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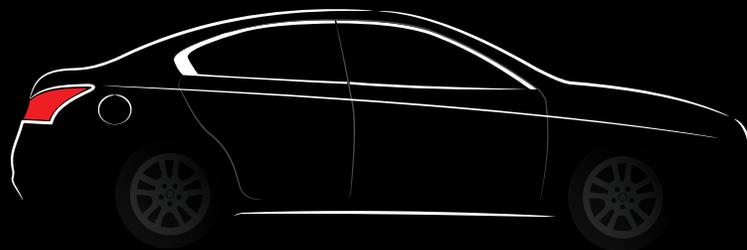


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# Publisher's Message

I have a lot to be thankful for this year.

My family and is healthy. *Clarksville Family* is into its fifth year, and I appreciate all of the support from our readers as well as our advertisers, contributors and employees. Our city and community continues to grow and thrive.

I am thankful for the service and honor of our armed forces. Veterans Day is on November 11, and we should all keep the military men and women in our hearts and minds, as well as personally thank any that we encounter, for their sacrifice.

The Daughters of the American Revolution have a great article on page 20 about veterans, and on page 47 there is a sweet poem about what it means to be a soldier.

On page 36 there is an article about the Clarksville Greenway from Macy Truitt, who is in the 6th grade. It is very polished writing from such a young lady, and a great reminder about this wonderful local resource. If you haven't checked out the Greenway yet, be sure to do so. The changing leaves of fall make for an amazing stroll there.

We continue to get a ton of birthday pictures for the Fridge. For the last few months we have had more than we can include, so this month we have expanded Candid Clarksville (starting on page 52) to include some of the overflow Fridge pics. Please remember to get your Fridge pictures in by the 15th of the month, but know that we may not be able to include them all even if you do get them to us by then.

This issue has plenty of other great articles and columns. We hope you enjoy it, as well as all of the activities in the calendar.

Have a safe and warm Thanksgiving. And, again, I genuinely, thank you for picking us up!

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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## WHEN MERCY CAME ONE FAMILY'S STORY

by Pamela Magrans

Dressed in a white unbuttoned onesie and white tights, the barefoot toddler ambled into the room. Her straight hair a probable sign of malnutrition, her distant gaze a sign of abandonment. In the Ethiopian orphanage, Kelly Bullock's glance became locked on the little girl. In the months that followed, one family was changed forever, one orphan found a home, and a community was touched by Mercy.

### A trip that changed everything

Kelly and Jeremy Bullock's son Cross was one-year-old when they suffered a miscarriage at 16 weeks. They desperately wanted another baby, a sibling for their son, Cross, but they had trouble getting pregnant again after the miscarriage. They wanted their children close in age, and like many parents recovering from a miscarriage, were urged to become pregnant again.

As Kelly Bullock struggled with the issue of fertility and her desire for another baby, she decided to pursue a life long dream. Kelly had always wanted to go to Africa on a mission trip, and as she planned her trip through her church, Bethel Community, she and her husband began thinking about adoption. Her husband Jeremy felt strongly that God told him they would someday adopt a daughter and name her Mercy. The couple felt that God was opening doors, and their hearts, to the idea of international adoption. Kelly spoke with representatives in the agency she was traveling with and found out that many of the children she would be seeing in the orphanages in Ethiopia were up for adoption.

When Cross was only two years old, Kelly traveled to Ethiopia for a mission trip. Jeremy remained

home with Cross. The trip was organized through an organization called Ordinary Hero. The trip was to visit and engage in service activities in 10 orphanages in Ethiopia.

The day was July 14, 2010, and as Kelly walked down the hall of the first orphanage, around the corner



wandered a little girl—dressed in a dingy unbuttoned onesie. She was dirty and her demeanor seemed unengaged and distant.

"I felt she had a soft nature," said Kelly, who instantly asked the orphanage representative if the little girl was up for adoption. The answer was disheartening to Kelly as she was told that the toddler did not have the proper papers yet and it could take years



to adopt her. The child's medical record indicated that she had mental retardation. Also recorded on the girl's medical record were the words "had no hope." The phrase "had no hope" bounced

around Kelly's mind like an arrow that finally rested in a corner of her heart. Kelly asked the representative to "hold" the little girl—that she wanted to adopt her and would go home and find a way.

Kelly continued on her mission trip, but could not get the sight of the toddler out of her mind. Upon returning home, Kelly continued communication with the orphanage to begin the adoption process, however long it might take.

### When hope requires a risk

Kelly and Jeremy were informed that it would cost approximately \$30,000 to adopt the toddler from the Ethiopian orphanage. "For almost three years we hadn't even made that much in one year," said Kelly. Their family had faced job insecurities in the past and they had struggled financially. Taking on the commitment to pay the adoption cost was daunting, but Kelly and Jeremy had faith that God would provide if they were faithful to do their part and fundraise—and fundraise they did. With the help of a supportive community, they raised enough money to fund each step of the adoption.

At times Kelly worried that perhaps they could not provide for another child. In the past, they had struggled financially and at times she wondered if adoption was a wise idea.

One day as Kelly scraped into the garbage the leftovers off of two-year-old Cross's plate, she envisioned the children at the orphanage who did not even eat that much in one day.

"One's child's leftovers would be an orphan's daily meal," said Kelly. "From that moment on, whenever I scraped Cross's leftovers in the garbage, I thought of the orphans



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it would feed and I knew we had plenty to feed another child," said Kelly.

Kelly and Jeremy continued to fundraise, through their church, from family, in local fundraisers. They sold 500 beaded necklaces. The necklaces are a fundraising venue through

[www.147millionorphages.com](http://www.147millionorphages.com) to help finance international adoptions. The brightly colored beaded necklaces are handmade by women in Uganda. Kelly ordered 500 necklaces and sold them locally. Personal donations came in and they raised the money they needed for each stage and step in the process.

"Never before had I seen God's hand work like that," said Kelly. "People wrote us checks, bought and sold bead necklaces for us, and we funded the adoption one step at a time, as money was due."

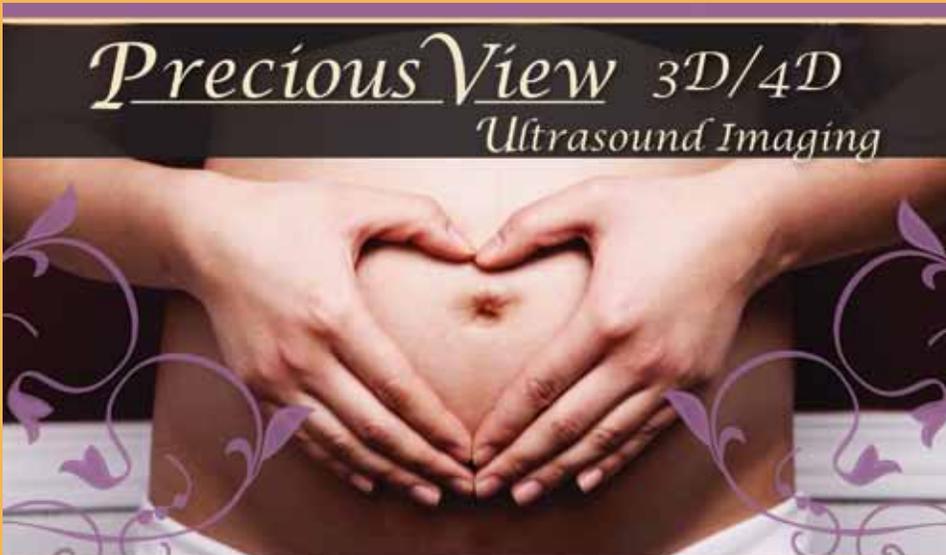
As all mothers do, Kelly questioned her own ability as a mother. She was taking on a huge risk adopting a child from another country—one that was labeled with mental and physical health problems. Again the phrase from the medical record, "had no hope" echoed through Kelly's mind and she knew that for that one child, there was nothing but hope and a risk worth taking.

#### **Birthdays, names and a plane ride home**

After much fundraising, much anticipation and two trips to Africa, the paperwork and legal proceedings were complete. Jeremy and Kelly were about to grow their family by one.

The addition of any child to a family takes both a birthday and a naming. But the orphanage did not know the toddler's exact birthday. Based on the birth mother's recollection, the orphanage speculated that the child was born in July. So Jeremy and Kelly decided to give her a birthday in July. They picked the day that she had ambled down the hall into Kelly's view, July 14. Next came the naming. The child's Ethiopian name was Shewaye—a difficult name to pronounce for Americans. So the Bullock family decided to rename her Mercy. The orphan now had a new birthday, a new name and a family to call her own.

On March 5, 2011, after months of preparation, Kelly and Jeremy traveled to Ethiopia to bring Mercy home.



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When they arrived at the airport, Cross was there waiting to meet his little sister. As all siblings do when a new family member arrives, Cross had to adjust to having a sibling. The usual adjustments occurred and soon Cross and Mercy were accustomed to one another.

Now they play together as any siblings would. They have different natures, different personalities, different skin color, different countries of origin, but they have one family and that is all that matters.

When Mercy arrived in the U.S., she did not know one word of English, eight months later, she is fully lingual in English.

“In the orphanage she didn’t talk, but it was her malnutrition,” said Kelly. “Now she is flamboyant and talks a lot. Her personality was hidden in her spirit.”

Mercy just needed hope. Don’t we all?

### **Thanksgiving Mercy**

This Thanksgiving will be the first that the Bullock family celebrates with Mercy. For them, there is more to be thankful for than ever. Most of all, Kelly and Jeremy are thankful that they listened to God whisper to them. Kelly often thinks “what if we had not taken her from the orphanage? What would have happened to her?”

“I want Mercy to always know that God wrote her story, from beginning to end. Her story was orchestrated by God,” said Kelly.

“And for others who may be considering adoption, I encourage you to JUMP. Every relationship in life comes with a risk. Adoption has the risk of pain, like everything else in life, but it comes with such a great reward,” said Kelly.

Mercy celebrates her first Thanksgiving feast this month. “Although she received some food at the orphanage she did not take one meal for granted for several months after her arrival



in the states,” said Kelly. “I am reminded daily that food still really is something we take for granted.”

Kelly recalls that last year, “one Grandmother asked all of her grandkids to sacrifice their Christmas gifts from her and that family donated \$1,000 to Mercy’s adoption.” Giving to others is the ultimate way to show thanksgiving. “Our decisions are God’s tools to show our thankfulness and other’s mercy,” said Kelly.



### **What’s on the horizon?**

Going to a foreign country, especially a third world country, changes a person’s perspective on everything. Kelly was the one who first traveled to Ethiopia, but now Jeremy has started doing mission work there as well. He traveled back to Mercy’s home country a

few months ago and is planning another trip soon with the outreach program called Ordinary Hero.

Since adopting Mercy, a job opportunity opened up for Jeremy to work as a real estate agent with Prudential Professional Realty. When Mercy came, many blessings followed.

For Kelly, adopting Mercy gave her a renewed desire to share her story with other mothers. She felt a calling to create a bible study for mothers. She started Minivan Mayhem in August 2011 with 40 women and 6 small group leaders. The small groups meet once a week.

“I wanted to create a group where I could help mothers become versed in the Bible in a community setting and help reinforce practical living,” said Kelly. The group is nondenominational but the women study the Bible and how it can help them live their lives as strong mothers and active members of a community.

“So many people feel defeated and can’t hear the calling for their lives. I want people to realize the calling in their lives,” said Kelly. “What if Mercy changes the world for Christ? What if God has more in store for all of us? But all we need is for someone else to reach out and help us. Mercy’s story is the story of salvation. We all need help,” said Kelly.

If you want to become a part of Minivan Mayhem, registration will open in December. Visit Kelly’s blog to learn more. [bullockfamily77.blogspot.com](http://bullockfamily77.blogspot.com). To learn more about traveling with Ordinary Hero on a mission trip visit their website at [ordinaryhero.org/Ordinary\\_Hero/Mission\\_Trips/Mission\\_Trips.html](http://ordinaryhero.org/Ordinary_Hero/Mission_Trips/Mission_Trips.html).

