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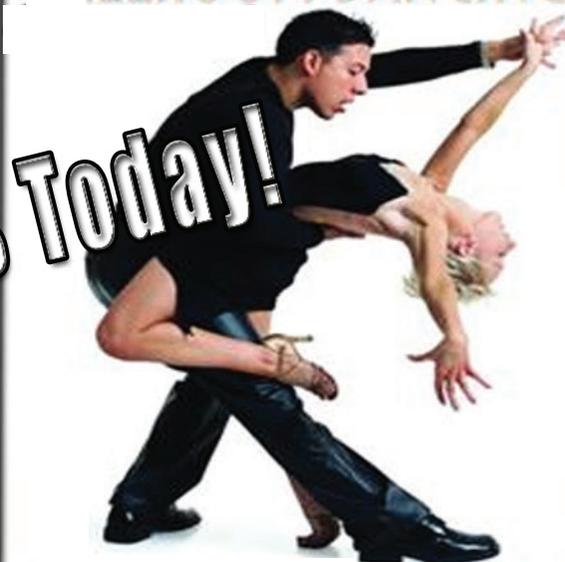


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Publisher's Message

First, I want to briefly acknowledge everyone who came out to Riverfest last month, especially all who stopped by our Toddler Town tent. It was a joy seeing so many new (as well as a bunch that are now familiar) faces. We're already looking forward to next year. Sorry 2,000 bags weren't enough for all who wanted one. We'll try to have 5,000 to give away next time!



As our cover surely shows, we have a bit of a dual theme going on this month: Breast Cancer Awareness and Halloween. I'll spare the cliché's about how scary they both are, but instead focus on the positives. Though breast cancer is an all too real threat to us, the continued medical research and treatments are leading to earlier detection, better care, and much better survivability. Kelly Blevins' story starting on page six is a great example of how much a positive attitude and the love and support of family and friends can accomplish. I want to thank David Barbee for taking the photograph of the Blevins family on the cover, and also Eden Day Spa for doing Kelly's makeup before the session. And another big thank you to Pamela Magrans for telling Kelly's story.

As for Halloween, I love it. My son has already watched countless times a Martha Stewart Halloween special we TiVo'ed over a year ago. His enthusiasm for this holiday is infectious, and we can't wait to get some pumpkins to start carving.

In addition to multiple Halloween parties and trick-or-treat opportunities, there are many other fall fairs going on this month. As the air gets a little cooler it will be fun to take advantage of as many as we can.

We've got more articles than ever this month: Everything from home mortgage advice to tips on how to hold off the Swine Flu; and from a celebration of fall's falling leaves to a recipe for sweet potato cheesecake. I am constantly amazed at the quality and diversity of content we get, and am so glad we get to offer all of these talented writers a voice for the whole area. And of course tune in to the latest Chester the Chipmunk saga on page 14 from Brenda Hunley. I'd like to give an extra thank you to Brenda for helping us out in the tent at Riverfest.

The year is going by quickly, but there is still a lot of exciting things to come. I hope you all enjoy the issue. Thank you for reading.

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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TABLE OF CONTENTS

- FEATURE • 6
Faith and Strength
- HEALTH • 10
When it Comes to Breast Cancer,
Knowledge is Power
- STORYTIME • 14
Chester and a Costume Party
- ARTS & CRAFTS • 18
Spectacular, Spectacular
- ENTERTAINMENT • 19
Haunting History of Dunbar Cave
- HEALTH • 20
H1N1 Flu Advice
- PARENTING • 22
Benefits of Early Intervention
Services
- RECIPE • 24
"Guilt Free" Sweet Potato
Cheesecake
- ENTERTAINMENT • 25
Trinity Craft Fair
- EDUCATION • 26
Homeschool 101
- DOLLARS & SENSE • 30
The Perks of Using FHA Loans
- COMMUNITY • 32
Remarkable Role Models
- GIVING BACK • 33
Cystic Fibrosis Great Strides Walk
- NATURE • 34
Fall Leaves
- FAITH & FAMILY • 36
Guarding Your Heart...and Eyes
- FITNESS • 40
Childhood Obesity
- PARENTING • 42
Individuality
- CANDID CLARKSVILLE • 43
- FAMILY VALUES • 44
- THE FRIDGE • 46
- CALENDAR • 48
- FAMILY RESOURCE NETWORK • 52
- MARKETPLACE • 53
- PARENT GROUPS • 54
- COLORING CONTEST • 55

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FAITH AND STRENGTH

by Pamela Magrans

Kelly Blevins, at age 32, was still too young for the recommended annual mammogram, but she was faithful in her annual check-ups with her doctor. In October 2008, she saw her doctor for the normal post-partum checkup after the birth of her son. She got a clean bill of health and went on with her usual motherhood duties. Then in January 2009, only three months after that check-up, Kelly felt God telling her to do a breast self-exam. It was then that she felt the lump that would change her forever.

One in eight women in the U.S. will be diagnosed with breast cancer sometime in their life. Look down your street eight houses and consider that. Think about eight women you love and think of that.

No one thinks she will be the one in eight to develop breast cancer. No young bright-eyed bride imagines she will face cancer before her 5th wedding anniversary. No young mother imagines she will face cancer before her child is out of diapers. No one thinks it will be her, but the reality is that it can happen to any woman.

Breast cancer is not something that only happens to other women. It is not something that only happens to older women. It is not something that happens only to women with a family history. Statistics show that about 90% of breast cancers are not due to heredity. Breast cancer does not discriminate by age, race or family history. It is not someone else's disease — it is our sister's, our neighbor's, our daughter's, and therefore, our disease to battle.

For some, breast cancer may seem like some distant story on the evening news, but for others, like local mother Kelly Blevins, breast cancer has become reality. Yet, it has not shaken her foundation. Instead, it has fortified her faith, strength and mission.

Kelly's Story

When she begins her story, it is 2003 and Kelly is a pediatric intensive care (ICU) nurse in Columbus, Ohio. While attending a singles group at a local church Kelly met a great guy named David. Six months later they were engaged. A year later they were married. David owned a Chick-fil-A franchise in Columbus, but soon an opportunity arose for them to move south, to Tennessee, which would get them a bit closer to both of their families. So they packed up and relocated to Clarksville.

In 2005, David opened the Chick-fil-A on Madison Street. Kelly did not resume her nursing work in Clarksville. Instead, she dedicated herself to helping David with the business. Soon she was pregnant. Kelly, ripe with child, could sometimes be seen working at the Chick-fil-A, greeting guests and helping in any way she could.

Life was good. David and Kelly found a church home at Grace Community Church and soon became parents when their baby girl, Chloe, was born in 2006. Quickly, Clarksville was feeling like home and they were making friends and enjoying parenthood. Then in 2008, their son, Brody, was born.

In the short five years since their marriage, they moved, opened a business, had two children, and built a house. Soon they were to face a new challenge together, as Kelly notified her doctor that she had felt an unusual lump in her breast. She had no close family history of breast cancer and no reason to think she was at risk for the disease, but only 10 short days after she detected the lump in her breast, Kelly was officially diagnosed with Stage III breast cancer. The cancer was found to have spread to her lymph nodes, so in February 2009 she had a mastectomy and began chemotherapy in March. The rest of Kelly's story is in the making now, as she is forging a new mission to help

other women battle with the same determination, optimism and faith that gets her through each day.

A day of chemotherapy becomes a day at the beach...

Kelly went through 16 rounds of chemotherapy. For this, she and David traveled to Vanderbilt Hospital. They would arrive at the hospital and Kelly would have lab work done each time. After waiting for the lab results they would move to a private room where the nurses were giving out hats and snacks to the other women waiting the same treatment. The nurse would give Kelly medicine to reduce any chance of an allergic reaction. Next, the IV began dropping the liquid chemotherapy drugs slowly into the portacath that had been previously surgically placed into Kelly's chest. For about three hours, she and David waited. They passed the time just talking. Talking about their past, about their future, about their wonderful two children, Chloe and Brody. Sometimes they watched movies or read books. Sometimes Kelly took her scrapbooking materials along to pass the time.

When the chemotherapy was over, they drove back to Clarksville, picked up the children from childcare and headed home as if it was any other day. Kelly did not experience a lot of nausea from the chemotherapy. There was only one time she felt sick during the treatment. Although, in the days after, she was usually extremely fatigued. She lost her hair, all at once, on Easter morning 2009. With the true spirit of Easter close to her heart, she wore a hat to church that day.

Eventually the chemotherapy treatment was over. The days of chemotherapy gave way to a celebration vacation at the beach. Kelly and David celebrated the end of chemotherapy and their five-year wedding anniversary by taking a well-deserved vacation to Cozumel, Mexico. David's mother came to

Clarksville to babysit the children. While in Cozumel, David and Kelly snorkeled and went swimming and sightseeing. They enjoyed a dinner show every night and spent time reflecting over all the life-changing events of the first five years of their marriage.

Once they were back home in Clarksville, Kelly began preparing for the next stage of fighting breast cancer — radiation. It was time for the children to begin preschool and for David and Kelly to begin a new routine with their family. Kelly had a new routine that included another vital part of her treatment options — exercise.

Running with a mission and a friend...

Kelly's doctor advised that she begin exercising for a minimum of three hours a week. Kelly used to run before she was a mom, so running was like visiting an old friend for her.

The American Cancer Association recommends that adults get at least 30 minutes of moderate activity on five or more days of the week, and that for breast cancer risk reduction, 45 minutes or more may be even better. For this reason, Kelly teamed up with running partner, and fellow breast cancer survivor, Lynne Woodson.

Sometimes they run together. Sometimes Kelly runs on the treadmill at her home. Kelly tries to run three to four times a week and is up to running four to five miles now. Some of the medicine she must take causes her muscles to ache, but that does not stop her. Despite the fatigue and muscle aches, Kelly makes exercise a priority.

In October, the entire Blevins family will be participating



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in the Susan G. Komen Foundation 5K in Nashville. Together Kelly and Lynne will run in the Clarksville Half Marathon on November 7. By then Kelly will have just finished her radiation treatments.

SEE Pink

Like a caring nurse, Kelly wants to help others. Having been through the experience, she wants to help other women like her here in Clarksville.

Together with running partner and friend Lynne Woodson, Kelly has founded the SEE Pink care group. SEE (Serve, Empower, Educate) Pink is for women either in treatment or out of treatment for breast cancer. The first meeting will be off Exit 1 at Exit Realty. "We want to give women a place to come and be encouraged and strengthened by a group of women who understand what they are going through," says Kelly. The

goal of the support group is to help forge relationships between cancer survivors so they can help one another. It will be a resource for women who might need help with transportation, food, even an occasional care package or card.

SEE Pink will consist of two meetings each month. One meeting will focus on education and resources. The second meeting will be a fun time just for socialization. For more details about the SEE Pink local care group visit seepink2.blogspot.com.

Faith, family, friends, and blogs...

Kelly chronicles her story in a blog. According to Kelly, the blog was initially a way to keep family and friends updated on her progress. What started as a way to communicate eventually became

therapeutic. "I wanted to share things in my heart that might impact others in positive ways."

Her blog can be viewed at kellysjournal2009.blogspot.com. Her blog chronicles the emotions of the breast cancer journey. More importantly, it captures those moments since January 2009 in a mother's life when, despite the fear and uncertainty of cancer, Kelly focuses on God's strength and love for her.

In a blog entry in January 2009, in the initial days of her diagnosis, she shared a quotation that was once on her mother's refrigerator: "Sometimes God calms the storm, but other times he lets the storm rage, and focuses on calming his child." Kelly's blog is a testimony of God's strength and love in her life. At times it is painful to read, as it contains her raw feelings at some terrifying moments. Then at other

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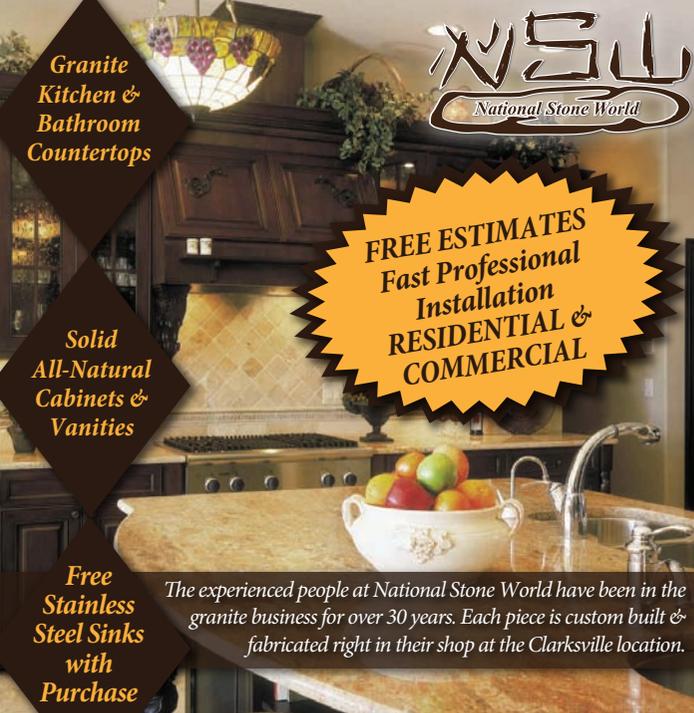
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times, it is delightful to read, as her love for her children, her husband and her God shine through above all else. Kelly's words are passionate and poignant reminders that the fear, pain, and doubt pass; what remains are faith, hope and love.

Kelly's husband, David, has been a stronghold for her. When she speaks of him, there is that twinkle still in her eye, as a tear begins to swell. "David has been my rock through this whole battle with cancer. He has loved me when I didn't feel lovable. He has encouraged me when I didn't even want to face another day," says Kelly. She appreciates all he has done for her to help hold the family together while she underwent treatment. Kelly feels that sometimes being the support person is even harder than being the patient.

In addition, Kelly and David have received countless phone calls, emails, dinner deliveries, and even

some babysitting services from friends, family and fellow Grace Community Church members. That network of caring people around them helped to ease the burden of balancing treatment, work, and home.

Lessons learned and faith shared...

Soon, Kelly will be finished with the radiation and she will move into the next phase of her mission. She will run in the half marathon with friend, Lynne. She will keep taking Chloe and Brody to preschool on Tuesday and Thursday mornings. She will continue her work as wife and mother, and all the daily duties that entails. She and David will play with the children in the backyard, feed the ducks at a local park, and head out for dinner occasionally. She will begin helping other women through her SEE Pink care group. She will wait patiently as her hair grows back.

Most importantly, she will continue to remind everyone who meets her that, "God is bigger than cancer and any other circumstance that may come into our lives. We have to trust that He loves us and is working it all out for our good. He never said life would be easy...He just promised He'd be with us!"

Thanks Kelly, David, Chloe and Brody for your lovely smiles and for sharing your story and your family with Clarksville.

For more information about breast cancer statistics and national support programs and initiatives visit the following websites: breastcancer.org; komen.org; cancer.gov/breast.



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KNOWLEDGE IS POWER...

Lumps and bumps don't always mean cancer

by Damon Brantley, MD

Breast cancer is a pervasive, highly publicized and very personal disease. Most everyone has a mother, sister, relative or friend who has had a brush with breast cancer — a scare, a survival story, or the memory of a loved one who succumbed to it.

According to the American Cancer Society, breast cancer is the second most common cancer among women, other than skin cancer. It's estimated that more than 192,000 women will be diagnosed with breast cancer during 2009.

Regular clinical breast exams and mammograms are the first line of defense for all adult women to monitor their breast health and follow up on any

changes that their doctor may notice such as lumps, bumps, pain and tenderness, or unusual discharge. Certain changes in the breast tissue are normal and more common as women age, but any unusual symptoms should be shared with your doctor to make sure they are not cancer. Though the value and diagnostic capabilities of breast self-exams (BSE) have been debated in both health care circles and the media, it's agreed that a thorough knowledge of the normal look and feel of one's breasts can help detect any obvious changes.

Research from the Mayo Clinic states that eight of every 10 breast lumps are not cancerous. And according to the American

Cancer Society, the most common physical changes in the breasts — lumps, tenderness or discharge — are usually linked to benign conditions, i.e. conditions that do not lead to cancer. The most common diagnoses related to a breast lump, says the ACS, include fibroadenoma (a benign solid tumor), fibrocystic changes (benign breast changes), atypical hyperplasia (fast-growing abnormal cells), cysts (benign, fluid-filled sacs), or non-invasive cancers, such as ductal carcinoma in situ (DCIS) a cancer of the milk ducts.

A lump or cyst may be detected by a woman during a BSE or by her doctor during a clinical exam. A lump that is also tender and warm to the touch is likely a breast infection. A cyst is a round or an oval mass, can move when touched, and is full of fluid. Found in about one in three women between ages 35 and 50, cysts are diagnosed by a breast ultrasound or biopsy.

Other breast changes are not visible to the eye and show up during a mammogram, an X-ray that takes a picture of the breast tissue and can detect tumors before they are big enough for your doctor to feel. Beginning at age 40, women should have a screening mammogram once a year — and more often if there is a genetic predisposition toward breast cancer or a breast condition that warrants close follow-up.

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Continued on page 12.

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A call from your doctor after a mammogram can be a worrisome experience. In most cases, the area in question turns out to be benign. About one in 10 women who get a mammogram will need more pictures taken — but most of these are not malignant or cancerous. Only two to four of every 1,000 mammograms lead to a diagnosis of cancer, according to the ACS.

Common mammogram findings include calcifications, a mass, fibrosis or lipoma. Some of these conditions can indicate the possibility of cancer, and others are completely benign. Your physician will recommend further testing, if needed.

Calcifications — tiny mineral deposits in the breast tissue — show up as white flecks on your mammogram film. There are two types: macrocalcifications, which are larger deposits generally caused by aging, injury or inflammation; and microcalcifications, tiny specs of calcium in the breast tissue, scattered or in clusters. The pattern and number of these deposits will help your doctor make a determination about whether cancer is present.

