Street by Austin Peay. For more information contact Aaron Mephram at (931) 338-6777.

YES, VIRGINIA, THERE IS A SANTA CLAUS - DINNER SERVICE

6:00 p.m. presented by the Madison Street United Methodist Church's Drama Ministry, 319 Madison Street. For ticket information contact (931) 552-8871 or visit www.madisonstreetumc.org.

MAGIC SHOW

7:00 p.m. to 8:00 p.m. at the Clarksville-Montgomery County Public Library. Scott Humston's Holiday Magic Show is here. Fun for the whole family.

2 SUNDAY

HOLIDAY CHORAL CONCERT

3:00 p.m. at Austin Peay in the MMC Concert Hall.

YES, VIRGINIA, THERE IS A SANTA CLAUS - DESSERT MATINEE

3:00 p.m. presented by the Madison Street United Methodist Church's Drama Ministry, 319 Madison Street. For ticket information contact (931) 552-8871 or visit www.madisonstreetumc.org.

3 MONDAY

VISUAL COMMUNICATIONS

SENIOR EXHIBITION

Running through Sunday, December 9. Gallery hours are 9:00 a.m. to 4:00 p.m. weekdays and 12:00 p.m. to 4:00 p.m. on weekends, at Austin Peay in the Trahern Gallery.

BUSY BEE'S

9:30 a.m. at Clarksville-Montgomery County Public Library. This program is designed for children from 18 months through three years old, to be an interactive program for parent and child. Contact Children's Library at (931) 648-8826.

JUST FOR ME STORY TIME

10:30 a.m. at Clarksville-Montgomery County Public Library. Designed for children ages 4 and 5 years old, incorporating the use of music and movement as well as offering the best in children's books and storytelling. Contact Children's Library at (931) 648-8826.

AMERICAN RED CROSS BLOOD DRIVE

10:30 a.m. to 4:30 p.m. at 585 South Riverside Drive. For more information call (931) 645-6401 or (931) 645-6402.

JAZZ COMBO

7:30 p.m. at Austin Peay in the MMC Concert Hall.

4 TUESDAY

FAMILY STORY TIME

9:30 a.m. at Clarksville-Montgomery County Public Library. Featuring stories centered around a specific theme that will cover a wide range of ages. Families with children of varied ages will find this program the ideal way to enjoy the library together. Contact Children's Library at (931) 648-8826.

JUST FOR ME STORY TIME

10:30 a.m. at Clarksville-Montgomery County Public Library. Designed for children ages 4 and 5 years old, incorporating the use of music and movement as well as offering the best in children's books and storytelling. Contact Children's Library at (931) 648-8826.

BLOCK OF THE MONTH:

BEGINNING QUILTING CLASS

6:00 p.m. to 8:00 p.m. at Betsy's Quiltin' Barn, 1953 Madison Street. Call (931) 551-3650 for more information.

WIND ENSEMBLE

7:30 p.m. at Austin Peay in the MMC Concert Hall.

5 WEDNESDAY

HANUKKAH

CLARKSVILLE FOX

Classroom instruction. 7:00 p.m. at Northwest High School cafeteria.

6 THURSDAY

BABY AND ME LAPSIT

9:30 a.m. at Clarksville-Montgomery County Public Library. Infants up to eighteen months will enjoy this program. Infants sit on their parent's lap and interact with them while enjoying songs, finger plays, and books designed with babies in mind. Contact Children's Library at (931) 648-8826.

AMERICAN RED CROSS ORIENTATION CLASS

9:30 a.m. to 11:00 a.m. and again at 6:30 p.m. to 8:00 p.m. Class to show the opportunities available for persons who are interested in volunteering with the American Red Cross. Register at least 24 hours in advance. For information contact Earl Parrish at (931) 645-6401.

ARTWALK & WINE EVENT

5:00 p.m. to 8:00 p.m. at 100 block of historic downtown Clarksville. Wine tasting, art exhibitions, and all of the unique shops that downtown Clarksville has to offer. Call (931) 647-0444 for information.

GUITAR ENSEMBLE

7:30 p.m. at Austin Peay in the MMC Concert Hall.

7 FRIDAY

ISLAND PRINCESS BARBIE

MEET AND GREET

5:00 p.m. to 8:00 p.m. in Border's Court at Governor's Square Mall. Get an autograph and picture with Barbie (don't forget your camera).

8 SATURDAY

CLARKSVILLE FOX

Testing, tryout and workout. 1:00 p.m. at Northwest High School practice field.

TRIBUTE TO FALLEN SOLDIERS

6:00 p.m. to 10:00 p.m. at 300 Broadmore Drive. Featuring 48,000 lights, Patriot Guard and Kenwood High School JROTC, with the reading of soldier names. For more information call James Pierce at (931) 980-1141 or Amy Curran at (931) 436-8512, or e-mail TriStarHealth@yahoo.com.