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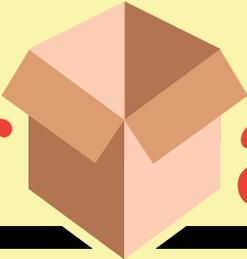
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## TRACKSTERS

by Taylor Lieberstein

Christie Kettle is a runner and at least once a week she is a coach for some younger runners, the Glenellen Tracksters. Kettle is a physical education teacher at Glenellen Elementary and the founder/sponsor of the Tracksters. She formed the club in January 2010, just a couple months before their home track opened. The runners range in grades from 3rd to 5th. They meet once a week to work on their mileage, speed and drills. All of this hard work is the prep work for some bigger races they plan to run in the spring, the Queen City Road Race 5K and the ING Kids Marathon (part of the Country Music Marathon in Nashville).

The Tracksters are a little over a month into their running club this year. The kids meet once a week after school for an hour. They spend that hour on the track working on various running drills. Right now the kids are able to log about two miles per week. Kettle hopes they will be at the three-mile mark by Christmas break. To participate in ING Kids Marathon students must log 25.2 miles before the last Friday in April. Closer to spring the Tracksters meeting days will increase to twice a week for some extra

running time and additional training in speed and hills before the races.



“I think they gain a lot of pride from the club. They are really taking ownership of their mileage, their speed, and they are getting very excited to see



and feel the improvements that they are making. They are also gaining a sense of camaraderie. This is a group of 3rd to 5th

graders, many of whom did not know each other just a few months ago. To see them out there on the track encouraging each other and finding new buddies to run with is great,” said Kettle about her Tracksters.

There are no tryouts for the club. However they are aware that they can be dismissed from the club if their attendance, behavior, or grades do not follow what was outlined for them in their orientation packet. All of them are proud to be in the club, so there is some incentive in knowing that.

Recently some of the club volunteered at the Go Commando Half Marathon. They encouraged the runners and handed out water. The little runners were happy to help with the event.

“They did a wonderful job and were so enthusiastic. I thought as runners training for their own races, they needed to see what it was like on the other side, as a volunteer. It was a valuable experience and I know each of them will remember and think about it as they run their race this year,” said Kettle.

One of the running club’s goals is to instill a healthy habit in hopefully all, but at least most,



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of the students. And one of Kettle's own goals is to encourage those that are already good at running and help them get better. More importantly, to help some of them find something new they hopefully will enjoy and continue doing in the future as well as help some find a new sense of confidence and pride.

Kettle will be running the Queen City Road Race alongside the Tracksters. However, she plans to sit out on the ING Kids Marathon in Nashville.

"It was so exciting last year to watch them all finish their last mile [from the sidelines]. It just gave me goose bumps as I watched each one of them cross the finish line. I don't plan to run that one with them for that reason, but if any of them ask me to run it with them, I would certainly feel honored and couldn't tell them no."

The running club has been years in the making. Glenellen's physical education department saved "Box Tops for Education" for five years to pay for the vast majority of the track's cost. The department also wrote and received a grant, and then received a generous donation from the PTO to finish paying for the cost of the track. The track officially opened in the spring of 2010.

Kettle admits she could not manage the club the way she does without the help of some parents, teachers and friends. The kids love to see

their teachers running with them and enjoying something that they enjoy.

The CMCSS Coordinated School Health program has provided mini-grants for several schools to have walking tracks built at their campus. These include Woodlawn Elementary, Kenwood Elementary and

Glenellen Elementary. In addition, Rossvie Elementary has a track currently being installed on its campus. However, a track is not vital to having a fitness club. Rossvie, Cumberland Heights and Liberty Elementary schools all have some sort of running or jogging club.

Students participating in running clubs such as the Glenellen Tracksters are engaging in extra physical activity on top of their required PE class. Any extra fitness can only bring positive results for students. Research links increased physical activity with increased academic achievement. The Clarksville Montgomery County School System recognizes that health is academic and they have exceptional physical educators who work tirelessly to teach the students healthy and active living.

Mesina Bullock is the Wellness coordinator for CMCSS and in charge of the Coordinated School Health program. Coordinated School Health is an effective system designed to connect health (physical, emotional and social) with education. This coordinated approach improves students' health and their capacity to learn through the support of families, communities and schools working together.

"I feel that the greatest gift for children and students is the gift of healthy habits. Teaching our children how to be active for a lifetime is the best chance we have at encouraging them to be healthy adults," said Bullock.

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Presented By:



**COSMETIC Q&A**

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

**Q: I have lots of brown sun spots from years at the beach and tanning bed. I know that this is bad for my skin. What can I do now?**

**A:** First, get checked to make sure that none of these areas is actually a skin cancer. Then consider spray on tanners. The good news is that moderate skin damage can be repaired with the proper use of skin medications prescribed by your physician, such as Tretinoin, Hydroquinone and the later application of a chemical peel. Finally, use good sun protection from now on, it's just good sense.

**Q: I'm interested in a breast lift without implants. Is this a possibility?**

**A:** Yes. It is actually easier to reshape the breast and lift it

without adding an implant. If a woman is looking for a better shape for her breasts, and not a larger breast, this is a definite possibility. However if there is a big loss of volume, particularly in the upper pole of the breast, the appearance is that of a "ski slope" or "hollowed out" breast. In this case an implant, either at the time of lifting or at a later date, is a definite advantage.

**Q: I recently had breast augmentation and can now feel the implant under my right breast. Is this a problem?**

**A:** Feeling an implant beneath the surface of the breast, at least in some areas of the newly augmented breast, is okay as long as it is not too noticeable. Factors such as the amount and thickness of the original breast tissue and

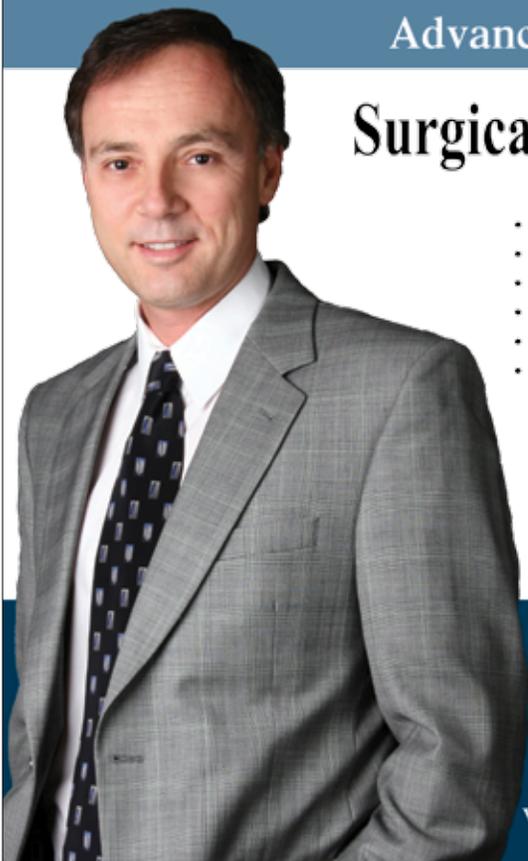
skin are very important in hiding the implant. The thicker the skin, obviously the better it is!

It is better to place the implant beneath the chest muscle (pectoralis) in very thin people. Silicone implants may also be an advantage in this situation. Good surgical planning and a full discussion with your surgeon are essential.

**Q: How do I know if I am a candidate for a "short scar" facelift?**

**A:** Facelift operations come in many variations these days and are not just one procedure. In the past 10 years or so there has been an effort to minimize the length and visibility of the incision that is used in surgical facelifts. A short scar type facelift (this procedure has many names, some of which

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are proprietary) generally places the incision in the hairline and in front of the ear—not behind the ear, as is the case with the more traditional facelift procedure. This limits the length of the incision and scar and reduces the recovery time. It may be appropriate for younger patients in the 3rd, 4th and 5th decades who have less in the way of excess skin to tighten, particularly in the lower neck. The treatment of the sagging tissues beneath the skin is just as important and needs to be discussed with your surgeon as well. Not all men or women are candidates for the short scar technique. Although there are many procedures that reduce wrinkles and improve skin tone, there is still no substitute for a

facelift in a patient with excessive facial and neck skin, deep lines and folds, or sagging tissues.

**Q: How can I avoid having a facelift that is too tight?**

**A:** The best facelift, in my opinion, looks natural, relaxed and “not operated on.” I feel that it is a mistake to pull and stretch tissues in a futile attempt to get rid of every last wrinkle or fold. Modern facelift techniques rely on suspending the deep tissues beneath the skin to produce a natural and long-lasting contour change. When combined with judicious skin tailoring, the most natural and appealing results are obtained. As always, several options are available for this type of surgery and should be discussed in detail with your surgeon.

If you have a question or concern about cosmetic surgery we encourage you to submit your question to: [info@mdkaye.com](mailto:info@mdkaye.com). Type “Clarksville Family” in the subject area.

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

Dr. Kaye is located at 1011 South Main Street, Hopkinsville, Kentucky. Call (866) 234-0470 or visit [www.AdvancedCosmeticKY.com](http://www.AdvancedCosmeticKY.com) for more information.

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# EVAN EARLY

by Julie Capouch

November is National Prematurity Awareness Month, a time when many people and organizations focus on preterm birth and the families that it touches, but amidst all this focus, one important individual is often forgotten: the older *sibling* of a premature child.

Just ask Natalie, the big sister in *Evan Early* by Rebecca Hogue Wojahn (Woodbine House, 2006). We learn from her charming observations that prematurity not only effects parents and their new child, but the older siblings waiting at home as well.

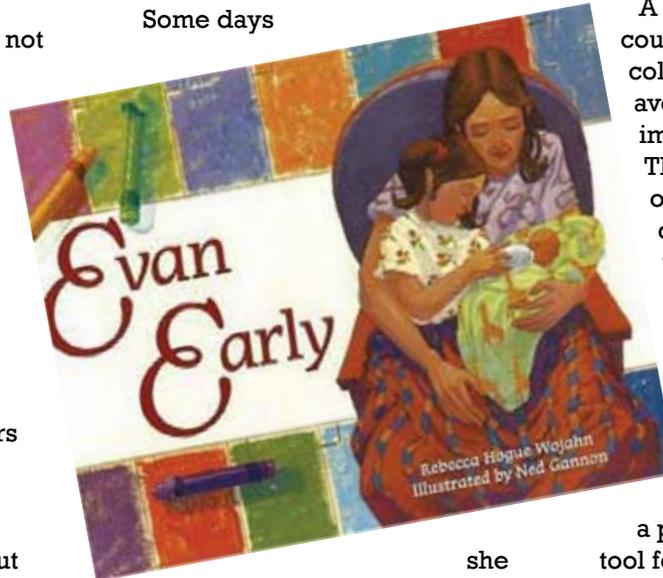
Natalie is very excited. She has a new brother, Evan Earl. "But he doesn't live with us, not yet," she says. "Evan Earl was Evan Earl-y and was born too soon." Natalie's not sure when he will get to come home, but every day she colors in a block on the calendar, knowing she's one day closer to her brother coming home. She is going to teach him about everything.

Natalie goes to see Evan Early at the NICU. She is a little nervous in the big, busy hospital, so her dad squeezes her hand two times to say I love you. There are lots of nurses and tiny babies in boxes called

isolettes. She scrubs her hands and puts on a "funny looking" polka-dot gown to make sure she doesn't take any germs to Evan Early.

She is curious about her brother and the NICU. What are the tubes around him? How does he eat? Why do the nurses weigh his diapers? Days turn into weeks, and Natalie's calendar begins to look "like a little patchwork quilt."

Some days



she colors in bright, happy colors like "strawberry red" when she gets to feed Evan Early his first bottle. Other days she colors in dark, sad colors like "shadowy gray" or "muddy brown" when Evan Early is not doing well or his doctors frown.

Natalie tries to understand, but when Evan Early takes a turn for the worse and her parents spend three days at the hospital, she gets scared and worried. Is her brother going to be okay? Have her parents forgotten about her? Isn't she special anymore?

After getting angry and blowing up, Natalie realizes that she is just sad. Evan Early doesn't get to cuddle at home, and she hasn't been able to teach him anything. No one is sure when Evan Early will come home, so Natalie decides to start teaching him about their family in the hospital, and she begins by squeezing his hands two times to say I love you.