A mass may or may not be cancerous; the size, shape and borders of a mass help to define whether it is benign or malignant. Fibrosis refers to the presence of fibrous tissue, a

thickened area similar to scar tissue, which may be tender. Fibrocystic changes do not increase the chance for breast cancer, and any discomfort can be treated with over-the-counter pain relievers or diet changes, such as limiting caffeine. Fibroadenomas, are benign tumors made of both connective tissue and breast tissue. They are more common in younger women under age 40,

are round and well defined, painless, and move. Another benign tumor is a lipoma, or fatty tumor, which is not tender and can occur anywhere.

Most benign breast conditions do not raise your risk of developing breast cancer. Depending on your diagnosis, your doctor may wish to perform imaging tests such as an ultrasound or MRI, or more frequent mammograms to keep a close eye on your health.

Benign Breast Conditions

Your annual well-woman exam can bring up a lot of intimidating terminology and leave you feeling, well, *less than well* — even with doctors' best attempts to share results in everyday terms and reassure you.

A primer to the lumps and bumps that should not alarm you, from the American Cancer Society Web site, includes the following terms. These conditions have little or no effect on breast cancer risk:

- Fibrosis
- Cysts
- Mild hyperplasia (overgrowth of cells)
- Adenosis (enlarged breast lobules with more glands)
- Simple fibroadenoma (benign tumors)
- A single papilloma (growth of gland tissue in the breast duct)
- Fat necrosis (scar tissue as a result of injury to fatty breast tissue)
- Mastitis (breast infection, common in women who are breast-feeding)

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Dr. Damon Brantley is a board-certified General Surgeon. He received his medical degree from the University of Maryland School of Medicine, Baltimore. Dr. Brantley completed his residency at Louisiana State University Medical Center, Shreveport. He is a member of the National Medical Association, the American Medical Association, and is a candidate of the American College of Surgeons. Dr. Brantley can be reached at (931) 502-3700.

Sources: The American Cancer Society, www.cancer.org; National Cancer Institute, www.cancer.gov; The Mayo Clinic, www.mayoclinic.com.

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Cindy Kubica

Join Our Healthy Woman Kickoff on October 17.

Healthy Woman is a new, free resource from Gateway Medical Center designed to provide women with information to maintain a healthy body, mind and spirit for themselves and their loved ones. Join our kickoff event and be part of the fun from the start.

Saturday, October 17

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PIRATES, WORMS, & FAIRIES — OH MY!

by Brenda Hunley Illustrated by Willie Bailey

The leaves are falling, and there is a cool breeze gently blowing through the trees and across Swan Lake on this sunny October morning. Several of the geese are preparing to leave for warmer climates. Chester the chipmunk has decided he will go see them off. Settling into one of his favorite spots on the bank, Chester quietly sits and listens. He can see Clyde and Earl, the lead geese, swimming alone and discussing that day's flight plan. Chester can't help but smile to himself as he watches the two obviously in a deep debate about something. As the two swim closer to Chester, he can now listen to their conversation.

"I still believe that we should stop in Alabama on the way," Clyde said as he dipped his bill into the water.

"Huh? What? What did you just say? Alabama? Isn't that where they shot at us last time?" Earl exclaimed.

It didn't take much to irritate Earl. He was the older of the two geese and didn't really like the ideas this new young whippersnapper of a bird was introducing to the other geese.

"They wouldn't have known we were even there if you had listened to my instructions to not squawk so much as we landed. The whole county knew we were there!" said Clyde. Earl continued flapping his wings in disgust.

"We need to stop somewhere for a break. It's hard on several of our group to fly straight through. What about stopping in Georgia instead?" insisted Clyde.

"In my day..." started Earl.

"In your day you had to fly the whole width of three states into

a windy thunderstorm non-stop just to get there, blah, blah, blah," interrupted Clyde.

"OHHH! I should just leave you here! You think you know so much," said Earl shaking his head.

"Don't go getting your tail feathers in a bunch! We've taken a vote and we want to make a pit stop on the way to Florida. If you want to do that in Georgia instead of Alabama that is fine with us, just let us stop somewhere!" exclaimed Clyde.

"Sigh! You guys and your breaks! It will take us two weeks to get there at your pace! We don't have that kind of time! Can we at least agree to leave this morning?" Earl squawked.

The two geese were making so much noise; they attracted the attention of the rangers out on their morning inspection of the grounds.

"Look at those two! They almost look like they are arguing about something!" Ranger Bill said, pointing at the geese.

The other ranger nodded in agreement. "What could they possibly be arguing over?" Both rangers laughed as they moved on up the trail.

Chester was paying so much attention to the rangers that he forgot about the geese. Looking back toward the lake, he could see that Earl and Clyde had moved on. He couldn't hear them, but he could see the discussion was far from over.

Chester grew bored after the geese had moved on. He decided to gather some more nuts since the weather was changing. Back up the trail he scampered, filling his cheeks with acorns.



Up ahead, Chester found his brother Boomer and best friend Dart the bluebird talking excitedly.

"Hey guys, what's up?" Chester asked.

Boomer started first, "There is going to be a big costume party down at the clubhouse this weekend. Dart and I are trying to figure out what we will go looking like."

"Everyone is talking about it! There will be games and candy, and a prize for the best costume!" Dart said excitedly. "Where have you been?"

"I've been down by the water listening to Clyde and Earl prepare to fly south for the winter," answered Chester. "So, what did you decide?"

"I think I will go as a pirate! I have an eye patch, and I can use the toothpick we found as a sword," said Dart, hopping all around.

"I want to go as Super Worm!" squealed Boomer.

"Super Worm! Ha, ha!" Chester laughed.

"Yes, remember Mom made me the costume for my birthday?" said Boomer with a questioning look on his face.

Super Worm was Boomer's favorite super hero. Someone had left a few Super Worm comics in the woods, which Boomer found; and ever since then he was hooked. That seemed to be all Boomer wanted to talk about these days.

"I do. The blue cape and black shorts. Good idea. So, everyone is going, huh?" Chester asked looking at Dart.

"Yep! Even Mom and Dad. They are going as Mr. and Mrs. Potato Head," Boomer said laughing.

Chester and Dart joined in the laughter just thinking about how silly they would look.

"What are you going to wear?" Boomer asked Chester.

"Yeah, Chester; what are you going to dress up like?" inquired Dart.

"I don't know. I will find something in my treasure room," Chester said thoughtfully.

Chester excused himself and ran all the way home. He darted inside and went deep down into his tunnels. Chester had many tunnels under his tree with each one leading to different rooms. Chester kept going until he found his treasure room. Once inside, he looked around. There were shelves and baskets full of the different things he and Dart found while out on their adventures.



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"Surely there is something in here I can use," Chester thought.

He found a multi-colored piece of fuzz and put it on his head. Chester shook his head. No, he didn't want to go as a clown. Next, he found a small whistle. He could go as a coach, or a gym teacher. No, he didn't want to do that either. Chester sighed.

"I don't have anything. What will I do? I want to go to this party, but I don't have a costume!" Chester thought to himself. Chester was starting to get very sad so he decided he would go out and see if he could find anything new to use for a costume. He grabbed his treasure bag and hurried out.

Behind a nearby bush, Chester found Lily the dragonfly, and her butterfly friend, Kate.

"Hey," Chester said walking by the girls.

"Hi, Chester!" smiled Kate.

"Hey, Chester! We are trying to decide what to dress up as for this costume party. Have you decided yet?" asked Lily.

"No, no I haven't," Chester said shaking his head.

"We don't know if we should go as fairies or princesses," said Kate twirling about.

"You could go dressed like a prince, if you wanted too," said Lily blushing.

"Aww...I don't know about that," Chester said, wrinkling his nose.

"Okay, well umm see ya Chester! We have to go make our dresses," Lily said waving goodbye.

Chester waved to the girls and headed off in the opposite direction looking for treasure. He didn't have to go far before he found his first one. It was a beautiful red feather. Chester picked it up and put it in his sack. A little further down, Chester spied a small piece of cloth stuck in the bushes. It took him a little while to get it out of there, but it too went into his sack. Chester went on to find and pick up some pieces of straw and some string.

The sun was starting to set as Chester headed home with his sack full of goodies. He was getting all sorts of ideas as his mind went over the contents of his bag. Down, into his treasure room he went. Soon he was getting sleepy, so he headed off to bed, still undecided about his costume.

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For the rest of the week, once Chester was done gathering for the day, he would go down into his treasure room, look through his things, and think. Sometimes he would find something new to add to his treasures when he was out, and sometimes he didn't.

It is now the day of the party and we find Chester down in his special room. He has a smile on his face as he realizes he will indeed be ready. Won't everyone be surprised? Quickly Chester gathers his needle and thread and starts sewing. In no time, he is finished. As Chester slowly slips his costume over his head, he can't wait to see what he looks like in the mirror. Chester smiles at himself, "Perfect!" he says out loud.

KNOCK! KNOCK! KNOCK! Chester can hear his friends knocking.

"I'm coming!" he shouts as he runs up his tunnel to the door.

Opening the door, Chester sees Lily, Kate, Boomer, and Dart all dressed up.

"You guys look great!" Chester says admiring all their costumes.

"Chester! You look just like Ranger Bill! How did you do that? Even the mustache! Nice touch!" said Dart, looking Chester over.

"Oh, Chester! That is perfect!" exclaimed Lily.

"Awesome!" exclaimed a surprised Boomer. "Wow!"

"Thanks guys, I worked on it all week," Chester said. "Now, who is ready to go?"

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SPECTACULAR, SPECTACULAR

by Paige King

Welcome, one and all, to the greatest crafting and inspiration event Clarksville has ever known! Spectacular, Spectacular is the crafting and sales event you've been waiting for — an event conceived by folks, just like you, who yearn to create!

At Spectacular, Spectacular, you will have the opportunity to choose to participate in a variety of classes, taught by some of the area's most imaginative minds. Plus, there will be shopping! Many of our instructors are bringing their inventory of creative items for our perusal and purchase! This is a golden opportunity to pick up holiday décor and gifts. Plus, we will have a book signing with Kathy Thiessan, author of *Somewhere in Thyme*.

It begins Friday, October 23, with The Big Top Event, which consists of two classes taught by mixed media artist and scrap booking Queen, Jenni Bowlin, as well as vendors on the Midway and refreshments.

Jenni is squeezing in this event on her already jam-packed schedule, so I am

sure I am right when I say her classes will likely be filled in record time. We are fortunate that she and her cohorts will be setting up a boutique on the Spectacular Midway, too.

The Midway opens Friday at 5:00 p.m. — so you can head over right after work for the best selection of merchandise from these talented vendors. You'll find jewelry, antiques and arts — one-of-a-kind creations, inspiration and supplies for your own crafting. You'll also be able to shop the Midway all day Saturday, beginning at 9:00 a.m. until close at 8:00 p.m. Admission is free with your registration or \$5 for those not registered for classes.

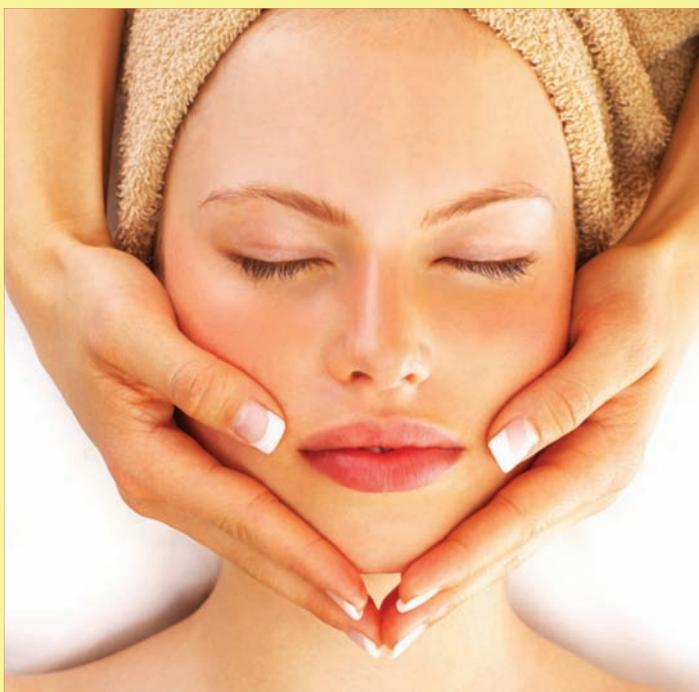
Saturday, October 24, the Four Ring Circus begins! We will have four classes running simultaneously, during four sessions (aka "Rings One, Two, Three and Four") throughout the day. The best way to learn as much as you can about our event is to visit our website www.hodgepodge-home.com. Click on the logo to bring you to the information you will need to make your decisions about how you

will participate. We have jewelry making classes, journaling classes, bookbinding, advent wreaths, and all kinds of mixed-media classes. Be sure to research each session to know what is available before you make your selections.

There is a one-time registration fee of \$25 whether you take one class or several. Start on the "Get Your Tickets Here" page, select "registration fee" and click on "add to my cart." After you've done that start choosing your classes. Remember to choose only ONE class per session, or "Ring." Your registration fee also covers you for either or both of the Jenni Bowlin classes during the Big Top Event. It also gets you in to the Big Top Event for shopping and refreshments.

Each class is priced separately and has a different list of materials provided and needed, please read carefully.

If you have questions, please feel free to contact us via email at paige@hodgepodge-home.com.



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HAUNTING HISTORY OF DUNBAR CAVE

by Debbie Boen

Ten years ago Debbie Hamilton got the idea to do skits inside of Dunbar Cave at Halloween. Debbie was a founding member of the Friends of Dunbar Cave. Her daughter gathered and directed actors at Clarksville Academy and skits were performed inside the cave for two nights as a fundraiser for the Friends group. It was called Haunting Hysteria.

Jill Eichhorn took up coordinating the event for several years and APSU took on the skits in 2000. New skits were written in 2001 by Randall Boen and Ted Kitterman. The highlight was interviewing Marguerite Rubel says Randall. Students of the Roxy Regional School of Arts have been the performers ever since. The name is now Haunting History and the skits being used this year are written by Debbie Boen.

Come between 5:00 p.m. and 8:00 p.m. When a group is formed, you will be taken into the cave to see three skits performed by the Roxy Regional School of Arts.

Children need to be over three years old to go in the cave; the Park rules

do not allow children to be carried or wheeled in a stroller in the cave. There is no scariness in the event other than the fact that you are walking in a cave at night but you will get over that! The younger kids are amazed by the actors, who are their age or a little older. The skits entertain young and old and the Roxy Regional School of Arts students are great!

The cost is \$5 per person. Bring a flashlight per person, no sharing (flashlights can be rented at the event). It is 58 degrees in the cave. Wear tennis shoes; no heels or flip-flops. Come to the Visitor Center to buy tickets and get free hot chocolate and apple cider.

Skit one is called Haunting Science. It is about the bats that live inside of Dunbar Cave. Why are we so creeped-out by bats? This skit explores our fears and misconceptions and replaces them with cool facts about bats. From the skit: Gray bats near Chattanooga eat about 140 tons of insects a year. A big dump truck can hold 20 tons. Imagine seven dump trucks each full of 20 tons of

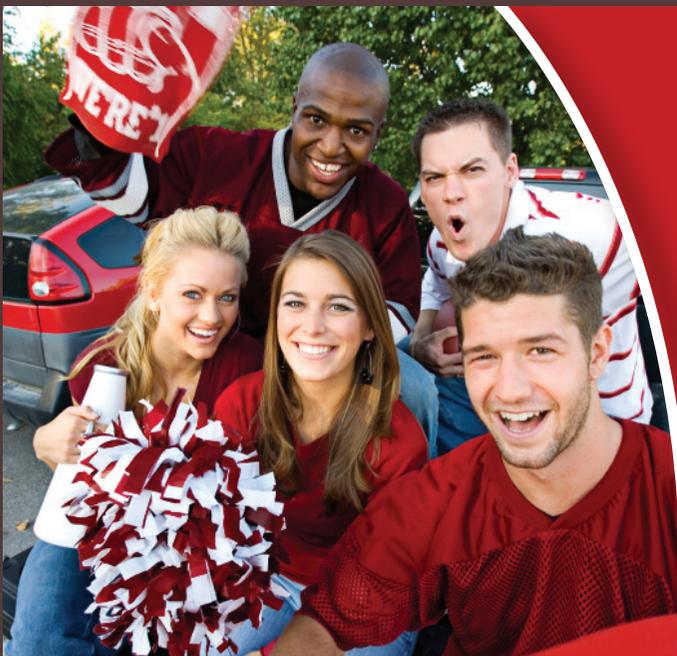
insects; that is how many insects are not bothering the people in Chattanooga because of bats.

Skit Two is called Haunting Memories and has four actors talking about their experiences in the Good Ole Days at Dunbar Cave. Dunbar Cave used to host the most popular bands during the Big Band Era. The natural air conditioning provided by the cave made Clarksville and Dunbar Cave a popular resort. These stories are a conglomerate of stories told by people who still live here.

Skit Three is called Haunting Questions and is about the Native Americans who made the artwork inside Dunbar Cave around 500 years ago.

Each skit is about 10-15 minutes, and the event takes at least an hour to complete. Come to Dunbar Cave any time between 5:00 p.m. and 8:00 p.m. on Friday, October 16 and Saturday, October 17.

Haunting History is brought to you by the Friends of Dunbar Cave. All proceeds benefit the park.



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WHEN PIGS FLY... by Tracye Tate, MA

We have all heard that little saying. Has it come true? You had better believe it, but in a different form known as H1N1 or "Swine Flu."

One of the best things we can do is spread it around. Not the disease, but the do's and don'ts. Being educated is one of your greatest defenses, and together we can help keep this dreadful infection from sprouting its wings.