9 SUNDAY

FESTIVAL OF LIGHT

A musical celebration presented by the Music Ministry of Madison Street United Methodist Church, 319 Madison Street, (931) 647-0221.

10 MONDAY

BUSY BEE'S

9:30 a.m. at Clarksville-Montgomery County Public Library. This program is designed for children from 18 months through three years old, to be an interactive program for parent and child. Contact Children's Library at (931) 648-8826.

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AMERICAN RED CROSS BLOOD DRIVE

10:30 a.m. to 4:30 p.m. at 585 South Riverside Drive. For more information call (931) 645-6401 or (931) 645-6402.

11 TUESDAY

MIDDLE SCHOOL HONOR BAND

All day at Austin Peay in the MMC Concert Hall.

FAMILY STORY TIME

9:30 a.m. at Clarksville-Montgomery County Public Library. Featuring stories centered around a specific theme that will cover a wide range of ages. Families with children of varied ages will find this program the ideal way to enjoy the library together. Contact Children's Library at (931) 648-8826.

JUST FOR ME STORY TIME

10:30 a.m. at Clarksville-Montgomery County Public Library. Designed for children ages 4 and 5 years old, incorporating the use of music and movement as well as offering the best in children's books and storytelling. Contact Children's Library at (931) 648-8826.

FRIENDS OF THE LIBRARY BOARD MEETING

4:00 p.m. at the Board Room of the Clarksville-Montgomery County Public Library.

PUBLIC HEARING ON REZONING FOR 2008-2009 SCHOOL YEAR

6:30 p.m. in Board Room of Clarksville-Montgomery County Board of Education, 621 Gracy Avenue.

13 THURSDAY

BABY AND ME LAPSIT

9:30 a.m. at Clarksville-Montgomery County Public Library. Infants up to eighteen months will enjoy this program. Infants sit on their parent's lap and interact with them while enjoying songs, finger plays, and books designed with babies in mind. Contact Children's Library at (931) 648-8826.

BARIATRIC SUPPORT GROUP MEETING

6:00 p.m. to 7:30 p.m. at Clarksville-Montgomery County Public Library at 350 Pageant Lane. Sponsored by Centennial Medical Center. Call (931) 216-4384 for more information.

CLARKSVILLE PARENTS OF MULTIPLES SUPPORT GROUP MEETING

6:30 p.m. at Hilldale United Methodist Church at 1751 Madison Street. Call (931) 206-8105 for more information.

14 FRIDAY

PLAYHOUSE DISNEY LIVE! ON TOUR

3:00 p.m. and 7:00 p.m. at Nashville Municipal Auditorium, 417 4th Avenue North, Nashville. Tickets \$13 to \$52. Visit ticketmaster.com or call (615) 862-6395 for more information.

NUTCRACKER BALLET

7:00 p.m. at Andrew Jackson Hall of Tennessee Performing Arts Center, 505 Deaderick Street, Nashville. It just wouldn't be the holidays without Nashville Ballet's Nutcracker. This perennial family classic is beloved for its story, its dancing, its magical scenery and costumes, our surprise celebrity Mother Gingers, and the joyous Tchaikovsky score, and is accompanied by the magnificent Nashville Symphony. Shows through Sunday, December 23. Tickets \$19 to \$59. Visit ticketmaster.com or call (615) 782-4000 for tickets and more information.

15

SATURDAY

CLOTHING GIVEAWAY

9:00 a.m. to 12:00 p.m. at Family Worship Center, 2225 Dover Road, Woodlawn. Donations are appreciated. Contact Jon Lockwood at (931) 216-7291 for more information.

17 MONDAY

BUSY BEE'S

9:30 a.m. at Clarksville-Montgomery County Public Library. This program is designed for children from 18 months through three years old, to be an interactive program for parent and child. Contact Children's Library at (931) 648-8826.

JUST FOR ME STORY TIME

10:30 a.m. at Clarksville-Montgomery County Public Library. Designed for children ages 4 and 5 years old, incorporating the use of music and movement as well as offering the best in children's books and storytelling. Contact Children's Library at (931) 648-8826.

AMERICAN RED CROSS BLOOD DRIVE

10:30 a.m. to 4:30 p.m. at 585 South Riverside Drive. For more information call (931) 645-6401 or (931) 645-6402.

18 TUESDAY

FAMILY STORY TIME

9:30 a.m. at Clarksville-Montgomery County Public Library. Featuring stories centered around a specific theme that will cover a wide range of ages. Families with children of varied ages will find this program the ideal way to enjoy the library together. Contact Children's Library at (931) 648-8826.