A topic book such as this one could very easily feel dense and cold to a child, but *Evan Early* avoids this trap with authentic imagery and a storybook tone. The story is told from the point of view of a child, but the descriptions presented are very accurate. The fact that we leave Evan while he is still in the hospital only adds to the realism of Natalie's tale; with premature babies the possible outcomes are many.

The Question & Answer section in the back is a plus to an already perfect tool for bridging the relationship between an older child and his or her premature sibling. While recommended for ages 3-7, the Q & A section in the back would be a useful jumping off spot for discussion with siblings of any age.

For more information on prematurity awareness and resources, visit [MarchofDimes.com](http://MarchofDimes.com).



Julie Capouch is a military wife and mother of two preschoolers, one of whom was born prematurely. She writes a children's book blog @ [julietalksbooks.blogspot.com](http://julietalksbooks.blogspot.com).

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## DAR SALUTES AMERICA'S VETERANS AND THEIR FAMILIES

by Becky Poppleton

Across the county, marching bands and patriotic cheers greet our nation's veterans each November. This Veterans Day 2011 marks a full decade of active war service on two battlefronts. It is especially fitting that we pause from our everyday activities to remember, honor, and thank our military veterans and their families for their sacrifice and dedication. From the American Revolutionary War to the Global War on Terrorism, America's citizen Soldiers have always answered the call to arms in defense of our nation's ideals and interests, domestically and abroad. This nation is truly the home of the brave.

The Clarksville members of the Captain William Edmiston Chapter of the National Society of the Daughters of the American Revolution (DAR) wish to express heartfelt appreciation to our nation's heroes and their families for their service, past and present.

The American veteran is anyone who has served any length of time, within any branch



of service (Army, Air Force, Marine, Navy, and Coast Guard).

It seems that every generation has endured the perils of war with an estimated total of over one million American lives lost to date. American citizens have served in twelve major campaigns, beginning with the American Revolutionary War (1775-1783), the War of 1812 (1812-1815), the Mexican War (1846-1848), the Civil War (1861-1865), the Spanish American War (1898), World War I (1917-1918), World War II (1941-1945), the Korean War (1950-1953), the Vietnam Conflict (1964-1975), the

Persian Gulf War (1990-1991), Operation Enduring Freedom (2001-current) to Operation Iraqi Freedom (2003-current).

For the last ten years, our nation has readily supported its troops in the Global War on Terrorism. The American men and women of today's generation have volunteered to serve in the face of danger, armed with allegiance, courage and perseverance. Over one million Americans are currently serving their country, and since 2001, over 230,000 women have served in combat.

Since October 10, 2001, our troops have bravely fought the Taliban in Afghanistan under Operation Enduring Freedom, and 1,765 Americans have died, and over 14,094 have been wounded, as of this writing. Since March 19, 2003, our troops have served in Iraq under Operation Iraqi Freedom, and 4,467 have died, and 32,194 have been wounded, as of this writing.

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This Veterans Day, the Daughters unite to encourage all citizens to extend a hand of gratitude to our Soldiers and to their families who support them on the home front. After all, military service requires a special partnership with the family. Single Soldiers partner with their parents, siblings, grandparents and extended families, while married Soldiers partner with their beloved Spouses, children, in-laws, and extended families. The U.S. Army formally recognized the home front force in its Army Family Covenant, which states, "The strength of our Soldiers comes from the strength of their families."

Veterans Day is a day to remember and to act. There are many things we can do to honor and support the American Soldier and his/her family of yesterday and today. Start by attending Clarksville's downtown Veterans Day Parade on November 5th at 10:00 a.m. On Veterans Day, consider ways to honor those lost,



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those currently serving, and our wounded and aging veterans.

For those we have lost, honor their memory by sharing their story. According to the Veterans History Project, we lose an average of 1,700 war veterans each day, and their stories along with them. Public Law 106-380 calls upon the American Folklife Center at the Library of Congress to



collect and preserve audio/video oral histories, letters, diaries, maps, photographs,

and home movies of America's war veterans and those who served in support of them. Start with a special family dinner. Display their photographs, make their favorite meal, and talk about their unique military experience. If possible, mark their gravesite with an American flag. Then

logon to [www.loc.gov/vets](http://www.loc.gov/vets) to preserve their story.

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For those currently serving, prayers, monetary donations, care packages, letters, and cards are always appreciated. As friends and neighbors, we can help our Fort Campbell families with simple offers to mow lawns, babysit, walk the dog, and offer invitations to dinner and a movie, especially during the holidays.

For our wounded and aging veterans, donate clothing and magazines, sew and knit lap blankets, and volunteer a few hours of our time to veteran's homes and hospitals.

The DAR is a nonprofit, nonpolitical women's volunteer service organization dedicated to preserving American history, securing America's future through better education, and promoting patriotism. For membership information, email us at [CaptWilliamEdmiston@tndar.org](mailto:CaptWilliamEdmiston@tndar.org).

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## BODY MASS INDEX (BMI): DECIPHERING THE CODE AND ITS RELEVANCE TO TREATMENT OPTIONS

by Dr. Kirk Sahagian, Bariatric and General Surgeon

Whether you're dieting toward a certain weight goal or just trying to eat healthier, remember that good health is about more than looking good poolside or hitting a magic number on the scale.

Being overweight increases your risk of developing a host of chronic conditions and diseases that can impact your quality of life and shorten your lifespan. People who are overweight are at increased risk for diabetes, heart disease, high cholesterol, stroke, high blood pressure, gallbladder disease, osteoarthritis, sleep apnea and other breathing problems, and some forms of cancer, including breast, colorectal, endometrial, and kidney.

The impact of obesity on longevity has been well documented. Worldwide, over 2.5 million annual deaths can be attributed to obesity. In the United States, over 400,000 annual deaths are attributed to

obesity. This is second only to cigarette smoking. An obese individual's yearly risk of death can be up to 40 times that of a non-obese individual of the same age and gender. Only one in seven obese individuals will reach the US life expectancy of 76.9 years. In the morbidly obese population, average life expectancy is reduced by 9 years in women and 12 years in men.

An Ideal Body Weight calculator will generate a single number. However, a more accurate measurement of your overall health would start with your Body Mass Index (BMI). BMI is a measurement of your weight in relation to your height and indicates your total body fat. Although BMI does not directly measure body fat, research has shown that your BMI score is a reliable indicator of body fat. Another important measure is your waist circumference. These scores,

combined with information about any other risk factors you may have, indicate your likelihood of developing weight-related disease.

BMI is interpreted using weight categories that are the same for all ages and for both men and women, over age 20. For children and teens, however, the interpretation of BMI is both age- and sex-specific, in recognition of the fact that children and teens' BMI changes rapidly with age, and the amount of body fat during these years differs significantly between boys and girls.

BMI is a reliable measurement used to calculate a patient's status as "overweight" or "obese"—and it's inexpensive and easy to calculate. A person can calculate their own BMI at home using BMI calculators available online. Other tests can assess body fat and the risk of obesity, but they must be administered and interpreted by

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### Know Your Number

BMI is calculated by dividing your weight in pounds by your height in inches, squared; multiplied by a conversion rate of 703:  $\text{Weight (lb)} / [\text{height (in)}^2] \times 703$ . For example, the BMI for a 150-pound person who is 5 feet 5 inches would be calculated as follows:

Weight = 150 pounds, Height = 5 feet 5 inches (65 inches)

Calculation:  $[150 \div (65)(65)] \times 703 = 24.96$ .

The BMI for this individual would be 24.96.

For an online BMI calculator, visit [www.TodaysGateway.com](http://www.TodaysGateway.com), and click on the Weight Loss Surgery link under the Services tab.

a physician or other trained medical provider, and are less readily available. These methods range from measuring skin fold thickness to underwater weighing.

Remember, your BMI measurement is only one factor used to calculate your risk for obesity related chronic disease. While it provides an accurate indication of body fat, a BMI reading may not provide the full picture of a person's health or risk level in specific instances. BMI can differ according to a person's race, sex or age. For example, the BMI of a heavily-muscled person or a highly trained athlete may be higher than the general population, and an athletic person may fall into the "overweight" category due to their greater-than-average muscle mass. This doesn't mean that this person is overweight or needs to lose weight. Older people, on average, tend to have more body fat at the same BMI than younger adults. In these instances, it is important for you—and your physician—to examine other health indicators to get a true picture of your health.

Patients who take the time to calculate their BMI will often wonder what to do if their BMI is 25-29.9 (overweight), 30-39.9 (obese), or >40 (morbidly obese). The answer is very simple. You should talk to your primary health care provider. For patients with a BMI between 25 and 35, your doctor may recommend a combination of a low calorie diet, increased exercise and possibly medications. For those with a BMI between 35 and 39.9, who also have weight related illness such as high blood pressure, asthma, obstructive sleep apnea, high cholesterol, or gastroesophageal reflux disease, the recommendation may include all the above therapies as well as surgical therapy. Patients with a BMI >40 would benefit from all of these



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therapeutic options and qualify for weight loss surgery with or without weight related illness.

If you are overweight or obese a treatment plan is important. It starts with a consultation with your primary health care provider.

Dr. Sahagian is a Board Certified General and Weight Loss Surgeon at Gateway Medical Center.

Gateway's Weight Loss Surgery Program has been designated a Center of Excellence by the American Society for Metabolic and Bariatric Surgery. Surgeries offered for those who qualify include laparoscopic adjustable band, sleeve gastrectomy, and gastric bypass. Dr. Sahagian served as the Medical Director of the weight loss surgery program at Blanchfield Army Community Hospital before joining the surgical staff at Gateway Medical Center. He received his Doctorate



of Osteopathic Medicine from the University of New England College of Osteopathic Medicine and completed his residency at William Beaumont Army Medical Center in El Paso, Texas.

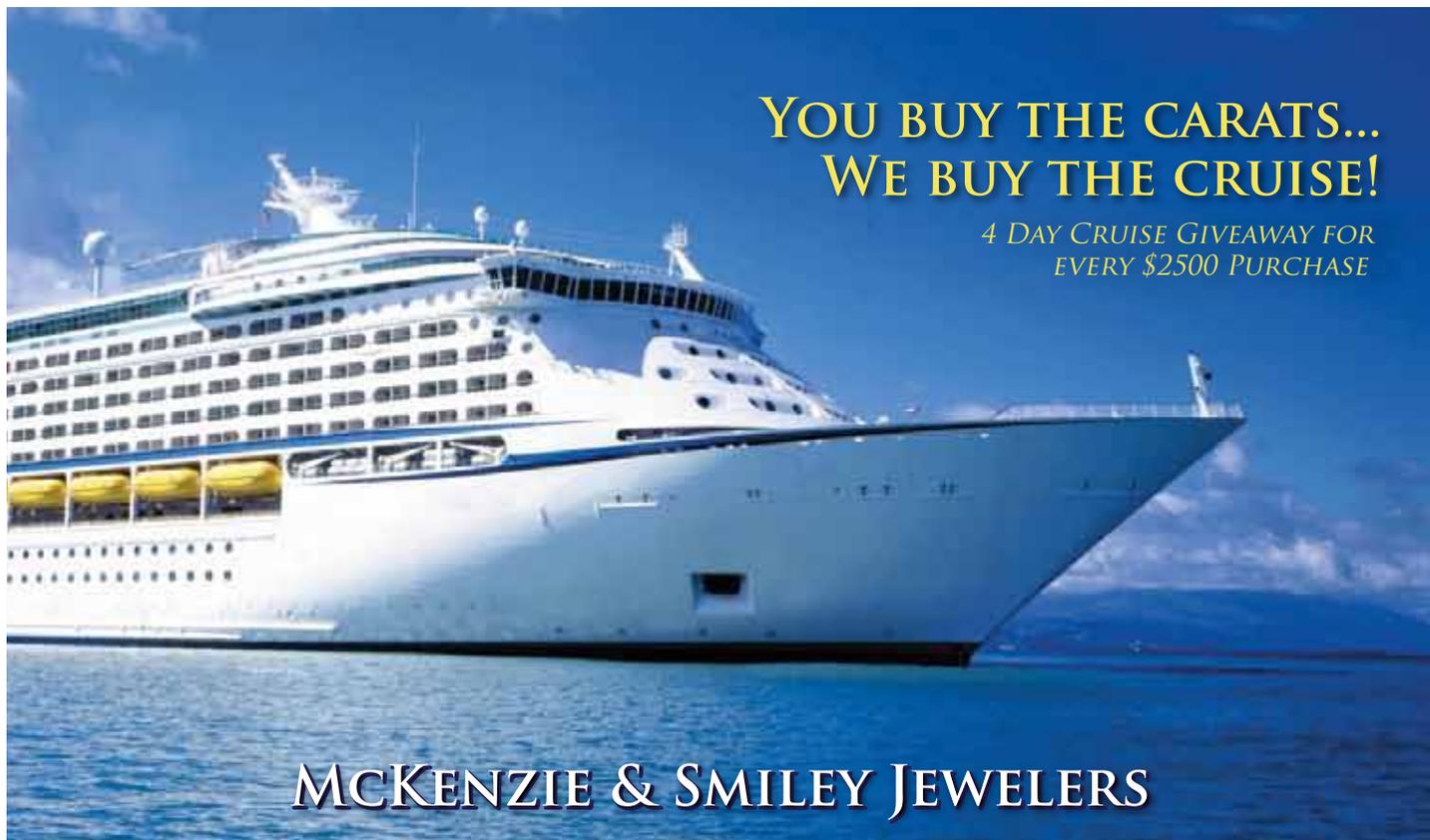
Dr. Sahagian is located at 787 Weatherly Drive, Clarksville. For more information call (931) 552-0380 or visit [www.TodaysGateway.com](http://www.TodaysGateway.com) and click the Weight Loss Surgery link under the services tab.