Symptoms to watch for:

- Coughing/Wheezing (a wet cough is a sure sign)
- Congestion or a stuffy nose
- Fever -- but you DO NOT have to have fever
- Sore throat
- Body aches (neck/shoulders)
- Fatigue
- Some people may have nausea and vomiting

All of these symptoms usually onset very suddenly, within two days or so.

Anti viral medicines such as TamiFlu or Relenza are ONLY effective within the first 48 hours. If you have symptoms longer than that, it is probably going to have to run its course, or it is not the flu. You can take over the counter medicines such as Tylenol/Motrin or decongestants for temporary relief.

Do's

- Hand washing is the most important thing you can do. How long should you wash? Singing the Happy Birthday song through twice is recommended for kids (about 20 seconds).
- If you come in contact with someone who you think may be infected, quickly cover your mouth and nose with a tissue or wear a mask and gloves (if available) if you have to be around them a long time.
- Each day wipe down anything that is handled frequently: telephones, computers, pens (anything that you might share with others). Use a bleach-water solution as it KILLS the germ. Read the bottle of bleach for directions to know exactly how much to use.
- Moms, be sure to spray toys and remember to cover your mouth when you cough or sneeze. This is one time when it's actually ok to "use your sleeve" if you don't have a tissue, just be sure to immediately wash your hands again afterwards.
- Get plenty of rest and stay hydrated.
- If you contract the flu, be sure you are 48 hours fever-free before being allowed to return to school or work to prevent infecting others.

Don't

Don't go out in public, or even to school or church, if you have two or more of the above symptoms. Be considerate of others and remember this is how we can prevent this respiratory illness from "taking flight"!!!!

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KICK START YOUR CHILD'S DEVELOPMENT! The Benefits of Early Intervention Services

by Donna Woodie and Susie Moler

Have you ever wondered if your child is developing on track? Is she talking like the other children? Are his motor skills where they should be? Is she curious about her surroundings or playing appropriately with other children? These are all questions that every parent will ask herself at one time or another. If you are concerned that your child is not doing these things...where would you go for help?

All children grow and develop at different levels. You have seen the developmental milestone charts at the doctor's office. These are good references for parents. And when your child does not meet these milestones or progressing as other children you know, there is help!

Progressive Directions Inc. Early Intervention Services is an agency in Clarksville that serves children aged birth to three years old with developmental delays, medical

diagnosis, speech, motor, or socialization concerns. Progressive Directions Inc. (PDI) provides developmental instruction to families free of charge. Early Intervention services are funded through the Department of Education, with funding from United Way and private

PDI. You can also call Tennessee's Early Intervention System (TEIS) directly at (800) 852-7157. If your child is found eligible for services (through free testing), an Early Interventionist will begin working with your child and family. The Early Interventionist will

meet with you at your home, work with your child at his daycare, or your child may be eligible for our center-based classes.

Our home-based program provides families with hands-on training and activities that will help your child meet his developmental goals. The early interventionist will make weekly visits to meet your family's individual needs. Our center-based program offers a fun and structured program where

your child will have the opportunity to interact with her typically developing peers.

Our center-based program is located at Kids Depot Preschool. Children

| 9-12 months | 15-18 months | 2 years | 2-1/2 to 3 years |
|---|--|---|--|
| <ul style="list-style-type: none"> ✓ Coos ✓ Crawls ✓ Cruises furniture ✓ Holds a crayon ✓ Turns toward sound out of sight ✓ Says "mama, dada, ball" ✓ Plays with paper ✓ Pulls to a standing position ✓ Begins to finger feed self | <ul style="list-style-type: none"> ✓ Enjoys playing with other children ✓ Begins to use a spoon ✓ Helps with dressing by holding out arms or legs ✓ Stands alone, and walks without support ✓ Builds a tower with at least two blocks ✓ Tries to imitate sounds and words ✓ Begins to identify body parts by pointing | <ul style="list-style-type: none"> ✓ Helps with household chores ✓ Enjoys simple stories ✓ Drinks from a regular cup ✓ Throws a ball ✓ Runs without falling ✓ Places rings onto a post ✓ Uses 10 or more words ✓ Begins to combine words ✓ Places simple shapes in a puzzle ✓ Explores cabinets and drawers | <ul style="list-style-type: none"> ✓ States their first name ✓ Shares property with others ✓ Attends to one activity for at least three minutes ✓ Puts on simple clothing without assistance ✓ Jumps forward with both feet together ✓ Turns knobs to open doors ✓ Responds to questions ✓ Uses a three-word sentence ✓ Uses pronouns: I, you, me ✓ Matches simple shapes and colors ✓ Labels objects/pictures in books |

contributions as well.

The first step to getting enrolled in the Early Intervention System is to talk with your child's Pediatrician or call

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If your baby had seizures or has cerebral palsy or is impaired, your child may be entitled to compensation for a care plan. State law recently cut very short the time for filing a claim!

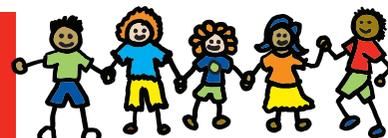
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usually come to our center two times weekly for 2.5 hours and have the opportunity to experience hands on art, sensory, social, and speech/language activities.

For children enrolled in our community-based program, the early interventionist will provide suggestions, ideas, and techniques to staff members at your child's daycare as well as be able to give your child one-on-one assistance at his daycare. The Early Interventionist will usually visit your child's daycare one time weekly and have a monthly visit with the parent as well.

These sessions are designed for the Early Interventionist to work with your child, and to teach YOU (or your child's caregiver) strategies, activities, and play ideas so you can continue to help your child progress after the Early Interventionist leaves. After all, Parents are the most important teachers for their children.

Lindsey's son currently receives services through PDI. "Home based services allowed my child to feel comfortable in his own environment and receive an amazing service that put him on the right track for success!"

Around the age of two, the need for socialization becomes apparent. And research shows that children learn more effectively when they are around their peers. This is especially true for children with developmental concerns. They learn more naturally from their typical peers.

Lindsey's son received home-based early intervention, then as he got older, he moved into a center based class. "Taking my son to the center helped his speech improve tremendously. I have seen so much improvement!"

Jill's son, Sean has been attending PDI's center-based program for four months. She notes that, "Sean has made vast improvements in a number of areas, especially his social skills and his speech and language skills. The structured classroom, being around the other children, and his EI teacher have helped him be more calm and able to learn many new skills in a short amount of time."

Many years of research indicate that early intervention produce immediate and long term benefits. Some benefits include needing fewer or no special education, being retained in grades less often, and for some, being indistinguishable from other typically developing classmates.

Nina's daughter Tara received Early Intervention services 15 years ago and she states, "Services at an early age helped Tara to progress physically, socially and cognitively. Tara is an honors student at a local high school and continues to excel despite her different abilities." Nina and Tara are looking forward to applying to colleges for Tara to attend after she graduates from high school next year.

Contact Information:

Jan Dunn
jdunn@progressivedirections.com
Director of Children's Services
(931) 358-0117

Tennessee Early Intervention System (TEIS)
www.TN.Gov/education/teis
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Ingredients:

- 1 cup of Lowcountry Produce Sweet Potato Butter
- 2 pounds of low fat cream cheese (completely softened and at room temperature)
- 2 teaspoons of vanilla extract
- 3 teaspoons of ground ginger
- 1-1/2 cups of Splenda
- 4 extra large eggs
- 3/4 cup of graham cracker crumbs
- 2 tablespoons of butter

Please note: You will need an 8" x 3" springform pan and a larger pan which will be used for a water bath.

To make crust:

1. Preheat oven to 300°
2. Grease an 8" x 3" springform pan
3. Combine butter, graham cracker crumbs and 1 teaspoon of ginger into a microwaveable container.
4. Heat for 45 seconds.
5. Press mixture uniformly into the bottom of your springform pan.

6. Bake for 15 minutes and allow to cool.



To make cheesecake mixture:

1. Put your softened cream cheese into your mixer and "cream."
2. Add Splenda very slowly while you are smoothing your cream cheese.

3. Add the remaining 2 teaspoons of ginger, vanilla, Sweet Potato Butter, and four eggs (add eggs one at a time).
4. As soon as the last egg is blended into the mixture, turn off the mixture.
5. Using a spatula, pour the mixture into the pan.
6. Place springform pan into the larger pan. Add water to larger pan to create water bath.
7. Bake for 2 hours, or until it is evenly a golden brown with small cracks forming.

Tip: Best made a day in advance to chill properly.

Variation: For just a little guilt...add 7 oz. of goat cheese and 2 tablespoons of bourbon to the cheesecake mixture.

Lowcountry Produce Sweet Potato Butter is available locally at Ingredients, 100 Strawberry Alley in Downtown Clarksville, for information call (931) 542-6935.



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TRINITY CRAFT FAIR

by Kendall Welsh

Many years ago, Trinity Episcopal Church had a huge annual craft fair that many made sure to schedule on their calendar each year for their early Christmas gift shopping. Now, over a decade later, the members of the Trinity fund raising committee have decided it is time to resurrect this exciting event. Not to be out done by the previous event coordinators, we have all kinds of new plans in the making!

First, we start with PUNKIN' CHUCKIN'! It turns out this is a fad that is HUGE, but we had no idea until we Googled it. Go ahead... give it a try! You will get thousands of images, articles and instructions on how to make your own catapult for your pumpkin. For those who have never heard of this new fun-omenon here is what Wikipedia says, "Pumpkin chunking (or Punkin' Chunkin' or pumpkin chucking) is hurling a pumpkin

by mechanical means over great heights and distances in an attempt to hurl the pumpkin the farthest." Sounds fun right? Ok, and a bit messy! We will have a mini version of these catapults so the kids can watch their pumpkins fly!

Next, we have a huge cauldron that we are going to boil up some Brunswick stew! The recipe we are using is an original from Brunswick County, Virginia, and has the ability to keep away the chill on those nice fall evenings. You can pre-order a take home container for \$7 per quart or purchase a bowl to enjoy that day while walking around the festival and craft fair.

We will have lots of children's games to play, all sponsored by Clarksville Family Magazine! We will have bobbing for apples, a fishing game, ball toss, face painting, and more!

And you know the saying, "It isn't a cakewalk"? Well, this time it is! We have three cakewalks scheduled with more cakes to give away than you can shake a spatula at! The walks will be at 10:30 a.m., 12:30 p.m. and 2:30 p.m.

A photo booth is also going to be set up for everyone to get their fall photos taken by local photographer, Ashley Richardson. Ashley is planning on a great fall display for these photos and will print some photos for you immediately. You will also be able to order more for later delivery.

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HOMESCHOOL 101

by Dianne York

"I'm not sure this is for me, I'm not a teacher. How can I even think about homeschooling my own child?" says a frantic mom considering the best options for her child's education.

Families are looking at their child's education today in a new light. So many factors are involved in the education of a single child; what if the current setting is just not working? Are there really alternatives to the traditional public or private schools? The answer is ...yes!

Today's families are given more valuable options than in the past. Homeschooling has become a very popular and credible means of education. It was once thought that if a parent chose to homeschool, the children would be "missing out" on a good education. This is not at all the case today. According

to the Home School Legal Defense Association (HSLDA), close to 2 million students are being homeschooled today. It looks like someone is doing something right.

Why home school?

Why would a parent make the decision to take on the task of homeschooling their child? The answers are varied and relate directly to the parents and children involved. Many are overwhelmed by the large number of students in the classrooms. Students are easily distracted, which makes learning more difficult for them. Other parents feel the necessity to be involved in the moral and ethical decision making on a daily basis. Parents are not only the first teacher a child is exposed to, but can be the natural instructor for most of their formative years. As a child goes through the Elementary

years, parents can focus on the basic skills while involving students in small group activities that center around academic and social education.

When parents choose to homeschool, they are not deciding to lock the doors and protect their child from the outside world. The parent becomes responsible for the child's education, and is open to use whatever means she feels best provides the most effective education possible. Many parents of young children set time aside to focus on curriculum each day; while scheduling playgroups or social activities to keep the child involved with their peers.

As the child becomes older and the curriculum becomes more challenging, many parents find outlets to provide expertise in subject areas they no longer feel

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qualified to teach, or decide a small group setting may enhance the curriculum. For example, the Middle School and High School math and science areas are often daunting to parents who are not comfortable presenting this material. Individual tutors, group tutorials, or co-ops are available to help parents and students.

What about the atypical child?

Parents who have been told their child has ADHD, dyslexia, or other disabilities may choose to homeschool in order to have their individual needs met in a less stressful setting. If a child is having trouble concentrating, it may be suggested that medication is needed to help focus in order to complete work and maintain good grades. If a child is being homeschooled, it is often not necessary to have medication since

the setting is much less stimulating, and allows individual needs to be met without the stress of staying on the time schedule of an entire classroom of students.

In a one-on-one setting, or in a small group, the student has the freedom of a less restrictive environment, allowing the child to focus more easily on the task. The student with special needs, such as dyslexia, is able to focus on a learning style that is accommodating to them rather than to the class. It is amazing how quickly a child learns when the environment provides the necessary elements for individual needs.

How will my child benefit from homeschooling?

A dedicated parent can make their child's education fun,

exciting, and more enriching than the average school can provide. This is at no fault of any public or private school. Our schools do a fabulous job for the majority of the students. Many factors come into play when dealing with a large number of students: mobility, liability, responsibility...the list goes on. A homeschooled student has the flexibility to embrace the "teachable moment." This is when the child goes into the yard to collect a variety of leaves for a science project and finds the coolest box turtle ever! This is the time to take advantage of teaching about something that has sparked his interest.

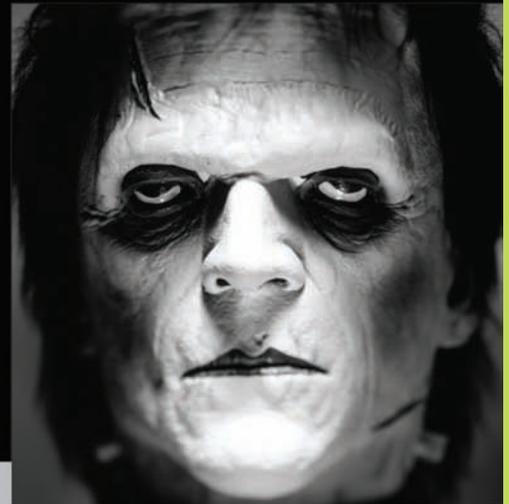
Science is the perfect outlet for a child to explore; so why not take the opportunity to teach to the moment through reading, writing, and yes, even math? This is the

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true joy of a setting where the child's exploration and learning opportunity is not dictated by a textbook or schedule. Many co-ops or small group tutorials allow for this flexibility, promoting the fact that learning should be fun and creative. Skills, such as writing and reading, are more meaningful when they appear to have purpose and allow for success and accomplishment.

Does homeschooling mean no textbooks or structure?

The beauty of homeschooling is that the parent has the freedom to provide the necessary tools for education, while considering the proper means of meeting the child's needs. Some children benefit from the structure and organization of standard curriculum. In this case, a structured curriculum may be the

guide for parents and students. With other students, the unit-based curriculum tends to be more interesting, exciting, and relative. Combining subject areas around an interest keeps learning exciting and often allows the student to see how the learning process combines reading, writing, and math.

As the homeschool student enters the high school level, more structure is expected as they prepare for college through their curriculum and their study skills. It is very important to provide the necessary information, as well as the skills to research and perform at the level expected in the real world, whether that is college, trade school, or the work environment. This becomes a bit of a balancing act, but with support and reliable programs in the area,

students will succeed as well as, if not better than their public school counterparts.

Where to go for help?

Many online sources can give direction or suggest curricula. One such site is www.thehomeschoolmom.com. This site lets a parent select a given state to search for resources, information, and laws particular to that state. Homeschooling is legal in all 50 states, but laws vary by individual states.

An excellent resource to parents is the Home School Legal Defense Association (HSLDA), www.hslda.org. This organization makes available to parents the current trends and specific resources. It also offers advice to parents about choosing the right homeschool umbrella, as well as help with

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record keeping, transcripts, and other information needed when preparing applications for college. They also provide information on homeschooling a child with special needs.

Another site that is very helpful in providing support groups, discussion forums, and resources is www.homeschool.com. Locally, a great support group is H.O.P.E. @ Home, which can be found at www.groups.yahoo.com/group/ClarksvilleAreaHomeSchoolNews/. The Middle Tennessee Home Education Association (MTHEA) is also a very beneficial organization for home school parents.

How to get started?

I hope that you now have some vital information to put into use. For the parent that believes not being a teacher keeps him or her

from being able to homeschool, it could not be more untrue. Being a parent is a huge responsibility, and education is part of that. Homeschooling is a growing trend due to many factors. The big decision on your part is whether to do it alone, or to become involved in support groups, tutorials, or co-ops.

Home school is not for everyone, nor does every student need this type of education. If your child is having stress related issues, feeling less than terrific about his ability to be a good student, or exhibiting behavior that could be controlled in a smaller, less stimulating environment...it may just be the right thing for you and your child. You are not alone. After all 2 million children are being educated at home.

Most families register with a home school organization that provides the "umbrella" or legal foundation. Many of these organizations will help parents select curricula and provide support throughout the homeschooling years. Explore the numerous websites that offer information and support, gather necessary materials, and begin the learning experience. The important thing is to make the decision, search out the programs, and get started!

Written by Dianne York, Owner/Director of Advantage Learning Center which offers home school assistance and 1-on-1 tutoring.

Questions and comments may be sent to educationatalc@gmail.com.

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THE PERKS OF USING FHA LOANS...

by Jennifer Overby Mead

Have you considered purchasing a new home but coming up with the down payment is stopping you dead in your tracks? Or perhaps you have the money available for a down payment, but have been denied for a conventional loan due to having little or no credit, then FHA might be a great option for you. Last month I discussed the advantages of using your VA loan and all of its possibilities. I figured since VA loans aren't necessarily available to all consumers I should mention another great financing option.

