

August 2011

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# Publisher's Message

Like most of you I cannot believe that summer (or at least summer vacation for our kids) is already over. I know my son had a lot of fun swimming and playing. I hope your children did too, and now we can all get back into school mode quickly. Let's hope the air conditioners are working well at all of them!



This issue has so many uplifting articles in it. There is a story about a woman finding a part of her family that she didn't know existed (page 24), a firsthand account of how hosting exchange students can change not only your life but potentially the whole world (page 32), advice on how to overcome infidelity in a relationship (page 36), an article about an organization that ensures the children of fallen soldiers are remembered (page 6), and even a quick story about a woman who won a free car (page 14)—all are touching and positive. And there are plenty more even beyond these that I have mentioned.

Be sure to check out the calendar starting on page 60. Especially note the Tax Free Weekend that begins August 5 to save a little with the back to school shopping. With all of the craziness this time of year it may be hard to find time for family fun. We've included some events into September so you can hopefully plan ahead.

As always, thank you for picking us up. Let's all have a great end of summer. Try to stay cool and be safe!

Sincerely,  
Carla Lavergne

## Clarksville Family

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

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Paul and Paula

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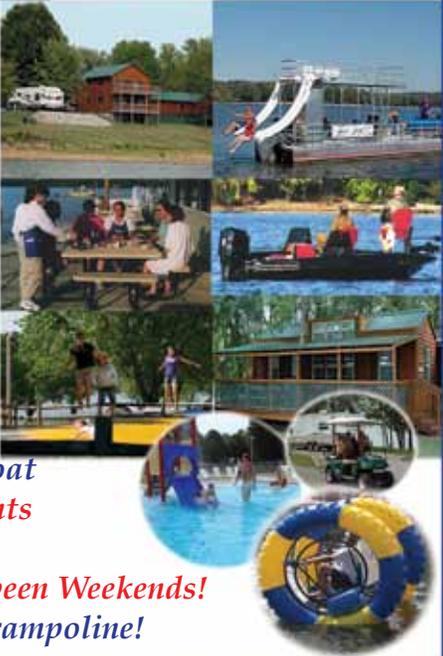

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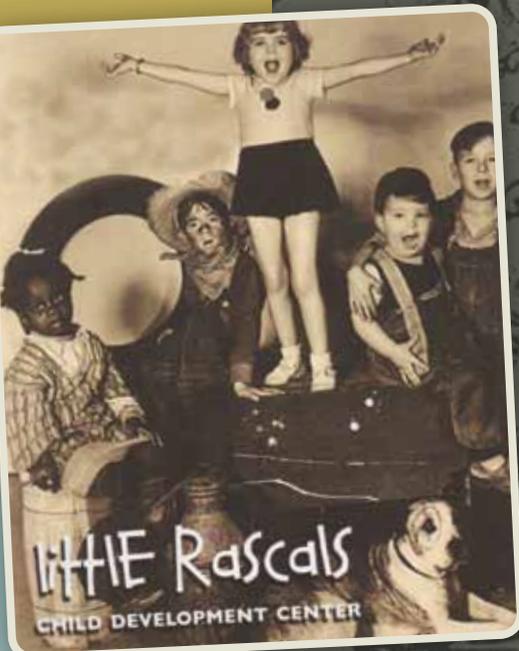





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## REMEMBERING THE FALLEN, ONE CHILD AT A TIME...

by Pamela Magrans

A gift box adorned in purple wrapping paper and a gold bow sits on a kitchen table. The gift looks regal, fit for a princess, every detail ornate and special. Next to the gift rests a scroll with a wax seal. It is a letter from A Soldier's Child Birthday Foundation.

There is a little girl who slowly wakes and crawls out of bed. A year before, her father died in action in Iraq. She descends the steps to greet her mother in the kitchen. "Happy Birthday, honey," says her mother and they greet with a hug. It is the first birthday of many she will experience without her father.

"What's this?" asks the girl. "It's for you—a birthday gift," says the mother. "Who is it from?" she asks.

The girl breaks the wax seal on the scroll and unravels a letter on ivory paper. "Read it, Mom," she pleads. The letter tells the birthday girl that the gift is in memory of her father, that he paid the ultimate sacrifice for his country and that he has not been forgotten and on her special day, neither has she.

### **The inspiration behind A Soldier's Child Birthday Foundation**

When Henry and Fay Golczynski's son Marc was killed in action, their next-

door neighbor, Daryl Mackin, grieved along with them. "I had never experienced what a family goes through when they lose a family member in action," said Daryl.

As all families do, there were lots of unanswered questions. As families grieve the loss of a fallen soldier, they often ask, "Does anyone care and does it matter?" They want to know that our country remembers that sacrifice and that their loved one's life was not lost



in vain. The questions are compounded when there is a child who has been left behind to also deal with grief of death. Fallen soldier Marc Golczynski had a son named Christian.

One day Daryl Mackin was making invitations for his own son's 6th birthday party when his thoughts turned to Christian Golczynski who would never get a birthday gift from his father and Marc

Golczynski who would never have the honor of planning a birthday party for this son.

"I realized that Mark will always be absent from that experience," said Daryl. It is a hole that can never be filled."

So often, we take birthdays for granted. We plan and organize trying to make that day special for our young ones. However, for the children of fallen soldiers, birthdays will never be the same. They will never receive a gift from that parent.

Inspired by Marc and Christian Golczynski, Daryl Mackin had an idea. What if he could give a birthday gift to each child who had lost a parent in war? What if he could do something special for those children, in their parent's honor and name? What if he could give a gift to the child whose parent cannot because they gave the ultimate gift to all of us? How might that not only honor the fallen, but strengthen the surviving?

He conceived a foundation that would give birthday gifts to the children of our fallen soldiers. In 2008 he established the non-profit organization called A Soldier's Child Birthday Foundation (ASC). ASC lets the children of the fallen know that their

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\*Be sure to check out "The Fridge" on pages 58 & 59 for a chance to win TWO \$40 gift cards to Chuck E. Cheese's courtesy of James Corlew!

parent has not been forgotten, that the sacrifice that their parent made was not in vain and that we appreciate the gift they gave. The foundation gives birthday presents each year to those children in their parent's memory, until that child is 19 years of age.

One year ago the foundation funded 40 recipients. Today, there are over 400 recipients nationally.

Estimates state that over 6,300 children nationwide are left behind by casualties of the Iraq war. That astounding number represents boys and girls living in the U.S. whose parent paid the ultimate price to defend someone else's freedom. According to Survivor Outreach Services (SOS) at Ft. Campbell, approximately 398 Tennessee children lost a parent in the Iraq conflict so far.

ASC gives Americans the chance to answer the question "Does anyone care?" with a resounding "Yes!" In doing so we say thank you to the most innocent of victims—the children of the fallen. We cannot bring back their parent. We cannot grieve for them. But we can show them that their parent is not forgotten and that they live in a country where people honor and remember that loss.

### **The Hay Family**

Rebecca Hay and I met in 2005 because our sons attended the same Clarksville elementary school. Our two boys befriended one another, which prompted us to do the same. After a few days of talking, she told me that her husband had recently died in action in Iraq. Rebecca's



husband, Dennis, was killed in Tal Afar, Iraq, when his helicopter came under attack by enemy forces using small arms fire.

Living in Clarksville sets us all close to military life, even if we are not personally involved in the military. We know the reality that our neighbors and friends face as their husbands and wives deploy. However, nothing prepares us to reconcile the news accounts of a soldier's death to the human face of a grieving wife and mother. In the years that followed, Rebecca's two children, Jacob

and Abigail, went about their lives without their father. Birthdays came and went.

Last year as Jacob turned 11, he was selected to be an honoree at the first annual ASC Sponsor Banquet. At the dinner, Jacob was awarded a birthday gift from ASC Foundation. It was a new bike. The gift was

especially emotional for his mother, Rebecca. Jacob's father, Dennis, had been an avid cyclist. ACS Foundation gave Jacob the bike and all the trimmings for safe cycling as a birthday gift in his father's memory. With the gift came a sealed scrolled letter, the wax crown imprint, a small conch shell and a slip of

paper with his father's name on it.

When Abigail Hay turned seven years old, she also received a gift from ASC. Her gift was a painted jewelry box.

For Rebecca, birthdays are especially hard. "Birthdays are the hardest days," she said. It is supposed to be a happy time, but with a parent missing, there is a hole in the celebration. "The children need to know that what their parent gave is remembered," she said. "The community should rally around these kids," Rebecca said.

For many parents who lost a spouse in action, the years following are spent trying to make ends meet financially. They face the normal challenges of raising a family, but must balance it alone and find a way to help their children adjust.

According to Rebecca, there are often gaps between services and benefits offered by the government and what is needed to raise the family. To help fill in the holes left by government policy and regulation, private

organizations like ASC are being established to offer assistance to these families.

**The Dostie Family**

Stephanie Dostie's two children, Cameron (14) and Bayleigh (11) also received gifts from the

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foundation. In addition to celebrating birthdays, ASC hosts a summer camp for recipients to help children forge relationships with other children who share their experience. This past June, Cameron attended the first annual Journey Camp, sponsored by the ASC. The Journey Camp offers children of the fallen a chance to meet other children who share that experience. It also gives them a week focused on having fun and being kids, rather than focusing on the loss and grief. ASC pays tuition for recipients to attend the camp. Cameron tuned 14 while at camp and they had a

party for him, complete with a birthday cake that looked like an Xbox. He received his gifts there, which consisted of a scooter and other items.

“The Journey camp gives them a chance to spend time with other children who share the same experience. That helps them to feel like they are not alone,” said Stephanie. While at camp, they talked about their grief, and made posters dedicated to their fathers. But the focus was on having fun and just being kids.

For their mother, Stephanie, ASC has given them a reminder that their father, Shawn, is not forgotten. When

her daughter, Bayleigh, turned 11, she received her birthday gift and a letter thanking her for the sacrifice that her father made for the country.

“Even though my husband is gone, he is not forgotten and neither is his family,” said Stephanie.

### Answering the call

Children who lost a parent in active duty in any branch of the military are eligible and can be nominated by the surviving parent, legal guardian or grandparent. Recipients will receive benefits until they are 19 years of age. However, filling



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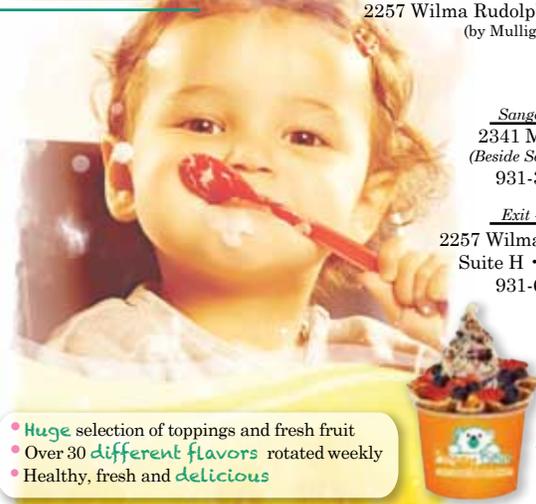
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a need such as that will demand increasing revenues. For this reason, local communities and citizens are banding together to help support the programs offered by ASC.

There are several ways that we can sponsor a soldier's child. Visit the ASC website at [www.asoldierschild.org](http://www.asoldierschild.org) to learn how you can help. The website offers a "sponsor a child" section. Sponsors can choose a match based on a shared birthday or based on where the child lives.

A fundraiser will be held in Clarksville on September 24 to raise money and support for ASC. If you would like to become involved in the local fundraiser, contact Rob Coplin at [Rob@copelandwealthmanagement.com](mailto:Rob@copelandwealthmanagement.com) or (931) 245-1930.

As citizens of the U.S. we owe it to these children to not forget the debt their parent paid.



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## ENHANCE YOUR CHILD'S SCHOOL SUCCESS SCHEDULE A COMPREHENSIVE EYE EXAM

by Dr. Joe Weatherford, OD

Parents who want to be sure their children have everything they need as they head back to school this year, will add "Eye Exam" to their list. Taking your child to a licensed eye care professional will give your son or daughter the best opportunity to have healthy eyes and perfect sight, when classes start.

Children are required to use their vision to complete various tasks at school and teachers expect them to be able to see everything presented. Whether it means seeing the board or screen, reading printed materials, or completing their written assignments; if their sight is impaired these children will not be able to keep up.

Children are not born with a fully developed visual system. Clear, sharp vision is critical in the programming of this complex system, as they grow. The window of opportunity begins at birth and

closes at 8-10 years of age, making earlier intervention imperative in assuring the best possible visual outcome for children.

Students with visual deficiencies are immediately at a great disadvantage and many times their problems may not be detected for a long time. Poor eyesight left undetected can lead to children becoming behavior problems and they are sometimes misdiagnosed as having a learning disorder. Your child's eyesight is essential for his or her well-being, over-all health, and academic success.

Comprehensive eye exams are essential to detect problems, many of which do not have any symptoms. When a vision problem is undetected and untreated, a child's brain must overcompensate for the deficiency, instead of developing and learning in the normal way. In some cases, permanent vision loss

or amblyopia (lazy eye) may result from nothing more than uncorrected refractive error or prescriptive need. A complete eye exam for children will include checking peripheral vision, eye movement, focusing ability, near vision, far vision, eye alignment, corneal measurement, color vision, and ocular health.

Parents should notice certain behavior as possible signs, which could indicate poor

eyesight and take action to help their children. The following are some to watch for, especially if they are routine and multiple:

- Holds something close to see it or sits close to the TV
- Rubs eyes, frowns, or squints
- Difficulty with close work
- Double-vision, blurriness, dizziness, or headaches
- Burning, scratchy, or itchy eyes
- Closes/covers one eye or turns head to use one eye
- Has trouble reading
- Tearing
- Difficulty keeping eye contact
- Poor eye/hand coordination
- An eye that turns in or out

Lastly, even the best parents may not notice any sign of decreased visual function.

Although schools provide vision screenings, these should not be substituted for a doctor's eye exam. Most only test sharpness of vision, do not use a trained professional, occur infrequently, and provide very little follow-up. These screenings fail to adequately evaluate focusing, tracking, and binocular function of the visual system. Moreover, these screenings do not include ocular health examination, which is performed through dilated pupils.

Several states, including Kentucky, Illinois, and Missouri require a comprehensive eye exam for children entering kindergarten. The American Optometric Association recommends that children have their first eye exam at six months, then at three years, and then every two years once they begin school. It is estimated that 80 percent of all learning during a child's first 12 years is obtained through vision.

"According to a recent study from the University of California, San Diego, correcting vision in children as young as preschoolers helps academic performance. The study gave 70 children aged 3-5 (35 with normal vision and 35 diagnosed with ametropia,



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Joseph Weatherford, OD

several disorders including nearsightedness, farsightedness, or astigmatism, resulting from faulty refractive ability of the eye) a developmental test indicative of success in school performance and found that those with vision problems or varying degrees performed significantly worse than those with normal vision. However, after six weeks of consistently wearing prescriptive glasses, the scores of the children with poor vision dramatically rose to the level of the children with normal vision.”

So, do your child a favor, schedule your son or daughter for a comprehensive eye exam, including dilation before this school year. Early detection and immediate treatment are the keys for correcting vision problems that will enhance your child’s learning and success in school. Most vision problems can be addressed with corrective lenses or some minor applications. When children need to wear glasses, they are usually delighted to have several attractive and fun frames to choose from, but they are most excited about being able to see what everyone else is seeing!