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.

Sources: Centers for Disease Control & Prevention [cdc.gov/healthyweight/assessing/bmi/](http://cdc.gov/healthyweight/assessing/bmi/)

National Institutes of Health, [www.nih.gov](http://www.nih.gov); American Dietetic Association, [www.eatright.org](http://www.eatright.org); Buchwald H; "Bariatric Surgery for Morbid Obesity: Health Implications for Patients, Health Professionals, and Third-party Payers," Consensus Conference Panel - *J Am Coll Surg* - 01-APR-2005; 200(4): 593-604

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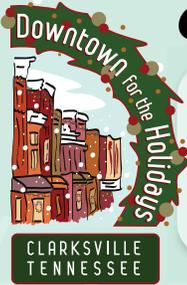
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# Downtown For The Holidays

## Saturday, December 3rd

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## Jingle Bell Jog

Run for a Reason: Manna Cafe

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MAGAZINE

## HOW MUCH IS ENOUGH?

by Chris Edmondson

We all want *more*. We all crave *more*.

Since it's the month of November and Thanksgiving and Christmas are just around the corner, I thought it timely to write about our appetites. When you think of that word appetite, what do you immediately think of? Food, right? How many of us have ever eaten so much at Thanksgiving that you actually said, "I don't think I am ever going to eat again!" We have all had that moment, right? But what happens the next day? You're in the fridge, making a turkey sandwich with cranberry sauce. That is an appetite that is never quenched.

We all have an appetite for food, but there are hundreds of other appetites that we have. There is an appetite of security. An appetite for sex. To be wanted. To be loved. To be respected. There is an appetite to be cherished. All of us have that appetite and desire to feel successful.

We have the appetite to win. To go farther faster. To get promoted. To get the raise. To get the next level of the job. *More* friends on Facebook—more popularity. To be somebody. We want *more*. We have the appetite to be envied. Guys, isn't that why we buy the cars we buy? We drive around in cars we can't even see because we're on the inside of them. Ever thought

about that? You can't even see your car driving down the road because you're inside of it. There is always a bigger, faster car to get. Why? Because we want *more*. There is something in all of us that wants *more*.

I want to say up front that appetites aren't bad. I think all of this is a reflection of the image of God. God gave us these appetites. God created your appetites and sin distorted them. Sex is a good thing. To win is a good thing. To be respected is a good thing. To be loved is a good thing. To be cherished is a good thing. To be successful is a good thing. God created them, but sin distorted them. God has designed us in such a way that we are a big bundle

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of appetites and desires. Appetites aren't bad—unless they control us.

**Your ability or inability to manage your appetites will determine the course of your job, your family, your relationships—they will determine the course of your life.**

You know how that is true? You simply look at your parents. Because some of your parents wrecked lives or marriages over an appetite that they couldn't control. Some of your parents have ended well, because somehow they were able to manage their appetites, and never lived their life as if somehow, out there, there was

something or someone that would bring them the ultimate, "Ahh! I'm satisfied!"

Let me share with you a story I was reading recently. It is found in the book of Numbers—the fourth book in the Bible. Let me give you some background. God chose a people for Himself called the Israelites. God's people—the Israelites—were in bondage in Egypt. So God raised up a deliverer by the name of Moses to rescue His people.

Moses led God's people from Egypt to a land God had promised them. When we get to Numbers 11, they are just days away from God bringing them to the edge of this Promised Land. For the past year, they

have been camped beside Mount Sinai, where God made a covenant agreement with them that God would give them a land, and that they would be God's people and He would be their God. A year later, the Israelites aren't doing so good. Let's take a look.

Soon the people began to complain about their *hardship*, and the Lord heard everything they said.

Numbers 11:1

Look at that word *hardship*. What hardship are they enduring? Now remember, it was just a year ago they were working their fingers to the bone as slaves in Egypt—they were nothing! Egypt owned



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them and could do anything it wanted with them. *That is hardship.* What hardship are they facing right now? The hardship centered around their appetites, and that they weren't getting the food that they wanted.

They began to crave the good things of Egypt, and they began to complain. "Oh, for some meat!" they exclaimed. "We remember the fish we used to eat for free in Egypt. And we had all the cucumbers, melons, onions, and garlic we wanted. But now our *appetites* are gone.

Numbers 11:4-6

"We remember the fish we ate for free in Egypt." That's funny. They should have said, "The fish we ate freely as slaves." They remembered the culinary delights, but forgot the whips. How they have quickly forgotten that the Egyptians killed their children and drowned their babies so to keep the Israelites from growing in number. They have forgotten all of that, all because they want some meat!

Who cares if they got to eat some nice meals in Egypt every once in a while? The fact was still this: they were slaves and could do nothing about it! They hated being slaves! *Our appetites make us lose perspective of the present*

*and glorify the past, making us think our past was better than it actually was.*

The complaints are a symptom of a deeper problem and this deep problem can find its way into everybody's life if we're not careful: Complaining about current discomforts reveals the fact that you have forgotten what God has already done for you. And when you forget God's faithfulness and goodness, you cannot possibly live a life of thankfulness or contentment. The next time complaints start to creep in, remember that complaining reveals something else. It reveals a lack of trust.

The Israelites weren't complaining about a lack of

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food. They had plenty of food. They were complaining about the lack of their variety of their meals. God fed the Israelites *manna*—bread that He provided for them every morning that fell like frost or dew on the ground. The Creator of the Universe became a chef to His people, and they didn't have to do anything but go out each morning and pick up this stuff called *manna*.

How is it that we simply can't be content with what He blesses us with? As Israel wandered the wilderness, God provided them with food every day. He rescued them and kept them from starving to death. But instead of being thankful, they complained for meat.

You and I do the same thing every day when it comes to our wants and our appetites. How often do I look at my car and wish it were newer, shinier, faster? How often do I wish I had something I don't have? How many times have I said to God, "If only I had this...then I would be happy"?

Quick question—is there anything wrong with eating meat? Anything immoral about the request to have meat? No, there wasn't. What was wrong in this situation is that they wanted something from God that God wasn't giving them. And that is what was wrong with their request. So what does God do? God gives them just what they asked for.

Then the Lord said, "Tomorrow you will have meat to eat. You were whining, and the Lord heard you when you cried, "Oh, for some meat! We were better off in Egypt!" Now the Lord will give you meat, and you will have to eat it. And it won't be for just a day or two, or for five or ten or even twenty. You will eat it for a whole month until you gag and are sick of it. For you have rejected the Lord, who is here among you, and you have whined to him, saying, "Why did we ever leave Egypt?" Now the Lord sent a wind that brought quail from the



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sea and let them fall all around the camp. For miles in every direction there were quail flying about three feet above the ground. So the people went out and caught quail all that day and throughout the night and all the next day, too. No one gathered less than fifty bushels! They spread the quail all around the camp to dry. But while they were gorging themselves on the meat—while it was still in their mouths—the anger of the Lord blazed against the people, and he struck them with a severe plague. So that place was called the

“graves of gluttony” because there they buried the people who had craved meat from Egypt.

Numbers 11:18-20, 31-34

Nothing wrong with meat. What is wrong is not being content with what God gives us. What's ungodly is when we want what He has not given for us. ***Sometimes, the very thing we desire is the very thing that makes us sick and kills us.***

Do you know what ungodliness is? Ungodliness is just Godliness perverted. It's Godliness—something that is good—and taking it and perverting it. Like an appetite that was meant for good and allowing that appetite to control

your life. That is ungodliness. And that is what was wrong with the meat.

They wanted to satisfy their appetites apart from God. Ungodliness is just godliness perverted. Meat isn't bad. But craving meat apart from God giving us meat is wrong.

How many times do we crave something that God just hasn't given us? Sometimes God tells us, “No. I don't want you to have that.” So many times—if you have been at church any amount of time, you may start to think that No is God's favorite word. That's just the word He answers every prayer with. “No. No. No.”

How many of you like the word No? No one likes the word



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no. But the reality is that if you were raising a child, and you never used the word “No” that would be one spoiled child! If you gave them candy whenever they wanted, never made them go to bed. “Oh you don’t want to go to school? You don’t have to go. You don’t want to eat your vegetables? You don’t have to.” If you raised a child by never saying, “No” you wouldn’t be raising a child—you would be raising a terror!!

The greatest thing you can do with your free will is to follow God with your choices. “God, I want to love you with all of my choices, with all of my appetites, and that means I have to learn to say ‘No’ to some things so that we are not mastered by them.

“Everything is permissible [everything is okay and doable] for me”—but not everything is beneficial. “Everything is permissible for me”—but I will not be mastered by anything.

1 Corinthians 6:12

Yeah, you can do it. Your appetites are God-given. You can say “yes” to them as much as you want. God has given you that freedom in your life. But sometimes *the very thing we want makes us sick and can kill us.*

What is controlling you? What appetite is out of control in your life? What are you addicted to? It will poison and make

you sick. Looking at porn will poison the intimacy in your marriage. It will sabotage any intimacy you might experience with a future spouse. Are you addicted to a drug? Medicine isn’t bad. But if it masters you, it will destroy your life. Are you addicted to people pleasing?

If you never say “No” to your child, they would be a problem. And if you never say “No” to your appetites, there is a problem. If you have an appetite that you never say “No” to, I would argue that appetite is controlling your life. God is saying, “I don’t want you to live that way. It’s okay. I gave you that appetite. Feed it as you will. But it is not always beneficial for you.”

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Your appetites—the appetites that are in you—they're not bad. But they can't be trusted. Because your appetites only have one word in their vocabulary—that word is *more*. If you only listen to your appetites, you're going to end up in a place where you won't want to be.

God sometimes says "No" because He wants us to look to Him to satisfy our appetites. Sometimes God says, "No, not yet." It may be an issue of timing. If you are in High School, you are ready to get out of the house and be your own person. God is not saying, "No, never." He is just saying, "No, not yet." While you are in their

home, you have to honor them. It's not, "No, never." It's just, "No, not yet."