FHA, which stands for Federal Housing Administration, is a government agency established in the early 1930's to help those consumers who couldn't come up with the required twenty percent down payment. This government agency was created during a time when foreclosures were rampant and lenders' ever-tightening lending guidelines were stalling the real estate market. It's almost as if history has repeated itself and there are once again record numbers of foreclosures and few

people qualifying for new loans. Most lenders have tightened their lending guidelines compared to five years ago due to their excessive losses caused by foreclosures. With the demise of subprime loans, it has caused a rebirth of interest in FHA and its advantages over conventional loan requirements.

Here are a few great things about FHA loans:

1. **Down Payment Requirements.** FHA only requires a 3.5% down payment, unlike the typical Conventional loan, which requires at least 5% down. You need a very high credit score to qualify for the 5% down payment option; most people are required to put 10% down. With FHA, the down payment can come wholly from a gift from a family member, a nonprofit organization (not a down payment assistance program reimbursed by a seller), or a government entity such as the City of Clarksville's homebuyer program or THDA. FHA will even allow your employer to gift you the funds

for your down payment as long as they don't require it to be paid back.

2. **Employment History.** One of my favorite things about using an FHA Loan is a borrower isn't necessarily required to have been in the same line of work for two years like most loan programs. Under FHA, as long as you can prove two years worth of employment you will meet the employment guidelines. For those individuals who have had a few jobs in different lines of employment over the last two years, this is the loan for you.
3. **Child Care Expenses.** Monthly childcare expenses are not required to be counted in your debt to income ratio, which will help a potential borrower qualify for a higher loan amount. Other loan programs require we count this monthly expense as a liability.
4. **Lower Credit Score Requirements.** Most lenders require a minimum 620 credit score to qualify for an FHA or VA loan. For conventional

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loans a minimum 680 score is required (unless you have 20% down), which is usually harder to achieve if you have little or no credit history.

5. **Lower Monthly Mortgage Insurance.** The monthly mortgage insurance is lower on an FHA loan compared to a conventional loan with 5% down. In most cases the monthly payment is still cheaper even with paying the upfront mortgage insurance premium of 1.75%. Also, another great thing is the monthly mortgage insurance amount does not change based off of your credit score as it does with conventional loans. This makes FHA a better deal for those with credit score less than 720.
6. **Lower Interest Rates.** Since FHA and VA loans are government-backed loans they will usually have lower interest rates, which equates to a lower monthly payment or allows a borrower to qualify for more.

7. **Closing Costs.** With FHA, the seller can pay up to 6% of the sale price towards the buyer's closing costs and prepaid items, which could mean a buyer will only have to come to the table with the down payment.

If you are currently in the market to purchase a new home and don't qualify for a 100% VA or Rural housing loan you should consider using this great loan program. It is a good idea to check to see if your chosen lender is approved to do FHA loans first. You would be surprised at how many companies are not FHA approved (one of the most surprising is a very large bank that many military families use and known by its four initials...not naming any names of course).

Also, don't automatically rule out using an FHA loan just because of the upfront mortgage insurance premium that is financed back into the loan. It has been my experience that when compared side by side with a conventional loan the monthly

payment is lower using FHA. One of the easiest ways I have found to help my clients decide which loan product is best for them is to take not only the monthly payment for each, but to also take the amortization schedules and compare them as well. Then decide what is more important, a lower monthly payment or a lower principal balance. By doing this it will allow you to make a sound financial decision and let you put your mind towards more important things... like what color you should paint your new bedroom.



Jennifer Overby Mead is the owner of Legacy Mortgage Services, Inc., 329A Warfield Boulevard. She can be reached at (931) 551-8999 or JMead@lms-tn.com.

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REMARKABLE ROLE MODELS VETERANS GETTING READY FOR COLLEGE

by Dr. Carol Spiller

“My children are proud of me.”

Every parent who feels such satisfaction realizes what it means to be a role model. A unique group of military veterans in a program at Austin Peay State University know such pride.

Their children look up to them because they have served in America’s armed forces, which would be reason enough. Yet their families admire them for even more: they are retraining themselves to go back to school. These veterans are participants in Veterans Upward Bound (VUB), a pre-college program that helps them refresh their basic skills prior to enrolling in college.

“I always had this notion that I was too old to go back to school,” says Stilton Kidd. “Veterans Upward Bound has helped me get over the fear of learning. My children are very excited to see me going to the VUB program—they have been telling me to go to school for years. I have four children who attended college.”

Myra Telsede echoes those sentiments. “My children are proud of me for wanting to get a college education,” she says. “VUB helps give you the courage and motivation to further yourself.”

For some VUB veterans, the subjects they are reviewing spill directly over into a renewed ability to help their children learn. After Dedrick Money reviewed the rules for fractions, he helped his fourth-grade daughter understand them. Darrell Chambers remarks, “When one of my children needs help with homework, I may have just learned at VUB what he or she is working on.”

“I believe that my family is extremely proud that I have taken this first step with VUB in going to college,” David J. Johnson says. “The VUB program has given me back the initiative to see that I am still able to learn and achieve. At this point in my life, I feel the need to advance, and this program is an essential building block.”

Danny Fuson notes that his choice to join VUB influenced his sister and a niece. “Now they talk of going back to school, too.” Fuson has been studying English, math, and algebra. “It builds more confidence in me for college,” he says. “VUB gets veterans used to the school environment.”

Mark Remini completed the VUB program and is now enrolled at Austin Peay. Looking back, he remarks, “As most veterans already

know, we lead by the force of our personal example. Regardless of age, by continuing our education, we are setting an example for those around us. VUB is a self-paced program that is as demanding as one chooses to make it. As we become more educated, we can better promote the foundation of education to our family and friends.”

These and other veterans who used Veterans Upward Bound heartily recommend it to their fellow veterans. “VUB has a staff that truly loves teaching and is always there to help,” Telsede says. Patricia Davis emphasizes, “I would definitely recommend VUB because you can brush up on things you might have forgotten over the years.”

Veterans interested in VUB can call (931) 221-7600 for further information and directions to the office in Room 212 of the McReynolds Building on the APSU campus. They will need to bring along their member copy of their DD214 and their most recent 1040 tax forms. They will be tested for placement in the program, and if they qualify, they can begin attending soon afterwards.

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2009 CLARKSVILLE GREAT STRIDES WALK

Giving Back

by Debbie McConnell

The annual Cystic Fibrosis Great Strides Walk will be held on November 7, 2009 in Clarksville's downtown square. Registration begins at 9:00 a.m. with the walk beginning at 10:00 a.m. Great Strides is the Cystic Fibrosis Foundation's (CFF) largest and most successful fund-raising event.

Cystic Fibrosis (CF) is a devastating genetic disease that affects tens of thousands of children and young adults in the United States. CF is a gene mutation that is passed from parent to child. While it affects mostly the lungs and the pancreas, there are many different strains of the disease. The gene causing Cystic Fibrosis has been identified, and as a result of our foundation's determination to find a cure, more than 40 percent of the Cystic Fibrosis patient population is now over the age of 18. Despite these advances – Cystic Fibrosis is currently still a fatal disease for our patients and we continue to lose precious lives to CF every day.

The Cystic Fibrosis Foundation does not receive government assistance. All research is funded through fundraisers such as Great Strides. A phenomenal 90% of every dollar raised goes directly into research. This is not matched by any other charitable or research organization. It is up to fundraisers to see the research not only continue at the current pace but to gain momentum as we get closer to a cure.

On July 15, 2008, the US House of Representatives passed a resolution to increase the public awareness of Cystic Fibrosis, encourage the understanding of CF, and to support CF research to find a cure for the disease. In the not so distant past, CF patients were misdiagnosed, parents were

told their children had no chance, and the children had little to no quality of life. Today, thanks to research, Cystic Fibrosis patients are able to lead longer, happier lives. Many CF patients are choosing to have children – and seeing those children grow up.

Research has also given patients, their families, and medical professionals more treatment options, tools, and information for them to work with. There are 115 care centers and 54 affiliate programs available with CFF support including middle Tennessee's own care center at Vanderbilt Medical Center. Patients can actively fight this disease through clinical trials on new therapies. There are many drugs and treatment options still in the pipeline awaiting the funds to continue the research required to make it possible to help Cystic Fibrosis patients even further.

Awareness is a large key to the cure. Your participation in the Great Strides Walk lets Cystic Fibrosis patients and Clarksville citizens alike see your commitment to the cure. It also shows Clarksville what we believe to be true – that CF can stand for Cure Found, and it will happen in our lifetime. Together, we can make a difference in the lives of those with

Cystic Fibrosis. Won't you help us give more tomorrows to CF patients?

Please join Clarksville and its continued supporters such as Legends Bank and the Clarksville Speedway and Fairgrounds in finding the cure through the Great Strides. Clarksville beat last year's goal of \$15,000 by \$8,000!! The 2009 Clarksville Great Strides goal is \$27,000 but that doesn't mean we have to stop there! Whether you are a business, an individual, or a group, you can join a walk team today or start one of your own. Contact Lesley McMahan at lmcmahan@cff.org, call the Cystic Fibrosis Foundation at (615) 255-1167, or contact Debbie McConnell at debbiemccconnell@bellsouth.net.

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FALL LEAVES PROVIDE COLOR, FUN, AND MULCH MORE

by Clint Patterson

Fall is such a great time of year! Fall, (or autumn, if you prefer) brings with it cooler weather, longer nights, relief from annoying insects, and colorful leaves. The leaves, collectively known as “fall color,” have become a tourist attraction in many parts of the country. Folks plan their vacations around the prettiest time to see those brilliant red, orange, and yellow leaves across the landscape.

Driving around looking at fall color is enjoyable for us adults, but most children would rather enjoy the leaves up close. Jumping into a huge pile of raked leaves is something every child should experience, in my opinion. At least I sure liked doing it.

Grandma had several large sugar maple trees in her yard. Sugar maples provide some of the best red, orange, and yellow fall color of any tree. These trees were beautiful in the fall, but they dumped vast quantities of leaves into the yard too. And this was before leaf blowers, gutter guards, and all that fancy stuff.

But, we had rakes. We made piles. My cousins and I would jump into, crawl through, and bury each other in the piles. Then, we’d finally help Grandma re-rake them into piles again. Eventually, all the piles would end up in the ditch in front of the house to be burned. Burning leaves was a lot of fun too. We would stare into the fire, run through the smoke, and rake more leaves onto the burning piles until all the leaves were gone.

Yes, I know, folks living in town these days aren’t supposed to burn their leaves. Times have changed. However, if you have children or grandchildren around, leaves can still be fun. Raking leaves provides a valuable chore that small children are able to help with; thus developing a work ethic. Rakes are cheap, and you might do like I did and cut the handle off shorter on a regular rake just so it fits the child.

Actually, you may not want to get rid of those leaves at all. Decomposing leaves are what makes a forest so fertile. Every year, nutrients from fallen leaves

or for making compost, the first thing to do is to run over them with a mulching mower. This will chop up the leaves so that they will break down more quickly and so they won’t pack down and suffocate the soil. Then, the chopped up leaves can be blown or raked into flowerbeds, around trees, into the garden, etc., to provide free mulch.

Turning leaf mulch into compost is more time consuming and difficult. You’ll need a composting bin and will have to layer it and turn it. However, if you like to garden, and you have a lot of leafy trees, you may want to convert over to “lasagna gardening.” This relatively new method of gardening depends on the use of leaf litter, and will enable you to sell your tiller and get rid of your herbicide.

With “lasagna gardening,” your whole garden plot is a compost pile. Children can more readily help with this type of gardening too, because no equipment or herbicide is involved. Also, very little time has to be spent on weeding. The garden becomes a recycling and harvesting center. To learn more about this method; just search “lasagna gardening” on the computer, or check out the book of this name at the library.

Whatever you do with the leaves in your yard, don’t miss the chance to experience leaves up close with the family this fall. A trip to Dunbar Cave, a nearby State Park, or LBL will provide plenty of opportunity for children to see firsthand the wonders of changing leaf color and experience crunching leaves underfoot. Wear some old clothes, and throw leaves,

are returned to the soil to be reabsorbed again by the trees in subsequent years. In nature, there is no waste; only recycling. Leaves should thus be considered a resource, not litter.

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roll in them, and make piles (and encourage your kids to do so too).



Clint Patterson is Clarksville's City Forester. He is responsible for administering the City's urban forestry program, which includes tree planting and maintenance, technical assistance, and community outreach activities.

Clint and his wife, Sheri, and their three children, Emma, Caleb, and Jacob, moved to Clarksville in September 2008. The Pattersons enjoy all things outdoors, and are happy to make

Tennessee...with its beautiful forests, rivers, and historic places... their new home.

A graduate of Southern Illinois University with a bachelor's degree in forestry, Clint has worked in the forestry field for over seventeen years. Prior to coming to Clarksville, he was a District Forester for the Illinois Department of Natural Resources where he assisted landowners in managing their forests in a six county area of Southeastern Illinois. Clint's hobbies include writing, reading historical books, artwork, and anything that involves trees or wood.

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GUARDING YOUR HEART...AND YOUR EYES

by Chris Edmondson

Thousands of years ago, the wisest person who ever lived decided to write some books. His name? Solomon. He was a king in Israel, and in 1 Kings 4:29 God grants his request and makes him the wisest person who ever lived. Solomon wrote three books: Song of Solomon talks all about sexual intimacy in marriage (*vroom vroom!*), Ecclesiastes talks about experiencing hopelessness when you leave God out of life, and the book of Proverbs gives us short, wise sayings about how to live life.

Solomon originally wrote these proverbs — these wise sayings — for his children.

My child, listen to what I say, and treasure my

commands. Tune your ears to wisdom, and concentrate on understanding.

Proverbs 2:1-2

Growing up, I remember riding with my dad around town here in Clarksville. He would give me fatherly “pep talks” about how *attitude determines your altitude* and that *can't never could*. I can see Solomon riding around in his chariot speaking wisdom to his children much like my own father did with me.

In Proverbs 4:23, Solomon gives us, in his opinion, the most important commandment he could ever give anyone. This is the granddaddy of sound, wise advice.

Above all else, guard your heart, for it is the wellspring of life.

Proverbs 4:23

Solomon uses the analogy of water and a well. Especially in this day where pollution contaminates our water table and thus makes springs and well water unsafe to drink, we understand Solomon's point — what's inside will direct and control what is outside. The rotten inside will poison the outside. Solomon says that what comes from your heart will determine the direction and destination of your life. What's inside will direct and control what is outside. So be careful what you allow *inside*.

What God is telling us through Solomon's words is that what makes a person dirty and putrid comes from the source of that person — their heart. In the Hebrew culture, the heart was less about the 11 ounce internal organ behind one's sternum and more about the person's attitude, outlook, and emotions. And what you let in — especially through the eyes — will eventually come out.

Reminds me of a little song I learned in Sunday School.

*O be careful little eyes
what you see*

*O be careful little eyes
what you see*

*There's a Father up above
And He's looking down in
love*

*So, be careful little eyes
what you see*

In this day and age of the Internet, we have to be so

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careful with what our kids see. Scratch that — we have to be careful what we ALL see. Mark Driscoll, pastor of Mars Hill Church in Seattle, says, “You are part of a culture that spends more money each year on pornography than country music, rock music, jazz music, classical music, Broadway plays, and ballet combined.” Pornography is a \$14 billion dollar a year business in America. More than 260 new porn sites go online daily, and 12% of all websites are pornographic in nature (that is 420 million porn pages on the web). Every second, 28,258 internet users are viewing pornography.

I know porn isn't a normal topic of conversation in *Clarksville Family*, but it is a conversation we need to have in order to keep our children and our marriages safe. No one is immune. All of us are vulnerable. I would like to give some practical advice on how we can guard our children's hearts (and our own hearts) from the pollution of pornography.

- 1. Place your computer in a public place in your house.** It may not go with your home décor, or throw off your feng shui, but placing your computer in a room with no doors or privacy is just a good idea. It is hard to hide where you're surfing the net in a public room like a dining room or living room. *Never, under*

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any circumstances, let your teenager have an Internet-equipped computer in their room unmonitored! But you say, “Chris, you sound like you don’t trust my teenager!” I would say, “You’re right!” I don’t trust them, and I don’t trust myself. God says in Jeremiah 17, “The heart is deceitfully wicked, who can know it?” Your teenager may have great intentions, but listen to this statistic from the Justice Department: nine in 10 school-age children have been or will be exposed to pornography online, most while doing homework. And don’t use the computer as a babysitter. Set time limits for computer use and discourage late night use.

2. **Be careful of your kids having WiFi electronics.** PSP’s (PlayStation Portables) and the iPod Touch both have WiFi capabilities, so trying to make sure our children’s eyes are protected is becoming harder and harder. Make sure your WiFi network is protected by WPA passwords.
3. **Get into an accountability relationship with someone who monitors the sites you look at.** For the most part, software that installs on your computer that blocks specific sites don’t work. Many times, they can be turned off or must be updated daily to filter out objectionable websites. With 260 new porn sites going online daily, that is a lot of updating. You can also look at what your kids are seeing by looking at their web browsing history or their web browser’s cookies. However these can

be deleted by knowledgeable computer users. The better choice is using *monitoring software*. Monitoring software does not filter or block online activities but captures and records every Web site visited and keeps an accurate listing of surfing activity. After monitoring everything you’ve looked at, they send a monthly report to a selected friend. One of the best ones out there is from www.xxxchurch.com who promotes www.x3pure.com.