JUST FOR ME STORY TIME

10:30 a.m. at Clarksville-Montgomery County Public Library. Designed for children ages 4 and 5 years old, incorporating the use of music and movement as well as offering the best in children's books and storytelling. Contact Children's Library at (931) 648-8826.

Wish List gift registry available at Hodgepodge.

While you're shopping for everyone else - be sure to fill out your personal "Wish List" at Hodgepodge! Friends & family can shop for you online.




Hodgepodge
where you gather your home

125 Franklin St
Downtown Clarksville
931.647.0444
www.hodgepodge-home.com

To have your information included for free on the Calendar e-mail events@clarksvillefamily.com. Please have it to us by the 10th of the month to be included in next month's issue.

BLOCK OF THE MONTH:

BEGINNING QUILTING CLASS

6:00 p.m. to 8:00 p.m. at Betsy's Quiltin' Barn, 1953 Madison Street. Call (931) 551-3650 for more information.

19 WEDNESDAY

LIBRARY BOARD MEETING

3:00 p.m. in meeting room at Clarksville-Montgomery County Public Library.

20 THURSDAY

BABY AND ME LAPSIT

9:30 a.m. at Clarksville-Montgomery County Public Library. Infants up to eighteen months will enjoy this program. Infants sit on their parent's lap and interact with them while enjoying songs, finger plays, and books designed with babies in mind. Contact Children's Library at (931) 648-8826.

PARENTING SUPPORT GROUP MEETING

6:30 p.m. to 8:00 p.m. at First Missionary Baptist Church, 301 Fairview Lane. For parents of children with emotional or behavioral disorders. Sponsored by Tennessee Voices for Children. Contact Monica Causey at (931) 801-0895 for more information.

FRIENDS OF DUNBAR CAVE MEETING

7:00 p.m. at Dunbar Cave, 401 Old Dunbar Cave Road. Open to anyone interested in Dunbar Cave and the park.

21 FRIDAY

AMERICAN RED CROSS BLOOD DRIVE

10:00 a.m. to 2:00 p.m. at 585 South Riverside Drive. For more information call (931) 645-6401 or (931) 645-6402.

22 SATURDAY

CLOTHING GIVEAWAY

11:00 a.m. to 2:00 p.m. at Reconciliation Evangelistic Outreach Center, 1155 Fort Campbell Blvd. Call (931) 645-9596 for more information.

24 MONDAY

AMERICAN RED CROSS BLOOD DRIVE

8:30 a.m. to 1:30 p.m. at 585 South Riverside Drive. For more information call (931) 645-6401 or (931) 645-6402.

BACKWARDS CHRISTMAS PAGEANT

5:00 p.m. at Madison Street United Methodist Church, 319 Madison Street. A service for children and families.

25 TUESDAY

CHRISTMAS



Merry Christmas
&
Happy Holidays!

31 MONDAY

AMERICAN RED CROSS BLOOD DRIVE

10:30 a.m. to 4:30 p.m. at 585 South Riverside Drive. For more information call (931) 645-6401 or (931) 645-6402.

American Red Cross Class Schedule

Clarksville-Montgomery County Chapter

585 Riverside Drive • (931) 645-6401 • clarksville.redcross.org

ADULT, CHILD, INFANT

CPR AND FIRST AID

\$60. Participants will learn first aid skills for treating a variety of injuries, such as burns; wounds; head, neck and back injuries; and heat and cold-related emergencies. Students will also learn how to perform CPR and care for breathing and cardiac emergencies in adults, children and infants. Saturday, December 1 from 9:00 a.m. to 4:00 p.m. at Fort Campbell. Friday, December 7 from 9:00 a.m. to 4:00 p.m. at Chapter.

BABYSITTER TRAINING

\$50. This very popular course gives 11 to 15 year olds the knowledge, skills and confidence to care for infants and school-age children. Course combines video, activities, hands-on skills training and discussion for most complete learning experience. Course teaches first aid and how to get professional medical help fast, identify common safety hazards, prevent injuries, choose safe, age-appropriate toys and games and perform basic care routines like diapering, feeding and dressing children. This class does not include certification for CPR or First Aid. Saturday, December 15 from 9:00 a.m. to 4:00 p.m. at Chapter (bring lunch).

ADULT CPR AND FIRST AID

\$50. Students will also learn how to perform CPR and care for breathing and cardiac emergencies in adults. This includes recognizing and caring for injuries or sudden illnesses until advanced medical help can arrive, and basic precautions for preventing disease transmission. Friday, December 21 from 9:00 a.m. to 2:00 p.m. at Chapter.