If you are single, and you're thinking, "This sex thing inside me is hard to control!" God is not saying, "No, never." He is just saying, "I want you to learn to say no...not yet. Because I want you to have amazing sex—in marriage." So you discipline yourself, and you say no. Sometimes it's, "No, never." Sometimes it's, "No, not yet." ***Your ability or inability to manage your appetites will determine the course of your job, your family, your relationships—they will determine the course of your life.***



 onechurch.tv

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

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				 <p>Swirlz Tree of Life</p>	 <p>8 Point</p>	 <p>Butterflies &amp; Branches</p>	
<p>2pm</p>  <p>Colors of Fall</p>	6	7	8	9	10	11	
<p>View the Swirlz Art Calendar &amp; book your class online at <a href="http://www.swirlzart.com">www.swirlzart.com</a></p>				 <p>Go Team!</p>	 <p>Hey Cupcake!</p>	 <p>Autumn Blossom</p>	 <p>Scroll Fleur de Lis</p>
<p>2pm</p>  <p>Chilly Willy</p>	13	14	15	16	17	18	
<p>Most adult classes are \$35*                      Kids classes are \$25                      *unless otherwise noted</p>				 <p>Autumn Blossom</p>	 <p>Escape</p>	 <p>Snowstorm</p>	
<p>2pm</p>  <p>Santa's Little Helper</p>	20		23	24	25	26	
			 <p>Merry &amp; Bright</p>	<p>Thanksgiving CLOSED</p>	 <p>Cabernet</p>	 <p>War-holiday Tree</p>	
<p>2pm</p>  <p>Chapel/Schoolhouse</p>	27	 <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>	29	30	1	2	
					 <p>All the Trimmings</p>	 <p>Hanging Out</p>	 <p>Winter Wonderland</p>



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# CLARKSVILLE GREENWAY

by Macy Truitt, 6th Grade, Clarksville Academy

The Greenway of Clarksville is a park with trails open to the public made by the mayor of Clarksville. The trails at the Greenway are a great place to walk with your dog or ride your bike to get some fresh air. The Greenway was created to provide a physical outlet for all of Clarksville to enjoy. Part of the Greenway runs along the Red River, one of Clarksville's best natural resources.

Other parts of the Greenway were created on old railroad tracks as part of the "Rails to Trails" project.

I want to support the Clarksville Greenway because it is important for all of Clarksville to get at least an hour of physical activity a day. The Greenway trails are a great place to do that whether you're training for a marathon or just enjoying the cool fall weather. The Greenway also provides a safe place to walk and enjoy the

environment. The Greenway trails were intended to increase awareness of alternate transportation, improve the health of Tennesseans, reduce environmental impact, and help citizens save money on fuel costs.

Right now the trails are 5.25 miles long and still under construction. There are two trails at the Greenway; the longer of the two is 3 miles and the shorter trail is 2.25, which includes the Raymond C. Hand pass bridge. The future expansion includes north to Heritage Park and 101st Parkway as well as south to the Clarksville Riverwalk.

The Greenway in Clarksville is just one of many countrywide projects designed to keep people up off the couch and outdoors enjoying the crisp fall weather. Clarksville's own Greenway had much to do with the city recently being recognized as a Tennessee Department of Environment and Conservation "Walk with Me Tennessee" community.

To keep the Greenway safe the city has implemented the following rules: stay on designated trails, keep to the right, pass on the left, keep all pets on leashes and clean up after them, do not remove plants or feed/disturb the wildlife, and please put all trash in receptacles. They also ask that you exit immediately during heavy rainfall. Prohibited from the Greenways are: drugs and alcohol, firearms and hunting, horses, and any motorized vehicle.

The Clarksville Greenway, established in 2009, has been a wonderful addition to our city. Everyone should take the time to explore what all the city, and specifically, the Greenway has to offer. This time of year the leaves are falling and the animals are working to prepare for the winter, take the time to get out and enjoy what our own local mother nature has given us. They allow four legged friends, so take your dog with you, too. Just don't forget the leash!

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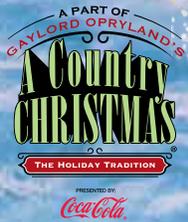
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## PREGGO WITH BACK PAIN?

by Jessie Carter, PT

A friend who is pregnant with twins recently approached me and asked if physical therapy could help the back pain she was experiencing. The short answer was, "Absolutely!" While back pain is one of the most common discomforts women have during pregnancy, pain at any time is not normal. It is the body's way of telling us something is not quite right. Because of the changes that occur in the body during pregnancy, expecting mothers are at an increased risk of developing aches and pains. Fortunately, there are some simple steps moms-to-be can take to ease discomfort or even prevent pain from occurring.

### The Causes

During pregnancy, there are many changes that occur in the body. These include stretching of muscles, softening of ligaments, and

loosening of joints. All of these changes are essential to make room inside of mom for the baby and to help with the birth process.

**Posture Issues** During pregnancy, the baby, uterus, and breasts all grow or enlarge. This shifts mom's center of gravity forward. To respond to these changes, mom will often times lean backward causing her upper and lower back muscles to work harder.

**Weight Gain** Weight gain during pregnancy is normal but it does mean more work for the muscles and increased stress on the joints.

**Pregnancy Hormones** There are several different hormones released during pregnancy that allow ligaments and other tissues to soften and become looser. This loosening allows weight-bearing joints in the pelvis to shift and move too

much during pregnancy. Ligaments that normally support the back no longer offer the same support.

### Muscle Imbalances

Weakness of the abdominal (belly) muscles may also cause back pain. These muscles normally support the spine and play an important role in keeping the trunk stable. When they are stretched during pregnancy, these muscles may weaken and offer less support than they did previously.

**Stress** Let's face it... pregnancy can be stressful. While the link between stress and pain is not clearly understood, several resources list stress as a possible cause of pain during pregnancy. One way to look at pain and stress is to view pain as the "TV" and stress as the "volume control"—when stress increases, the pain gets louder and louder.

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This month Dr. Aquino is featuring **Stephanie Lanham**

Stephanie is the practice administrator and has worked with Dr. Aquino for 15 years. She is pictured here with her husband, Rob, and their sons, who are patients of Dr. Aquino's.



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### **Avoiding the Pain**

**Exercise** Exercise during pregnancy can help strengthen the muscles that support the back and joints of the pelvis. Stretching is also an important part of any good exercise program. Exercises should be approved by your health care provider and should be performed in a way to avoid strain on your joints.

### **Posture Correction**

Standing and sitting up straight can be difficult during pregnancy due to the body changes discussed above. An easy trick to remember is "shoulder under ear, tuck in the rear." When the ears are in line with the shoulders, forward head is often corrected. Because the belly is pulling mom forward, "tucking in the rear" corrects the increased curve that develops in the low back. Remember to take breaks from prolonged positions and take frequent, short walks as able.

### **Wise Shoe Choice**

Avoid high heels during pregnancy as much as possible. Choose a comfortable, low-heeled (but not flat) shoe that has a good arch support.

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squat to lift items instead of bending over. Also avoid twisting, lifting heavy objects, and reaching overhead repetitively. Dividing the weight of the objects being carried into smaller bags held in each hand is also much better than carrying one heavy bag on either side.

**Good Sleep Position**

Side sleeping with a pillow between the legs is the position of choice when it comes to pregnancy. A small pillow or wedge placed under the belly is helpful to support the abdomen in the later stages of pregnancy. Listen to your doctor if he/

she advises sleeping on one side opposed to the other or avoiding sleeping on the back. Also, take care when rolling in bed or getting in/out of bed—it is best to perform a slight knee squeeze when rolling to the side and then using the arms to push to a sitting position with the lower legs dangled over the side of the bed.

**Rest** Every expecting mom should get plenty of rest. Rest is vital for the body to repair and function and moms-to-be should avoid getting fatigued.

**Help Me Now!**

Some of the actions listed above to avoid low back pain

may also be used to treat current back pain. Other management options include physical therapy, massage, relaxation techniques, heat/ice applied to the affected area and braces or supports. I always recommend patients talk with their doctor and ask for a referral to a qualified physical therapist who has been trained to treat obstetric patients. There are precautions that need to be taken to protect mom and baby so you want to make sure you ask your physical therapist if they have had advanced training. Our practice avoids any type of high force movement of the



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joints but instead uses the muscles to help gently align and correct dysfunctions. Our therapists also address soft tissue pain with hands-on techniques and offer LOTS of education!

**Doctor, Doctor!**

Experiencing back pain is usually not a reason to call your obstetrician this minute (although it would be something to mention during your next appointment). There are situations when contacting your doctor is necessary.

- Severe back pain or loss of sensation/feeling in the legs, buttocks, groin, genitals, bladder, or anus; feelings of weakness or being uncoordinated
- Sudden onset of low back pain or increasingly severe pain—especially if this pain is in the late second or third trimester OR if there is no history of back pain
- Pain in the low back or side just under the rib cage—especially if this pain is accompanied by fever, nausea, or blood in the urine

Jessie is a physical therapist, mom to three, and owner of High Pointe Rehab in Clarksville. The High Pointe team is specially trained to manage women's health issues including pain



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# WHY IS BRUSHING WITH TOOTHPASTE IMPORTANT?

by Dr. Lance Harrison, Jr.

Brushing with toothpaste is important for several reasons. First, and foremost, toothpaste and a correct brushing action work to remove plaque—a sticky, harmful film of bacteria that grows on your teeth and that causes cavities, gum disease and eventual tooth loss if not controlled. Second, toothpaste contains fluoride, which makes the entire tooth structure more resistant to decay and promotes remineralization, which aids in repairing early decay before the damage can even be seen. Third, special ingredients in toothpaste help to clean and polish the teeth and remove stains over time. Fourth, toothpastes help freshen breath and leave your mouth with a clean feeling.

### What type of toothpaste should I use?

As long as your toothpaste contains fluoride, the brand you buy really does not matter, neither does whether or not it is in paste, gel or even powder form, or containing a certain flavor. All fluoride toothpastes work effectively to fight plaque and cavities and clean and polish tooth enamel. Your toothpaste brand should bear the ADA (American Dental Association) seal of approval on the container, which means that adequate evidence of safety and efficacy have been demonstrated in controlled, clinical trials.

If your teeth are hypersensitive to hot or cold, consider trying toothpaste designed for sensitive teeth. These “desensitizing” toothpastes, which contain

strontium chloride or potassium nitrate, protect exposed dentin by blocking the tubes in the teeth that are connected to nerves. Desensitizing pastes must be used for at least one month before any therapeutic effects are felt.

Toothpastes containing baking soda and/or hydrogen peroxide (which are both good cleansing agents) give the teeth and mouth a clean, fresh, pleasant feeling that can offer an incentive to brush more, but fluoride is the true active ingredient at work protecting your teeth. Some prefer a tartar-control toothpaste containing pyrophosphates to prevent the build-up of soft calculus (tartar) deposits on their teeth. New pastes offer advanced whitening formulas aimed at safely removing stains to make teeth brighter and shinier,

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although they can't nearly match the effectiveness of a professional bleaching formula administered or prescribed by a dentist.

**How much should I use?**

Contrary to what toothpaste commercials show, the amount of paste or gel needed on your brush for effective cleaning does not have to be a heaping amount. Simply squeeze a pea-sized dab of paste on the top half of your brush. If you brush correctly—holding the toothbrush at a 45-degree angle, brushing inside, outside and between your teeth—the paste should foam enough to cover all of your teeth. Children under age 6, however, should be given a very small, baby pea-sized dab of toothpaste on their brush.

**Is brushing with toothpaste enough to fight cavities and gum disease?**

No. Although brushing thoroughly after each meal helps, flossing your teeth every day to remove plaque and food particles between teeth and at the gumline is just as important. Studies show that plaque will regrow on teeth that are completely clean within three to four hours of brushing.



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With the hustle and bustle of the holiday season upon us, we soon will be hearing the words, “Happy Thanksgiving!” “Merry Christmas!” or perhaps “Happy New Year!” For someone in the depths of grief, what appears to be happy during this season? The thought of cooking the traditional holiday meal may seem overwhelming. The chorus of a familiar Christmas carol may bring you to tears. The endless chatter at the office Christmas party may leave you exhausted. Opening another Christmas card that reads, “Have the Merriest Christmas of all this year” may find you clenching your teeth and wanting to rip the card into pieces.

Anger, decreased energy and sadness are some of the many symptoms of grieving the death of a loved one. Grief is necessary in that we must accept the death of our loved one and accept that life, as we know it, will not be the same. The average grieving process is two to three years, although some of the feelings

associated with the grief may surface for several years. Events surrounding the death may complicate the grief process. For example, if your loved one was murdered or perhaps you have had several losses within a two-year period, it may take longer to process through the grief.

So how will you manage to get through the “most wonderful time of the year” this year? One rule to keep in mind when dealing with grief and the holidays: There are no rules! During this stressful time allow your heart to guide you. Don’t force yourself to attend a function simply because it is a tradition—after all, breaking a tradition is not breaking a law. This is a time to take care of yourself and to simply do the best you can do. It is also a time to do something different if you believe that a change is good for you.