4. **Stay involved in your kids’ lives by asking questions.** I love the commercials about parents — the antidrug (www.theantidrug.com). Their tagline to parents? You’re more powerful than you know. The best way to keep kids off drugs, online sex, and sexting is the involved parent. *Ask questions. Snoop around. Open your eyes. Look at phone and text records.* If they’re going to live in your house, then they have to abide by your boundaries. And if they have broken your trust, then set consequences and follow up by implementing those consequences. If you need help as a parent, do not be afraid to ask for it. Talk to your child’s guidance counselor, your pastor, or find help with a family counselor.
5. **Start talking about the porn problem.** Churches and church leaders need to start talking about pornography, because this is a pandemic problem. Jesus talked about it, and so should we.

“You have heard the commandment that says, ‘You must not commit adultery.’ But I say, anyone who even looks at a woman with lust has already committed adultery with her in his heart. Your eye is a lamp that provides light for your body. When your eye is good, your whole body is filled with light. But when your eye is bad, your whole body is filled with darkness. And if the light you think you have is actually darkness, how deep that darkness is!”

Matthew 5:27-28; 6:22-23

The eye is the window into the soul. Are your windows dirty? Do you need some window cleaning? It may be embarrassing, but we have to talk about this with our kids. *Show your children what to do if they accidentally stumble onto a bad site.* Sometimes with pop-ups, it may take unplugging the computer. Spend time with your children on the Internet and teach them to be discerning by talking to them about the good and bad information on the Internet. Don’t allow children to post photos or reveal personal information in the “Personal Profile” sections that some Internet companies provide. Pedophiles prey on this information.

The issue of pornography is kind of like a mushroom — it can only grow in the darkness. Bring some light on the subject by talking about these issues with others. (For some help on talking about this issue, check out Pastor Nate Larkin’s story at www.iamsecond.com or go to www.natelarkin.com). Nate is a pastor

who has struggled with pornography for years and helps other Christians experience victory in this area of their lives.

A special word to soldiers: A lot of the soldiers contact us at oneChurch about their struggle with the prevalent pornography that surrounds them while deployed. When deployed, many times there isn't a lot of accountability, and this can be a difficult subject to talk about with your spouse on Skype thousands of miles away. Find some other soldiers to talk to about this issue. Don't be idle on the Internet. If you're not talking to a loved one or busy with a project, turn it off. Another help is reading Mark Driscoll's free e-book *Porn Again* at his blog, www.theresurgence.com. Roger, a US Army Chaplain, says, "The copies of *Porn Again* will be perfect for our soldiers. *Porn Again* is awesome because nobody talks about that stuff, at least not honestly."

Take Solomon's and Jesus' advice — Guard your heart, for what comes from your heart will determine the direction and destination of your life.



Chris Edmondson has been married to Kim for 15 years and is a father to three boys. He is one of the pastors at oneChurch. Check oneChurch out online at www.oneChurch

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CHILDHOOD OBESITY – THE SPOOKY REALITY

by Jacob Finn, MS

Holidays are so exciting — especially Halloween. There is something for everyone: costumes, Fall Festivals, falling leaves, and spooky decorations. Ask children what their favorite part of Halloween is and you will surely hear about the CANDY!!! The mass amount of candy collected during Halloween definitely contributes to the average 24.5 pounds of candy each person consumes each year. The candy business largely targets children when considering packaging and advertising. About.com reports that non-chocolate candy is a 7.2 billion dollar industry by itself. While candy is part of the fun, it also contributes to an alarming epidemic that puts the youth of our country at risk – childhood obesity.

An epidemic, really?

Without being too blunt, children of all ages are heavier than they used to be. In fact, the number of children who are overweight has doubled in the past 30 years. The American Academy of Family Physicians’ website reports that at least 12% of children ages 6-17 are considered clinically obese.

It’s complicated

Children who are overweight or obese are at serious risk for remaining overweight or obese as adults. Adult obesity can lead to a lifetime of health issues. According to the Mayo Clinic, being obese either leads to or makes a child more susceptible to other complications such as Type 2 diabetes, high blood pressure, asthma, sleep disorders, liver disease, early puberty, eating disorders, and skin infections.

While most people are aware of obesity’s impact on physical health, few consider its contribution to emotional and social well-being. People of all ages are self-conscious about the way they look but children are seeking acceptance from a brutal and sometimes unforgiving crowd

— their adolescent peers. Obesity can lead to decreased confidence, which can affect performance in the classroom and may lead to children becoming depressed and lonely. Parents are often the first to notice these signs in their children.

An abundance of research shows that obesity is directly related to living a shorter life with more health complications. This should be cause for concern for parents. There is a difference between being “big boned” or “pudgy” and being unhealthily overweight. Parents have the biggest influence on their children when it comes to making wise health choices.

Is my child overweight or obese?

Determining if your child is a healthy weight can be fairly indicated by using the BMI equation. BMI, or Body Mass Index, is a calculation that uses height and weight to estimate how much body fat a person has. It also provides a way to screen for possible health problems. Being above or below the optimal weight makes a person more susceptible to having some type of health issue in his or her life.

The equation listed below allows parents to calculate their child’s BMI and determine if there is a need for lifestyle change. Numerous websites such as kidshealth.org offer

$$BMI = 703 \times \frac{\text{weight (lb)}}{\text{height}^2 (\text{in}^2)}$$

| Description | Lower BMI | Upper BMI |
|----------------|-----------|-----------|
| Underweight | 17.5 | 18.5 |
| Optimal | 18.5 | 25 |
| Overweight | 25 | 30 |
| Obese | 30 | 40 |
| Morbid Obesity | | Over 40 |

calculators to help parents figure out BMI and determine whether it falls in the “healthy” range. Parents should

consult with their child’s pediatrician if they are unsatisfied or unsure about the results of the equation.

What can be done?

Managing weight for a child can be a touchy subject. Depending on the age of the child, different management strategies can be put into place. While weight loss is not recommended for a child younger than seven years of age, weight management is recommended by modifying the diet and ensuring the child is physically active. If this is the case, seeking advice from a medical professional is recommended.

If a child is older than seven, a weight loss plan can be designed. Losing weight should occur slowly and the child should lose a maximum of one pound per week. Weight can be lost by modifying diet and increasing physical activity. Diet can be modified by consuming more fruits and vegetables, rather than foods high in sugar and fat. While fast food can be convenient, it is not convenient for a healthy lifestyle. Instead of rewarding children with a piece of candy or a can of soda, fresh alternatives such as apple slices, bananas, or carrot sticks can be substituted.

Whatever the age may be, it is recommended that both physical activity and diet be modified to lose weight and live a healthier lifestyle. Increasing physical activity for a child does not necessarily mean that a 7-year-old needs to run on a treadmill. Physical activity can be anything from playing with the dog in the yard or kicking the soccer ball with friends to jumping rope and playing tag (preferably not at the same time). Church, school, and recreation center sport leagues are available for children of all ages throughout the year and are great outlets for energy and opportunities to be active.

Weight can also be managed by limiting the amount of time spent in

front of a television or computer screen. Physical activity should be promoted and encouraged over sedentary activities. Just as adults need accountability and encouragement when changing habits, children need constant motivation and support to lose weight and stay active. When parents take an active role in helping their children, the entire family can work together to achieve a healthy lifestyle. Taking family bike rides, walking around the neighborhood, and going hiking are just a few ways to be active as a family. Exercise and activity should not be seen as a punishment, but as a great way to bond and grow closer as a family. Physical activity is important regardless of a child's weight and should be a part of every family's routine.

Give me something good to eat...

With Halloween approaching quickly, get out with the kids and enjoy this exciting and unpredictable holiday. Use trick-or-treating as an excuse to walk around the neighborhood with the family and enjoy the crazy costumes and eerie front yard decorations. Don't let your guard down though — monitor how many treats the kids consume and how much candy "disappears" when they go to sleep!?



Jacob Finn, MS, is a personal trainer at High Pointe Rehab. He works with children through adults to help them meet their fitness goals. Jacob and his wife Rachel reside in Clarksville.

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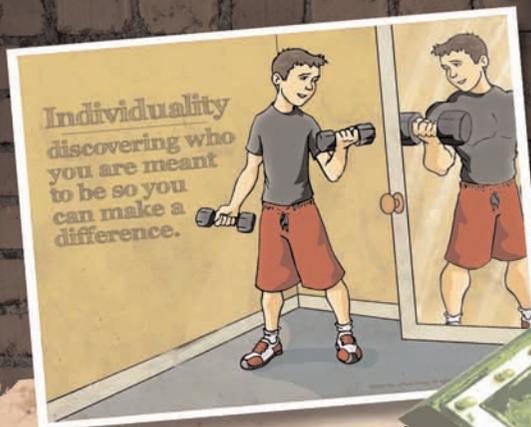
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INDIVIDUALITY

by Chad Rowland, co-pastor

Individuality. Sounds like a good concept...until our kids start to drive us crazy with *their* individuality! We then start thinking things like:

- “Why can’t you be more like your brother?”
- “Why can’t you be more like the other kids in the neighborhood?”
- “Why can’t you just be normal!”
- “You’re going to make me lose my mind!”

Maybe that sounds a little harsh. Maybe you have not been stressed to that level. But I bet you’ve come close. Well, what would you say if I told you that the problem was not our strange little children? Rather, the problem is us...the parents. We have lost sight of the beauty of individuality.

In the Bible, one songwriter put it this way:

“For You (God) created my inmost being; You knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made; Your works are wonderful, I know that full well. My frame was not hidden from

you when I was made in the secret place. When I was woven together in the depths of the earth, Your eyes saw my unformed body. All the days ordained for me were written in Your book before one of them came to be.”

Psalm 139:13-16

If nothing else, this tells us that our children were made on purpose. They were made with intentionality. They were made with individuality.

No two children are just alike. Even with similar surroundings, similar homes, similar families, and similar experiences, each child is unique. Instead of embracing the traits that make each child unique, we often try to change the child. I can’t think of a more disappointing thing for the Creator to observe than to watch someone try to change something He loves just as it is.

One simple concept that has helped my wife and me in the process of raising our two children is understanding the difference between personality and character. We view personality as the unique collection of traits that makes

each of our children different from everyone else. It is how my daughter loves to organize her room over and over again. It is how my son can’t find his socks only to realize they’re on his feet. It is how my daughter grins and smiles when something strikes her as funny. It is how my son’s eyes nearly pop out of his head as he belly laughs over the smallest of things. It is your dry sense of humor, crooked grin, stoic glance, nervous habits, love of silence, and any other unique personality trait that has been with you from the beginning. Personalities are neither good nor bad. They are unique.

Conversely, we view character as related to the moral decisions each of our children makes. It is about right and wrong. It is about obedience and respect. It is about truth and lies. It is about honor and loyalty. Character is something that can, and should, change. As I seek to become a man of character, I pray my kids watch and follow me. As I am honest to my children about the bad decisions I’ve made, I pray my kids listen and avoid making the same mistakes.

Understanding the difference between personality and character is a foundational truth in our home. We believe God has no desire to change our personalities. But He literally died to redeem our character. My daughter’s personality is who she is. It may never change. It reflects God’s creativity. My son’s personality is who he is. It may never change. It reflects God’s creativity. However, both of my children (as perfect as they seem to me) have character flaws. My responsibility as their dad is to show and teach them that it is possible to make wise choices in public settings as well as in the privacy of our home. But honestly, my kids are teaching me as much about our Creator as I am teaching them.

My daughter’s individuality has taught me that God:

- loves order
- has strategic plans
- is creative
- is beautiful
- is nurturing

My son’s individuality has taught me that God:

- is sensitive
- has emotion
- loves risk
- loves adventure
- is passionate
- never sleeps
- embraces a mess

I know these things because I accept the truth that with fear and wonder God has made each of my children. Not only do their unique personalities make this world a better place, but they teach me much about who God is and what God loves. Go hug your child and tell him you love him just the way he is.

To learn more about how to embrace individuality, be a part of Cross Street Live on October 18th. Visit www.crossstreetlive.com for details.



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THE IMPORTANCE OF FINANCIAL PLANNING IN AN UNCERTAIN ECONOMY

Part 1 - Get Off the Roller Coaster and Get a Financial Plan

by Ryan Bosler

You may find yourself unsettled by the ups and downs of the market. It is difficult to make educated decisions on what you should do with your money. From television to next-door neighbors to Internet chat rooms, everyone seems to have an opinion, but how can you be sure you are getting the right advice? What can you do to ensure you make the right choices? A well thought out financial plan may be the answer.

A financial plan can help you negotiate the twists and turns of the market because your investment strategy is based on your own situation and goals — not what the market is doing at the moment.

A financial plan is simply a guide to help you determine where you are financially, where you want to be, and how to get there. Many people resist creating a financial plan because it seems like too much trouble — until they find themselves in financial

difficulty. If you've been seeing the value of your investments seesaw, now may be the time to consider the benefits of putting a solid financial plan together.

You can create the plan yourself or seek a qualified financial professional who has the knowledge and experience to help guide your key decisions. A good financial plan will address more than your investments — it will look at all the pieces of your financial picture, including investment objectives, risk tolerance, budgeting, saving, credit, taxes, insurance, retirement planning, estate strategies and more.

Since it's the investment portion of your financial picture that we are most concerned with here, let's look at some of the related questions your financial professional will ask:

- What are your investment goals? Are you saving for a long-term goal, like

retirement or a child's education? Or are you looking forward to fulfilling some more immediate dream, like starting your own business or paying for a daughter's wedding?

- How much money do you have available to invest?
- How long will you keep the money invested? Can you add to your investments on a regular basis? Do you need the income from your investments for living expenses? Do you have enough cash readily available in the event of an emergency?
- How much can you afford to put at risk? In other words, what is your risk tolerance level? Partly, this is a question about your psychology of investing, but it's also a question that concerns your age, your current income, your potential income, and your total assets.

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The answers to these and other important questions are the starting points for the investment portion of your plan. The next step is to outline the types of investments that are appropriate for you (diversification) and how much of each to invest in (asset allocation). Specifically, you need to decide how much to put in liquid investments, like money market funds*, how much in dividend paying investments, like bonds, and how much to put in stocks, and what kind of stocks.

Wise investors know that a diversified stock portfolio helps cushion against the ups and downs of the market. There are many different groupings of stocks — by industry, by market cap size (large, medium and small), by investment style (growth, value and blended), by country (U.S., international), and so forth.

Each of these different types of investments performs in different ways. Often some segments of the investment universe will be rising while others will be falling. Deciding on an appropriate asset mix for your particular situation can be the most important investment decision you make.

Whether you choose to create your own financial plan or seek out the help of a professional, having a plan in place can help ensure that your investment decisions are the right ones for you. Markets go up and markets go down, but good planning can help you take control of your finances.

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This material is not intended as tax or legal advice. You should consult with your personal financial, tax or legal advisor regarding your specific situation before implementing any estate or business strategy.



This article is provided by Ryan Bosler.

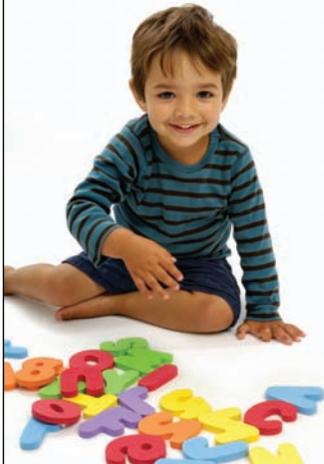
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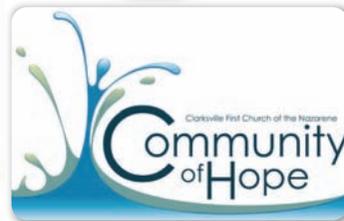
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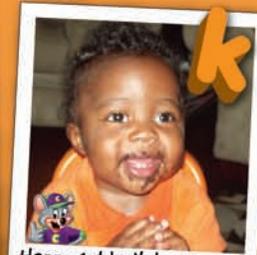
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Love you so much Khloe!
Love, Mommy & Daddy



Happy 2nd Birthday Matthew!
Love, Moma, Dada, & Riley



Mommy & Daddy Love You, Andi!



Happy 2nd Birthday Emily!
Love Mommy & Daddy



Happy 2nd Birthday Hailey!
We Love You! Mommie & Daddy



Happy 2nd Birthday Jacob!
Love Mommy & Daddy



Happy 2nd Birthday Josie!
All Our Love, Mommy & Daddy



Happy 2nd Birthday Kristian
We love you Mommy, Daddy, Dante, Dandre & Domingek



Happy 2nd birthday, Grant!
Love, Beeba & Pa



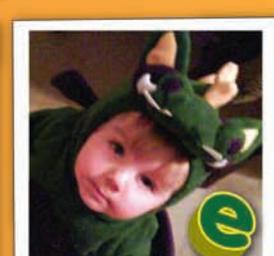
Happy 2nd Birthday, Skyla!
Love, Grandpa & Grandma



Happy 2nd Birthday, Judah!
Love, Me Me & Mammy



Happy 3rd Birthday Lainey!
Love, Mommy & Daddy"



Happy 3rd birthday Monster!
Ethan, we all love you!

Wanna be on the Fridge?:

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

** You may also mail your photos to: PO Box 31867 • Clarksville, TN 37040 • Mailed photos cannot be returned. Submitted photos & 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 of photos received.

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

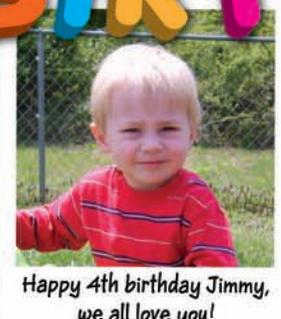
HAPPY BIRTHDAY!



Happy 3rd Birthday
Princess Natalie!