Dr. Joe Weatherford, OD has been practicing in the area for eight years and opened his own practice, Pleasant View Eye Care, three years ago. He and his staff are very “kid friendly” and enjoy working with family members of all ages. His office is located at 218 Village Square in Pleasant View just minutes away from Clarksville along Highway 41A. Visit the office website at [Pleasantvieweye.com](http://Pleasantvieweye.com) for more information or to schedule your appointment.



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## A LUCKY DAY

by Taylor Lieberstein

Shirley Ennis has a new lucky number. It is the number that won her a 2011 Chevrolet Cruze from James Corlew Chevrolet Cadillac last month. Thanks to an idea from her son and an answered prayer from God, Ennis now owns a dependable car for the first time in a long time.

Walking home from the bus stop after work in a thunderstorm earlier this summer, Ennis prayed to God and ask to be blessed with a car. Any dependable car would do, she told him in her prayer. Her old Chrysler Lebaron had blown up while driving her son to Westmoreland to visit his father.

She had been without a vehicle for over a month. Ennis had no choice but to ride the city bus to a drop off location close to her job, but she still had to walk a mile further from the bus stop.

A while after the Lebaron broke down she had it crushed

to get back a little money to put towards a new car. One afternoon when Ennis got home from having her old car crushed, her son asked her to ride the bus with him to James Corlew. He was curious to see if they won the grand prize of a recent super sales event, a



brand new car. She was hesitant about wasting her time; positive she would not win. But she agreed to make the trip anyway.

They grabbed the promotional mailer the car lot had sent out and caught a ride on the bus. They arrived only an hour before James Corlew was set to end the contest.

The man that greeted Ennis and checked the numbers on the mailer told her that she had the closest thing to winning numbers he had seen all day (he had seen about 700 people hoping to win the car). But wait a minute...she did have the winning numbers! When he realized this and told her she did not believe his words.

“Don’t play with me like that,” Ennis told him.

She had won the grand prize, a brand new car, an hour before the contest ended. She was the only one with the winning number out of 50,000 mailers that were sent out

for the promotion. Had she not shown up that afternoon the car would have gone unclaimed.

“Thank you Jesus,” is all that she could get out of her mouth after she found out she had won. Her prayer had been answered. Make sure to wave at Ennis when you see her driving around town in her brand new Chevy Cruze.

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We've all heard the expression about walking a mile in someone else's shoes—and, considering the amount of time spent on our feet, those miles can add up. According to the American Academy of Orthopaedic Surgeons, every mile we walk places 60 tons of stress on each foot. It's not surprising that many of us develop foot problems.

The most common ailment affecting the foot and ankle area is heel pain. Heel pain has many causes: overuse (such as a heavy amount of running or other high-impact exercise, or standing for long periods of time); an injury to the bottom of the foot; being overweight; or anatomical problems (such as flat feet or a very high arch). Other possible causes include arthritis, osteoporosis, tendonitis, a stress fracture, nerve irritation, or a cyst.

Heel pain occurs in two areas: pain beneath the heel and pain

## FEELING OUT OF STEP?

by David E Smith, Podiatrist

behind the heel. Pain beneath the heel happens after a strain or injury to the tissues underneath the foot. Some common causes are a stone bruise, a heel spur, and plantar fasciitis.

A stone bruise is the result of stepping on a hard or sharp object, bruising the fat pad underneath your heel. As we age and lose the cushiony tissue in certain areas, they cannot absorb as much shock from walking or sports activity.

Plantar fasciitis refers to inflammation of the band of tissue on the bottom of the foot that stretches from the heel to the toes. This type of injury also occurs more often as we age, or become less active, and tissue becomes less flexible. However, the most common cause of plantar fasciitis is the structure of the foot itself; people with very high arches or flat feet are particularly prone to plantar fasciitis. Symptoms include pain on the bottom of the

heel, pain that worsens when you stand, and pain that increases over time (weeks and months) instead of improving. If plantar fasciitis persists over a long period of time, a calcium deposit (also known as a heel spur) can form near where the tissue connects to your heel bone.

Pain behind the heel is frequently due to inflammation of the area where the Achilles tendon attaches to the heel bone. Overuse—running too much—or wearing shoes that don't fit well and rub the back of the heel often causes pain. Typically, pain increases gradually, along with thickened, red and swollen skin at the site of inflammation, and a bone spur may develop. You may notice pain at night or while you are resting, or pain that flares when you first start an activity after being still (i.e. walking or running after long periods of being seated). Sometimes the pain is so intense that you are unable to wear shoes. You can alleviate the pain



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by wearing open back shoes, using a heel lift, taking over-the-counter pain medication, and doing certain foot stretches.

Some foot pain can be treated at home with some simple remedies, including:

- Over-the-counter pain medication, such as acetaminophen, ibuprofen, or other nonsteroidal anti-inflammatory drugs (NSAIDs)
- Applying ice to the heel area for 20 minutes, several times a day, to reduce inflammation
- Performing certain stretching exercises that promote flexibility in calf muscles and the Achilles heel area
- Wearing supportive shoes with a good arch support, or wearing a heel insert in your shoe (orthotics) to support the foot or to cushion the area, depending on needs, and correct any anatomical issues such as arch problems
- Avoid going barefoot

If lifestyle modifications, stretching exercises and pain medication do not bring relief you may need to see a podiatrist. They will evaluate your symptoms and may recommend a change in shoes, assistive devices like orthotics, stability, corticosteroid injections or, in a few cases, surgery.

*Remember that this information is not intended to replace the advice of your doctor, but rather to increase awareness and help equip patients with information and facilitate conversations with your physician that will benefit your health.*



Dr. David Smith is a graduate of the University of Memphis and Scholl College of Podiatric Medicine in Illinois. He completed his residency in Podiatric Medicine and Surgery in Iowa. For more information contact Gateway Foot and Ankle Center at (931) 245-1920 or visit [www.gfacenter.com](http://www.gfacenter.com).

He is a Doctor of Podiatric Medicine (DPM); Fellow American Professional Wound Care Association (FAPWCA); Associate, American College of Foot and Ankle Surgeons (AACFAS); Associate, and American College of Foot and Ankle Orthopedics and Medicine (AACFAOM).

Sources: American Association of Orthopedic Surgeons [www.aaos.org](http://www.aaos.org); American Association of Family Physicians [www.aap.org](http://www.aap.org)

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## TEAM ALLEN by Jessica Allen

January 22, 2011 began like any other. I woke up, showered, went downstairs, made myself a cup of chai and began checking my email. My sister called and sounded frantic. She informed me that my mom had received a phone call from the Army and was scared to death. You see before my husband deployed we filled out a form that stated she be contacted in case my husband was injured or had been killed in combat. So she instantly knew something had happened. I told them to both calm down and that I would handle it. I told them they should go ahead and get in the car and head in my direction, because this meant something had happened to Chaz and I may have to leave immediately and go somewhere to be with him.

I called the number and spoke with the Rear Detachment sergeant in charge. He asked me twice if I was sitting down. Finally I told him if he didn't start talking I was going to come to Ft. Campbell immediately. He told me he was so sorry and that he was just going to read the report word for word. On January 22, SSG Charles Allen was on a dismounted patrol in the Zhari district in Afghanistan. He stepped on and detonated an IED and has lost both of his legs. One leg is missing above and one is missing below the knee, in addition, his arm was severed. I

questioned the severed and the sergeant told me that was all he had at this point.



As the sergeant and I were talking, my friend's husband pulled up with their daughter. You see it was my day to be dance mom. That means it's my turn to get all the girls to dance

and back. I went outside, told the sergeant to hold on, put the phone to my chest and told Chris, "I can't take your daughter today, Chaz stepped on an IED and he lost his legs and I don't know what is going to happen." Chris said, "No, you can't take the girls. What can I do?" I told him take the girls to dance, please. He said of course.

He went inside and got our oldest daughter, Deryn, who was eight, at this time, ready to go.

I stayed on the front porch and finished my phone call. I got the additional details from him and then he asked me if I needed anything and how he could help. He also said this is one the roughest phone calls he had ever made. I said, "I bet." He said, "No, ma'am, your husband is a great guy and I hate this happened to him. Please tell us how we can help. One more thing, ma'am, we need to know where you will be in case your husband doesn't make it." I told him I would not leave my house, but that was unnecessary, my husband will be fine. Little did he know those horrible words "you might need to be notified" were the worst words ever. Once I made sure he had all my contact information



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correct, I put the phone down for a minute. I knew it would be one of my last moments of peace for that day.

The phone was on my desk for just a few minutes when my in-laws called. I authorized the Army to call them. I just couldn't bring myself to do it at that moment. I needed to figure out how to tell our girls. I knew his family would call me very quickly afterward so I let the Army make that call for me. Besides I couldn't stand the thought of telling my husband's parents that he had been injured. The Army assured me they do it all the time and they were happy to help me by making the call.

With our oldest on the way to dance and the Army having contacted my in-laws, I tended to our youngest, Ryann, who was five at the time. I gave her a cup of her

favorite tea and put on her favorite cartoon show and went upstairs. Once I got to our bedroom I sat in



my favorite chair and had a talk with God. My conversation went like this, "Please, Lord, I know you will never give me more than I can ever handle. But this is a lot. I know the legs are gone, but you have to save that arm. We can handle the legs, but let him keep that arm. Please, Lord, help all of the soldiers that were with Chaz

and all the doctors and nurses who are about to care for him. Please, Lord, help us through this journey and know our faith is in you." Finally the gravity of the situation sank in and I cried for a few minutes.

After that I called my best friend Jessica. Months prior to this Jessica had to call me for support because her husband Kyle had been diagnosed with testicular cancer. She came to me to find strength to tell the rest of her family. When she answered the phone I simply said, "It's my turn." She said, "Wait, Chaz is in Afghanistan." I said, "Yes," and then proceeded to tell her everything I knew. We then decided that it really sucks to be 32 years old and her hubby to be fighting cancer and now mine doesn't have legs. She and I had





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a little pity party and then, being my best friend, she said, "You're ready now." I said, "I think so." About that time my mom and sister arrived. I called my friend Angela too. Her hubby was wounded many years ago and I knew she would know what I was dealing with. Chris's wife, Jennifer, showed up at the same time. My pep squad was rounding up.

My mom, sister, and friends Angela and Jennifer decided I would text the rest of my family and closest friends, and then I would put out a statement on Facebook. I posted something along these lines: "Today I received the call no wife ever wants to receive. Chaz stepped on an IED and has lost both of his legs. He is alive and



that is all I know. Please do not call or come by right now. Please know we are fine and we will keep you posted. Please pray for our families. I will keep you all posted as I find out more."

Since that day the support for our family has grown and grown. Our 101st and Clarksville families have made sure we have beyond what we need. Our Walter Reed family has made sure we know every answer to every question we may have. My friend, Demetria, started a Facebook page just to support us. As of today more than 2,300 people are following our family. We have been blessed by non-profits organizations that want to see us get to our new normal.

With the help of all of these people every day we are one step close to that new normal.

On March 21, two months after Chaz's injury, he took his first steps with his girls and me by his side. If it weren't for the all support we have received our new normal would not be here so soon. We still have a very long road in front of us filled with lots of hiccups. But thanks to the supporters we have had so far and will meet along the way, we will succeed on that road and one day this will all just be a memory.

You can watch our progress by liking the Team Allen page on Facebook at [www.facebook.com/GoTeamAllen](http://www.facebook.com/GoTeamAllen) or follow my blog at the [adventuresofteamallen.blogspot.com](http://adventuresofteamallen.blogspot.com). Thank you so much for your prayers and support.

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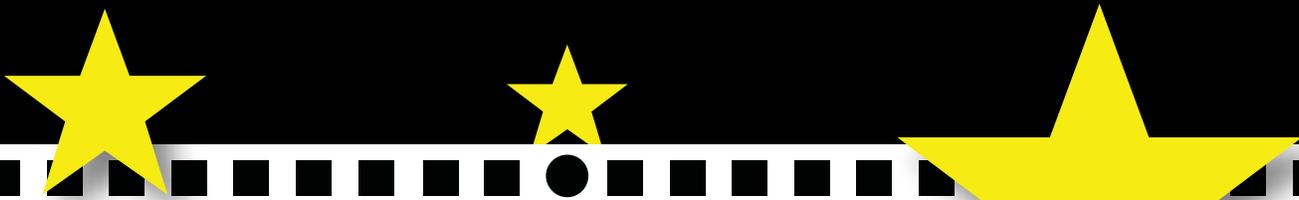
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## SPECIAL DENTAL PATIENTS REQUIRE SPECIAL CARE

by Dr. Lance Harrison, Jr.

**Cavities.** A disease that affects a majority of Americans is easily fixed with a quick trip to a dentist's office. But how does a person with disabilities, who may be confined to a bed or wheelchair, have cavities filled or receive a dental exam? For the more than 50 million people with disabilities, oral health is among their most neglected needs.

"Unfortunately when physicians treat a child or an adult with a disability, dental care often has a lower priority in the face of other health problems," said Fred Margolis, DDS, past president of the Illinois Foundation of Dentistry for the Handicapped and staff dentist at a residential

facility for the developmentally disabled. "Sometimes dentists are unfamiliar in treating persons with disabilities because many dental schools provide little training about caring for these patients."

"Yet, children with disabilities must visit the dentist regularly because they are very susceptible to dental disease," said Dr. Margolis. Genetic disorders or very high fevers can cause weakened enamel, which makes the enamel prone to cavity development. Gum disease and poorly aligned teeth are prevalent in children with Down syndrome.

"Increased dental decay is commonplace because many medications have a

high sucrose content," said Dr. Margolis. Some children with disabilities are also restricted to soft diets and do not have the abrasive particles to help remove food and plaque.

Although children and adults may have a disability or a disabling condition, they can still take care of their teeth or rely on their family members for assistance, said Dr. Margolis. A dentist or dental hygienist can teach family members how to properly brush and floss a special patient's teeth.

"Family members should also speak to their dentist about the special devices available for brushing and flossing teeth," said Dr. Margolis. Certain mouth rinses can be prescribed for the patient that will increase saliva flow and reduce plaque build-up.

Although dentists specially trained in providing dental care for persons with disabilities are sometimes hard to locate, family members have choices to finding dental care. Check with a primary care provider, local hospitals with on-staff dentists or contact a local dental society about mobile dentistry services, advises Dr. Margolis. Family members who have a child in a center for the developmentally disabled should inquire about on-site dental care or access to a mobile dentistry service.

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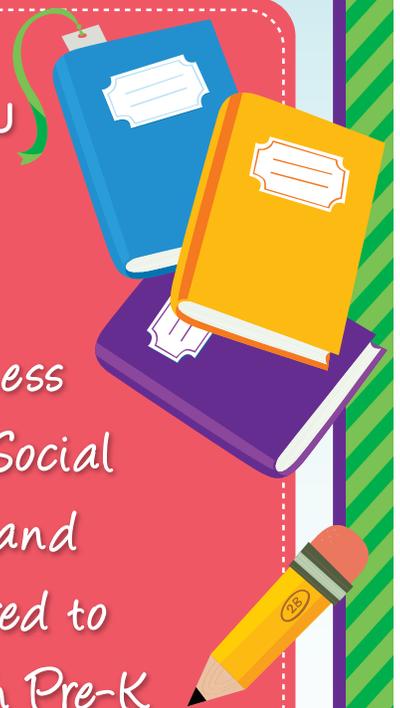


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## I FOUND MY FAMILY ON FACEBOOK!

by Taylor Lieberstein

Jamie Guthrie has known she was adopted for as long as she can remember. And for just about as long she has wondered about her birth family. Other than quick searches on adoption websites she had never really pursued her search for her birth parents—until late 2009. Her search was a success. She found not only her birth parents, but an entire family that she now calls her own. One sister that Guthrie found during her search resembles her so much she could be her twin. That particular sister resides in Clarksville and that is how I found out about this remarkable story.