**What does different look like?**

If the tradition has been a home cooked meal, perhaps dining at a

restaurant could be an alternate plan for you. Or give your culinary skills a chance to cook an international meal such as Greek or Mexican. Give yourself permission to take a vacation—the sunshine on a beach may be more inviting than dinner with relatives. Perhaps volunteering at a homeless shelter could be a new family tradition. Helping someone in need always gives us that “warm and fuzzy feeling.” It also allows us to see that other people are hurting during the holidays, too. If you feel like decorating your home for the holidays, maybe new decorations will brighten your home and help you realize that new things in life can bring some sense of joy. Attending a different Christmas Eve service may be more comforting than your own church service. Go with a friend to their church and get the benefit of seeing how other people worship.

Often during the holidays we feel that our loved one is forgotten among the piles of strewn wrapping paper or

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the endless shopping lists. **How can we ensure the memory of our loved one lives on in the minds of friends and family?**

- Have a holiday story time with children, telling about how your loved one celebrated the holidays. Or that Nana, as a teenager, was Mary in her church Christmas play. Show them photos of when Granddaddy won first place in the Christmas lights contest.
- Purchase a special candle and light that in memory of your loved one each night.
- Take any Christmas ornaments that are associated with your loved one and display them in a prominent area of the house. You could place them in a large bowl and display the bowl on the dining table.
- Some individuals find comfort in decorating a small tree at the graveside. One of my clients put her husband's Christmas necktie around his urn during the holidays.
- A great way to get family or friends involved is to make a ceramic platter. Go to a pottery store and invite a small number of people. Have each person write something about your loved one on a large platter. As you fill that platter with Christmas cookies or the Thanksgiving turkey, you may feel comfort when reading those words.
- Purchase a collage type frame and fill it with past holiday photos of your loved one.

Above all take care of yourself physically, spiritually and mentally. If the crowded malls are too exhausting, go when stores are less crowded or choose specialty shops or online stores. Remember to exercise each day to fight the holiday blues. Get plenty of sleep and eat as many healthy foods as you can. Make

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time for yourself with God. He will never be caught up in the commercialism of the holidays and He will be waiting for you with open arms.

Cry those healing tears when you feel the need to do so. And laugh when something is funny. Be honest with people and tell them specifically what you need from them. I often give my clients a "Pledge for Grieving" that outlines their needs and then I instruct them to share it with family or friends. As we know, the holidays can be demanding, but taking care of yourself will make them less stressful.

Betsy Abrams, LMSW is a licensed social worker for the local YMCA and does individual and couples counseling. She resides in Clarksville and has been married for 24 years. Betsy has worked in Hospice and grief is one of her areas of interests. She is trained in EMDR therapy and uses it for those with PTSD (Post Traumatic Stress Disorder). PTSD can occur during certain grief situations.

She conducts counseling in an off-site location of the YMCA in Clarksville. To make an appointment, call (931) 647-2376. If you have questions about counseling, you may call Betsy directly at (931) 980-8253.

Restore Ministries is part of the YMCA of Middle Tennessee, a not-for-profit, worldwide charitable fellowship united by a common loyalty to Jesus Christ for the purpose of helping persons grow in spirit, mind and body. With 30 centers and 297 program locations, the YMCA of Middle Tennessee reaches 284,162 lives—one of every six people in the 12-county area it serves—by nurturing the potential of children and teens, improving the nation's health and well being, and providing opportunities to serve others and support our neighbors.

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## HOMESCHOOLING FOR THE HOLIDAYS

by Dianne York

Fall brings us to our natural nesting phase. As we prepare for winter, we clean out our clutter and pull out the recipe books to prepare for holiday gatherings. We spend more time indoors, so it is only natural to think of things more family related. Parents look for activities to busy children and prepare for “nesting” with the family.

What a great time to think about educating children through family ventures. Whether your children are in traditional schools, a home school tutorial program, or you are braving it as a homeschooling family on your own; there is a plethora of things to teach your child during the holidays.

Unit Studies are an effective way to teach an entire host of subjects using a specific theme. With Thanksgiving and Christmas at hand, teaching through Unit Studies is a very meaningful, motivational way to reach children of all ages. Teaching Reading, Writing, History, Science, and Math using a holiday theme can be quite challenging and exciting for both students and teachers... and yes, parents too.

Thanksgiving is such a culture filled holiday with endless ideas and possibilities for learning. Here is a small outline of a unit study that you can use with your children. Specific details can be developed to fit each family and their needs.

### UNIT STUDY OUTLINE FOR THANKSGIVING

#### History

- Discuss the origin of the holiday
- Make a timeline of a certain period in history
- Spend a day thinking like the Pilgrims
  - \* No fast food
  - \* Dinner by candlelight
  - \* Cooking together
  - \* Reading aloud
- Spend cool nights with stories by the fireside... surely they had s'mores!

#### Science

- Create your family tree
- Discuss genetics (adapt to age-appropriate activities)
- Heredity
- Seasons

#### Health and Nutrition

- Select menu for family dinner using nutritional food choices
- Plan regular hikes or walks, especially after holiday meal
- Discuss food available at the Pilgrims' meal

#### Reading/Language

- Select books related to the first Thanksgiving
- Have students read and illustrate or act out the stories they read
- Develop word lists from History, Science, and their interests
- Visit the library to choose books, videos, audio books, and DVDs

#### Writing

- Make list of things they are thankful for; be creative



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- Write to family far away (work on penmanship and grammar)
- Decorate and design cards to mail or give to dinner guests

Math

- Measurements
- Calendar
- Elapsed time
- Money
- Problem solving and word problems

Art, Music, Drama

- Decorate for family dinner—lots of creative ideas for all ages
- Discuss music and instruments available to the Pilgrims
- Play non-electronic instruments and sing together
- Have students act out scenes from the first Thanksgiving (they can write their own)

***If the idea of a Unit Study interests you, a detailed study with lesson plans are***

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available by emailing me at [educationatalc@gmail.com](mailto:educationatalc@gmail.com). This includes specific details and activities along with worksheets and resources. The above is an abbreviated version, but gives a general idea. Customized Unit Studies are available and can be created by request.

Many of the things parents teach their children pertain to life and expectations of your family. Have children learn to set a table and help plan a meal. This is also a great time to teach respect and honor. Respecting elders at the family gathering and honoring the memory of others is a lesson taught by no one better than parents who are setting good examples.

As families gather, many of us are well aware of particular needs of guests that may be attending dinner or relatives who may be visiting for several days. We may be aware that some have food allergies. Adjusting menu items to include recipes that will accommodate these allergies is quite a challenge and requires planning. Searching for recipes and making a shopping list before the trip to the grocery is a beneficial learning experience for children. Allowing for the needs of others is a lesson on respect and thoughtfulness.

Most every family has a first-hand experience with ADHD or Asperger's and how challenging that can be at large

events. It is difficult for these children to feel comfortable in such circumstances. Imagine being in a room with big people using good, breakable dishes, being reminded of manners, and encouraged to have a good time...it just doesn't add up for those with Asperger's Syndrome. They often cringe at loud noises and large groups, trying new things and being around new people makes them uncomfortable, and they often have no idea whether you are pleased or displeased with them. Hum, sound like fun yet? Including your children in making plans for all present to feel welcomed and comfortable is a lesson not learned from any text.

Teaching children to be accepting of others is a lesson for life. Help them find the strengths that each person possesses and to appreciate his or her gifts. Most children who are diagnosed with ADHD, Asperger's, and other disorders are usually of above average intelligence and are often gifted in one or more areas. The fact that they act and react differently than most children makes it harder for them to be accepted in a group. What a great way to celebrate a holiday that is centered around being thankful and giving to others than to teach these qualities through modeling them with your children.

Homeschooled families often have the advantage of sharing much of

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the everyday planning and home activities with their children. Students who take part in tutorial programs are taught using more flexible curriculum allowing them to view learning as a life lesson instead of segregated by textbooks. The advantage of seeing education as part of life keeps them motivated and excited about learning. Holidays present the opportunity to plan events and activities while including the whole family in the experience. Make this holiday season a time of planning, exploring, and giving while teaching your children the greatest lessons in living and learning.

Be thankful for what you have, look forward to those you can help, and give the gift of acceptance to those you meet. Happy Thanksgiving!

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 [educationatalc@gmail.com](mailto:educationatalc@gmail.com).

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- \* 1-on-1 Tutoring (all subjects, all ages)
- \* Homeschool Tutorial
- \* ARTS-Extra Curricular Classes (Artistic Resources for Talented Students)
- \*\* ACT PRACTICE TEST - Nov. 5th (limited space available Register Now)



Elementary



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## Yard Sale, Bake Sale & Raffle to benefit the children of the BWC 5

Just \$5 for a chance to win a gift basket, gift certificate or gift card to:



and MANY more!!!

Saturday, Nov 5 · 9am-4pm  
BWC Clubhouse Parking Lot  
201 New Providence Blvd  
Clarksville, TN

# CANDID Clarksville



Josh and Danyelle



Unique Boone, 4



Hailey Faith Lewis 9•10•11



Jonathan Colley, 5



Jonathan, 2



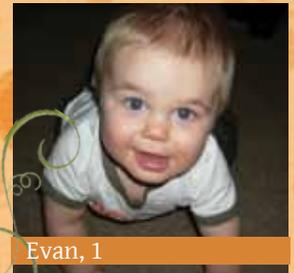
Silas, 7



Cole Harrison Rickard, 9/30/11 • Lovin' Spoonful Surprise!



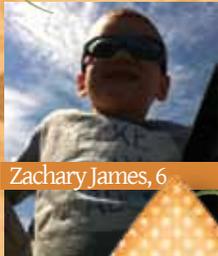
Braden, 3



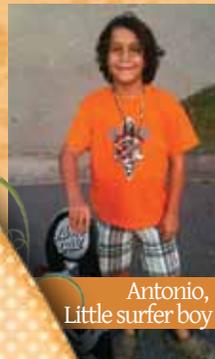
Evan, 1



Bonny at Beech Bend



Zachary James, 6



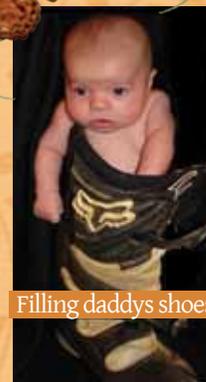
Antonio, Little surfer boy



Brayden, 6 weeks



Sebastian • Ziplining @ Riverview Mounds Century Farm



Filling daddys shoes



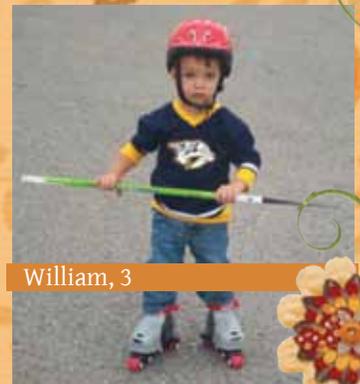
Brielle, 4



Christian, 3



Alexia preparing for fall



William, 3



Kyle & Christopher at Billy Dunlop Park



Miss Kaia



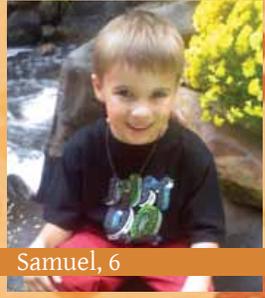
Paige is enjoying the fall weather & Clarksville Family magazine!



Sarah, Blake, Macie & baby Hailey



Mia, 4



Samuel, 6



Katlyn, 2



Dylan, 11



Nolan, 6



Cash, 3



Cannon "the army man!"



Lillyana & Layla at Honeysuckle Hill Farms



Carter, 1



Kate, 2



Chalan, 8



Mackenzie at Billy Dunlop park

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

## WHAT'S THAT SMELL?

by Brenda Hunley Illustrated by Willie Bailey

Our story opens on a crisp November morning. Chester and Boomer Chipmunk, Dart the bluebird, and Lily the dragonfly are out collecting the last of the acorns, pecans, walnuts and berries they can find. They are on a mission to get these items back to Mom Chipmunk to help her prepare for the Thanksgiving Celebration in the Woods of Dunbar. Tomorrow is the big day and each animal family is cooking something special to bring to the cave to share with their friends.

"What's that smell?" asked Lily, sniffing the breeze.

"Oh! That's Ms. Rabbit's carrot cake!" said Boomer, licking his lips.