INFANT AND CHILD CPR

\$40. Students will learn how to prevent, recognize, and provide basic care for breathing and cardiac emergencies in infants and children under the age of 12 until advanced medical help can take over. Students will also learn basic precautions for preventing disease transmission. Thursday, December 6 from 5:00 p.m. to 9:00 p.m. at Chapter.

ADULT CPR

\$40. Students will learn how to prevent, recognize, and provide basic care for breathing and cardiac emergencies in adults until advanced medical help can take over. Students will also learn basic precautions for preventing disease transmission. Thursday, December 20 from 5:00 p.m. to 9:00 p.m. at Chapter.

INSTRUCTOR TRAINING COURSE

\$175. Individuals 16 years and older who possess certification cards for CPR and

First Aid. Students must pass a pre-course exam with a score of at least 80 percent, and who demonstrate competence in the skills evaluation may proceed with course. Class teaches instructor candidates to plan, organize and conduct Lay Responder First Aid/CPR/AED course. Students must pass final exam with at least an 80 percent score. December 4, 5 and 6 from 9:00 a.m. to 4:00 p.m. at Chapter.

CHALLENGES

\$25. For participants who already have CPR and First Aid knowledge. Students must pass written test with at least an 80 percent score and pass skill evaluation to receive certification. Monday, December 3 at 1:00 p.m. Monday, December 10 at 9:00 a.m. Monday, December 17 at 1:00 p.m. at Chapter.

BLENDED LEARNING 2ND HALF OF COURSE

Students must complete on line lecture and pass test with 80 percent, bring completion certificate of course. Students are then checked off on skill evaluation to receive certification of completion. Monday, December 3 at 9:00 a.m. Monday, December 10 at 1:00 p.m. Monday, December 17 at 9:00 a.m. at Chapter.

MOMS Club of Clarksville December Calendar

MOMS Club of Clarksville is a chapter of the international, non-profit group for stay at home parents to socialize with other preschoolers and their parents through activities and playgroups.

1 SATURDAY
FAMILY DAY OUT 11:00 a.m.
To see ICE in Nashville.

3 MONDAY
STROLLER ROLLERS 9:30 a.m.
At the Riverwalk/McGregor Park.

6 THURSDAY
TOUR AND SERVICE PROJECT

10:00 a.m. At Fieldstone Place nursing home.

7 FRIDAY
MONTHLY MEETING 10:00 a.m. Come enjoy breakfast at Madison Street United Methodist Church.

8 SATURDAY
FAMILY HOLIDAY PARTY 5:00 p.m. to 7:00 p.m.

10 MONDAY
CLARKSVILLE ELITE GYMNASTICS

11 TUESDAY
CLARKSVILLE ELITE GYMNASTICS

14 FRIDAY
BOWLING 10:00 a.m. At The Pinnacle.

17 MONDAY
STROLLER ROLLERS 9:30 a.m. At the Riverwalk/McGregor Park.

18 TUESDAY
STORY TIME 10:00 a.m. At Books-a-Million.

MOMS NIGHT OUT 7:00 p.m. Cookie Exchange.

20 THURSDAY
LUNCH BUNCH 11:00 a.m. At McDonald's.

27 THURSDAY
INFLATABLE JUMP OUTING 10:00 a.m.

*Playgroups, Bunco and Scrapbooking also meet throughout the month! For more information on the MOMS Club of Clarksville please contact Kelly Vaughn, Membership Vice President, at (931) 538-1728 or clarksvillemomsclub@yahoo.com. Visit www.geocities.com/clarksvillemomsclub

The Roxy Regional Theatre

www.roxyregionaltheatre.org • 100 Franklin Street

THE CHIMES

Adapted for the stage by John McDonald.
Charles Dickens' "other Christmas Carol" is a cross between the story of Ebenezer Scrooge and Frank Capra's *It's a Wonderful Life*. In it, Toby Veck meets the spirits of the church chimes and sees the greater importance of his life. December 1, 5, 6, 7, 8*, 12, 13, 14, 15, 19, 20, 21 and 22.

Curtain Times
7:00 p.m. Wednesday and Thursday Evenings
8:00 p.m. Friday and Saturday Evenings
*2:00 p.m. on selected Saturday afternoons
(Program and times are subject to change.)

Individual Ticket Prices

•\$15.00 adult

- \$10.00 (age 13 and under)
- Group discounts available, call box office for details
- Student rush \$5.00 (every performance student tickets will go on sale for \$5.00 at 5 minutes prior to curtain for remaining seats)

Box-office: (931) 645-7699
Business office: (931) 648-9121
roxytheatre@bellsouth.net



www.customshousemuseum.org • 200 South Second Street

Olen Bryant: A Retrospective
Crouch, Bruner and Orgain Galleries through December 31.