Guthrie's search began in November 2009 after seeing an ABC reality show called *Find my Family*; it really sparked her interest. She made a comment

to her adopted family about how wild it would be to track down her biological family. Unbeknownst to her they already had the name of her birth mother. She had just never asked for it.

“What sparked my interest was the television show. In addition, I had always been curious about my birth parents. I had always wondered if I had other siblings, I never had anyone that looked like me except my own children,” admitted Guthrie.

Long story short—when she found out her birth mother's name she immediately started her search, via Facebook. She sent out roughly 10 messages to people with the same last name that her adopted mother had given her—she simply explained that she had been

adopted and was now seeking her birth mother. She included her birth date along with some other pertinent information. The very next day someone replied to Guthrie explaining that she believed her aunt could be whom Guthrie was seeking. The woman who responded did some double-checking and it turned out her aunt was the woman she was looking for. Information was exchanged and within the hour Guthrie was on the phone with her birth mother for the very first time.

As you can imagine it felt good to know about her birth mother and to have finally made contact with her. But after learning about her mother and some not so pleasant things that went on with her over the years Guthrie decided that God must have



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had a bigger plan for her all along. An incredible family who raised her with a strong Christian background had adopted her. She is very close to them and has never had any regrets as far as being raised in that family.

“If my biological mother had raised me it would have been a very difficult and traumatic childhood. I know I would be a completely different person now if I had not been blessed with such great adopted parents. I really do believe that God protected me before I was born and gave me the exact family I was supposed to have,” said Guthrie.

When Guthrie had asked her birth mother about her biological father, she had said only negative things about him. She did at least give his name, which would help Guthrie if she ever wanted to look into finding him. However, Guthrie chose not to look for him because of the way her mother described him.

Time passed, Guthrie and her biological mother occasionally exchanged e-mails but never made plans to meet or take their relationship any further. Her birth mother was living in New Mexico and Guthrie in Tulsa, Oklahoma. It would have taken a lot of planning and it did not seem worth it to Guthrie. Life went on for Guthrie, who had her own family to take care of. God was moving her into new, exciting directions at this time. She had recently started a new job and started going to a new church. Things seemed like they could not get any better.

Almost a year after she found her birth mother, Guthrie was

chatting with a secretary at her new office. She was telling the story of being adopted and finally making contact with her birth mother the previous year. In telling the story to the woman, Guthrie mentioned her birth father’s name, Wayne Eisenmann. Normally she did not mention his name for two reasons: she already

had decided not to look for him, and it was not really significant to the story.

*This is where Guthrie’s story about finding her family really begins.*

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**“This was nothing short of a ‘God’ thing. I never told people my father’s name when I talked about my situation,” Guthrie said.**

Coincidentally the secretary recognized the mentioned name immediately. She had gone to church with Eisenmann and his family for some time and even noticed a resemblance in the family and her co-worker. The woman told Guthrie that Eisenmann was a good man and father. This went against everything that her birth mother had put into her head previously. That same afternoon the secretary sent some pictures of Guthrie’s “might be family.” After seeing the photos Guthrie knew without a doubt this was her family.

“There was no denying those were my siblings. I did not know what to do at this point. I was so nervous to contact them. Especially because of everything my biological mother had told me about my birth father,” said Guthrie.

Guthrie remembers her mind racing after seeing the pictures. She was confused, excited, and hopeful and scared all at the same time. She considered questions like: What if they do not even know about me? What if they hate the idea of me? What if me showing up brings back old painful memories for them? She sat on these questions for a week before she decided that she would have too much regret if she did not give contacting her birth father and his family a fair chance.

Eisenmann, her birth father, did not actually have a Facebook page. So she contacted his wife, Patty. She sent her a message explaining who she was and how she found out about the Eisenmann family. Once the message was sent, there was no changing her mind. She waited on a response. Would it be a failed attempt, a success? Patty first informed Eisenmann that his daughter that had been given up for adoption 31 years prior had made contact. They talked about it and then she sent over a response to Guthrie.

“Patty’s response was amazing, nothing but love, acceptance, and welcoming words. It was one of the most exciting days of my life. Within the next two hours I was emailing back and forth

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with Patty and both of my new sisters, Angel and Heather,” said Guthrie.

For Guthrie’s biological father this was an answered prayer that he had been asking God about for quite some time. He was in shock as well as overwhelmed by God’s grace and mercy. The newly acquainted father and daughter began exchanging e-mails shortly after. Both had the same desire to know each other more. He openly accepted her as his own daughter without giving it a second thought; after all she was his own.

“I remember looking on her Facebook and finding a picture of her with her children. I said



those are my grandchildren. I printed it and hung it up with the rest of our family pictures,” said Eisenmann.

Guthrie had spent her life about 30 miles away from an entire family she never knew she had. And luckily they all still lived in close range. Plans began to be made to meet. She met her

oldest sister, Angel, first. A couple of days later she met her father for the first time, it was a casual lunch meeting. Her youngest sister, Heather, drove from Clarksville to Tulsa a couple of weeks later to meet her. When Heather arrived the family was finally all together in the same place at the same time, for the first time. Even Guthrie’s adopted family had a meet-and-greet with her newly discovered family.

“I love them all. They are amazing and we mesh so well. I think Heather and I look and act the most alike. When I was in Clarksville visiting recently some of her co-workers did double and triple takes when they saw me. When we first met each other, my parents and my husband could

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not get over how we talked alike, made the same facial expressions and had the same mannerisms," said Guthrie.

Everyone agrees, even Heather. The two sisters undeniably favor each other.

"Nothing was missing for me while I was growing up. I had a great family, but I am nothing

short of excited about Jamie finding us. She definitely fits in well," said Heather.

Heather remembers finding out about her sister for the first time. She was driving down Riverside Drive when her mother called and told her. She ran a red light and got pulled over. Naturally, she did not get a ticket after she

explained that she just found out she had another sister. Although Heather is the only family member that lives here (about 10 hours away from Tulsa) she has already formed a close bond with Guthrie, almost like they have been sisters all along.

Guthrie said that she had a couple of questions about birth details for her father but aside from that her main concern has been getting to know her family. Guthrie was blessed by being placed in such an amazing adopted family. And although she never felt that anything was missing, she feels like she has gained so much by finding them.

"I'm definitely busier, especially around the holidays. My daughters now have cousins and more grandparents. I have a new brother and new sisters that are amazing. We have so much fun together and get along really well. It's like having a new, huge extended family. And there is always room for more family."

Guthrie has always known she was adopted; it was part of bedtime stories and every day conversation for her growing up. Even though she was okay with being adopted, she admits this is one of the most exciting times in her life. She now knows most of her biological family and has grown very close to many of them.

Guthrie credits God for putting her in the right place at the right time, her own curiosity, her adopted parents' honesty and the Facebook, for helping her discover the missing branches of her family tree.

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## NOT SO ITSY BITSY TEENY WEENY

by Jessie Carter, PT

Good grief...the summer is already over. When did that happen? I had such good intentions this summer to jog early in the morning, take the dogs for more walks, and actually burn calories in the pool rather than soak up rays on the sidelines. But then it got hot and all that went out the window. ;-)

I haven't been a complete slug this summer but I definitely did not go out of my way to develop a bikini body. To be very honest, the only goal I set for myself this summer was to get a tan. I knew this was going to be an especially busy summer so I set my goals high! That sounds horribly shallow but every picture that's been taken of me in summers past could blind you...horribly lacking melanin. In fact, I have accused my sister of always wanting to pose next to me

in swimming pictures so that she looks extra dark and "summery." She takes full advantage of the fact that I work indoors under fluorescent lights. She doesn't come right out and say that I glow, but it's not hard to spot.

My only other goal this summer was to read more...I had to do something more admirable than just damage my skin! Besides, I couldn't remember the last time I sat down and read a non-fiction book front to back for pleasure. So even though I wasn't firming my thighs, I was toning my brain cells. Surely that counts for something...

One of my favorite books this summer focused on personal accountability. What a slap in the face that one was! It encouraged readers to ask questions that begin with "What" or "How" as opposed to "Why," "When," or

"Who." For example, instead of asking, "When am I ever going to have enough time to work out?" I should ask, "What can I do to make fitness a priority in my life?" Questions such as, "Why can't we have a better marriage?" are transformed into, "How can I be a better wife?"

The case the author makes is that the "What" and "How" questions get rid of victim thinking. I think we all tend to have pity parties once in awhile but how can we teach our children personal accountability if we can't get rid of victim thinking in ourselves? To apply that to health and fitness, how can we expect our families to be healthy if we can't make those changes in our own lives?

The author goes on to challenge readers to quit focusing on barriers. Ooooh, that one hurt.

With certain things, I'm all about the blame game. I never have enough time, money, energy, knowledge... you name it. I think we tend to go that route because it's familiar and it makes us feel better for a short period of time. The goal, however, is to become so good at something that we'll succeed no matter how many curveballs are thrown at us.

So how does this relate to me ignoring my running shoes this summer? Even though I'd love to rock my yellow polka dot bikini, it isn't happening. Simply answered, I am responsible for my situation. While I thoroughly enjoyed relaxing and playing with the kids this summer, my commitment to fitness was lacking. It wasn't genetics. It wasn't the

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government's fault. It wasn't my upbringing. It was my personal choices.

The cool thing is that I can make different choices at any point. It doesn't have to be the New Year or an upcoming event that prompts me to action...it just has to be a desire to change...a desire to be better. Real change can only come from within—when an individual decides to change.

So why not quit the blame game? Personal accountability starts with the man in the mirror. Maybe your goal is not a bikini body...but it might be improving your parenting skills, being a better spouse, or managing your money more wisely. Why not become so good at something that barriers don't even matter? With the kids heading back to school and the return of routine, now is the perfect time to implement change.



Jessie is a physical therapist, mom to three and owner of High Pointe.

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# TOUCH A LIFE, TOUCH A COMMUNITY, TOUCH A NATION

by Melissa Ash

It happened on a Wednesday during my lunch break. I got a text from a friend wanting to know if I knew anyone who would be interested in hosting a foreign exchange student. They had a boy whose host family had fallen through, and they needed a new home for him. This had to be a God thing—it was the third time that

week I had crossed paths with the topic of exchange students. Soon we were the proud host parents of a bouncing teenage boy from the Czech Republic.

I have to confess, I had my doubts about bringing a teenage boy into our home. I had raised three girls; what was I going to do with a boy? While we probably weren't the

best host parents that year, we learned a lot about ourselves and about another culture. It was a lot of fun, and by the end of the school year we were ready to host again.

I also decided to get more involved in the organization itself. By the time the next school year began, I found myself supervising seven students from around the world and hosting a girl from Germany. What an amazing experience! While there were typical teenage behaviors to deal with, I was amazed at these kids and how well they represented their countries. As I learned and grew in my position throughout the year, I began to think about this program and what it really represented.

As I traveled with one of my students to attend a group trip to Washington, D.C., we had a lengthy discussion about my discoveries and hers. I shared with her my vision for how this program touches lives, communities and even nations, and what I saw as our roles. In response, she shared her thoughts with me.

First of all, we touch lives. These are teenagers who are experiencing life in a very unique way. Not only are they growing, learning and developing who they are as members of society (as all teenagers do), they are doing it thousands of miles away from their family, friends, and all that is familiar to them. This program is about touching

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young lives and helping to shape their opinions of the world around them. For example, Yuka shared with me that when she had first come here from Japan, she was a little uncomfortable with “hugging.” This was not part of her Japanese culture. However, she came to love the show of affection and planned on sharing it with her family. I watched Yuka, who was incredibly shy and who felt inadequate due to her language barrier, blossom into a confident young lady that could talk your ear off! She will tell you, she has definitely been touched through her experiences here in America.

The host families’ lives, including my husband, have also been touched. Every family I worked with shared how wonderful this experience has been for them. It has opened their eyes to new cultures and experiences they never would have been able to have otherwise. These students become active members of their families, and I will be the first to admit it’s tough to see them go home. My husband has absolutely loved getting to know these kids, and has become much more animated and involved in the kids’ lives than he was with our daughters’. Thankfully, I don’t think there are a lot of hard feelings, as the girls love

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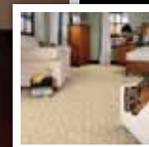
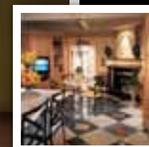
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the students too! It is wonderful to think of all our new friends and “family” that live all around the world. We can’t wait to go visit them!

Second, because of the students’ efforts, they touch communities. They get involved in school and various activities, developing multitudes of friendships along the way. Many of these students come to America desiring to volunteer in their new communities in some way. They help by spending time in animal shelters, feeding the hungry, visiting the elderly, participating at school or community events, or helping during the aftermath of natural disasters. Even through living their lives, they manage to touch the lives of those around them, effectively making a difference in their new communities.

As Yuka and I discussed these types of things, I shared how getting to know someone of a different culture can make a difference. When something bad happens in the world, we tend to feel sorry for the people involved, but then we move on with our lives because it doesn’t really affect us. But when we know someone that the bad thing happens to, it changes our perspective and we have more of an interest in doing something to help. For example, the recent tsunami in Japan was a horrible event that I previously would have said, “Those poor people, I feel bad for them,” but left it at that. Now, because I actually know people from there, it becomes more “real” and personal. People I know were directly impacted by the tsunami. It then becomes a circumstance that I need to become involved in because people I care about are impacted. I share my concern with others I know, making it more real for them as well. This is how we touch a community.

We touch nations when we become involved with their people. These exchange students return to their countries and share what they have experienced here. Through the process, we gain a better understanding of other nations and cultures, and vice versa. These students are the future of our world. When the world develops a better understanding of other cultures and the people become more “real” to them, it alters the decisions made. I explained to Yuka that she may or may not be a future leader in her country.

Either way she has the ability to make a difference in her circle of influence. When she returns to her country, shares what she has learned about America, and teaches her family and friends what a hug feels like, she may be altering the views of a future leader for her country. What he/she learns through Yuka becomes a reality, and the decisions that are made concerning political relationships are done with a personal perspective in mind. Thus, a nation is touched.

I always knew I wanted to make a difference in this world. Though I cannot change a nation single-handedly, I can make a difference in my circle of influence. My circle now includes students from around the world. Through this program I am able to touch a life, touch a community, and touch a nation. And the truly exciting part is that you can too! Make a difference today and share your life with an exchange student.

About the author: Melissa Ash is a Community Representative with Ayusa Global Exchange Programs. More information can be found at [www.ayusa.org](http://www.ayusa.org) or by contacting Melissa at (931) 217-4264.