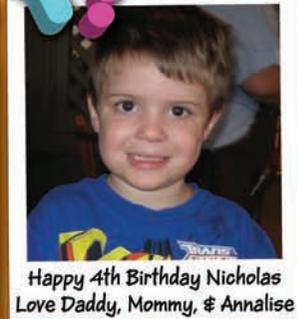
Happy Birthday Brendyn!
We Love You! Mom, Dad, & Mya



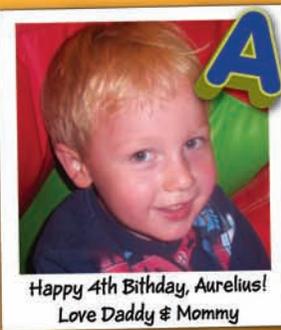
Happy 4th birthday Jimmy,
we all love you!



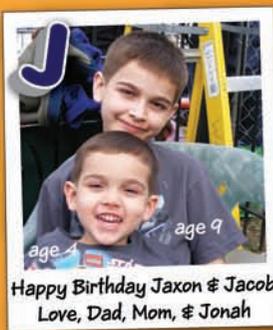
Happy 4th Birthday Mattie Moo
Love your family



Happy 4th Birthday Nicholas
Love Daddy, Mommy, & Annalise



Happy 4th Birthday, Aurelius!
Love Daddy & Mommy



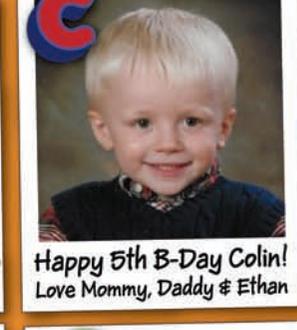
Happy Birthday Jaxon & Jacob
Love, Dad, Mom, & Jonah



Happy 5th Birthday Gracen!
Love, Mommy & Daddy



Happy 5th Birthday Mckinlee!
We Love You, your Family!



Happy 5th B-Day Colin!
Love Mommy, Daddy & Ethan



Happy 6th Birthday Alecia!
Love Mommy!



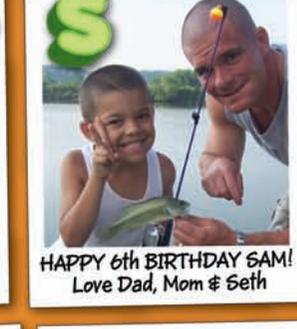
Happy 6th Birthday Bailey!
We Love You, Daddy, Mommy & Madisyn



Happy 6th Birthday Brooklynn!
Love you, Daddy, Mommy & Blake!



Happy 6th Birthday, Elias!
Love, Beeba & Pa



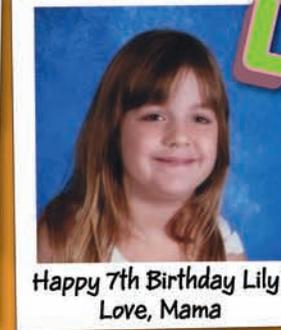
HAPPY 6th BIRTHDAY SAM!
Love Dad, Mom & Seth



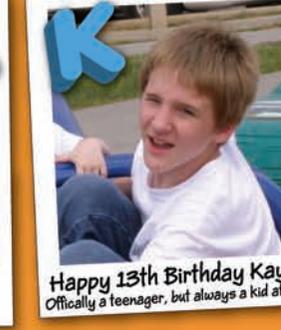
Happy 7th Birthday Baker!
Love, Mom, Dad, & Kaitlin



Happy 7th Birthday Carson!
We love you! Mom & Dad



Happy 7th Birthday Lily!
Love, Mama



Happy 13th Birthday Kayne!
Officially a teenager, but always a kid at heart.



Happy 14th Birthday Jazmin!
Mommy loves you so much



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

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

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

Don't forget!
Send in photos for November birthdays by October 15th!

Ongoing

BATTERIES NOT INCLUDED: UNPLUGGED GAMES FROM THEN AND NOW

Through January 17, at Kimbrough Gallery of Customs House Museum, 200 South Second Street. Before the age of Atari, Nintendo and their ilk, kids played OUTSIDE when the weather was good. If it wasn't, there was always the basement or another large room in the house to get together and play games of chance, wits and skill. All are electronic free and lots of fun. Museum hours: Tuesday through Saturday, 10:00 a.m. to 5:00 p.m.; Sundays 1:00 p.m. to 5:00 p.m. Admission: Adults \$5, Senior Citizens \$4, College \$2, Students 6 to 18 \$1, under 6 free. Free admission on Sundays.

CASH FOR HEALTHY BLOOD SAMPLES

We need your help! Alpha Clinical Research is collecting blood samples from healthy volunteers in exchange for \$25. "Healthy" is defined as free from disease. People with anxiety, allergies and on birth control or hormone replacement therapy are not excluded and may participate. Interested volunteers may call (931) 920-2525 to learn more.

CLARKSVILLE DOWNTOWN MARKET

Every Saturday from 8:00 a.m. to 1:00 p.m. at One Public Square during market season. The Market will feature fresh, locally grown produce, nursery stock, hand made craft items and other commodities available on a seasonal basis. Visit www.clarksvilledowntownmarket.com for more information.

CLARKSVILLE FIRST CHURCH OF THE NAZARENE HOPE RIDERS

1:15 p.m. every Sunday afternoon at 150 Richview Road, weather permitting (temperature above 50 and no rain). Hope Riders is the name of our full-fledged Biker Ministry. All riders welcome. For more information contact Pastor Ron at (931) 648-0110 or visit www.hoperiders.blogspot.com for upcoming rides and events.

FAMILY LIFE CENTER ACTIVITIES

Monday through Friday, 5:00 a.m. to 9:00 p.m. (except Wednesday, 5:00 a.m. to 5:00 p.m.), Saturday, 7:00 a.m. to 4:00 p.m. at 250 Old Farmers Road in Sango. This family-oriented facility

sports a walking track, basketball courts, weight room, cardio deck, racquetball court, group fitness, game room, and a luxurious senior-adult social room. It is open to the entire Clarksville community and offers a variety of membership options such as walking pass member, group exercise member, and single-, couple- or family-memberships. Classes include step aerobics, Pilates, sculpting, Zumba, circuit, chair aerobics for seniors and beginner step (all classes are \$2). Visit hbcfamilylife.blogspot.com for more information.

HOOPS SIGN UPS

Registration deadline is November 7. At Hilldale Baptist Church Family Life Center, 250 Old Farmers Road. HOOPS is a fun, instructive league, teaching fundamentals in basketball OR cheerleading. Basketball for K-8th Grades, Cheerleading for K-6th Grade Girls. Cost is \$50 per child. Register online at www.hilldale.org or at Family Life Center front desk.

OWEN FARM FAMILY FALL FESTIVAL

Through October 31, Saturdays, 10:00 a.m. to 6:00 p.m.; Sundays, 1:00 p.m. to 6:00 p.m. at Owen Farm, 825 Crocker Road, Chapmansboro, Tennessee. Corn maze, pumpkin rides, hayrides, barrel train, corn crib, 60-foot "drop zone" slide. Adult admission \$8 (\$6 with military I.D.), children \$6 (ages two and under are free). \$1 discount for non-perishable food donation. Concessions are available. Call (615) 642-0294 or visit www.owenfarm.com.

October

1 THURSDAY ALZHEIMER'S CAREGIVERS SUPPORT GROUP MEETING

6:30 p.m. at Clarksville-Montgomery County Public Library, 350 Pageant Lane. For more information call Patsy Shell at (931) 648-1884.

2 FRIDAY 4TH ANNUAL HICKMAN COUNTY QUILT SHOW

12:00 p.m. to 5:00 p.m. on Friday, and 9:00 a.m. to 4:00 p.m. on Saturday at Centerville First Baptist Church, 123 Church Street, Centerville, Tennessee. *Remembering Hearth and Home*, this year's theme, will feature Log Cabin quilts. Displays of quilts will include baby, lap-size, full-size, queen, king, and wall hangings. Heirloom, battered, mended, old, and new quilts will be shown. Some new features of the 2009 show will be bundles of fat quarters

given as door prizes during show times. Another new thing is an opportunity to win a stained glass panel, 18" x 28", of a Log Cabin quilt square with a red heart in the center. This Grand Prize is valued at \$400. Quilting with Glass, by John and Lugene Hudspeth, was designed, created, and donated as the Grand Door Prize. Tickets for the prize may be purchased from quilt show committee members for \$1. Show admission is free, and free parking is provided. For more information please contact Ruth Ann Carathers at (931) 670-4998, or 3117 Highway 100, Centerville, Tennessee, 37033, or rcarathers@centerville.net; or Bettye T. Griffin at (931) 729-5437, or 901 Highway 50, Centerville, Tennessee, 37033, or griffinj@mlec.net.

OKTOBERFEST

4:00 p.m. to midnight on Friday; and 2:00 p.m. to midnight on Saturday at Economy Drive off of Exit 11.

3 SATURDAY CLARKSVILLE COMMUNITY HEALTH FAIR

10:00 a.m. to 5:00 p.m. mall wide in Governor's Square Mall. 5 Star Radio Group is bringing the community together to promote healthy living to the residents of Clarksville. Featuring a center stage with performances and activities from local dance groups, aerobics classes, cheerleaders and much more. The Health Fair will also include up to 30 booths of local businesses and groups featuring healthy living products and goods.

6 TUESDAY CLARKSVILLE SCRABBLE GAME CLUB

6:00 p.m. at Borders, 2801 Wilma Rudolph Boulevard. Call Clay Sanders at (931) 647-3625.

9 FRIDAY FALL AUTO SHOW

Through Sunday, October 11. Mall hours, mall wide at Governor's Square Mall. See new cars from local car dealers.

10 SATURDAY KIDS AND COPS COMMUNITY EVENT

10:00 a.m. to 2:00 p.m. in parking lot of Kmart, 2780 Wilma Rudolph Boulevard. Sponsored by the Clarksville Citizens Police Academy Alumni, Clarksville Police Department and Kmart. Contact Bill Jones, Clarksville Police Reserve Officer at (931) 220-0270 for more information.

RED DOOR FALL FEST & CRAFT FAIR

10:00 a.m. to 4:00 p.m. at Trinity Episcopal Church, 317 Franklin Street. See article on page 22.

12 MONDAY COLUMBUS DAY

16 FRIDAY JAMMIN' IN THE ALLEY

6:00 p.m. to 9:00 p.m. in front of City Hall at Strawberry Alley and 1st Street. Free concert for all ages sponsored by the City of Clarksville. Call (931) 645-7444 for more information.

Chick-fil-A Madison Street Fundraiser Nights

1626 Madison Street
(931) 648-4468

6 TUESDAY
MOORE MAGNET
4:00 p.m. to 7:00 p.m.

20 TUESDAY
EAST MONTGOMERY
5:00 p.m. to 8:00 p.m.

22 THURSDAY
BARKSDALE
5:00 p.m. to 8:00 p.m.

27 TUESDAY
NORMAN SMITH
5:00 p.m. to 8:00 p.m.

17 SATURDAY
HAUNTING HISTORY AT DUNBAR CAVE
5:00 p.m. to 8:00 p.m. at Dunbar Cave, 401 Old Dunbar Cave Road. See article on page 19.

SAFFY SATURDAY
9:00 a.m. to 12:00 p.m. at Heritage Park, 1241 Peachers Mill Road. Come see the Chick-fil-A Cow (10:00 a.m. to 11:30 a.m.) and touch a truck sponsored by Jenkins & Wynne and the Clarksville Department of Parks & Recreation.

CUMBERLAND RIVER CRAFT SHOW
9:00 a.m. to 10:00 p.m. at Heritage Park Complex, 1241 Peachers Mill Road.

FREE WOMEN'S EXPO AND HEALTH FAIR
10:00 a.m. to 11:45 a.m. at Hilldale Baptist Church Family Life Center, 250 Old Farmers Road. Sponsored by Gateway Medical Center. Receive free health screenings and information, demonstrations, business exhibits and giveaways.

GOLD STAR WIVES E.A.G.I.E.S. CHAPTER MEETING
11:00 a.m. at Family Resource Center, 1501 William C Lee Boulevard, Fort Campbell.

WOMEN'S EXPO AND HEALTH FAIR LUNCH/MAIN EVENT
11:45 a.m. to 2:00 p.m. at Hilldale Baptist Church Family Life Center, 250 Old Farmers Road. Sponsored by Gateway Medical Center. Including lunch, door prizes and motivational speaker, Cindy Kubica. Nationally known stress expert and energy coach Cindy Kubica will share her ideas on how to turn stress into positive energy.

Be one of the first 100 women to register for lunch and receive a pink cosmetics bag. Please register by October 12 by calling (931) 502-1111.

BACH BLANKETS CROCHET GROUP
1:00 p.m. to 2:00 p.m. at Clarksville-Montgomery County Public Library, 350 Pageant Lane. Crochet blankets for babies delivered at Blanchfield Army Community Hospital. Call Sharon Loebl for information at (931) 572-0734.

LOUISIANA SATURDAY NITE
4:00 p.m. to 7:00 p.m. at Loaves & Fishes Kitchen, at the corner of 3rd and Foster (between College Street and Main Street). Carry out available. Donations are \$15. Tickets available at door or by calling (931) 645-9020. Visit www.lfnfn.org or e-mail lfnfn@bellsouth.net.



Christian Basketball & Cheerleading Program

- For Children in K-8th Grades
- Cost is \$50.00 for both Basketball and Cheerleading
- One game and one practice each week @ the FLC
- Register NOW @ the Family Life Center or visit www.hilldale.org for more information!

Hilldale Baptist Church Family Life Center
250 Old Farmer's Road, Clarksville TN ~ 931-368-0205

Chick-fil-A Governor's Square Employee Appreciation Days

2801 Wilma Rudolph Boulevard
(931) 645-5144

Employees with I.D. get a free Chick-fil-a chicken sandwich with purchase of medium drink and medium fries.

2 FRIDAY
QUEBECOR WORLD DAY

7 WEDNESDAY
TRANE DAY

14 WEDNESDAY
FLORIM DAY

21 WEDNESDAY
METALPHA DAY

28 WEDNESDAY
GATEWAY HOSPITAL DAY

HAUNTING HISTORY AT DUNBAR CAVE
5:00 p.m. to 8:00 p.m. at Dunbar Cave, 401 Old Dunbar Cave Road. See article on page 19.

18 SUNDAY
PRIVATE MILITARY SHOPPING NIGHT
6:30 p.m. to 8:30 p.m. mall wide at Governor's Square Mall. All military and families are invited to shop with extra discounts, giveaways, food sampling, and more. Be sure to register to win for the grand prize of a \$1,000 mall gift card from Steve Nash at Keller Williams. All customers must show military I.D. and use the main mall entrance.

20 TUESDAY
CLARKSVILLE SCRABBLE GAME CLUB
6:00 p.m. at Borders, 2801 Wilma Rudolph Boulevard. Call Clay Sanders at (931) 647-3625.

23 FRIDAY
SPECTACULAR, SPECTACULAR
5:00 p.m. at Hodgepodge, 125 Franklin Street. See article on page 18.

24 SATURDAY
KIDS DEPOT GRAND RE-OPENING
At Kids Depot, 3343 Highway 41-A South (in Sango Village). Call (931) 358-0478 for more information.

2009 SANGO SCAMPER ROAD RACE
At Sango United Methodist Church, 3301 Sango Road. Proceeds from the race benefit Habitat for Humanity. The race features TAC Certified 10k and 5k courses as well as a one mile scenic stroll. Visit www.sangounc.org to register online for the event. For more information call (931) 358-2552.

SPECTACULAR, SPECTACULAR
9:00 a.m. to 8:00 p.m. at Hodgepodge, 125 Franklin Street. See article on page 18.

KLEEMAN HAUNTED MANSION
6:00 p.m. to 10:00 p.m. at Kleeman Community Center, 166 Cunningham Lane.

30 FRIDAY
FALL FESTIVAL
5:30 p.m. to 7:30 p.m. at Draughons Junior College, 1860 Wilma Rudolph Boulevard. Free and open to the public. Join us for a "Spook-Tacular Time!" We will have a costume contest, pumpkin decorating contest, spooky story time, trunk or treat, a haunted house and lots of candy. For more information please contact Lmurphy@draughons.edu.

HALLOWEEN TRICK-OR-TREAT HUNT
7:00 p.m. at Heritage Park Complex, 1241 Peachers Mill Road.

31 SATURDAY
HALLOWEEN
CLARKSVILLE ACADEMY FALL FESTIVAL
10:00 a.m. to 3:00 p.m. at Clarksville Academy Gymnasium, 710 North 2nd Street. Open to all. There will be pony rides, face painting, laser tag, fish racing, Rock Band, a dunking booth, game booths, food, prizes, an auction and more.

NWHS MOTOR MANIA CAR SHOW
10:00 a.m. to 6:00 p.m. at Northwest High School, 800 Lafayette Road. Classic, Muscle Tuner, Open, and Motorcycle classes. The last date to enter cars is October 25, 2009. Applicants must e-mail car or bike photo to NWHSmotormaniam@charter.net, include first and last name, contact number or e-mail, and the class they are entering. \$20 entry fee. There will be a \$2 spectator fee; children 12 and

BUSY BEADS & MOORE • OCTOBER CLASS SCHEDULE
1960 I-b Madison Street • (931) 552-5545

PEYOTE BRACELET \$25. Wednesday the 7th @ 2:00 p.m.
FACETED RING \$35. Gemstones are \$12. Monday the 12th @ 2:00 p.m.
FILIGREE BRACELET \$25. Thursdays the 1st and 15th @ 11:00 a.m.
FILIGREE RING \$25. Thursdays the 8th @ 11:00 a.m. and 22nd @ 2:00 p.m.
BASIC JEWELRY \$25. Friday the 2nd @ 1:00 p.m., Saturday the 10th @ 10:30 a.m., and Tuesday the 20th @ 10:00 a.m.
BEGINNING WIRE WRAP \$25. Friday the 16th @ 1:00 p.m., Saturday the 24th @ 10:30 a.m., Tuesday the 27th @ 10:00 a.m.