Eastern Cherokee Black Pottery Treasures Vault, Heritage Hall.
Philenese Slaughter, immediate past president of the Native Cultural Circle, shows selections of 20th century Native American blackware.

Little Builders

Through January 6 in the Kimbrough Gallery. Young children become movers and shakers in *Little Builders*. Kids ages two through seven play and learn while exploring the concepts of construction, motion and simple machines. They can hand-operate a pulley and conveyor belt to explore cause and effect, or turn the wheels of

a gantry crane to transport cargo and discover mechanical physics at work. They can operate a child-sized crane to hook, lift and move objects and materials, or build structures with blocks, pipes and gears, while learning about size, weight, shape, balance, gravity and stability.

Peg Harvill Gallery

A permanent gallery featuring selected watercolors by artist Peggy D. Harvill.

Lucy Dunwody Boehm Porcelain Collection

DeWald Gallery, Heritage Hall. Come see one of the Southeast's largest collections of these fantastic porcelains now installed in a new permanent gallery.

Model Trains

Our volunteer engineers "ride the rails" every Sunday afternoon from 1:00 p.m. to 4:00 p.m.

Open to the public Tuesday through Saturday from 10:00 a.m. to 5:00 p.m. and Sundays from 1:00 p.m. to 5:00 p.m. Closed on Mondays and major holidays.

Admission prices: Free to Museum members. Adults \$5.00; seniors (55+) \$4.00; college students with picture ID \$2.00; children ages 6 through 18, \$1.00; no charge for children under age 6. Every

Sunday is free admission for everyone! Children under age 14 must be accompanied by an adult at all times and in all areas of the Museum. Call (931) 648-5780.

ADOPTION & FOSTER CARE CARING CHOICES

Caring Choices of Catholic Charities is a licensed child-placing agency by the State of Tennessee. They also provide services to those experiencing an unplanned pregnancy with supportive professional counseling. Offices: 1905 Madison Street, Clarksville, TN 37043 (931) 645-9969. Hours: Mon-Thurs, 10:00 a.m. to 2:00 p.m. 2nd and 4th Saturdays, 10:00 a.m. to 12:00 p.m.

MERITAN

Meritan is a child placement agency whom trains families to care for medically fragile and therapeutic foster children placed in DCS custody throughout Clarksville and the surrounding areas. Adoption options are available, also. Please call (800) 487-5208 for more information.

OMNI VISIONS INCORPORATED

Omni Visions is a multi-state child placement agency. For information call (931) 906-3779 or visit omnivisions.com. 341 Union St, Clarksville, TN 37040

PHOENIX HOMES

Phoenix Homes offers treatment foster care and services. For information call (931) 645-7711 or (931) 645-7742, or visit www.phoenixhomes.org. 1781 Wilma Rudolph Blvd, Clarksville, TN 37040

YOUTH VILLAGES

Youth Villages is a private nonprofit organization dedicated to helping emotionally and behaviorally troubled children and their families live successfully through innovative, research-based programs. For information call (931) 503-0777 or visit youthvillages.org. 585 S. Riverside Dr., Clarksville, TN 37040

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. For information call (931) 624-7253.

IRON KNIGHTS YOUTH WRESTLING CLUB

Iron-Knights Youth Wrestling Club is here to promote interest in the sport of wrestling among parents

and the youth of the Clarksville. We are here to supervise, sponsor, and financially assist a disciplined and competitive program of wrestling. Our main goals are to not only have the best wrestlers, but to promote the ideals of good sportsmanship, honesty, and respect for authority. We believe in stressing the concepts of parents and children working and playing together in all club activities so that the family may be strengthened in the process. For more information contact Jamie Sampsel at (931) 233-9091 or e-mail info@myironknights.com or visit myironknights.com.

CHILDBIRTH & PARENTING EDUCATION

9 MONTHS & BEYOND, LLC

A comprehensive source for pregnancy, birth, breastfeeding and early parenting education and resources. They also offer Birth Tub Rentals, Breastpump Rentals, Babymoon Vacation & Spa Packages & Birth Plan Consultations. Contact Micky Jones, BS, CLE, CLD, CHBE, CAPP Lactation Educator Trainer at (931) 451-3223 or visit ninemonthsandbeyond.com

GATEWAY HEALTH SYSTEM

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. Prenatal Classroom, 7:00 p.m. To register call (931) 551-1182.

Sibling Classes offer brothers-and sisters-to-be an introduction to sibling interaction and a tour of the Nursery. Last Saturday of the month, Cumberland Room, 10:00 a.m. To register call (931) 551-1182.

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. Call (931) 645-3976 for more information.