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## ABOUT MILITARY MARRIAGE Moving from Infidelity to Opportunity

by Rachelle Franklin, LPC, Marriage and Family Therapist

In today's world infidelity (cheating) is something many couples deal with. In fact, I would estimate that 90% of the couples I see in counseling have or are currently dealing with infidelity in their marriage. Studies show that infidelity is the number one cause of divorce in America making this problem an epidemic in our country.

The reality is infidelity is a couple issue. If a marriage is to recover from such devastation, both partners have to embrace recovery to really capitalize on the opportunity for increased connection and understanding that working through the

aftermath of an affair can create. It may sound very irrational but I have literally had some couples that truly embraced recovery report that they have a much happier, healthier marriage than before the affair. Trials in life seem to produce such growth when we can view them as learning lessons to strengthen who we are. The question from many of my couples is, "Where do we begin the recovery process?" Some key things to consider will be discussed in this article as well as a great resource (book) that helps many couples work through the recovery process in a gentle and respectful way.

First, advice for the person who has had the affair:

1. Take responsibility for what has occurred and do not play the blame game.
2. Tell the truth about all matters. Credibility with your spouse has been jeopardized. Only total truthfulness will begin to pave the way for re-building trust.
3. Work on rebuilding trust through your words and actions. Do not hide anything you are doing however trivial it may seem. Think of your life as a fish

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owl. Your spouse will need to see every aspect of your behaviors to begin to re-build trust.

4. Be gentle with your spouse and don't avoid talking about the affair. When there has been a breach of trust this severe, it can be hard for the injured partner to put their marriage into perspective because they feel traumatized. Literally, persons who have been injured by infidelity often feel victimized which results in a change of how they view the world, their marriage, other people, and their future. The only way to move forward after being traumatized is to address the trauma by talking about it so a healthier perspective can be achieved.
5. Apologize to your partner and take responsibility for the hurt that has been caused. Ask your partner what could be done to help repair the damage that has been caused by the affair.

Second, advice for the person who has been injured by the affair:

1. Do not speak badly to family and friends about your spouse. Boundaries still apply even when we have been terribly hurt in relationship. Remember that what you tell your family and friends can never be

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forgotten by them. They will feel protective of you and side with you. If you want to remain in this marriage, will your spouse be able to continue as a family member with the way you have discussed the issue with your family? Support is necessary in life, but please be sure to seek support from people who can provide a loving and compassionate ear. What you will need during this time is to talk to people and have them listen, not judge. You will have to take responsibility for the decisions YOU made going forward.

2. Don't make a habit of checking up on your spouse. There will always be some level of this after an affair but the truth is, your spouse is either going to be trustworthy or not. You have no control over this, so it does you no good to make yourself sick with worry about what he/she is doing. If there is a reason to distrust your spouse, it will surface on its own. Random checks to reassure you are fine. The behavior becomes obsessive when you find that you cannot control "the checking."

3. You will be driven to know details about the affair but please be very careful with your inquiries. While details can provide information, they can also cause a person to become even more traumatized. Often times, people seek to know minute details that set up disturbing memories in their minds that they cannot get rid of. Once you know the broad outline of what happened, move on for a while.

4. Make a ritual of moving forward. This means slowly letting go by ridding yourself of the items that symbolize unfinished



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business. For example, writing letters about the affair and eventually, symbolically, burning them. Another example is tearing up the stack of emails you printed off when you found out about the affair. Finding things that symbolically represent to YOU “the affair” and ridding yourself of them slowly can be very helpful. Some people do this weekly; some people do this monthly. Make it work according to your personality. Do what you need to keep moving forward in a healthy way.

A great resource that I recommend to my couples who are struggling with infidelity is Douglas Snyder's Book, *Getting Past the Affair*. In this book, a husband and wife can work together through recovery. Mr. Snyder's book has exercises at the end of each chapter to help couples better understand what was just covered and to help couples talk about the affair in a healthy way. If you feel that you need help through the recovery process, counseling services on and off post are available to active duty and retired soldiers. Through the social work program at Ft. Campbell, we can see active duty, retired, and medically retired soldiers and their families at no charge.

Please remember that an affair does not have to be the end of a marriage. Instead, it is a sign of unhealthy interactions that can be repaired. I encourage you to embrace recovery and find the opportunity that this trial has

placed upon your marriage to grow into being healthier partners.

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## ABC OUTREACH PROGRAM

by Taylor Lieberstein

One in eight women from all walks of life—young, old, single, married, mothers or young adults—will see their lives forever changed when diagnosed with breast cancer. One percent of males will be faced with the same situation. YMCA has instituted an outreach program called the After Breast Cancer or ABC program to guide, support and encourage breast cancer survivors in Middle Tennessee. The program takes four months to complete and is free to participants. ABC is open to any person that has ever had a breast cancer diagnosis including breast cancer survivors—whether it was last year or 20 years ago.

While enrolled in the ABC program you will gain access to all areas of the YMCA, like a regular member. The program is 16-weeks long and is meant to teach participants new lifestyle habits; ones that

help a patient or survivor live a better life after breast cancer, one that is filled with healthiness and healing.

During the 16-weeks the enrollee will work with a Pink Ribbon Certified Trainer and maintain a customized workout. The program also includes Lymphedema education and screening, nutrition counseling, educational seminars and free encouragement and support. A registered dietician provides nutrition counseling. The monthly educational meetings address a variety of topics from local experts. You do not have to participate in any areas of the program you do not wish to.

This is the only program of its kind in Middle Tennessee. In fact only five YMCA's in the country have it and they are all here in Middle TN: Maryland Farms, Cool Springs, Bellevue, Murfreesboro and our very

own Clarksville Area YMCA. Participants can choose the most convenient of any of these locations to participate in the ABC program.

The program can be started at any time. Some may choose to start even before surgery to learn post-surgery range of motion exercises. Some may choose to start the ABC outreach program after chemotherapy to help regain energy levels more quickly and learn proper techniques for strength training.

YMCA has hopes of eventually offering the ABC program at every YMCA in Middle Tennessee and ultimately at every Y in the country. When the funding is secured they will open several new programs. Clarksville's YMCA can already offer the program at no cost thanks to generous donations by the YMCA's Annual Giving Campaign, and The Tennessee

Breast Cancer Coalition, among other charities and local fundraisers.

A breast cancer diagnosis may be one of the most difficult things someone can face. Thankfully, it does not have the same meaning it did just 10 years ago. There is hope and there is help. The YMCA's ABC outreach program is here to support anyone who has ever had to face the fear of breast cancer.

If you too would like to support the YMCA's After Breast Cancer' outreach program, **Chick-fil-A is sponsoring a fundraiser on August 15.** A portion of all proceeds for the day will be donated to the program.

For more information about the ABC program or upcoming fundraisers contact ABC coordinator, Cathy Carley, by phone at (931)-647-2376 ext. 71729 or by email at [ccarley@ymcamidtn.org](mailto:ccarley@ymcamidtn.org).

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# BACK TO SCHOOL

by Dianne York

An early cup of coffee on the deck reminds me it will not be long before summer comes to an end and schools are back at full force. It is time to bake a batch of cookies for the children before the heat of the day. Cookies are a household favorite, but have you ever noticed that no two are ever the exact same size or shape? That is part of the fun of rushing to get just the right one, usually the largest of the batch. While scooping and placing the batter on the sheet it becomes evident to me that many educators place students in classrooms with a cookie cutter expectation rather than watching each bake and form their own size and shape.

While having taught in the traditional public and private school settings for over 20 years, the month of August always brings about a rush of emotions. The shopping trips for clothes and

new school supplies, the planning for new daily routines, and the realization of an end to morning coffee on my deck always signals the beginning of school. It wasn't until I became involved with homeschooling and its families that I appreciated the freedom involved with planning for the new school year. Each parent has the luxury of making individual choices of supplies, materials, and curriculum to formulate the right recipe for the perfect outcome for their children, no cookie cutters here.

In one of my nightly brainstorming sessions with my friend and cohort, our discussion of curriculum took me to the days when a teacher's hands were not tied so tightly to standards and tests and the development of a unit study was exciting and endless in its challenges. The most tantalizing lessons take a child

from the textbook information to the application of skills learned. It is this excitement that leads me to challenge students to want to learn something new every day. We have developed this type of program at Advantage Learning Center for students that venture down the homeschooling route. Since its beginning, we have grown and developed programs that meet the needs of all types of students. Many times I am asked to describe our typical student. My answer is always the same, "There are as many different reasons for being a part of Advantage Learning Center as there are students enrolled." Just as a homeschool parent enjoys the freedom of a custom made program for their child, we also take on the task of finding out what is needed to make the learning experience the most meaningful

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for each child, tossing the cookie cutter approach to education.

It is very exciting for me to think about beginning our twelfth year with our homeschool assistance program at Advantage Learning Center. We are involved in various ways as parents evaluate curriculum and choose small group instruction for core curriculum classes as well as enrichment and elective classes. It is apparent over the years that these families want a quality education that is open to pursuing the many facets involved, such as expanding on their talents and challenging them to explore the many possibilities available to them. Some families are looking for guidance and direction while others want their children to be involved in small group classes for the core subjects and/or the electives needed to develop the

whole child. Our tutorial program is not affiliated with any specific homeschool umbrella, nor does it limit itself to any particular church or religious preference.

When evaluating students for programs offered at the center, we begin with an interview process to identify individual needs and develop a plan that best meets those needs. Just as homeschooling is not for everyone, we find that our programs are not for everyone. If parents are looking to completely educate with online classes, our program may not be for them. Students that are looking for alternatives to disciplinary actions in the public schools, or have been expelled from a public or private school are evaluated on a one-on-one basis and may not find our program suited for their needs. We have customized programs to meet

the needs of students that do not function well in large classrooms. These students may find even small group settings to be over stimulating and not well suited for their lack of attention or behavioral needs. In these cases, students are evaluated and placed with individual instructors to monitor and pace their curriculum in a setting that is best for them and not detrimental to other students. Due to our mission and goals we often recommend other options within a homeschool or alternative environment that does not include our program and services. We have a large group of resources that can be recommended to parents in search of the program that works best for their child and their family.

Homeschooled students seem to have a common interest in arts and enrichment. Many

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find their talents in the areas of Math and Science. These students may register for Math Teams, enrichment Math studies, and advanced Science classes including Anatomy and Physiology, as well as Physics and Pre-Calculus. Middle School students are encouraged to find their talents and interests through Unit Studies, comprising the majority of their curriculum. Elementary students are encouraged to build a strong foundation in Phonics, Reading, and Math. I love the quote, "The early years children learn to read so that in later years, they read to learn."

Over the years of working with families we have been able to adapt our programs to the ever-changing demands of homeschooling needs. Beginning with one-on-one instruction and curriculum pacing has evolved

into an opportunity for students to be engaged in a social setting that provides a positive environment and a selection of core curriculum and enrichment activities. High School students are able to receive ALL of their required credits as well as a wide variety of elective credits to prepare them for college or for the trade or career route. Our ACT program has proven to prepare students who have not taken the test or improve scores for students who desire a better score to achieve scholarships. The majority of homeschooled students are enrolling in college with increased numbers each year. Many colleges and universities are seeking homeschooled students because of their self-discipline, wide scope of experiences, and their motivation to achieve. Students have left Advantage Learning Center to enter both

private and state universities, as well as pursue specific trades and careers. It is important to make sure that credits earned will be accepted in post-high school facilities. The choice of homeschool umbrella is crucial to a student's life after K-12.

New programs this fall will include a flexible scheduling format allowing more flexibility for families to pick and choose the classes that are needed. Students may choose to come a minimum of one day a week or a maximum of five days a week with a variety in between. Basic classes are offered as well as Honors Classes allowing students to receive an Honors Diploma as well as a transcript reflecting these advanced classes. Science classes include labs and students may take up to four years of foreign language including Spanish, French, German, and

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abilities in sports, business and the arts.

So if you prefer the different sizes and shapes of cookies rather than a cookie cutter batch, approach your year with a fresh look at homeschooling. Choose the one that best suits your children and your family.

*Dianne York has over 30 years experience in education and is the director of Advantage Learning Center, a center for academics and the arts, for over 10 years. Your questions and comments are welcomed at [educationalc@gmail.com](mailto:educationalc@gmail.com).*

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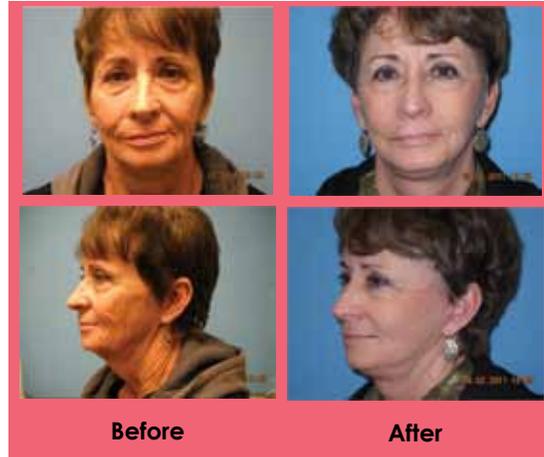
# THERE IS NOTHING MORE PERSONABLE THAN OUR FACES

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

When we think of the people in our lives, the image of their face comes immediately to our minds' eye. In fact it is almost impossible to think of someone we know and not see that image. Our face is perhaps even more important to our own identity. As humans, we transmit and read emotions to a large degree with our faces. They are unique and profoundly significant to us.

What if we don't like what we see? Perhaps time

has changed our facial contour and made our once smooth, oval shaped face



into a lumpy square with a heavy hanging neck? Or perhaps we never liked

our neck and lack of chin since others and ourselves have seen that as weak, even when we are strong. Maybe we've lost a great deal of weight through lots of hard work and been rewarded with a face that sags and droops around the cheeks and mouth. That can be as disappointing as it is unexpected.

How do we make a face attractive? As I have written before in *Clarksville Family Magazine*, it is about **harmony, symmetry and a natural, relaxed**

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**appearance.** For example, the face can be divided into horizontal thirds that should be in balance to the eye. That is, the distance from the frontal hairline to the mid-eye level should be equal to the distance from the eye to the mouth, and from the mouth to the bottom of the chin. Although perfect symmetry is rare in nature, we should see roughly the same shapes from left to right of a midline drawn through the nose to the middle of the chin. A face should look natural, not pulled tight or with abnormal bulges or

contours and be able to express emotion normally. The skin should be as



smooth and even-toned as possible.

When I first meet someone for a facial evaluation, I try to get her to tell me

what her goals are and see her as she sees herself. I then examine her and then provide what I think are the options that will achieve her goals. My job is to try to achieve that **harmony, symmetry and balance that is unique to that individual.**

Sometimes the solution is something fairly simple like liposuction of the neck with a chin implant or an eyelid tuck. When a person comes in with fairly advanced facial aging, the proper approach usually involves a facelift and necklift with some

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other procedure such as a skin peel, brow or eyelid tuck to maintain harmony of the features to each other. It is important to realize that correction of a sagging neck usually requires both a necklift and facelift. The reverse is not always true.

A modern facelift can be done in an office procedure room that is properly equipped and takes just a few hours. The goal is to lift the deep tissues of the face and reposition them back where they were

before time changed them. Excess skin is removed through incisions that are



hidden in the hairline and around the ear. Unwanted fat deposits are reduced

with gentle liposuction. The skin surface itself is best treated with a chemical or laser peel. Deep lines around the mouth are treated most effectively with fillers or fat grafting procedures. All of these can be done simultaneously as needed. Safety and comfort during and after the procedure are critical to success. I tell patients to plan on a week or so away

from regular activity and to take a “mini vacation” to reduce stress and allow for the best healing. They can get back to regular workouts in three weeks and resistance type exercise in six weeks.