PHARAOH'S RING \$35. Monday the 12th @ 2:00 p.m.
CLASSIC BANGLE \$35. Wednesday the 21st @ 2:00 p.m.
BANGLE WITH BEADS \$35. Wednesday the 14th @ 2:00 p.m.
HUG RING \$25. Tuesday the 6th @ 10:00 a.m.
EAR WIRES \$25. Tuesday the 20th @ 10:00 a.m.
SPIRAL BRACELET \$25. Wednesday the 28th @ 2:00 p.m.
EARRING RING \$35. Call to set up time.
CHAIN, CHAIN, CHAIN! Horseshoe, Wall Eyed and Eternity Chains. \$25/class. Call to set up time.
Call (931) 552-5545 to schedule these or other classes.

2009 CLARKSVILLE ACADEMY FALL FESTIVAL

OPEN TO FRIENDS, FAMILY & THE GENERAL PUBLIC!

**PONY RIDES
FACE PAINTING
LASER TAG
FISH RACING
ROCK BAND
DUNKING BOOTH
GAME BOOTHS
FOOD • PRIZES
AUCTION & MORE!**

COME ONE COME ALL!

**SATURDAY, OCTOBER 31ST 10AM-3PM
CLARKSVILLE ACADEMY GYMNASIUM
710 NORTH 2ND ST. • CLARKSVILLE, TN**

**VENDOR ALLEY:
LIMITED AVAILABILITY**

**RESERVE YOUR BOOTH TODAY!
FOR JUST \$50!**

**ONLY ONE BOOTH PER PRODUCT
OR BRAND WILL BE ACCEPTED.
BOOTHS WILL BE RESERVED IN
THE ORDER IN WHICH THEY
ARE RECEIVED.**

**FOR BOOTHS CALL OR EMAIL DEBBIE MCCONNELL AT
931-980-8837 OR
DEBBIEMCCONNELL@BELLSOUTH.NET**

under are free; active duty with military I.D. are free. Call David at (931) 220-7651 for more information.

HARVEST FESTIVAL

6:00 p.m. to 8:30 p.m. mall wide at Governor's Square Mall. Fun activities for the entire family including games and prizes. Attention trick-or-treaters: Look for the orange pumpkin in the windows of participating stores.

November

7 SATURDAY

CYSTIC FIBROSIS GREAT STRIDES WALK
Check in is at 9:00 a.m., the walk starts at 10:00 a.m. at Clarksville's downtown square. We will do a one mile loop around the main square. For more information contact Lesley McMahan at lmcmah@cff.org, call the Cystic Fibrosis Foundation at (615) 255-

1167, or contact Debbie McConnell at debbiemcconnell@bellsouth.net. See article on page 33.

14 SATURDAY

HOLIDAY MARKET
9:00 a.m. to 2:00 p.m. at Madison Street United Methodist Church, 319 Madison Street. Madison Street United Methodist Church is happy to announce the 34th annual Holiday Market. There will be lots of great vendors, a silent

auction, a bake sale, and much more. Admission is free and all proceeds go to local charities. Call Kay Hopson at (931) 648-4068 or Debbie Winters at (931) 358-3673 for more information.

To have your event included for free on the Calendar e-mail events@clarksvillefamily.com. Please have it to us by the 15th of the month to be included in next month's issue.

The Girly Girlz Pampered Palace Events

1007 South Virginia Street, Hopkinsville
(270) 885-9898 • www.princesssteaparty.biz

October 3rd • DORA TEA PARTY 4:00 p.m. \$12 per person.

October 12th - 16th • ROASTING MARSHMALLOWS FALL BREAK CAMP 9:00 a.m. to 6:00 p.m. daily. \$115 per person per week or \$35 per person per day, all meals included.
Monday: Art & Craftz,
Tuesday: Fashion & Design,
Wednesday: Babysitting 101 and Beauty Boot Camp,
Thursday: Culinary Camp, Friday: PJ Party & Movies.

October 18th • MOMMY & ME DAY SPA 12:00 p.m. to 6:00 p.m.

October 24rd • BRATZ SPA PARTY 6:00 p.m. to 8:00 p.m. \$12 per person (snacks provided).

October 30th • BOO-TEA-FUL COSTUME PARTY \$17 per person.

Call for information. Tickets must be purchased in advance to attend all events.

Betsy's Barn - Garden & Yarn Classes

3208 Highway 41-A South in Sango
(931) 358-KNIT

BEGINNING SOCK CLASS

Learn how to make and complete your first pair of socks with Judie. 6:00 p.m. to 8:00 p.m. October 1, 15 and 29. \$50 for three sessions; supplies not included.

LADY BUG DISH CLOTH

A fun Sunday afternoon project. 1:00 p.m. to 4:00 p.m. on October 25. \$35 includes book, yarn and class fee.

CROCHETED WASHCLOTH

A fun project for a beginner to advanced crocheter. October 4 from 1:00 p.m. to 4:00 p.m. \$35.00 includes book, yarn and class fee.

TOP DOWN SWEATER

Make this easy top down sweater with Jeanette. 12:00 p.m. to 2:00 p.m. on October 10, 31 and November 21. \$45 for three sessions; supplies not included.

FINISHING CLASS

Have unfinished projects but not sure how to finish them? Join Judie for this helpful and very useful class. 12:00 p.m. to 2:00 p.m. on October 10. \$25.

BEGINNING CROCHET

This class will teach you how to chain, single crochet and finish off while making a dishcloth or scarf. 2:00 p.m. to 4:00 p.m., or 6:00 p.m. to 8:00 p.m. on October 1 and October 8. \$45 for two sessions includes book, yarn and hook.

BEGINNING KNITTING

Learn to cast on, knit, purl and bind off while making a scarf. 2:00 p.m. to 4:00 p.m. or 6:00 p.m. on October 22 and 29. \$45 for two sessions includes book, yarn and needles.

FELTED PURSE

Always wanted to make a felted purse, but thought you couldn't? Join Jeanette with this fun project. Choose your own pattern. 12:00 p.m. to 2:00 p.m. on November 4 and 18. \$40, supplies not included.

FIRST HAT

Make your first hat and use the rest of the yarn for a neck wrap, if desired. Learn to knit in the round on a circular needle. 12:00 p.m. to 2:00 p.m. on November 3 and 17, or 6:00 p.m. to

8:00 p.m. November 5 and 19. \$45 for two sessions; supplies not included.

LACE SCARF

Ann Norling pattern - six scarves to choose from. 12:00 p.m. to 2:00 p.m. on November 6, 13 and 27; or 4:00 p.m. to 6:00 p.m. on November 6, 13 and 27. \$45 for three sessions; supplies not included.

All class fees must be paid for in advance. Failure to notify us of a cancellation within 48 hours prior to class time will forfeit class fees.

Private lessons available. If you have limited time, but want to learn how to knit or crochet, you can schedule your own class at a time convenient for you. \$20 for one to two hour sessions.

We offer a 10% discount on supplies purchased for classes and charity events. We reserve the right to cancel or change a class/event. In the event this should happen, you will be notified of the change and rescheduled or refunded. A minimum of three students are required for a class to be held.

Chick-fil-A Governor's Square

Spirit Days & Nights

2801 Wilma Rudolph Boulevard
(931) 645-5144

6 TUESDAY
MOMS CLUB BREAKFAST
9:30 a.m.

8 THURSDAY
ST. BETHLEHEM ELEMENTARY
5:00 p.m. to 8:00 p.m.

12 MONDAY
ROXY SPIRIT NIGHT
5:00 p.m. to 8:00 p.m.

13 TUESDAY
YMCA
5:00 p.m. to 8:00 p.m.

17 SATURDAY
ACTION GYMNASTICS
5:00 p.m. to 8:00 p.m.

19 MONDAY
ROSSVIEW ELEMENTARY
5:00 p.m. to 8:00 p.m.

20 TUESDAY
NORTHEAST ELEMENTARY
5:00 p.m. to 8:00 p.m.

22 THURSDAY
HAZLEWOOD ELEMENTARY
5:00 p.m. to 8:00 p.m.

26 MONDAY
ROSSVIEW MIDDLE
5:00 p.m. to 8:00 p.m.

28 WEDNESDAY
RHS CHERLEADERS
5:00 p.m. to 8:00 p.m.

29 THURSDAY
CHARITY SPIRIT NIGHT BREAST CANCER AWARENESS
5:00 p.m. to 8:00 p.m. Donations accepted all day.

Crisis 2 1 1
There is light, even in the darkest night. **DIAL** Find Help • Give Help

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

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

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

SPECTACULAR SPECTACULAR

One Admission \$10.00
208 N 10
Clarksville, TN

Vintage Inspired Craft Event & Bazaar
Friday, October 23rd &
Saturday, October 24th
NO REFUNDS OR REPLACEMENTS

Learn more at www.spectacular-event.blogspot.com
or at Hodgepodge or ARTifacts

Hodgepodge
Clarksville Family
MAGAZINE

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

BABY AND ME LAP SIT

For infants up to 18 months old. Thursdays, October 1, 8, 15 and 22 @ 9:30 a.m.

PJ STORY TIME

Come dressed ready for bed. Thursday, October 1 @ 7:00 p.m.

ANIME PROGRAM

For teens ages 13-18 years old. Saturday, October 3 @ 2:00 p.m.

BUSY BEES

Mondays, October 5, 12 and 19 @ 9:30 a.m.

FAMILY TIME

For all ages. Mondays, October 5, 12 and 19 @ 10:30 a.m.; Tuesdays, October 6, 13 and 20 @ 9:30 a.m.

JUST FOR ME STORY TIME

For children ages 4 and 5. Tuesdays, October 6, 13 and 20 @ 10:30 a.m.

TWEEN PROGRAM

For ages 10, 11 and 12. Tuesday, October 6 @ 4:00 p.m.

TEEN ADVISORY BOARD

Meeting for 13-18 year olds. Thursday, October 8 @ 4:30 p.m.

TEEN PROGRAM

For ages 13-18 years old. Thursday, October 15 @ 5:00 p.m. to 7:00 p.m.

FOUR PAWS FOR READING

With Tender Paws specially trained therapy dogs. Come read to our four-footed friends. Saturday, October 10 @ 1:00 p.m.

"WE GAME" FAMILY GAMING NIGHT

Come play with us and enjoy games in the library. Saturday, October 17 @ 2:00 p.m. to 4:00 p.m.

HALLOWEEN STORY TIME AND COSTUME PARADE

Bring your preschool children dressed in their Halloween Costume for a Halloween storytime and Costume Parade in the library. October 30 @ 10:00 a.m.

The Roxy Regional Theatre

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

THE 25TH ANNUAL PUTNAM COUNTY SPELLING BEE

Music and Lyrics by William Finn, Book by Rachel Sheinkin, Conceived by Rebecca Feldman

Six young people in the throes of puberty, overseen by grown-ups who barely managed to escape childhood themselves, learn that winning isn't everything and that losing doesn't necessarily make you a loser. **THE 25TH ANNUAL PUTNAM COUNTY SPELLING BEE** is a hilarious musical about six adolescent outsiders vying for the spelling championship of a lifetime.

October 1, 2, 3, 7, 8, 9 & 10.

THE BEAUTY QUEEN OF LEENANE

By Martin McDonagh

This fall terror will have a new face. Linda Ellis stars in this darkly comic tale of Maureen Folan and Mag, her manipulative aging mother, whose interference in Maureen's first chance of a loving relationship sets in motion events that lead toward a terrifying climax.

October 16, 17, 21, 22, 23, 24*, 28, 29 & 30.

POE UNEARTHED

Adapted for the stage by John McDonald

Highlighting "The Tell-Tale Heart," "The Masque of the Red Death," "The Cask of Amontillado," and "The Raven," these tales of Edgar Allan Poe come to life in this tour de force piece created for four actors, featuring Roxy favorite Jay Doolittle.

October 31*.

Curtain Times

7:00 p.m. Wednesday and Thursday evenings, 8:00 p.m. Friday and Saturday evenings.

*2:00 p.m. matinee on selected Saturday afternoons. (Program and times are subject to change.)

Individual Musical Ticket Prices

\$20 adult, \$15 (age 13 and under)

Individual Play Ticket Prices

\$15 adult, \$10 (age 13 and under)

Jr. Musicals: \$10; Other Space: \$10

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)

The Girly Girlz Pampered Palace!

**October 12th thru 16th
Roasting Marshmallows Camp**

**Booking now for Fall Break
Roasting Marshmallows Camp**

\$115.00pp for the entire week
or \$35 per day
(M-F) all meals included
ages 6 & up
9am til 6pm

Monday-Artz & Craftz
Tuesday-Fashion & Design
Wednesday- Babysitting 101 and
Beauty Boot Camp
Thursday- Culinary Camp
Friday- PJ Party & Movies

**Book now to make sure
you are in on all the fun!**

Just for Mom:

We now have Gourmet Teas; with
over 175 flavors to choose from!

www.LetsHaveTea.com

Now offering
**Inversess
Eat Piercing**

Don't forget to sign up
on our email list to
receive our FREE
monthly specials!

We also have our Girly Girlz Club Membership
www.girlygirlzmembership.com

931-906-2433 • 270-885-9898

Check the CF Calendar for our
block of events this month!

www.thepamperedpalace.biz or www.princessteaparty.biz

360 Fantasy Ln., Clarksville, TN • 1007 S. Virginia St., Hopkinsville, KY



Come check out our new
spa creations -- a must
have for fall!

Theme parties are now
starting out at \$25 pp

**Why travel
out of
town?**



**We have ALL the Family,
Farming & FUN Right
here in Clarksville!!**

Affordable Admission:
2 & under - FREE
3 & up - \$6



Weekends:
9/26 - 11/1
10 a.m. - 6 p.m.

931.206.9879 • 931. 362.3832

www.riverviewmoundsfarm.com

1715 Boyd Rinehart Rd. Clarksville, TN

Family Resource Network

November 1. For more information e-mail intheknow@myironknights.com, tournamentcoordinator@myironknights.com, or visit us at www.myironknights.com. Mailing address is PO Box 29172, Clarksville, TN 37040.

ADOPTION & FOSTER CARE

CARING CHOICES OF CATHOLIC CHARITIES
1905 Madison Street, is a Tennessee state licensed child-placing agency providing supportive professional counseling services to those experiencing an unplanned pregnancy. Open Monday, Thursday and Friday from 10:00 a.m. to 2:00 p.m. or by appointment. Deasree Williams: (931) 645-9869 or dwilliams@ccctenn.org.

OK PLAINS ACADEMY

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

OMNI VISIONS INCORPORATED

341 Union Street Suite 5, is a multi-state child placement agency. (931) 906-3779 or www.omnivisions.com.

PHOENIX HOMES

1781 Wilma Rudolph Boulevard, offers treatment foster care and services. (931) 645-7711, (931) 645-7742 or www.phoenixhomes.org.

YOUTH VILLAGES

585 South Riverside Drive, is a private nonprofit organization dedicated to helping emotionally and behaviorally troubled children and their families live successfully through innovative, research-based programs. (931) 503-0777 or www.youthvillages.org.

ATHLETICS

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

CLARKSVILLE IMPACT SOCCER CLUB

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

IRON KNIGHTS YOUTH WRESTLING CLUB

Ages 4 (pre-k) through 12-13 (8th grade) are all welcome. Registration cost is \$75 for the entire season & covers the AAU membership/insurance coverage, a team singlet, and a set of team warm-up/practice t-shirt and shorts. We will begin registration in October, the season will start on

WARRIORS SPECIAL NEEDS CHEERLEADING

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

SWIMMING EAGLES

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

YOUTH WRESTLING PROGRAM

The Hawks wrestling club will be taking registrations for boys and girls ages 7 through 14 years old (Elementary - Middle school) starting in November 2009. Space will be limited. Our season will run from November 2009 through March 2010. We are also looking for experienced volunteer wrestling coaches and coordinators. For more information, please contact wrestling coach Rafael Gonzalez at (931) 320-5042 or e-mail at taniagon@charter.net.

CHILDBIRTH & PARENTING EDUCATION FAMILY BIRTH CENTER

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

GATEWAY MEDICAL CENTER

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

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

HEALTHY START

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

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL
Meets the 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.

NINE MONTHS & BEYOND

A comprehensive source for pregnancy, birth, breastfeeding and early parenting education and resources. Offers birth tub rentals, breastpump rentals, baby moon vacation and spa packages, and birth plan consultations. Mickey Jones, BS, CLE, CLD, CHBE, CAPPA Lactation Educator/Trainer at (931) 451-3223 or ninemonthsandbeyond.com.

TENDER GIFT DOULA SERVICES

A doula is a "woman who serves." I am a labor support person who attends to the emotional and physical comfort needs of the laboring woman and her family to smooth the labor process. I offer several prenatal visits, childbirth education, phone support, and one postpartum meeting to ensure the mother is well informed and supported. Doulas have been shown to reduce labor time, and the need for labor augmenting drugs, and pain medication, while increasing the mother's satisfaction with her birth. For more information call Katie Bulger at (931) 378-7233 or visit www.MyTenderGiftDoula.com.

CHILD CARE

CHILD CARE AWARE

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

MID-CUMBERLAND CHILDCARE RESOURCE AND REFERRAL

At 1300 Madison Street, provides childcare free referrals and information to parents, training and on-site consultation to childcare providers, and a lending library full of resources for the community. (931) 648-3695 or (866) 446-6006.

MONTGOMERY COUNTY CHILD CARE PROVIDERS BY AREA

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

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

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

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

PARENT INFORMATION NETWORK

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

PROGRESSIVE DIRECTIONS, INC.