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

Meets third Wednesday of every month at 10:00 a.m. at the Clarksville-Montgomery Public Library. All breastfeeding mothers and mothers-to-be interested in breastfeeding are welcome. Babies are always welcome at meetings. Local LLL leaders are available to provide information, support and answer questions: Gini at (931) 906-8946 or Sara at (270) 439-2723

NEW BEGINNINGS 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 Prenatal Classroom of

Gateway Medical Center. Cost for the class is \$15 (\$25 if you wish to receive The Nursing Mother's Companion book). Call (931) 551-1182 to register. Lactation Services also rents and sells breast pumps and nursing supplies. For more information contact Jeanette Prine, RN, Certified Lactation Consultant, (931) 551-1610 or jprine@ghsystem.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. For information visit childcareaware.org.

MID-CUMBERLAND CHILDCARE RESOURCE AND REFERRAL

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.

1300 Madison Street
Clarksville, TN 37040
(931) 648-3695 or (866) 446-6006.

MONTGOMERY CHILD CARE PROVIDERS BY AREA

tennessee.gov/humanserv/childcare/63/37040/
tennessee.gov/humanserv/childcare/63/37042/tennessee.gov/humanserv/childcare/63/37043/ At the above listed links you will find individual Child Care Provider: -State Star Quality Ratings -Capacity -Minimum & maximum age accepted -Hours of operation -Transportation information (Home based child care facilities are also listed)

PARENT INFORMATION NETWORK (PIN)

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, INC.

Provides services to developmentally delayed children and adults. (931) 647-6333
1249 Paradise Hill Road, Clarksville, TN 37040
progressivedirections.com

SHARE (SECLAR HOMESCHOOLERS: ANY RELIGION, ECLECTIC)

An inclusive/nonreligious home school support group, groups. yahoo.com/group/tnSHARE. Meets Mondays from 1:00 p.m. to

3:00 p.m. at Unitarian Universalist Fellowship of Clarksville, 3053 U.S. Highway 41A South

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 St., call Joyce (931) 358-9515. Ajax Senior Citizens Building, 953 Clark St., call Kim (931) 647-0566. Community Church, Jack Miller Blvd. & Airport Road, call Kim (931) 647-0566. middletnalanon.org

CLARKSVILLE RAPE AND SEXUAL ABUSE CENTER

331 Union Street, Suite B. Clarksville TN 37040
Office: (931) 647-3632
Toll-free Crisis Hotline: (800) 879-1999

CREATING HOPE BY ASSISTING PARENTS

Works with families whose children are at risk of abuse or neglect. Call Debra Maness at (931) 645-9793 for more information.

DEPARTMENT OF CHILDREN'S SERVICES

350 Pageant Lane, Suite 401, Clarksville, TN 37040. (931) 503-3200

LEGAL AID SOCIETY

Provides free legal advice and representation to eligible clients. 120 Franklin Street, Clarksville, TN 37040. Call (931) 552-6656 or visit las.org.

MONTGOMERY COUNTY CHILD SUPPORT SERVICE

93 Beaumont Street Clarksville, TN 37040-3217
Phone: (931) 572-1663, Fax: (931) 648-5539

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

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. 1030 Cumberland Heights Road. Contact Martin R. Koon Jr. at (931) 648-5725 or mkoon@utk.edu

BOY SCOUTS OF AMERICA

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

GIRL SCOUTS OF AMERICA

(931) 648-1060
1300 Madison St., Clarksville, TN 37040

Some of the information included in the Network has been obtained through community and Internet sources. We apologize for any errors. If you find any corrections or would like to have your group's information included for free, please call (931) 338-2739 or e-mail info@clarksvillefamily.com.

COMMUNITY OUTREACH ALL NATIONS BIBLICAL STUDY CENTER

Offering tuition-free Bible courses to the community in the major fields of Biblical research, to include: Hebraic Studies, the New Testament, Biblical Cultures, Biblical Languages and the Bible Lands. The 2008 Spring Semester is January 27 through May 1, and registration is currently open. Visit www.studythescriptures.net or call (931) 648-8844 for more information.

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. For more information contact Melony Jones at (931) 221-7868 or jonesma@apsu.edu. New online classes start every month. For details visit www.ed2go.com/apsu.

ASERACARE HOSPICE

Hospice team provides medical, emotional and spiritual support to terminally ill patients and their families. For information call (931) 551-4100.

CRISIS CALL LINE

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

HOSPICE OF GATEWAY

Interdisciplinary care for terminal patients and families. (931) 551-1175.

HUMANE SOCIETY OF CLARKSVILLE- MONTGOMERY COUNTY

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

JOSEPHINE'S CLOSET

A ministry of Hope Pregnancy Center. Provides children's clothing sizes newborn-size 12, nothing over \$5. Parking and entrance on back side of HPC. (931) 645-2273. 325 N. Second St.