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He is a fellow of the American College of Surgeons, American Board of Facial Plastic & Reconstructive Surgery, and a member of both the American Academy of Cosmetic Surgery and the American Society of Cosmetic Breast Surgery.

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## THE DEADLINE

by Kim Edmondson

I love getting to write articles for *Clarksville Family Magazine*. From the very first time I had the opportunity to write a Faith and Family article, I have been captured by it. To me, it is no small thing that a plain ole' ordinary pastor's wife, music teacher and mom of three, gets to share what is on her heart with a community of people that mean so much. I always consider it a privilege that I am allowed to contribute.

That being said, it seems as though during the months when my husband Chris has an article printed in *Clarksville Family* that I would be gathering ideas and taking notes on the myriad of subjects I want to write about the next time it is my turn to do so. I should be "used to" writing an article every other month, right? Ahhhh, no. It seems that the deadline always catches me. Even if I have started working ahead, I always come face to face with the print deadline, and a kind email from one

of the editors reminding me that it is time for me to get my article turned in. I am always so thankful for their patience.

This month as my turn has arrived to write, I am sitting in the bathroom of a hotel room in Louisiana at 4:30 in the morning, while my husband sleeps in the other room, trying to get my thoughts to come together in a way that makes enough sense to share them with you. It's not that I do not have anything to write about, I think it is sometimes the "putting it together" that is the tricky part. I often find that I am caught in the process of taking a jumbled up series of thoughts and ideas that are rattling around in my mind and make sense to me, and putting them together in such a way that it will make sense to you when I put it down on paper. Did that make any sense?

So as I see it, there are two factors that I face as I write. First of all, there is the deadline. Second, there is the

"putting it together." The more I have thought about each of these, I cannot help but think of how I tend to work the same way in my life when it comes to spending time talking to God.

Prayer. It seems as though it would be so easy. Close your eyes, fold your hands, say a few things to God and move on. One, two, three easy as can be. But for far too many of us, prayer is an area of struggle, instead of a time we look forward to.

Let's start with the idea of the deadline. Simply finding the time to pray seems to be one of the biggest issues many of us face. When do we do it? Where do we do it? How long should it last? We feel this pressure looming over us to "get it done." We know we are "supposed to" pray, but getting to it can be like herding cats. There always seems to be a distraction or lack of time. It can feel just like the looming deadline. Thankfully, this is not how the Lord

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views prayer at all. He does not want us to see prayer as something we must check off of our to-do list. He is longing to spend time with us, and hopes that we long to do the same. In the Bible there is a verse that says:

“Never stop praying.”

1Thessalonians 5:17

Basically this verse tells us that we should talk to God throughout our day. Prayer is not a thing we need to do to meet a deadline, or fulfill a requirement. No pressure, no timer needed, just talk to Him.

Ok, so what about the “putting it together” part? Isn’t there a certain formula to follow when it comes to talking to God?

After all, He is all powerful and above all things. Think about it, when He speaks galaxies are created, stars are formed and all creation listens to His voice. Just the thought of that can make our words seem very small in comparison! This is the point where we can breath a sigh of relief, because even though there are many tools that have been written and suggestions that have been given to help guide us as we pray, there is no “right way” to do it. Talking to God should be as easy as hanging out and chatting with your best friend over a cup of coffee. It is an

opportunity to stop and share with a God who thinks you are so special, and looks forward to hearing what you have to say. As you speak, He turns His ear to listen to you and cherishes each word you say.

What’s more, even when the hard times of life come and prayer is hard and words are few, we are given this promise in the New Testament:

“In certain ways we are weak, but the Holy Spirit is here to help us. For example, when we don’t know what to pray for, the Holy Spirit prays for us in ways that cannot be put into words.”

Romans 8:26

The biggest lesson for me in all of this, comes from the fact that just like writing an article means I have to be intentional about getting myself in front of the computer and typing, I must also be just as intentional about talking with God through prayer. Even though I love writing, my article is not going to write itself, I need to do it. The same is true with prayer; no one else can talk to God for me. I need to do it. And when I do, without fail, I always come away feeling better. Kind of like pushing the send button and meeting the article deadline for *Clarksville Family Magazine*.

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## THE INVALUABLE BIRTH DOULA

by Heidi Duncan

When considering options for pain relief, don't overlook the important services that a birth doula can provide. Unlike the nursing staff, who must concentrate on completing clinical tasks while providing care, a doula can focus solely on you and your partner, making sure you're both coping well.

This person (usually a woman) knows all the comfort measures and when to use them. From her meetings with you before birth, she'll know your birth plan, your pain medication preferences, your likes and dislikes, and your hopes for birth. She'll know what to say and do to comfort and encourage you—and what not to say and do. For example, one woman told her doula, "Don't tell me, 'you're doing great'

when clearly I'm not. Please acknowledge what I'm feeling by saying, 'I can see it hurts, and I know it's hard, but we can do this together.'"

Women hire doulas for many reasons. One woman without a partner hired a doula to be her primary support person and to help her to ask her caregiver or staff important questions. Another woman, whose mother had died, hired a doula because she wanted a mother figure with her during labor. One woman wanted the feminine energy of someone who had given birth and had supported many women through labor. Another wanted someone to help her and her partner with comfort measures so she was less likely to use pain medications.

Some couples hire a doula just as much for the partner as for the laboring woman, especially if the partner isn't completely comfortable with the demands of labor support and needs a guide or helper, or wants someone else to take over the role of the primary support person. If the partner has personal concerns, he or she may find that hiring a doula is a good idea. For example, a doula can provide backup support if the partner has a medical condition such as hypoglycemia (which requires getting regular food and rest), becomes queasy at the sight of blood, has physical limitations, or simply wants to avoid the pressure of having to learn and remember all the comfort measures.

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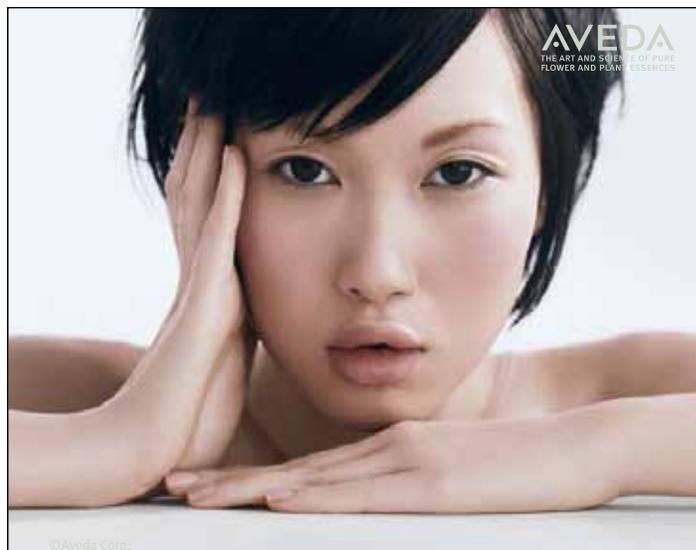
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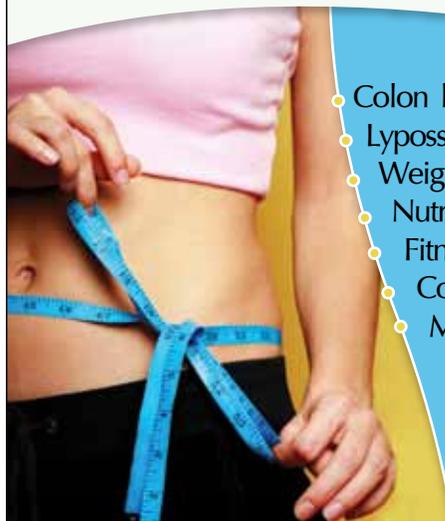
A doula can also do necessary tasks for the partner, allowing him or her to focus on providing primary support. For example, the doula can run errands and fetch food, beverages, and comfort items such as ice packs. She can take photos of the labor and birth. She can report progress and developments to the couple's friends and family. She can massage the woman's back while her partner helps her maintain a rhythm. She can continue support so the partner can eat, get some air, or take a much-needed nap.

From the book *Pregnancy, Childbirth, and the Newborn: The Complete Guide* by Penny Simkin et al.

Heidi Duncan  
 Birth Doula  
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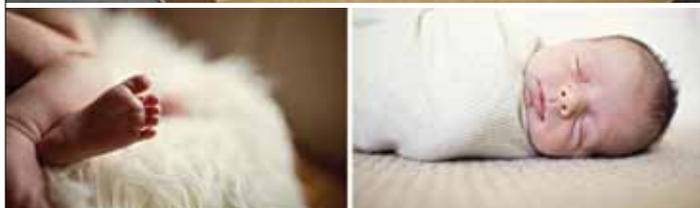


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Tennessee is offering its annual tax-free weekend, which can help you save quite a bit of money on your kids' Back-to-School shopping needs. It applies to the following types of merchandise: Clothing under \$100, school and art supplies under \$100 and computers under \$1,500.

### Bike Show, August 20, Mallwide, Mall Hours

Local motorcycle dealers will be on hand to show what the new looks are for that different driving experience.

### Dental Fair, August 27, Mallwide, 1pm-5pm

Learn more about teeth whitening, dentures, cosmetic dentistry, etc. Come out to Governor's Square Mall's Annual Dental Fair and visit our experts for more information about these and other services.



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# August at



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p><b>Most classes are 7pm-9pm*</b>                      unless otherwise noted  <b>Check-in begins 30 minutes before class starts</b>                      *some classes may run past 9pm</p>				 Swirlz & Stripes	 Pappy Love	 Helicopter	
<p>2pm 7</p>  Bluebonnets	<p>8</p>	<p>9</p>	<p>10</p>	<p>11</p>  The Outer Banks	<p>12</p>  Paisley Cross	<p>13</p>  Teal Sky	
<p>2pm 14</p>  Helicopter	<p>View the Swirlz Art Calendar &amp; book your class online at <a href="http://www.swirlzart.com">www.swirlzart.com</a></p>			<p>17</p>	<p>18</p>  Morning Ride	<p>19</p>  Wine Please	<p>20</p>  Garden Gate
<p>2pm 21</p>  Sailing	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>  Midnight Lavender Moon	<p>26</p>  Blue Wishing Tree	<p>@ 6pm-3 hrs 27</p>  Tuscan Sunset	
<p>28</p>	 No painting experience necessary! Grab a friend, a brush, and even some wine if you'd like and unleash the inner artist in you!	<p>30</p>	<p>31</p>	<p>1</p>  Under the Bridge	<p>2</p>  Violet Stairway	<p>3</p>  Paris	



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Alyssa Michael, 7 years old

Camping

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**ANSWERS!**

by Brenda Hunley Illustrated by Willie Bailey

“Excuse me; I’m looking for a Ranger Bill.” The soft voice startled the Ranger as he looked up from his paperwork. Standing just across the room was a small lady with curly, white hair, deep wrinkles, and a friendly smile. The Ranger smiled and looked past her out the window, “You are in luck, here he comes now.”

As Ranger Bill opened the front door, his smile only grew larger as he looked at the lady. “Good afternoon, Miss Gullie! We haven’t seen you in here in awhile.”

“Afternoon, Ranger! Ah! This heat takes so much out of me these days! Is this a good time?” she asked, taking a step forward to shake his hand.

“Of course, please come into my office, and have a seat. Let’s cool off together!” he said, wiping his brow. Reaching into a small refrigerator behind his desk, Ranger Bill asked, “Would you like some water?”

“Why yes, thank you!” she said, as she twisted open the top and took several gulps of the cool water.

Setting the bottle down, she continued, “I understand that you have found something that belongs to me?” Rustling around in her purse, she pulled out a picture and handed it to Ranger Bill.

Ranger Bill looked at the picture. It was a picture of Miss Gullie and a man in front of a Christmas tree. The man was wearing what appeared to be a pocket watch.

“Ranger, it’s been three years since my darling Joe has passed. See the watch? I don’t think you ever met him. I believe you were still a lad when this picture was taken. Anyway, when I saw the flyers, the ones with the picture of the watch, I knew I must come see you.”

Miss Gullie continued, “My Joe loved that watch. His father gave it to him when he came home from the war. His initials should be on it, for they were the same as his father’s: J-A-G.”

Reaching for his keys, Ranger Bill opened his locked desk drawer, and took out the watch. Holding it in his hands he looked at the initials etched on the cover: JAG. “Would this be it, Miss Gullie?”

With tears welling up in her eyes, she gingerly reached for the watch. “It looks like it. Let me check one more thing to make sure.” Carefully she twisted the top of the watch, and pulled. Slowly a small cylinder came into view. Opening the small cylinder, she pulled out a very small piece of paper. On it was written: Our son, God’s gift. “Joe’s parents didn’t ever think they could have a child, but they were blessed late in life. His father always wanted him to remember how special he was.”



Ranger Bill sat quietly watching Miss Gullie turn the watch over in her hands. “I don’t remember it being this shiny!”

“That’s because when it was found, it was wrapped in a cloth bag and so very dirty. I took it to a jeweler and he cleaned it up, and got it working again.”

“Thank you Ranger for being so thoughtful. See, it has been forty plus years now since I’ve laid eyes on this watch.”

“Really?”

“Yes! Joe and I used to come here to the cave to dance. This used to be quite the party place! We lost it one day when we came down here to

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swim, remember the pool that was right out back? Yes! Well, Joe wrapped it up in his shirt and set it under a tree over there, and when we came back everything was gone, even his clothes! We looked everywhere, and couldn't find them! Joe was very sad that he lost the watch his father gave him. We came down here many times looking all over for it. We finally gave up. Please tell me, where did you find it?"

"During clean up. We were picking up trash, and one of my helpers found it under a bush. We wiped it off, cleaned it up, and put up flyers hoping to find the owner."

A big smile spread across her face. "I would like to make some cookies for you and your helpers to show my thanks. Would that be okay?"

"That would be wonderful!"

"Ranger, I must go. I'm a dreadful mess, and very tired. I will bring the cookies by tomorrow if that's okay." Ranger Bill thanked Miss Gullie and helped her to her car.

The next day when the cookies arrived, Ranger Bill wrapped a few of them in a napkin, put them in his pocket, and headed out to find Chester. He checked his home, no answer, and then checked with Mom and Dad Chipmunk, nope not there either.

Ranger Bill noticed Dart the bluebird, also Chester's best friend, and called out to him. "Hey, Dart! Have you seen Chester today?"

"Yep, I'm going to meet him now, down by the cave. It's been so hot he and Boomer went there to cool off. "

Together, the Ranger and Dart found Chester, Boomer and Lily the dragonfly all lying in the shade. "Hi, Ranger!"

"Hey, guys! I have an answer to our mystery—and some cookies for us to eat while I tell ya all about it."

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

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

# HAPPY BIRTHDAY!



Happy 1st Birthday  
Addyson Elizabeth Grace Campbell  
Love Mommy, Daddy, Mags & Wesley



Happy First Birthday Battle!!!  
We love you!!  
Mommie, Daddy and Maddie



Happy 1st Birthday Callie Jean  
Mommy, Daddy and Uncle  
Kristy Love You!