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

CHILD PROTECTION & DOMESTIC CRISIS SERVICES

AL-ANON & ALATEEN

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

CLARKSVILLE RAPE AND SEXUAL ABUSE CENTER

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

CREATING HOPE BY ASSISTING PARENTS

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

DEPARTMENT OF CHILDREN'S SERVICES

At 380 Pageant Lane, Suite 401. (931) 503-3200.

LEGAL AID SOCIETY

At 120 Franklin Street, provides free legal advice and representation to eligible clients. (931) 552-6686 or www.las.org.

MONTGOMERY COUNTY CHILD SUPPORT SERVICE

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

SAFEHOUSE

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

CHILDREN'S GROUPS

4-H YOUTH DEVELOPMENT

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

BOY SCOUTS OF AMERICA

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

GIRL SCOUTS OF THE USA

1300 Madison Street, (931) 648-1060 or www.girlscouts.org.

COMMUNITY OUTREACH

ALL NATIONS BIBLICAL STUDY CENTER

Offers tuition-free Bible courses to the community. Fall Semester 2009 dates are September 10 through December 3. Course titles include The Book of Revelation and Apocalyptic Literature, The Origins of Christianity, Biblical Hebrew I, New Testament (Koine) Greek I, and Jesus the Teacher: Studies in Matthew. Classes meet for 1 1/2 hours weekly. Six online courses are also available. Visit www.studythescriptures.net or call (931) 648-8844 for more information, class schedules, and to register.

APSU EXTENDED EDUCATION

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

ARMY COMMUNITY SERVICE

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

ASERACARE HOSPICE

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

COMMUNITY SCHOOL OF THE ARTS AT APSU

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

CRISIS CALL LINE

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

HOPE CENTER

A community service branch of the Family Guidance Training Institute, Inc., provides a number of community activities to include summer camps for seriously emotionally disturbed children, S.T.E.P. into the Light, a woman's holistic wellness group, Woman's Share community, M.A.L.E. (Men Accessing Life Empowerment), and Tutoring to Success, a tutoring program for seriously emotionally disturbed children. The Hope Center also offers a multitude of workshops for community organizations. For further information regarding our programs, please contact Jules S. Poole, Ph.D., Program Director at (931) 431-7580 or julespoolephd@aol.com.

HOSPICE OF GATEWAY

Interdisciplinary care for terminal patients and families. (931) 502-3600.

HUMANE SOCIETY OF CLARKSVILLE-MONTGOMERY COUNTY

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

LATINA ASSOCIATION

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

LOAVES AND FISHES

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

MEALS ON WHEELS

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

MONTGOMERY COUNTY WIC CLINIC

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

PREVENT BLINDNESS TENNESSEE

Offering free vision screenings for adult diabetics (aged 40 and over). Call for appointment at our office. For groups of 15 or more we can come to your facility. Prevent Blindness Tennessee is a non-profit health agency that relies entirely upon gifts, contributions,



Harvest Festival
Saturday, October 31st MallWide!

Fun activities for the entire family including games and prizes!

ATTENTION TRICK-OR-TREATERS:
LOOK FOR THE ORANGE PUMPKIN ON THE WINDOWS OF PARTICIPATING STORES.

GOVERNOR'S SQUARE
2801 Wilma Rudolph Blvd
(931) 552-0289
www.governorssquare.net

foundations and volunteers. We provide education, information, referrals, community service, free vision screenings, eyeglasses and exams to children, seniors and the needy. We keep the SEE in Tennessee! 95 White Bridge Road, Nashville. (615) 352-0450.

RADICAL MISSION

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

TENNESSEE REHABILITATION CENTER AT CLARKSVILLE

At 1241 Highway Drive (adjacent to the Animal Shelter), a county/state agency, the TRC provides counseling, vocational evaluation, work adjustment, and job placement services for graduating high school students and adults with disabilities. (931) 648-8560.

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

The Two Rivers Association for the Education of Young Children, TRAEYC (pronounced tray-see), is one of the fastest growing affiliates in the history of the statewide associations. TRAEYC members have a passion for young children and are committed to their education. The Tennessee Counties represented by TRAEYC are Benton, Dickson, Henry, Houston, Humphreys, Montgomery and Stewart. We invite you to join us in exciting upcoming professional growth opportunities. Contact Connie Sanders, TRAEYC President, at (931) 221-6234.

UNITED WAY

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

VETERANS UPWARD BOUND

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

COUNSELING, SUBSTANCE ABUSE & MENTAL HEALTH ASPERGER/AUTISM CENTER

Part of the Family Guidance Training Institute, 800 Tiny Town Road, serves children and adolescents with Asperger and Autism Disorders. The professionals at the Asperger/Autism Center recognize the special qualities these children exhibit and work to enhance their social, emotional, and communication abilities with others. Services include: individual counseling, group counseling, family education and counseling, and psychiatric services. For further information regarding our programs, please contact Julee S. Poole, Ph.D., Program Director at (931) 431-7580 or juleespoolephd@aol.com.

BRADFORD HEALTH SERVICES

Bradford Health Services at 231 Dunbar Cave Road, Suite A, creates effective and affordable substance abuse programs through a variety of innovative services. (931) 542-9816.

CELEBRATE RECOVERY

7:00 p.m. to 9:00 p.m. every Friday at Fellowship Hall of Clarksville First Church of the Nazarene, 150 Richview Road. A Christ-centered 12 step recovery program for people with hurts, habits, and hang ups. This ministry

provides a safe place to share, a place of belonging, a refuge, a place to grow and become strong again...a possible turning point in your life! Come enjoy fellowship and food, praise and worship, teaching and testimonies, then meet in men's and women's share groups. Childcare is available for ages 10 and younger. For more info contact Pastor Brett at (931) 648-0110 or visit www.clarksvillefirst.com.

CENTERSTONE

810 Greenwood Avenue, (931) 920-7330.

CENTERSTONE ASSOCIATES

1820 Memorial Circle, (931) 920-7300.

CENTERSTONE AT GATEWAY

Crisis Walk-In Center, Gateway Medical Center at 651 Dunlop Lane, (931) 502-2025.

CENTERSTONE

511 Eighth Street, (931) 920-7200.

FAMILY CENTERED SERVICES

901 Martin Street, (931) 503-4600.

THE FAMILY GUIDANCE TRAINING INSTITUTE, INC.

800 Tiny Town Road. Committed to positively impacting the lives of our community's children, youth and their families. We recognize the enormity and diversity of need in our community and have responded with a variety of programs that range from prevention and development, to early intervention, to reduction of recidivism. Family Guidance Training Institute, Inc. is a 501c3 licensed community mental health center and alcohol and treatment facility. Providers at the center offer quality, private, compassionate services to persons who seek emotional wellness. Therapeutic and psychiatric services include: assessments, individual counseling, marriage and family counseling, group counseling, supervised visitation, mental health case management, and alcohol and drug treatment and education services. For further information regarding our programs please contact Julee S. Poole, Ph.D., Program Director at (931) 431-7580 or juleespoolephd@aol.com.

HOPE (HOMELESS OUTREACH PARTNERSHIP AND EMPOWERMENT)

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

LIFESOLUTIONS - ASPIRE & JOBLINK

611 Eighth Street, (931) 920-7210.

LIFESOLUTIONS - RECONNECT

1840 Memorial Drive, (931) 505-0933.

MENTAL HEALTH COOPERATIVE

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

OAK HILL RESIDENTIAL

118 Union Street, (931) 647-8287.

PASTORAL COUNSELING CENTER

The Pastoral Counseling Center at 516 Madison Street, is a ministry of professional care dedicated to healing and growth in human life and relationships. In partnership with local congregations the centers are committed to providing clinical and education services to all who need these services. When you or someone you love is troubled by depression, marital or relationship problems, substance abuse, or a vague sense that your life is adrift,

we can help. Professional support is available with fees based on your ability to pay. (931) 648-9009 or www.pastoralcounselingctr.org.

REGIONAL INTERVENTION PROGRAM

404 Pageant Lane, (931) 920-2347 or (931) 920-2348.

VIVIAN HOUSE

125 Vivian Street, (931) 920-7235.

WEEMS ACADEMY

812 Greenwood Avenue, (931) 920-7370.

SUPPORT GROUPS

ALZHEIMER'S CAREGIVERS' SUPPORT GROUP

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

ARMY COMMUNITY SERVICE

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

AUTISM SUPPORT GROUP

Donna Richardson at (931) 503-2135.

CLARKSVILLE MONTGOMERY COUNTY MULTIPLE SCLEROSIS SUPPORT GROUP

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

CLARKSVILLE OSTOMY SUPPORT

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

CLARKSVILLE PARENT SUPPORT GROUP

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

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. Grace Lutheran at (931) 647-6750 or Sango United Methodist Church at (931) 358-2552.

NAMI (NATIONAL ALLIANCE OF THE MENTALLY ILL)

Someone you love has a mental illness. This local support group meets the 4th Monday of the month at The First Church of the Nazarene, 150 Richview Road, from 6:30 p.m. to 8:30 p.m. For more information call Melanie at (615) 477-8369, Betty at (931) 647-8775, or Bertha at (931) 216-3590.

PARENTS HELPING PARENTS

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

SEE PINK

Lead by breast cancer survivors, Kelly Blevins and Lynne Woodson. Meets twice a month for the purposes of helping women who have gone through, or are currently going through treatment. The first meeting will be October 8 from 2:00 p.m. to 5:00 p.m. at Exit Realty off Exit 1. E-mail www.seepink2@gmail.com for more information or visit seepink2.blogspot.com.

TENDERPAWS PET THERAPY

Tenderpaws Pet Therapy Group meets at 10:00 a.m. the first Saturday of the month in the Liberty Room of Gateway Medical Center. To have your pet screened call Kathy at (931) 853-8959.

WARRIORS OF HOPE

A place to share the journey of life after breast cancer. Meets the 2nd Wednesday evening of each month. Jennifer at (931) 624-5400 or warrriorsofhope@charter.net

Some of the information in the Network and Parent Groups was obtained through community and Internet sources. We apologize for any errors. For corrections or if you would like to include your group's information for free call (931) 338-2739 or e-mail info@clarksvillefamily.com.

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With coupon, save \$5.00 off of \$30.00 purchase.

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Parent Groups

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

CLARKSVILLE MOMMY'S GROUP "Nurturing the Nurturer." The CMG is a new social and support group for Mommies in and around Clarksville that are expecting or have a child under the age of 5. The group is run through a private website which gives members 24 hour access from the comfort of their own home to participate in many activities on or off line. The CMG provides mothers of young children opportunities to socialize, exchange ideas and participate in activities that promote personal growth for both mommy and child. CMG is a non-profit group and is absolutely free. E-mail clarksvillemoms@hotmail.com or call Faith at (931) 542-2265.

CHARA (Christ-centered Homeschoolers Applying Righteousness Academically) CHARA is a support group for those who have chosen to educate their children at home. Monthly meetings for parents and children are held the last Monday of each month at Hilldale Baptist Church Family Life Center, 250 Old Farmers Road. Additional activities are held throughout the year. For further information visit www.orgsites.com/tn/chara or e-mail charatn@charter.net.

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

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

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL 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, 10:00 a.m. Local LLL leaders are available to provide information, support and answer questions: Gini at (931) 908-8946 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. 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 activities are during the day, when moms need the support most. Children are welcome at all daytime activities. For more information call (931) 472-5218 or visit www.momsclubofclarksvilletn.com. See block below for this month's events.

MOMS Club of Clarksville October Calendar

- 2nd - GENERAL MEETING at United Methodist Church gym. A representative from Urban Ministries will be our guest speaker. Please bring gently used coats to help warm those in need.
- 6th - BREAKFAST BUNCH - Chick-fil-A Governor's Square
- 8th - TRAIN DAY in Nashville
- 14th - PARK DAY at Valleybrook
- 16th - Honeysuckle Hill Farm
- 20th - Library Day
- 21st - DINNER DELIGHT NIGHT - Cooking Club
- 24th - 2ND ANNUAL HELLO-WEE-ONES Trunk or Treat Potluck (Rain date is October 31st)
- 26th - Firehouse Tour
- 29th - LUNCH BUNCH at Silke's

M.O.P.S. (MOTHERS OF PRESCHOOLERS) MOPS International is an organization for moms who are expecting or have children ages birth to 5 years of age.

CLARKSVILLE MOPS Meets at First Baptist Church downtown, 435 Madison Street, on the 2nd and 4th Thursdays of the month. Each meeting begins at 9:30 a.m. and childcare is provided.

Contact our 2009-2010 Coordinator, Carrie Abraham, at cchilcott@hotmail.com or (931) 431-2533, or visit us on Facebook under MOPS at First Baptist Clarksville.

FT. CAMPBELL MOPS Free child watch is available 9:15 a.m. to 12:00 p.m. MOPS meets the 1st and 3rd Wednesday of the month at Memorial Chapel Church on Fort Campbell. Contact Kathryn Wohfeil at (931) 378-7359 or ftcampbellmops@yahoo.com.

HILLDALE BAPTIST CHURCH MOPS Meets most 1st and 3rd Fridays from 9:30 a.m. to 11:30 a.m. starting in September going through May. Childcare is provided and your first meeting is free. Come meet great moms and join in the fun. For more information contact Valerie Gill at vgill4513@charter.net or visit www.orgsites.com/hilldalemops/tn.

SPRING CREEK BAPTIST CHURCH MOPS Meets at Spring Creek Baptist Church at 2760 Trenton Road on the 1st and 3rd Thursday of the month from September to May. Meetings are from 9:30 a.m. to 12:00 p.m. and childcare is provided. Call (931) 647-5850 or email mops@springcreekbaptistchurch.org.

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) 358-0127 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.

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

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

All toys and funds collected support "The Little Soldier Christmas Tree Fund" benefiting the children of Fort Campbell, KY Soldiers

APPLETON HARLEY-DAVIDSON/BUELL EAGLE TOY RUN
SAT 10 OCTOBER
 8am REGISTRATION
 Begins at APPLETON HARLEY-DAVIDSON/BUELL (2501 Highway 41-A Bypass Clarksville TN)
 Entry Fee \$10 or new toy of equal value
 DEPARTURE at 12:30pm
 ARRIVAL approximately 1pm at DESTINY PARKS & PAVILIONS (Fort Campbell, KY)
 For Information 270.798.7535

www.fortcampbellmwr.com

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SAT 10 OCTOBER
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 (Fort Campbell, KY)

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 FREE ADMISSION
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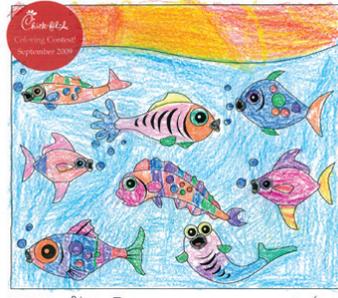
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Coloring Contest Winners!



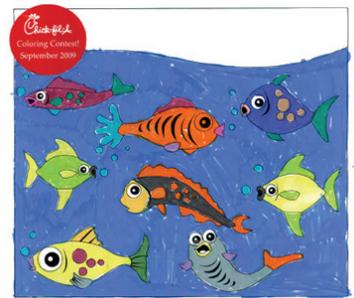
Child's Name: **Clara Pankuch**
Age: **4**
Clara Pankuch
age 4, Clarksville, TN

Ages
0-4



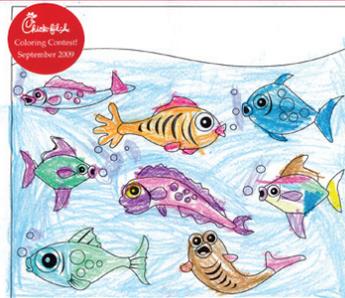
Child's Name: **Olivia Zaragoza**
Age: **6**
Olivia Zaragoza
age 6, Clarksville, TN

Ages
5-8

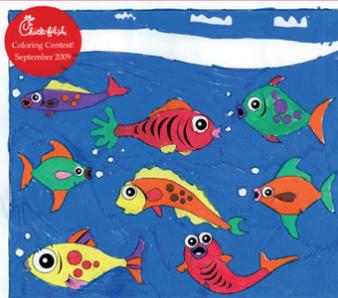


Child's Name: **BROOKE TORREY**
Age: **9**
Brooke Torrey
age 9, Adams, TN

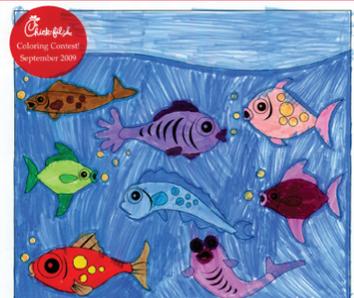
Ages
9-12



Child's Name: **Zada Brewer**
Age: **4**
Zada Brewer
age 4, Oak Grove, KY



Child's Name: **Zachary Schneider**
Age: **8**
Zachary Schneider
age 8, Clarksville, TN



Child's Name: **Nicki Summers**
Age: **9**
Nicki Summers
age 9, Clarksville, TN

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

Trays at Chick-fil-A

Available Trays:

| | |
|--------------------------|-------------------------------|
| Nuggets | Wrap & Chicken Salad Sandwich |
| Chick-n-Strips | Garden Salad |
| Spicy Chicken Wrap | Carrot & Raisin Salad |
| Chargrilled Chicken Wrap | Cheesecake |
| Chicken Caesar Wrap | Brownie |
| Chicken Salad Sandwich | Fruit |



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**Wearing a mask for *Halloween* is okay...
...but wearing a mask at church is not!**

Do you ever feel like you have to hide the real you when you go to church? That you could never fit in, never be that perfect, or ever be that happy? Many times to find acceptance, people put on fake smiles and act fake. At oneChurch we have one rule--no perfect people allowed. We're not perfect, and we know you aren't perfect either. Yet God loves you just the way you are, and so do we. So come to church this Sunday, but leave your mask at the door.



onechurch.tv

Meets every Sunday at 9:00am & 10:45am

at North East High School across from the Great Escape Movie Theatre

(931) 802-8ONE