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.

Among the services available are English as a Second Language classes, in partnership with Adult Basic Education and How to Start Your Own Business seminars, offered

in Spanish or English, in partnership with Your Spanish Link and Concept Training. We are currently working to create a new community center in Clarksville focused on empowering minorities, donations of any kind are welcomed.

For information call (800) 431-8364 or visit www.asociacionlatina.info

LOAVES AND FISHES

Provides a hot meal Monday-Saturday 10:30 a.m. to noon. 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. 215 Foster St. Contact P.O. Box 3241, 37043 or (931) 645-9020.

MEALS ON WHEELS

Mid-Cumberland Human Resource Agency provides group or home-delivered meals to individuals 60 or older. Volunteers deliver noon meal Monday-Friday. It only takes an hour of your time. To volunteer contact 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 a free monthly class. Call for your appointment: (931) 551-8777.

TENNESSEE REHABILITATION CENTER AT CLARKSVILLE

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. 1241 Highway Drive (adjacent to the Animal Shelter) or call (931) 648-5560.

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

The new 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 association. 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 join us in exciting upcoming professional growth opportunities. For more information contact TRAEYC President, Lisa Maddox-Vinson at (931) 221-7303.

UNITED WAY

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. Contact them at 1300 Madison St, Clarksville, TN 37040 or (931) 647-4291.

COUNSELING CENTERSTONE

Family Centered Services (931) 503-4600
901 Martin Street

SPECIAL INTEREST

CLARKSVILLE RAW VEGAN FOOD MEETUP

Meet rawmarkable raw vegans and those interested! Have fun, share raw food cuisine, recipes, philosophies, enjoy guest speakers and discuss vegan diet and health issues. Anyone interested in the raw/live food diet and lifestyle is welcome. Call Diana at (931) 624-7009 for more information.

SUBSTANCE ABUSE & MENTAL HEALTH BRADFORD HEALTH SERVICES

Bradford Health Services creates effective and affordable substance abuse and mental health programs through a variety of innovative inpatient and outpatient services. Clarksville Regional Office, 231 Dunbar Cave Road, Suite A, Clarksville, TN 37043. Call (931) 542-9816

HARRIET COHN CENTER

(931) 920-7100, 511 Eighth Street.

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

SUPPORT GROUPS

ALZHEIMER'S CAREGIVERS' SUPPORT GROUP

Meetings:
First Thursday of each month at 6:30 p.m. at Clarksville Montgomery County Public Library
Third Wednesday of each month at 9 a.m. at Senior Citizen's Center at 953 Clark St.
Contact Patsy Shell at (931) 648-1884 for more information.

AUTISM SUPPORT GROUP

Clarksville & Montgomery County
Donna Richardson: (931) 503-2315

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. For more information call (931) 551-1530.

CLARKSVILLE PARENT SUPPORT GROUP

Sponsored by Tennessee Voices for Children as a place for parents/caretakers and family members of children ages 0-23 who experience emotional, behavioral, and mental health issues to receive help. Meets monthly (3rd Thursday of the month) at the Emmanuel Life Center, 301 Fairview Lane, Clarksville 37040. Childcare is provided but it is requested that parents/caretakers call to verify they will need childcare. Contact Monica Causey, (931) 801-0895 or (800) 670-9882.

GATEWAY HOSPICE GRIEF SUPPORT GROUP

For those who are trying to cope with the death of a loved one. The support group is open to the public and there is no cost to attend. The group meets the 2nd Wednesday of every month at 11:30 a.m. at the Clarksville-Montgomery County Public Library. For more information contact Gateway Hospice at (931) 648-4576.

GRIEF & LOSS

The parish nurses of Grace Lutheran and Sango United Methodist churches offer a twelve week class for adults who are grieving the loss of a loved one. To register or to find out when the next class begins, call Grace Lutheran at (931) 647-6750 or Sango United Methodist Church at (931) 358-2552.

MENED HEARTS, INC.

Supports heart disease and heart surgery patients and their families. Meets in the Tennessee Room at Gateway Health System every third Tuesday at 6:30 p.m. For more information call (931) 551-1662.

NAMI (NATIONAL ALLIANCE OF THE MENTALLY ILL)

Support group meets the 4th Monday of every month at 7:00 p.m. at the First Church of the Nazarene, 150 Richview Rd. For information call Bertha at (931) 216-3590 or Debi at (866) 9091-6264.

WARRIORS OF HOPE

A place to share the journey of life after breast cancer. Meets the 2nd Wednesday evening of each month in Clarksville. For more information contact Jennifer at warriorsofhope@charter.net or (931) 624-5400.