Gage from West Virginia,  
son of Tiffany and Gavin,  
love Granny Missie



Happy 1st Birthday Hunter!  
We Love U!



Happy 1st Birthday Jaycee  
mom, dad, Lukas & Grandparents.  
We love you



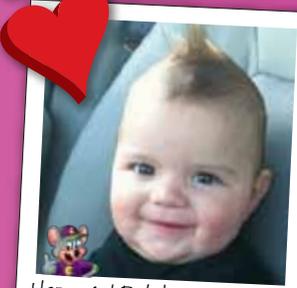
Happy 1st Birthday Raymond!!  
love Mommy and family



Happy 1st Birthday Scarlett!  
Love, Mama, Dada & William



Trinity Opal Kay Wright  
being loved up by her teddy bear!



Happy 1st Birthday Little Man!  
Love, Daddy, Mommy, & Kahlen



Happy 2nd bday grace!



Happy Birthday Kaia  
Love Mom Dad Cadence  
Courtney Kason Nan Papa



Happy 2nd Birthday Kennedy!  
Love Mommy, Daddy, and Olivia



Happy 2nd Birthday Lainey Bug!  
Love, Mommy & Daddy



Happy 2nd Birthday Shelby!  
Love, Mommy, Daddy, and Abby!



Happy 2nd Birthday William!  
Love, Bekah, Allison & Shirley



Happy 3rd Birthday Conner  
Love Mom, Dad & Family



Happy 3rd Birthday Landen!  
Love Mom and Dad.



Happy 3rd Birthday Van!  
You are loved by many!



Happy 4th birthday, Aiden!  
Love, Daddy, Mommy, & Ali

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

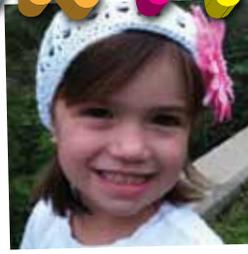
# HAPPY BIRTHDAY!



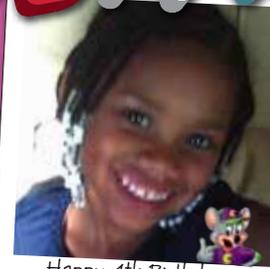
Happy 4th Birthday Eden  
We love you Buddy!



Happy 4th Birthday Ethan  
we love you!



Happy 4th Birthday Kahlen!  
Love, Mommy, Daddy & Tyler



Happy 4th Birthday  
Taj Amani-Marie  
Love you more than you know!! -Mom



Happy 4th Birthday Tapanga!  
Love Mommy, Daddy and brothers!



Happy 5th Birthday Presley!  
We all love you so much!



Happy 5th Birthday Talan!  
We all love you so much!



Happy 6th Birthday, Cheyanne  
We love you so much,  
Mama, Papa & Madison



Happy 6th Birthday Haylie!  
Love Always, Mommy, Daddy, Nana,  
Mawmaw, Pawpaw and Kaylee



Happy 6th Birthday Nailah!!!  
We love you!



Happy 6th Birthday Natal Lee Grace  
aka "Snatcher". Love always Jeffy, Mommy,  
RayLee, Petey, Ollie, Cecil, & Charlie! Xoxox



Happy 7th Birthday Destiny!  
love Mamma Daddy  
Grammy & Papa



Happy B-Day Randy!  
We love you!



Happy 8th Birthday Lainey,  
Love Mom, Paw, Maw, Uncle Jar,  
Vicki, Chief, & Buster!!



Happy 9th Birthday Mallory Grace.  
We love you Angel Face,  
Mommy, Daddy, Macey and Bennett



Happy 10th Birthday, Eli!  
Love, Mommy, Daddy, & Silas



Happy Birthday Nana Boo  
Mom Dad Gracie & Jackson 5  
MawHolt



Happy 18th birthday Katrina,  
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Flyball is a fun family sport where a relay team of four dogs races another team, jumping a series of four hurdles, trigger a spring loaded box to release a tennis ball, and race back to the handler. The Road Runners Club teaches the sport using a positive approach, emphasizing the human/canine bond. Family members of all ages welcome. The sport is open to any breed. Call (931) 220-4907, email [icflyball@earthlink.net](mailto:icflyball@earthlink.net), or visit [www.flyballdogs.com/qcrr](http://www.flyballdogs.com/qcrr) for more information about this exciting canine sport.

**CELEBRATE RECOVERY**

Friday nights with refreshments at 6:15 p.m. and the meeting at 7:00 p.m. at Grace Church of the Nazarene, 3135 Trenton Road. A Christ centered 12-step ministry. For more information call the church office at (931) 647-7768 or (931) 216-6644.

**CLARKSVILLE CHESS CLUB**

6:30 p.m. Thursday evenings at Freedom Deli, 2088 Lowes Drive. Contact Roy at [clarksvillechessclub@charter.net](mailto:clarksvillechessclub@charter.net) with questions.

**DOWNTOWN MARKET**

Saturdays from 8:00 a.m. to 1:00 p.m. in Public Square in Downtown Clarksville. Locally grown produce, baked goods, home decor, seasonal flowers and more. **Night Market** on August 19 from 5:00 p.m. to 8:00 p.m. Visit [www.clarksvilledowntownmarket.com](http://www.clarksvilledowntownmarket.com).

**FAMILY LIFE CENTER ACTIVITIES**

Monday through Friday, 5:30 a.m. to 9:00 p.m. (except Wednesday, 5:30 a.m. to 5:00 p.m.), Saturday, 7:00 a.m. to 4:00 p.m. 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, sculpting, Zumba, circuit, senior fit aerobics and beginner step (all classes are \$3). Visit [hilldale.org](http://hilldale.org) for more information.

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Partner applications for 2012 homeownership are available Monday through Friday, 9:00 a.m. to 4:00 p.m. at the 400 Madison Street office. Basic criteria are stable income to afford home mortgage, willingness to partner and currently living in unsuitable housing. Contact the Affiliate office at (931) 645-4222 or [www.habitatmctn.org](http://www.habitatmctn.org).

**HOPE RIDERS BIKER CHURCH**

Church every Sunday morning at 9:30 a.m. in the Rider Edge Classroom behind Appleton's Harley Davidson, 41A Bypass. Bible Study every Friday at 6:30 p.m. at 1140 Gratton Road. Ride each Sunday at 11:00 a.m.

Hope Riders is a full-fledged Biker Ministry and all bikers are welcome Contact Pastor Ron at (931) 801-0379 for more information.

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## August

### 2 TUESDAY FREE BREASTFEEDING CLASSES

11:00 a.m. at Montgomery County Nutrition Education Center (WIC) in the Breastfeeding Room, 1850 Business Park Drive, Suite 103. Open to community. Covers techniques for initiation and tips to maintain successful, comfortable breastfeeding. Includes discussion on pumps, how to overcome challenges, and common concerns. All family members welcome to attend. For more information call (931) 551-8777 and ask to speak with a nutritionist.

### 5 FRIDAY TAX FREE WEEKEND

Through Sunday, August 7. No Tennessee sales tax on clothing, school supplies and computers. Visit [www.tn.gov/revenue/salestaxholiday/](http://www.tn.gov/revenue/salestaxholiday/) for full details.

### MOVIES IN THE PARK - PATCH ADAMS

At Heritage Park, 1241 Peachers Mill Road. Starting at dusk, with pre-movie activities beginning an hour earlier. Come out to enjoy fun for the entire family. Admission is FREE! Concessions are available. Visit [www.parksafterdark.com](http://www.parksafterdark.com) for more information.

**8 MONDAY  
ALZHEIMER'S CAREGIVERS SUPPORT GROUP MEETING**  
6:30 p.m. at Clarksville-Montgomery County Public Library, 350 Pageant Lane. Call Patsy Shell at (931) 648-1884 for information.

**10 WEDNESDAY  
HEAD START ACCEPTING APPLICATIONS**  
10:00 a.m. to 3:00 p.m. at Montgomery County Public Library, 350 Pageant Lane. Get on the waiting list for the 2011-2012 school year. Call (931) 648-5774 x113 for information.

**11 THURSDAY  
NARFE CHAPTER 870 MEETING**  
Lunch at 11:00 a.m., meeting at 12:00 p.m. at Golden Corral Buffet & Grill, 2811 Wilma Rudolph Boulevard. Call (931) 358-4855 for more information.

**12 FRIDAY  
PRIZER POINT LUAU WEEKEND**  
Through Saturday, August 13. Come prepared to Hula at Prizer Point, 1777 Prizer Point Road, Cadiz, Kentucky. Call (270) 522-3762 for information.

**13 SATURDAY  
MANNA CAFE MINISTRIES FUNDRAISER YARD SALE**  
7:30 a.m. to 2:30 p.m. at Manna Cafe Ministries, 1319 Franklin Street. In need of donations, volunteers and buyers. Please contact Sherry at (931) 802-6700 or (931) 933-0970.

**BUTTERFLIES AT DUNBAR CAVE**  
10:30 a.m. to 12:00 p.m. at Dunbar Cave State Park, 401 Old Dunbar Cave Road. Learn about these beautiful winged creatures in a program by John Froeschauer, Regional Interpretive Specialist and butterfly expert. Space is limited. Free, ages 10 and up. Make reservations at (931) 648-5526.

**BACK TO SCHOOL OPEN HOUSE**  
2:00 p.m. to 4:00 p.m. at Gateway CAST & Crowns, 412 Franklin Street. Call (931) 645-CAST or visit [www.castshowtroupe.com](http://www.castshowtroupe.com) for details.

**MOTHER DAUGHTER TEA**  
2:00 p.m. to 4:00 p.m. at First Baptist Church Fellowship Hall, 435 Madison Street. Benefiting the Mom2Mom

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**Little Lambs & Ivy Children's Clothing**

15th Annual Fall/Winter Consignment Sale  
Newborn to Size 14 Children's Clothing • Infant Equipment • Toys • Maternity Clothing

**RECEIVING DATES:** September 8-10  
(by appointment only). Call or go on-line to schedule your drop-off time!

**SALE DATES:**

- PRE-SALES: (Sorry, NO CHILDREN ALLOWED at pre-sales)
- Tue., Sept. 13th 5:00 - 7:00 PM CONSIGNORS ONLY
- 7:00 - 9:00 PM CONSIGNORS AND GUESTS WITH PASSES
- Thur., Sept. 15th 6:00-8:00 PM \*\*50% DISCOUNT PRESALE FOR CONSIGNORS ONLY (NO GUESTS)

**OPEN TO THE PUBLIC:**

- Wed., Sept. 14 7:00 AM - 6:00 PM (REGULAR PRICE)
- Thur., Sept. 15 7:00 AM - 6:00 PM (25% discount, unless marked "No Discount")
- Fri., Sept. 16 7:00 AM - 6:00 PM (50% discount, unless marked "No Discount")
- Sat., Sept. 17 7:00 AM - NOON (50% discount, unless marked "No Discount")

Sale Location: 121 Union Hall Road Clarksville, TN CONTACT: Jeannette Smith, Phone 931-358-2979 (please, no calls after 9 PM), or email [littlelambsandivy@gmail.com](mailto:littlelambsandivy@gmail.com)

[find us on Facebook!](https://www.facebook.com/littlelambsandivy)

For complete details & instructions go to: [www.tnconsign.com/li.htm](http://www.tnconsign.com/li.htm)

mentoring program at Hope Pregnancy Center. Mothers and daughters (and grandmothers, aunts and family friends!) of all ages are invited to a lovely afternoon of tea, dainty treats and pleasant conversations. We are especially excited to welcome musical guest Point of Grace! For registration and further information visit [www.speakinghope.com](http://www.speakinghope.com) or contact Janel at (931) 645-2273. Register soon, seating is limited.

**14 SUNDAY**  
**MONTGOMERY COUNTY**  
**SOCCER ASSOCIATION**  
**REGISTRATION**

1:00 p.m. to 5:00 p.m. at Governor's Square Mall. Registration forms and information are available at [www.mcсаonline.net](http://www.mcсаonline.net).

**16 TUESDAY**  
**HAUTE TOTS**  
**CONSIGNMENT SALE**

Presales August 16. Open to public August 17 through 19. Half Off Day (most items) August 19. At Riverview Inn, 50 College Street.

**18 THURSDAY**  
**FREE BREASTFEEDING**  
**CLASSES**

1:00 p.m. at Montgomery County Nutrition Education Center (WIC) in the Breastfeeding Room, 1850 Business Park Drive, Suite

103. Open to community. Covers techniques for initiation and tips to maintain successful, comfortable breastfeeding. Includes discussion on pumps, how to overcome challenges, and common concerns. All family members welcome to attend. For more information call (931) 551-8777 and ask to speak with a nutritionist.

**19 FRIDAY**  
**LITTLE GIRLS NIGHT OUT**

6:00 p.m. to 8:30 p.m. at Beyond the Books, 2535 Madison Street, in the Bluestone Center. Drop your girl off for a night of customer t-shirt making with an educational twist. We'll discuss the cotton industry, history of t-shirts and talk fashion while she creates an adorable shirt she'll be proud to wear as part of her back to school ensemble. We provide dinner, supplies and fun. You supply a new, plain white t-shirt. Open to ages 8 to 12. Cost is \$15. Space is limited, call (931) 358-5405 or visit [www.beyondthebooks.com](http://www.beyondthebooks.com).

**JAMMIN' IN THE ALLEY**  
**- THE NEXT LEVEL/NIGHT**  
**DOWNTOWN MARKET**

7:00 p.m. at Strawberry Alley in Downtown Clarksville. **Jammin' in the Alley** is a monthly summer concert series held every third Friday of the month. In addition to

the live music, downtown restaurants offer outdoor dining to concert-goers. Come ready to eat, dance and have fun! There will also be a **Night Downtown Market** from 5:00 p.m. to 8:00 p.m. in Public Square at the same time. Locally grown produce, baked goods, home decor, seasonal flowers and more. Visit [www.clarksvilledowntownmarket.com](http://www.clarksvilledowntownmarket.com).

**20 SATURDAY**  
**BIKE SHOW**

10:00 a.m. to 9:00 p.m. mall wide at Governor's Square Mall. Featuring the latest models and accessories.

**MONTGOMERY COUNTY**  
**SOCCER ASSOCIATION**  
**REGISTRATION**

1:00 p.m. to 5:00 p.m. at Governor's Square Mall. Registration forms and information are available at [www.mcсаonline.net](http://www.mcсаonline.net).

**MOVIES IN THE PARK -**  
**HOW TO TRAIN YOUR**  
**DRAGON**

At Heritage Park, 1241 Peachers Mill Road. Starting at dusk, with pre-movie activities beginning an hour earlier. Come out to enjoy fun for the entire family. Admission is FREE! Concessions are available. Visit [www.parksafterdark.com](http://www.parksafterdark.com) for more information.

**21 SUNDAY**  
**MONTGOMERY COUNTY**  
**SOCCER ASSOCIATION**  
**REGISTRATION**

1:00 p.m. to 5:00 p.m. at Governor's Square Mall. Registration forms and information are available at [www.mcсаonline.net](http://www.mcсаonline.net).

**26 FRIDAY**  
**MOVIES IN THE PARK - THE**  
**SANDLOT**

At Heritage Park, 1241 Peachers Mill Road. Starting at dusk, with pre-movie activities beginning an hour earlier. Come out to enjoy fun for the entire family. Admission is FREE! Concessions are available. Visit [www.parksafterdark.com](http://www.parksafterdark.com) for more information.