"No, I smell something else, and it's not pleasant," said Lily. "My basket is almost full, so I'm going to take it to Mom Chipmunk. I'll be right back!" she called, as she flew up and away.

The group kept working. "Whew! Whatever that smell is... it just keeps getting stronger!" said Dart, wiping his nose. "I think maybe I will just go look over there for berries."

"I don't smell anything but carrot cake," said Boomer, picking up more walnuts.

Chester sniffed the air. "Hmm."

"I'm back!" called Lily. "Mom C sent some blueberry muffins for a snack."

"Yum!" said Boomer, as he plopped down on the ground and started eating.

"Sounds great!" added Chester.

"Oh! These are good!" said Dart, as he bit into his muffin.

Soon it was time to get back to work. The group worked hard to fill up the final empty baskets. The smell never went away, but it subsided for a time, or they got used to it, they weren't quite sure.

While Boomer continued to pick up walnuts, Chester and Dart flipped leaves over and dug under bushes and fallen trees. Lily floated about skillfully reaching the berries that were too far back into the brush for the general animal population. It took several trips, but once the last baskets were dropped off to Mom Chipmunk she was thrilled with the amount of fruit and nuts she had to work with.

"Thanks kids, now out of the kitchen! Go enjoy the last sunshine of the day!" she said, as she scooted them out of the house. "Um...Boomer, can you come back here a minute?"

"Yes mom, what's up?"



"Boomer, what's that smell?"

Boomer grinned, "My socks! I've worn the same ones for 13 days!"

Mom shook her head, "Oh my!"

Boomer laughed. "It was a bet, Mom, with a friend of mine. Now that I won, I will clean up and wear a fresh pair tomorrow, ok?"

Chester poked his head back inside the kitchen, "Boomer! Come on!"

The friends walked for a while before Chester couldn't stand it any longer. "Hey, bro...what did Mom want?"

"She asked me to shower before coming to dinner tomorrow."

"So that smell...that is you?" asked Dart.

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Boomer laughed. "My socks stink, if that's what ya mean."

"Ewwwww!" winced Lily.

"I wanted to win a bet," said Boomer, looking down at the ground.

"Well, we need to get ya home then, don't we Chester?" said Dart, with a wink.

Chester looked at Dart, then at Lily and smiled. "Yes! Let's get Boomer home."

As they started walking Chester and Dart each came alongside Boomer, picked him up and carried him to the side of the lake. Quickly they swung their arms forward and a very surprised Boomer splashed into the lake. The turtles on the logs slid off under the water, pulled off his socks, and started scrubbing. The turtles were very good at cleaning, and now Boomer would be fresh and clean.

A few minutes later a much better smelling, but totally frozen Boomer pulled himself out of the lake.

"It's too C-O-L-D to bathe in the pond, Chester!" Boomer yelled.

"Yeah, but it was also the quickest way to a cleaner you!" laughed Dart.

Lily quickly wrapped Boomer in a warm blanket. "Let's go home and have some hot cider, shall we?"

Chester nodded, "Yes, let's!"

Once Boomer and his friends got all toasty warm, he promised them he would think twice before taking another bet like that again!



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

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

# HAPPY BIRTHDAY!



Happy 1st Birthday  
Darriana Jezelle!!



Happy 1st Birthday Jolene  
We love you!



Happy 1st Birthday,  
We love you!



Happy Birthday Marissa,  
1 Year Old



Happy 1st Birthday Wyatt!!!  
Love, Mom, Dad, & Fayne



Happy 1st Birthday Zackary!  
Love, Dad, Mom, Alex, & Jonas.



Happy 2nd Birthday Braden!  
Love Mommy, Daddy & Family



Happy 2nd Birthday Punkin pie!  
Love, Mommy & Daddy



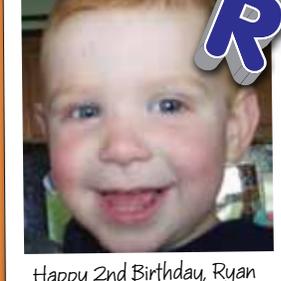
Happy 2nd Birthday Kwali!  
We love you!



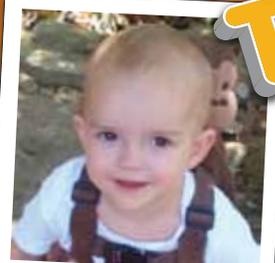
Happy 2nd Birthday Mason  
Love Mommy & Daddy!



Happy 2nd Birthday Riley Ava!  
We Love you!!



Happy 2nd Birthday, Ryan  
Love, Daddy, Mommy, Grace & Luke



Happy 2nd Birthday Teagan!  
Love, Sissy, Mommy, & Daddy



Happy 3rd Birthday Ava!  
Love, Mommy & Daddy



Happy 3rd Birthday Bubba-Dup!  
Love, Mommy & Daddy



Happy 3rd Birthday, Fayne  
Love, Mom, Dad & Wyatt



Happy 4th Birthday Andrew!  
Love Mommy & Daddy



Happy 4th Birthday Kara!  
Love Momma, Daddy, Mia & Lj



Happy 4th Birthday to  
Lacey Lou Lou!  
Daddy, Mommy, Lyssa, & Justin



Happy Birthday Madison.  
We love You, Mom & Dad xxx ooo

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

# HAPPY BIRTHDAY!



Happy 4th birthday Natalie!  
We love you!



Happy 4th birthday Oriana!  
Love Mommy & Daddy



Happy 5th Birthday Jackson!  
Love Mimi & Papa



Happy 5th Birthday Madison!  
Love, Mom, Dad, Megan and Logan



Happy 5th Birthday Ryleigh Jae  
Love Daddy, Mommy & JR



Happy 5th Birthday Marshall  
Love Mom, Dad, & Breanna



Happy 5th Birthday Racheal  
Love, Dad, Mom, Alen, Owen



Happy 5th Birthday, Ruby!  
We love you, Mama Daddy & Cole



Happy 6th Birthday Amera!  
Love Mommy Marisa & Antonio



Happy 7th Birthday Aman!  
We love You! Love Mommy & Dad



Happy 7th Birthday Jayci.  
We love you. Granny & Grandad



Happy 7th Birthday Morgan!  
Love Mom, Dad & Carson



Happy 8 birthday Ja'coryuis  
from the family we love u



Happy 10th Birthday Camren!  
Love, Mama & Daddy



Happy 11th Birthday Ja'Quon  
Love Mom & Dad



Christian & Sebastian  
Happy 12th birthday boys! Love Macey



Megan - 11 years old  
Love, Mom, Dad & the babies



Happy 13th Birthday  
Janira & Jasmine!  
Love Mami, Papi & Lilly



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

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

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

12

M



Ongoing

**CELEBRATE RECOVERY**

Friday nights with refreshments at 6:15 p.m. and the meeting at 7:00 p.m. A Christ centered 12-step ministry.

Grace Church of the Nazarene  
3135 Trenton Road  
(931) 647-7768  
(931) 216-6644

**CHRISTMAS ON THE CUMBERLAND**

November 22 through January 1, 2012. Open nightly 5:00 p.m. to 10:00 p.m. and 5:00 p.m. to 11:00 p.m. Fridays and Saturdays.

See ad on page 15 for listing of activities.

Riverwalk  
McGregor Park  
640 North Riverside Drive

**CLARKSVILLE CHESS CLUB**

6:30 p.m. Thursday evenings.

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

**FREE KNITTING OR CROCHET CLASS**

Mondays (10:30 a.m. to 12:00 p.m.; and 1:00 p.m. to 3:00 p.m.), Tuesdays (10:30 a.m. to 12:00 p.m.), and Fridays (10:30 a.m. to 12:00 p.m.; and 1:00 p.m. to 3:00 p.m.). We will provide a loaner set of circular needles, or crochet hook for you to use for the duration of the class, as well as scrap yarn. Please call in advance to schedule your class, as we like to keep a one-on-one setting.

Free Christmas Ornament Knit-alongs, every Saturday afternoon. Pattern provided.

Enchanted Yarn Shop  
2327 Madison Street.  
(931) 553-9000

**FAMILY LIFE CENTER ACTIVITIES**

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

step aerobics, sculpting, Zumba, circuit, senior fit aerobics and beginner step (all classes are \$3).

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

**HABIT FOR HUMANITY HOMEOWNERSHIP**

Partner applications for 2012 homeownership are available Monday through Friday, 9:00 a.m. to 4:00 p.m. Basic criteria are stable income to afford home mortgage, willingness to partner and currently living in unsuitable housing.

400 Madison Street  
(931) 645-4222  
[www.habitatmctn.org](http://www.habitatmctn.org)

**HOPE RIDERS BIKER CHURCH**

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

Rider Edge Classroom  
Behind Appleton's Harley Davidson  
2501 Hwy 41A Bypass  
Contact: Pastor Ron  
(931) 801-0379

**Chick-fil-A Governor's Square**

2801 Wilma Rudolph Boulevard  
(931) 645-5144

**Spirit Nights**

3 THURSDAY 4:00 p.m. to 8:00 p.m.  
Rossview Elementary

4 FRIDAY 4:00 p.m. to 8:00 p.m.  
Rossview Middle School

10 THURSDAY 4:00 p.m. to 8:00 p.m.  
Barkers Mill Elementary

**INDOOR AQUATIC CENTER OPENING SEASON**

Free swimming. Pool open Mondays through Fridays, 7:00 a.m. to 12:00 p.m., 3:00 p.m. to 8:00 p.m.; Saturdays 10:00 a.m. to 6:00 p.m.; Sundays 1:00 p.m. to 6:00 p.m.

New Providence Pool  
166 Cunningham Lane  
[www.cityofclarksville.com/parks&rec/swimming.php](http://www.cityofclarksville.com/parks&rec/swimming.php)

**PRIZER POINT EVENTS**

November 24th through 27th, Thanksgiving— final weekend of our season.

Prizer Point Marina & Resort  
1777 Prizer Point Road  
Cadiz, Kentucky  
(270) 522-3762

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Whether you're struggling to find your game or a beginner looking to learn the basics.

Instruction given by local golf champion,  
**Rob Long** By appointment only  
(931) 338-1654

# November

## 1 TUESDAY

**FREE BREASTFEEDING CLASSES**  
11:00 a.m. 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.

Montgomery County Nutrition Education Center (WIC)  
Breastfeeding Room  
1850 Business Park Drive, Suite 103  
(931) 551-8777

**CLARKSVILLE SCRABBLE CROSSWORD GAME CLUB**  
5:30 p.m. to 8:00 p.m. Beginners welcome.

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

## 5 SATURDAY

**36TH ANNUAL OSC CRAFT FAIR**  
9:00 a.m. to 5:00 p.m.

Sabre Army Airfield  
Outside Gate 10 of Fort Campbell  
(931) 278-0038  
[osc.craftfair@gmail.com](mailto:osc.craftfair@gmail.com)

**BIKERS WHO CARE BENEFIT**  
9:00 a.m. to 4:00 p.m. Yard sale, bake sale and raffle to benefit the children of the BWC 5. Just \$5 for a chance to win a gift basket, gift certificate or gift card to: Zaxby's, Swirlz Art Studio, Scentsy, Beachaven, Autozone, several local photography studios and artists, and MANY more!

B.W.C. Clubhouse  
201 New Providence Boulevard

**FAMILY FUN DAY**  
1:00 p.m. to 5:00 p.m. Enjoy face painting, craft tables, and much more!

Governor's Square Mall  
Mall Wide  
2801 Wilma Rudolph Boulevard  
**APSU FOOTBALL TAILGATE ALLEY (VS. CENTRAL STATE)**  
1:00 p.m. Free tailgating spots three hours prior to kick off. Family friendly environment with inflatables (bouncy castles, etc.) for kids.

APSU Governors Stadium  
Summer Street Parking Lot

## 6 SUNDAY

**36TH ANNUAL OSC CRAFT FAIR**  
10:00 a.m. to 3:00 p.m.

Sabre Army Airfield  
Outside Gate 10 of Fort Campbell  
(931) 278-0038  
[osc.craftfair@gmail.com](mailto:osc.craftfair@gmail.com)

## 7 MONDAY

**"SLEEP" ADVANCED WORKSHOP**  
6:45 p.m. Dr. Brown will speak about how nutrition, exercise, and spinal care affect your night's rest. Call to reserve your seat.