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 <http://groups.yahoo.com/group/ClarksvilleAreaHomeSchoolNews/>

HOPKINSVILLE SAHM MEETUP GROUP

For information about the Hopkinsville Stay at Home Moms Meetup Group visit their website at <http://sahm.meetup.com/1943/>

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

Provides information, encouragement and support to mothers who wish to breast feed their babies. Meetings are third Wednesdays at Montgomery County public library, large meeting room, 10 a.m. Local LLL leaders are available to provide information, support and answer questions: Gini at (931) 906-8946 or Sara at (270) 439-2723

MOMS CLUB OF CLARKSVILLE

Come meet other stay at home moms at the MOMS Club®! The MOMS Club® is an international non-profit, non-religious, non-political organization specifically designed to support stay at home moms (including those

that may work part time or have a home based business). Join us for one of our Open House meetings the first Friday of every month at 10:00 a.m. at Madison Street United Methodist Church. Enjoy breakfast while getting to know more about MOMS Club and meeting local MOMS. Some of our activities include speakers and discussions, park days, field trips, cooking club, and activity groups like playgroups, walking, arts & crafts, and a monthly MOMS Night Out. We also do service projects for children and families in our community. Yearly dues are \$20. Most of our activities are during the day, when moms need the support most. Children are welcome at all daytime activities. For more information contact Kelly Vaughn, Membership Vice President, at (931) 538-1728 or email: clarksvillemomsclub@yahoo.com or visit: www.geocities.com/clarksvillemomsclub

M.O.P.S. (MOTHERS OF PRESCHOOLERS)

An organization designed for mothers of young children age birth to kindergarten and expecting mothers of all ages and backgrounds. MOPS meets on the first and third or second and fourth Thursdays of every month at First Baptist Church of Clarksville, 435 Madison Street. Each meeting begins at 9:30 a.m. Join us for food, fellowship and fun. Child care is provided. Evening and TEEN MOPS also meet. Contact Coordinator Dawn Wells at dawnwells@charter.net or (931) 551-3590 for more information.

PARENTS OF MULTIPLES

A support group for parents of twins, triplets and more. Meets 6:30 p.m. on second Thursdays at Hilldale United Methodist Church. Call Kelley Corley at (931) 542-6070 or e-mail vp@clarksvillemultiples.com, or visit clarksvillemultiples.com.

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.

TENNESSEE INFANT PARENT SERVICES (TIPS)

Statewide program for families of infants and toddlers with developmental delays, hearing and/or vision loss. TIPS seeks to build the family's confidence in parenting their infant and toddler. Call Jaye Johnson at (931) 302-2018 or (931) 648-3976.

UP WITH DOWNS

A support group for families with children with Down syndrome. Meets second and fourth Mondays through May from 6:00 p.m. to 8:00 p.m., at First Church of the Nazarene on Richview Road. Call Renee Garcia at (931) 302-7395 or e-mail: CAmommy2KJ@aol.com.

December 2007 MARKETPLACE

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Staying In Style

A clean, modern salon in a new office park on the Bypass is where you can find a warm and personal styling experience. In Style Salon, located at 1865 Ashland City Road, has only been here since March of 2007 but the owner, Trudy Chambers, has been styling hair for 22 years.

"I wanted to come out and share all of my personal experience with others. Styling is my passion," says Trudy.

Trudy's team includes Brandy Peetz, who has been styling for nine years. And Jackie Hall, who has been in the business since 1993, and also offers manicure and pedicure services in addition to her hair styling skills. Trudy is proud to have them both adding, "I appreciate the stylists who work with me, they are truly an asset."

Trudy, a Clarksville native, began styling after graduating from Jon Nav University in 1986. She has two children, three grandchildren and a lot of friends. "I could not have opened this salon without the help and support of my family and friends."

In Style is a full service salon offering highlighting, lowlighting, coloring, perms, facial waxing, manicures, pedicures and tanning. But Trudy is quick to point out that fundamentally they are a hair salon.

Trudy respects all of the other salons and spas in the area. It is that same kindness and her personal touch, in addition to her immense skills, that keep people coming back. "We like to offer a personal, comfortable atmosphere

for our clients. It's about them and their hair, and making sure they are completely satisfied."

In Style is hosting a Holiday Open House event on Saturday, December 8 from 9:00 a.m. to 5:00 p.m. It will include refreshments and drawings for gift baskets and services. Says Trudy, "I hope people who have not yet experienced us will come out and see all that we are about and what we can offer them. And to our existing clients, we want to thank them for their loyalty. We are looking forward to sharing our salon."

If you would like to make an appointment or need more information call Trudy, Brandy or Jackie at In Style Salon, (931) 906-1330.

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