**27 SATURDAY**  
**MONTGOMERY COUNTY**  
**WATERGARDEN SOCIETY**  
**KOI POND TOUR**

9:00 a.m. to 4:00 p.m. Tickets \$10, children 12 and under free. Ticket price includes picnic at Dunlop Park 5:00 p.m. with lots of door prizes. For information please contact Pam Ross at (931) 368-1583, Sharon Baggett at (931) 249-2355 or visit [www.mcwcgs.org](http://www.mcwcgs.org).

DAY OF TOUR ticket sales in the lot of Dave's Small Engines, 2480 Hwy 41-A Bypass, Clarksville, TN

**ANIMAL TALES**

11:00 a.m. and 2:00 p.m. at the mouth of Dunbar Cave, 401 Dunbar Cave Road.

**YOU KNOW, IT'S NEVER TOO EARLY FOR A GAME PLAN.**

**START SAVING NOW FOR THOSE BACK TO SCHOOL SUPPLIES.**

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**FALL SEMESTER 2011 begins September 12**

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THE MIDDLE YEARS  
.....  
NEW TESTAMENT (KOINE) GREEK I  
.....  
A JOURNEY THROUGH JOHN  
.....  
3 Online Courses are also Available!

The Clarksville Children's Theatre presents this free performance of children's plays written by local writers, including a 30 minute arts and craft activity. Visit [www.clarksvillechildrenstheatre.org](http://www.clarksvillechildrenstheatre.org).

### DENTAL FAIR

1:00 p.m. to 5:00 p.m. at Center Court of Governor's Square Mall. Want to learn more about teeth whitening, dentures, or cosmetic dentistry? Come out and visit vendors to get more information.

### BIG BROTHERS BIG SISTERS AGENCY PICNIC

2:00 p.m. to 4:00 p.m. at 543 Peachers Mill Road. We will recognize our outstanding sponsors and volunteers while the kids enjoy a fun afternoon with food and games. R.S.V.P. by August 22 to (931) 647-1418.

### 28 SUNDAY CLARKSVILLE CHESS CLUB BLITZ TOURNAMENT

Arrive at 6:30 p.m. to be paired at 7:00 p.m. at Freedom Deli, 2088 Lowes Drive. Entry fee is \$3, 5 rounds, 10 minute games. Contact Roy at [clarksvillechessclub@charter.net](mailto:clarksvillechessclub@charter.net) with questions.

### 30 TUESDAY ADVANTAGE LEARNING CENTER'S ANNUAL OPEN HOUSE

4:00 p.m. to 6:00 p.m. at Advantage Learning Center, 480 Warfield Boulevard. There will be food, activities, music, and a parent information meeting at 6:00 p.m. Find us on Facebook. Call (931) 648-2665.

## September

### 2 FRIDAY MOVIES IN THE PARK - TWILIGHT DOUBLE FEATURE: NEW MOON & ECLIPSE

At Heritage Park, 1241 Peachers Mill Road. Starting at dusk, with pre-movie activities beginning an hour earlier. Come out

to enjoy fun for the entire family. Admission is FREE! Concessions are available. Visit [www.parksafterdark.com](http://www.parksafterdark.com) for more information.

### 5 MONDAY LABOR DAY

### 6 TUESDAY FREE BREASTFEEDING CLASSES

11:00 a.m. at Montgomery County Nutrition Education Center (WIC) in the Breastfeeding Room, 1850 Business Park Drive, Suite 103. Open to community. Covers techniques for initiation and tips to maintain successful, comfortable breastfeeding. Includes discussion on pumps, how to overcome challenges, and common concerns. All family members welcome to attend. For more information call (931) 551-8777 and ask to speak with a nutritionist.

### 8 THURSDAY NARFE CHAPTER 870 MEETING

Lunch at 11:00 a.m., meeting at 12:00 p.m. at Golden Corral Buffet & Grill, 2811 Wilma Rudolph Boulevard. Call (931) 358-4855 for more information.

### 9 FRIDAY RIVERFEST

5:00 p.m. to 11:00 p.m. along the McGregor Park Riverwalk in downtown Clarksville. Visit [www.clarksvilleriverfest.com](http://www.clarksvilleriverfest.com) for full details.

### 10 SATURDAY RIVERFEST

9:00 a.m. to 11:00 p.m. along the McGregor Park Riverwalk in downtown Clarksville. Visit [www.clarksvilleriverfest.com](http://www.clarksvilleriverfest.com) for full details.

### 12 MONDAY ALZHEIMER'S CAREGIVERS SUPPORT GROUP MEETING

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



**haute TOTS**  
Fall/Winter 2011 children's consignment sale

LOOKING FOR VOLUNTEERS & CONSIGNORS NOW!

Join the fun & make lots of money while doing so! Consign all your kids items & keep 70% of your sales! Visit [www.hautetotstn.com](http://www.hautetotstn.com) to see how easy it is!

**AUGUST 16-19 2011**

Presales: August 16  
Open to Public: August 17-19  
Matilda Jane Clothing Trunk Show: August 17  
Half Off Day (most items): August 19  
Location: Riverview Inn | 50 College St. Clarksville, TN 37040



*Mother Daughter Tea*  
**Saturday, August 13, at 2-4pm**  
First Baptist Church of Clarksville, Fellowship Hall

Please join us for the third annual Mother Daughter Tea to benefit the Mom2Mom mentoring program at Hope Pregnancy Center. Mothers and daughters (and grandmothers, aunts and family friends!) of all ages are invited to enjoy a lovely afternoon of tea, dainty treats and pleasant conversation.

We are especially excited to welcome musical guest Point of Grace!

For registration and further information visit us online at:  
[www.SpeakingHope.com](http://www.SpeakingHope.com)  
or contact Janel at 931-645-2273.

Register soon as seating is limited!



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# CUSTOMS HOUSE MUSEUM & CULTURAL CENTER

200 South Second Street • (931) 648-5780

[www.customhousemuseum.org](http://www.customhousemuseum.org)

## EXHIBITS:

### *Call of the Wild*

This brand new exhibit explores the world of hunting like never before. Here you can learn about guns, duck calls, and decoys; not to mention see plenty of preserved animals up close and personal! Through October 8, 2011.

### *Figuratively Speaking: The Works of Buddy Jackson*

This exhibit will feature the sculptures of Nashville artist Buddy Jackson. Through October 2, 2011.

### *Gwen Rodriguez*

Gwen Rodriguez attended the Columbus College of Art & Design and received a Bachelor of Fine Arts, Magna Cum Laude, at Austin

Peay State University. She worked as an art teacher until 2009, when she decided to focus on her own art. Through August 31, 2011.

### *History in the Dirt*

The ground beneath our feet can tell us a lot about our past, our present, and even our future. Learn about Geology, Fossils, and Archaeology and see what can be found below the surface in Tennessee. Touch examples of different kinds of rocks and fossils, and play the role of an archaeologist. Through September 25, 2011.

## SPECIAL EVENTS:

### Thursday, August 25 *Art & Lunch: Rodin, The Gates of Hell*

12:00 p.m. to 1:00 p.m.  
In 1880, Auguste Rodin was commissioned to create a set of bronze doors for a proposed museum in Paris. The museum was never built, but *The Gates of Hell* became Rodin's most ambitious endeavor, taking over twenty years to complete.

This film documents the triumphs and difficulties encountered during the casting of this eight-ton work and chronicles the life and work of Rodin—from the challenges of his early career to his later years of success and fame.

This presentation is shown in conjunction

with the exhibit *Figuratively Speaking: The Works of Buddy Jackson*. Visitors are welcome to bring their lunches to enjoy during the movie.

The "*Snowflake Special*" and other model trains run every Sunday. Regular admission charged.

## 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 \$7, senior citizens (65+) and college ID \$5, ages 6-18 \$3, ages 5 and under free.

Free admission the second Saturday of each month.

**GO BACK TO SCHOOL**  
*in style*  
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OUR LIFE. YOUR STYLE.



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**This month Dr. Aquino is featuring,  
Pediatric Nurse Practitioner Codi Caine.**

*Pictured here with her husband Kevin & their dog Jake.*

Please call our office to make an appointment with Codi today.



*Pediatrician*  
**Dr. Barbara Aquino**



**931-645-4685**

**881 Professional Park Dr.**  
*Off Dunlap Lane by Gateway Medical Ctr.*

**13 TUESDAY**  
**15TH ANNUAL FALL/WINTER**  
**CONSIGNMENT SALE**

At 121 Union Hall Road. Pre-sales start Tuesday, September 13, Open to Public Wednesday, September 14 from 7:00 a.m. to 6:00 p.m.; Thursday, September 15 from 7:00 a.m. to 6:00 p.m.; Friday, September 16 from 7:00 a.m. to 6:00 p.m.; and Saturday, September 17 from 7:00 a.m. to 12:00 p.m. Contact Jeanette Smith at (931) 358-2979 (before 9:00 p.m.) or email [littlelambsandivy@gmail.com](mailto:littlelambsandivy@gmail.com). For complete details visit [www.tnconsign.com/lii.htm](http://www.tnconsign.com/lii.htm).

**15 THURSDAY**  
**FREE BREASTFEEDING**  
**CLASSES**

1:00 p.m. at Montgomery County Nutrition Education Center (WIC) in the Breastfeeding Room, 1850 Business Park Drive, Suite 103. Open to community. Covers techniques for initiation and tips to maintain successful, comfortable breastfeeding. Includes discussion on pumps, how to overcome challenges, and common concerns. All family members welcome to attend. For more information call (931) 551-8777 and ask to speak with a nutritionist.

**16 FRIDAY**  
**JAMMIN' IN THE ALLEY -**  
**AUGUST CHRISTOPHER**

7:00 p.m. at Strawberry Alley in Downtown Clarksville. Jammin' in the Alley is a monthly summer concert series held every third Friday of the month. In addition to the live music, downtown restaurants offer outdoor dining to concert-goers. Come ready to eat, dance and have fun!

**17 SATURDAY**  
**FROLIC ON FRANKLIN**

9:00 a.m. to 5:00 p.m. on Franklin Street in downtown Clarksville. Hosted by the Downtown Clarksville Association, the free event

will showcase the works of 25 local and regional artists amidst the captivating architecture of the 100 block of historic Franklin Street. A variety of works will be on display including jewelry, pottery, water color and oil prints, woodwork, ceramics, porcelain, photography and more. Pieces will be for sale with prices ranging from \$5 - \$500. Several artists will also provide demonstrations of their work throughout the day including painting and decorating glass ornaments, making wooden items with lathes, and various types of painting. In addition to artist booths, the event will feature a performing Renaissance troupe, live music, along with dance and other performing groups throughout the day. Adjacent shops and restaurants will also be open.

**MOVIES IN THE PARK -**  
**OPEN SEASON**

At Heritage Park, 1241 Peachers Mill Road. Starting at dusk, with pre-movie activities beginning an hour earlier. Come out to enjoy fun for the entire family. Admission is FREE! Concessions are available. Visit [www.parksafterdark.com](http://www.parksafterdark.com) for more information.



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

**MCSA**  
**Soccer sign-ups!**

**Sunday, August 14th**  
**Saturday, August 20th**  
**Sunday, August 21th**  
**1pm to 5pm**  
**Governor's Square Mall**

[www.mcsaonline.net](http://www.mcsaonline.net)

**THE Pottery ROOM**  
*Paint It Yourself Ceramic Studio*

2214 R Madison Street Clarksville, TN  
[www.thepotteryroom.com](http://www.thepotteryroom.com) (931) 920-4777

**We welcome:**

- Corporate Events
- Baby/Bridal Showers
- Office Parties
- Holiday Gatherings
- Birthday Parties
- Scouting Troops
- Preschool Field Trips
- Military Groups (FRG)
- University Activities
- Sports Team Outings
- Paint on the Run

**Closed Monday**  
 Tue. - Fri. 11 AM - 7 PM  
 Saturday 10 AM - 8 PM  
 Sunday 1 PM - 6 PM  
 Early & Late Hours  
 Available by Reservation

**HALF PRICE STUDIO FEE**  
 Must have coupon • Expires 8/31/2011

**Rhythm INC.**  
**dance company**

**now registering for classes!**

- Monday - Thursday
- No registration fees
- Family Discounts

**regular classes start august 15th!**

**call for details**

{ **about the owner** } Justin is one of Rhythm Inc.'s instructors. He is the **ONLY** dance studio owner in Clarksville that is male; bringing a more masculine approach to dance.

rhythm inc. dance co. | 100 S. first st. clarksville.tn. | 931-237-7289

We rely entirely on private donations to operate. (931) 624-7253 or [www.buddyball.net](http://www.buddyball.net).

## 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) 645-9969 or [dwilliams@cctenn.org](mailto:dwilliams@cctenn.org).

## OAK PLAINS ACADEMY

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

## PHOENIX HOMES

171 Hatcher Lane, offers treatment foster care and services. (931) 645-7711, (931) 645-7742 or [www.phoenixtn.com](http://www.phoenixtn.com).

## YOUTH VILLAGES

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

## ARTS, CRAFTS & HOBBIES COMMUNITY SCHOOL OF THE ARTS AT APSU

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

## MONTGOMERY COUNTY WATERGARDEN SOCIETY

A not for profit water garden and koi pond club that hosts an annual Water Garden Tour. Visit [www.mcwgs.org](http://www.mcwgs.org), if you would like more information regarding who we are and what we do, or contact Pam Ross at (931) 368-1583 or Sharon Baggett at (931) 249-2355.

## ATHLETICS

### BUDDY BALL SPECIAL NEEDS ATHLETIC LEAGUE

Buddy Ball provides individuals with a mental or physical disability the opportunity to play sports, regardless of their limitations. Buddy Ball helps individuals learn teamwork and promotes self-esteem, one of the tools needed to help overcome the stigma often associated with a disability. The Buddy Ball league is aware of the extra expenses on the families of disabled children. Because of this, Buddy Ball does not charge any fees to participate.

## CLARKSVILLE IMPACT SOCCER CLUB

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

## EMMANUEL FAMILY LIFE CENTER

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

## 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 November 1. For more information e-mail [intheknow@myironknights.com](mailto:intheknow@myironknights.com), [tournamentcoordinator@myironknights.com](mailto:tournamentcoordinator@myironknights.com), or visit us at [www.myironknights.com](http://www.myironknights.com). Mailing address is PO Box 31972, Clarksville, TN 37040.

## 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](mailto:warrriorscheersquad@yahoo.com).

## SWIMMING EAGLES

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

## YOUTH WRESTLING PROGRAM

The Hawks wrestling club is for boys and girls ages 7 through 14 years old (Elementary - Middle school). We are also looking for experienced volunteer wrestling coaches and coordinators. For more information, please contact wrestling coach Rafael Gonzalez at (931) 320-5042 or e-mail at [taniagon@charter.net](mailto:taniagon@charter.net).

## CHILDBIRTH & PARENTING EDUCATION

### ALPHA CHRISTIAN CHILDBIRTH PREPARATION

Our class is everything that you would get at a hospital class but MUCH more. You will learn how to stay low risk and what to expect in labor, but you will also learn how to make informed decisions, the truth about the "slippery slope" of interventions, why the United States' c-section rate is one of the highest in

the world and how best to avoid one, how to relax, how to stay in control (mentally and physically), how to rely on God's word to stay focused, how to care for your infant and how to succeed at breastfeeding. You will laugh, learn and pray with other believers while becoming informed and empowered together. Contact Heidi Duncan, Birth Doula & Childbirth Educator, at (615) 710-7077 or [expectingnewlife@yahoo.com](mailto:expectingnewlife@yahoo.com) for info on classes (group, private or home-study).

## 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. Micky Jones, BS, CLE, CLD, CHBE, CAPP Lactation Educator Trainer at (931) 451-3223 or [ninemonthsandbeyond.com](http://ninemonthsandbeyond.com).

## YOUR BIRTHING BODY

Extensive Childbirth Education utilizing The Bradley Method® and offering training in what to expect during pregnancy, labor, and birth, as well as consumerism of childbirth, nutrition, exercise, communications, breastfeeding, knowledge of procedures, interventions and complications, knowledge of newborn procedures, postpartum preparation and care, and assistance in creating a birth plan. Offers training not only for the expectant mother, but also trains a labor coach of her choice to serve as her own personal doula/labor support. I also offer my

own personal doula services to my students at no additional charge based on my availability. For more information contact Jade Chapman at (931) 802-9869 or visit [www.yourbirthingbody.com](http://www.yourbirthingbody.com).

## CHILD CARE

### CHILD CARE AWARE

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

### MID-CUMBERLAND CHILDCARE RESOURCE AND REFERRAL

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

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

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

### PARENT INFORMATION NETWORK

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

### PROGRESSIVE DIRECTIONS

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

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

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



- Clothes closet
- Translations
- Women empowerment classes
- Youth mentorship
- Gang prevention training

For more information please contact our office at (931) 802-6060, 120-A Strawberry Alley, Monday to Friday from 10:00 a.m. to 4:00 p.m. Or visit [www.latinohope.com](http://www.latinohope.com).

### HOPE CENTER

A community service branch of the Family Guidance Training Institute, Inc. provides a number of community activities to include summer camps for seriously emotionally disturbed children, S.T.E.P. into the Light, a women's holistic wellness group, and Women's Share community. The Hope Center also offers a multitude of workshops for community organizations. For further information regarding our programs, please call (931) 431-7580.

### HUMANE SOCIETY OF CLARKSVILLE-MONTGOMERY COUNTY

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

### LATINA ASSOCIATION

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

### L.E.A.P. ORGANIZATION

303 Fairview Lane. We are a non profit organization whose mission is to develop and strengthen communities of productive citizenship with values of Leadership, Enlightenment, Academic Achievement, and Perseverance through faith, hope and love by mentoring, tutoring, providing affordable housing, and various assistance programs. For a complete listing of our housing, day care, and mentoring programs please visit [www.leaporg.net](http://www.leaporg.net) and click programs. (931) 378-0500, [info@leaporg.net](mailto:info@leaporg.net).

### LOAVES AND FISHES

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

### MEALS ON WHEELS

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

### MONTGOMERY COUNTY WIC CLINIC

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

### PREVENT BLINDNESS TENNESSEE

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

### RADICAL MISSION

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

### SUNCREST HOME HEALTH

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

### TENNESSEE REHABILITATION CENTER AT CLARKSVILLE

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

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

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

### UNITED WAY

At 1300 Madison Street, provides the leadership to increase the organized capacity of people to care for one

another. Monitors and provides support for agencies serving Clarksville and Fort Campbell, as well as Montgomery, Houston and Stewart counties. (931) 647-4291.

### VETERANS UPWARD BOUND

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

### COUNSELING, SUBSTANCE ABUSE & MENTAL HEALTH ASPERGER/AUTISM CENTER

800 Tiny Town Road, serves children and adolescents with Asperger and Autism Disorders. Services include: individual counseling, group counseling, family education and counseling, and psychiatric services. For further information regarding our programs, please call (931) 431-7580.

### BRADFORD HEALTH SERVICES

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

### CELEBRATE RECOVERY

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

### CENTERSTONE

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

### FAMILY CENTERED SERVICES

901 Martin Street, (931) 503-4600.

### THE FAMILY GUIDANCE TRAINING INSTITUTE

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

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

### HOPE (HOMELESS OUTREACH PARTNERSHIP AND EMPOWERMENT)

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

### LIFESOLUTIONS - ASPIRE & JOBLINK

611 Eighth Street, (931) 920-7210.

### MENTAL HEALTH COOPERATIVE

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

### OAK HILL RESIDENTIAL

118 Union Street, (931) 647-8257.

### PASTORAL COUNSELING CENTER

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

### THE PATH LIFE COACHING

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

and awareness as you move along the "Path" of your choosing. Please contact Dr. Julee Poole for more information at [JuleeSPoolePHD@aol.com](mailto:JuleeSPoolePHD@aol.com) or (931) 906-5449.

### REGIONAL INTERVENTION PROGRAM (RIP)

404 Pageant Lane, (931) 920-2347. Provides a program for families with preschoolers who are having difficulties in behavior and/or development, run through local mental health agency Centerstone. RIP offers classes for parents to learn more effective parenting skills. Classes are held on Tuesdays and Thursdays, both morning and night. We currently have immediate openings. Contact Katie McWilliams, Clarksville RIP Program Coordinator at (931) 920-2347 or [Katie.McWilliams@centerstone.org](mailto:Katie.McWilliams@centerstone.org).

### VIVIAN HOUSE

125 Vivian Street, (931) 920-7235.

### WEEMS ACADEMY

812 Greenwood Avenue, (931) 920-7370.

### INTERNATIONAL ORGANIZATIONS

#### MISS TENN KY AREA AFS VOLUNTEER LEADERSHIP TEAM

Now's the time! Sharing daily life with a teenager from another country and culture is a rich and rewarding experience, and it's a wonderful way to bring more understanding into the world. If you've ever thought about welcoming an exchange student into your home and family, now's the time to learn more. AFS, the leading international high school student exchange program, needs families in our community to host high school students for an academic year or six months. Students arrive in August. Applications are already arriving in our regional offices for the fall of 2011.

All kinds of families can host—two-parent households with young children or teenagers, single-parent families, families with adopted children, foster parents, as well as couples and single people who do not have children or who have grown children. One of the most important characteristics of a host family is being eager and excited to share your life and activities while providing the same kind of care, support, and comfort as you would to your own child or family members.

AFS students come from more than 60 countries and represent many different cultural and socioeconomic backgrounds. Local AFS Volunteers enroll students in high school and support students and their families to help both gain the most from their experience. In addition to host families, AFS needs people who are interested in becoming volunteer liaisons to work locally with families and their hosted students.

Anyone interested in learning more about, sending, hosting or volunteering with AFS should visit [www.afs.org/usa](http://www.afs.org/usa) or call (800) 876-2377. One may make a preliminary hosting application on line as well as begin registering to be a volunteer.

### PARENT GROUPS

#### CLARKSVILLEMOMMIES.COM

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

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

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

#### CLARKSVILLE HOMESCHOOL NETWORK

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

#### FIRST BAPTIST CHURCH HOMESCHOOL GROUP

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

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

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

#### HOPKINSVILLE SAHM MEETUP GROUP

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

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

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) 906-8946 or Sara at (270) 439-2723

#### MOMS CLUB® OF CLARKSVILLE

MOMS Offering MOMS Support.™ We are a support group designed just for you, the stay-at-home MOM of today! If you need a support group that understands your special needs as a stay-at-home MOM, we are it. We are the first, largest and fastest growing support group specifically for ALL stay-at-home parents. Come as a guest to our next chapter meeting. Your children are always welcome to attend all MOMS Club® activities!

We offer weekly activities that are during the day and child friendly, so you can get out and meet new people and give your child a chance to play with new friends. Visit [www.momsclubofclarksvilletn.com](http://www.momsclubofclarksvilletn.com) for more information.

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

#### MOMS AT FIRST BAPTIST CLARKSVILLE

Meets throughout the school year at First Baptist Church downtown, 435 Madison Street. Each meeting begins at 9:15 a.m. and childcare is provided.

For more information, please contact our 2011-2012 Coordinator, Kat McNeal at [katmcneal@hotmail.com](mailto:katmcneal@hotmail.com) or (931) 802-6373, 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 Jaime Wommack at [jaimenicole711@yahoo.com](mailto:jaimenicole711@yahoo.com) and (931) 302-8922; or Amanda Hough at [amandahough@gmail.com](mailto:amandahough@gmail.com) and (517) 204-1136.

#### HILLDALE BAPTIST CHURCH MOPS

Meets most 1st and 3rd Fridays from 9:30 a.m. to 11:30 a.m. starting in September going through May. Childcare is provided and your first meeting is free. Come meet great moms and join in the fun. For more information contact Heather Lopp or Diane Carroccio, Co-Coordination, email Diane at [dmc74.blondie@gmail.com](mailto:dmc74.blondie@gmail.com) or visit [www.orgsites.com/tn/hilldalemops/](http://www.orgsites.com/tn/hilldalemops/).

#### SPRING CREEK BAPTIST CHURCH MOPS

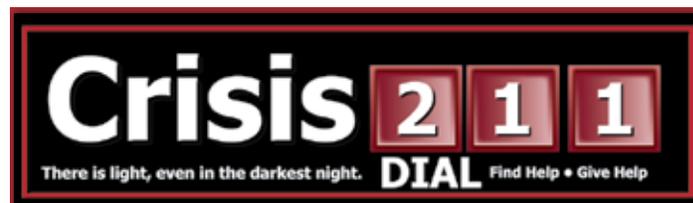
Meets at Spring Creek Baptist Church at 2760 Trenton Road on the 1st and 3rd Thursday of the month from September to May. Meetings are from 9:30 a.m. to 12:00 p.m. and childcare is provided. Call (931) 647-5850 or email [mops@springcreekbaptistchurch.org](mailto:mops@springcreekbaptistchurch.org).

#### PARENTS OF MULTIPLES

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

#### PARENTS REACHING OUT

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



**Crisis 211**  
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
- Housing
- Prescreening for foodstamps
- Health resources
- Free tax preparation
- Elderly care
- Food banks
- Financial literacy
- Job training programs

## 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/mnSHARE/](http://groups.yahoo.com/group/mnSHARE/)

## TENNESSEE EARLY INTERVENTION SYSTEM (TEIS)

"Growing Together Little by Little." A voluntary educational program for families with children ages birth to three years old with disabilities or

developmental delays. Visit [www.tennessee.gov/education/teis](http://www.tennessee.gov/education/teis) or call (800) 852-7157.

## WIC NUTRITION EDUCATION CENTER

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

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

Meets on the 2nd Thursday of each month at the Golden Corral Restaurant, 2811 Wilma Rudolph Boulevard. We gather to eat at 11:00 a.m. with the business meeting starting at 12:00 p.m. We have a private area reserved, always have a speaker, and guests are always welcome. NARFE's mission is to preserve and protect the earned benefits of all Federal

Employees and Retirees. We are the ONLY organization that works to protect the earned benefits of ALL Federal Employees, Retirees and their families. If you are now receiving, or expect to receive, a federal retirement annuity, then you should join us as a member and help us actively preserve our federal benefits. We need your support to increase our overall membership numbers. NARFE works on the national and state levels in Congress to propose and oppose legislation in the interest of the federal employee and retiree. With over 300,000 members nationwide and over 4,400 in Tennessee, we are a strong voice in Washington, DC. Please contact JC Whitney at (931) 358-4855 or e-mail at [jcwhitney@cdelightband.net](mailto:jcwhitney@cdelightband.net) for more info.

## SUPPORT GROUPS ALZHEIMER'S CAREGIVERS' SUPPORT GROUP

Meetings are the second Monday of each month at 6:30 p.m. at Clarksville Montgomery County Public Library, and the third Wednesday of each month at 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](mailto:relocation@fortcampbellmwr.com) or [www.fortcampbellmwr.com/ACS/familyReadiness.htm](http://www.fortcampbellmwr.com/ACS/familyReadiness.htm).

## ASMT (AUTISM SOCIETY OF MIDDLE TENNESSEE)

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

## AUTISM SUPPORT GROUP

Donna Richardson at (931) 503-2315.

## CLARKSVILLE ASSOCIATION FOR DOWN SYNDROME (CADSTN)

Where individuals, families and the community come together to enrich, educate and support one another. Meets the second Tuesday of every month at Clarksville-Montgomery County Public Library from 6:00 p.m. to 7:00 p.m. (or close of library). Contact Patricia Hanna at (931) 645-1261 or [cadstn@hotmail.com](mailto:cadstn@hotmail.com).

## 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.

## JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)

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

## NAMI (NATIONAL ALLIANCE OF THE MENTALLY ILL)

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

## PARENTS HELPING PARENTS

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

## 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



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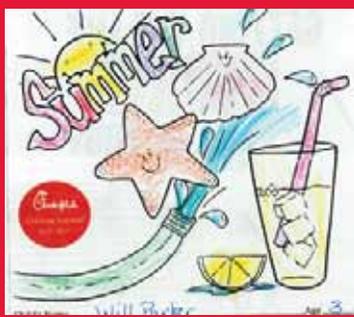
Some of this information was obtained through community and Internet sources. We apologize for any errors. For corrections or to include your group's information call (931) 338-2739 or e-mail [info@clarksvillefamily.com](mailto:info@clarksvillefamily.com).

# Coloring Contest Winners!



Briana Acevedo  
age 3, Clarksville, TN

Ages  
0-3



Will Parker  
age 3, Clarksville, TN



Scott Batista  
age 6, Clarksville, TN

Ages  
4-6



Emily Bogle  
age 6, Pleasant View, TN

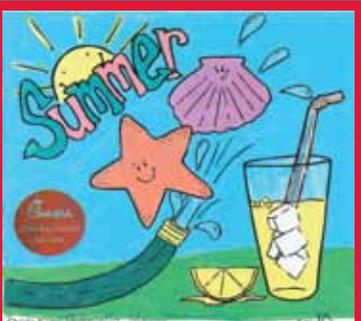


Addison Phillips  
age 7, Clarksville, TN

Ages  
7-9

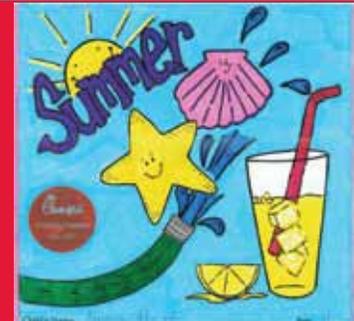


Andrew Milan  
age 8, Clarksville, TN



Gabriella Morin  
age 10, Ashland City, TN

Ages  
10-12



Naysia Pratt  
age 11, 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.



# LABELS

Immediately after you were born, your parents labeled you. "He looks like your Father--pudgy, bald, and toothless!" Teachers labeled us in school. "Average. Below average. Needs improvement." Our self-worth was reduced to a letter grade. Classmates labeled you. "Skank. Jock. Nerd." And in High School, we all based our self esteem on the labels sewn into our clothes. "Member's Only. Izod. Abercrombie."

Labels identify things...and people. We can choose to base our identity on words spoken about us and on the labels sewn into the jeans we wear, or we can look deeper into our souls and see the label God has etched into each of us: "**LOVED.**" Join us this August as we begin Labels: a new teaching series at oneChurch.

 **onechurch.tv**

Meets every Sunday at 9:00am and 11:00am at Northeast High School  
across from the Great Escape Movie Theatre

[www.onechurch.tv](http://www.onechurch.tv)

931-802-8663