Marathon Chiropractic  
1715 Wilma Rudolph Boulevard  
(931) 591-2010

## 10 THURSDAY

**NARFE CHAPTER 870 MEETING**  
Lunch at 11:00 a.m., meeting at 12:00 p.m.

Golden Corral Buffet & Grill  
2811 Wilma Rudolph Boulevard  
(931) 358-4855

**ALZHEIMER'S CAREGIVERS SUPPORT GROUP MEETING**  
6:30 p.m.

Clarksville-Montgomery County Public Library  
350 Pageant Lane  
Contact: Patsy Shell  
(931) 648-1884

## 11 FRIDAY

**VETERANS DAY**  
**CHRISTMAS OPEN HOUSE**  
Through Sunday, November 13.  
8:00 a.m. to 5:00 p.m. Friday and Saturday, 12:00 p.m. to 4:00 p.m. Sunday.

Helen's Flowers  
237 South Ewing Street  
Guthrie, Kentucky  
(270) 483-1406  
[www.helensflowersky.com](http://www.helensflowersky.com)

## 12 SATURDAY

**CHARIOTS OF FIRE CAR SHOW**  
10:00 a.m. to 2:00 p.m. Classic and late model muscle, classic and late model stock, trucks, imports. Free admission; family fun; and food. Vehicle registration fee \$15 by November 1, \$20 after. Proceeds benefit Hope for the Warriors. Register vehicles online at [www.gatewaystudents.com](http://www.gatewaystudents.com).

Gateway Christian Church  
781 Windermere Drive

## 14 MONDAY

**THANKSGIVING PATIENT APPRECIATION DAY**  
All day. Come in and receive a \$20 Posture Analyzes and Consultation with Dr. Brown. While here, pick up some snacks, refreshments, and encouragement. Everyone is welcome to this all day event!

Marathon Chiropractic  
1715 Wilma Rudolph Boulevard  
(931) 591-2010

## 15 TUESDAY

**CLARKSVILLE SCRABBLE CROSSWORD GAME CLUB**  
5:30 p.m. to 8:00 p.m. Beginners welcome.

# The Clarksville Children's Theatre

**ANIMAL TALES**  
ON SAT. NOVEMBER 19TH AT THE MOUTH OF DUNBAR CAVE AT 11AM & 2PM  
401 Dunbar Cave Road, Clarksville, TN

**NOW PLAYING**

The production includes a 30 minute arts and craft activity and a 30 minute audience participation performance of children's plays written by local writers.

**FREE!** HOPE TO SEE YOU THERE!

Keep up with us on Facebook! [www.clarksvillechildrenstheatre.org](http://www.clarksvillechildrenstheatre.org)

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## The Roxy Regional Theatre

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

### A TALE OF TWO CITIES

*Adapted from the novel by Charles Dickens*  
 “Recalled to life!” Charles Dickens’ famous epic novel of the French Revolution comes to the stage in this thrillingly ingenious adaptation of the moving and exciting story of Sydney Carton and Charles Darnay, the English lawyer and French aristocrat caught up inextricably in the violence and bloodshed of the Revolution.

November 4, 5, 11, 12\*, 18 and 19

### A CHRISTMAS CAROL

*Adapted by John McDonald from the story by Charles Dickens*

A Roxy tradition, this rollicking holiday morsel will sweeten your taste buds and warm even the hardest of hearts. Ebenezer Scrooge meets the spirits of Christmas Past, Present and Future while finding redemption

and rediscovering the true meaning of the holiday in this Charles Dickens classic.  
 November 25 and 26  
 December 2, 3, 7, 8, 9, 10\*, 14, 15, 16 and 17\*

### Curtain Times

7:00 p.m. Wednesday and Thursday  
 8:00 p.m. Friday and Saturday  
 \* Saturday matinee at 2:00 p.m.

6:00 p.m. School of the Arts Productions

### Tickets

Musicals \$20 (adult)/\$15 (13 and under)  
 Plays \$15 (adult)/\$10 (13 and under)  
 Junior Musicals \$10  
 OtherSpace \$10  
 School Matinees are \$7.00 per student. Please call for exact dates and bookings.

Program and times are subject to change. Please call or visit our website for more information.

## CUSTOMS HOUSE MUSEUM & CULTURAL CENTER

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

### EXHIBITS:

#### *Notes in Black & White: The Photography of Anthony Scarlati*

Anthony’s iconic portraits bring the viewer into a beautiful and almost voyeuristic moment.  
 Through January 10, 2012.

#### *Painting Tennessee: Jason Saunders Landscapes*

Experience Tennessee’s landscapes “en plein air” style  
 Through January 3, 2012.

#### *Sacred Access*

The Orgain Gallery will house the photography of Anthony. Scarlati’s photographs in Sacred Access are at once intimate and larger-than-life. Anthony’s iconic portraits of famous musicians bring the viewer into a beautiful and almost voyeuristic moment. A native of Chicago, Scarlati now calls Nashville home. He is a contributing editor for Nashville Arts Magazine, and for Southern Exposure. Recent projects include working with People.com,

Jazz Times, and with BMI World Music.

Through January 10, 2012.

#### *Taking Position: A Civil War Retrospective*

A year long exhibit in honor of Clarksville’s historic connection to the Civil War. Throughout the year this exhibit will be changing to feature the many different aspects of life during the Civil War.

Currently the exhibit features ships used during the Civil War, correspondence between the homestead and the front lines, and portraits of Montgomery County.

Through December 30.

#### *A View from Space*

See the world through a satellite’s perspective in this hands-on children’s science exhibit. **A View From Space** was created and is toured by the Oregon Museum of Science and Industry of Portland, Oregon. The exhibit was made possible with funds provided by the National Aeronautics

and Space Administration (NASA).

Through January 8, 2012.

### ACTIVITIES:

#### *Art & Lunch Film: Eugene and Bernice: Pioneers of Urban Photography*

This presentation is free and open to the public. The movie will begin at 12:05 p.m.; visitors are encouraged to bring their bagged lunches to enjoy during the show. The film is approximately 52 minutes long, and is being shown in conjunction with the exhibit **Sacred Access: The Photography of Anthony Scarlati**.

Often called the father of modern photography, Frenchman Eugene Atget embraced a heartfelt realism that influenced generations of younger photographers—including an American, Berenice Abbott, who championed him in his later career and carried on his legacy. This documentary film examines the work of both artists, juxtaposing Atget’s Paris oeuvre with Abbott’s views of New York,

describing how their paths crossed amidst the Parisian avantgarde, shedding light on their unlikely connection to the surrealists, and helping viewers understand the aesthetic and personal bond they shared.

Rare archival interview footage featuring Berenice Abbott is included, along with commentary from photographers and artists working today.

November 10 at 12:05 p.m.

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. Free parking is available behind the museum.

**Chick-fil-A Madison Street**  
1626 Madison Street  
(931) 648-4468

**SPIRIT/FUNDRAISER NIGHTS**

- 1 TUESDAY 4:00 p.m. to 8:00 p.m.**  
**Sango Elementary**
- 3 THURSDAY 5:00 p.m. to 8:00 p.m.**  
**Norman Smith Elementary**
- 4 FRIDAY 4:00 p.m. to 8:00 p.m.**  
**West Creek High Cheerleaders**
- 8 TUESDAY 4:00 p.m. to 8:00 p.m.**  
**Moore Magnet**
- 15 TUESDAY 4:00 p.m. to 8:00 p.m.**  
**East Montgomery Elementary**
- 15 THURSDAY 4:00 p.m. to 8:00 p.m.**  
**Barksdale Elementary**
- 18 FRIDAY 4:00 p.m. to 8:00 p.m.**  
**Clarksville High School JROTC**

**EVENTS**

- 25 FRIDAY 6:00 p.m. to 8:00 p.m.**  
**Lydia Walker Concert**

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

**17 THURSDAY**  
**MUSIC @ MUGSY'S: LYDIA WALKER**

11:00 a.m. to 1:00 p.m. Lydia Walker, local singer/songwriter, sharing her original music for the lunch hour.

Mugsy's  
3291-B Fort Campbell Boulevard  
[www.lydiawalkermusic.com](http://www.lydiawalkermusic.com)

**FREE BREASTFEEDING CLASSES**  
1:00 p.m. 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.

Montgomery County Nutrition Education Center (WIC)  
Breastfeeding Room  
1850 Business Park Drive, Suite 103  
(931) 551-8777

**18 FRIDAY**  
**OPEN HOUSE EVENT**  
5:00 p.m. to 8:00 p.m. Come help us celebrate Luster Salon's one year anniversary. See ad on page 43.

Luster Salon  
350 Warfield Boulevard, Suite B  
(931) 542-1312  
[www.lustersalon.com](http://www.lustersalon.com)

**19 SATURDAY**  
**ANIMAL TALES**  
11:00 a.m. and 2:00 p.m. 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.

Dunbar Cave Mouth  
401 Dunbar Cave Road  
[clarksvillechildrenstheatre.org](http://clarksvillechildrenstheatre.org)

**SANTA'S ARRIVAL**  
2:00 p.m.

Governor's Square Mall  
Border's Court  
2801 Wilma Rudolph Boulevard

**SANTA PHOTOS**  
Through December 24. Stop by to tell Santa what you want for Christmas and have your photo taken. See the Customer Service Center for photo hours. Each child will receive a free gift.

Governor's Square Mall  
Center Court  
2801 Wilma Rudolph Boulevard

**20 SUNDAY**  
**BELLA THORNE AUTOGRAPH SESSION**

12:00 p.m. to 3:00 p.m. Come out and see CeCe from Disney's hit TV show "Shake It Up."

Governor's Square Mall  
Dick's Sporting Goods Court  
2801 Wilma Rudolph Boulevard

**22 TUESDAY**  
**"DIABETES—INJURY VS DISEASE" WEBINAR**

6:00 p.m. Learn how thousands of people are free from medication by focusing on building health through The 5 Essentials. Register online at [maximizedlivingdrbrown.com](http://maximizedlivingdrbrown.com) to get the link to view the webinar online in the comfort of your own home!

**24 THURSDAY**  
**THANKSGIVING**

**25 FRIDAY**  
**DAY AFTER THANKSGIVING**  
Mall opens at 4:00 a.m. for door-busters! Don't forget your shopping list! The first 200 shoppers at the New Food Court entrance will receive a shopping bag filled with great merchant discounts. Lucky customers can WIN a Governor's Square Mall Gift Card from \$25 to \$50!

Governor's Square Mall  
New Food Court  
2801 Wilma Rudolph Boulevard

**GIFT WRAPPING**  
10:00 a.m. to 8:00 p.m. through December 24. Donations are graciously accepted and will benefit local charities.

Governor's Square Mall  
JC Penney Court & Dick's Sporting Goods Court  
2801 Wilma Rudolph Boulevard

**29 TUESDAY**  
**DAR CHAPTER MEETING**  
1:30 p.m. refreshments with program and business meeting starting at 2:00 p.m. The program will be a World War II Panel Discussion. The Captain William Edmiston Chapter of the Daughters of the American Revolution is a nonprofit, nonpolitical service women's organization dedicated to preserving American history, securing America's future through better education, and promoting patriotism.

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

**December**

**1 THURSDAY**  
**THE HOLIDAY RELISH COOKING SHOW EXPO 2011**  
Doors open at 5:00 p.m., show starts at 7:00 p.m. Tickets on sale now for just \$10. See ad on page 30.

Valor Hall Conference and Convention Center  
105 Walter Garrett Road  
Oak Grove, Kentucky  
(270) 439-5675  
[www.visitoakgroveky.com](http://www.visitoakgroveky.com)

**2 FRIDAY**  
**FESTIVAL OF THE NATIVITY**  
4:00 p.m. to 9:00 p.m. through Sunday, December 4. Musical presentations nightly including the Nashville Saints Community Choir on Friday December 2.

Church of Jesus Christ of Latter-day Saints  
3242 Hwy 41A South

**3 SATURDAY**  
**JINGLE BELL JOG**  
8:00 a.m. Come enjoy Downtown Clarksville and its festive Christmas cheer, run a great route, and help raise money for Manna Cafe. See ad on page 27 for details.

**DOWNTOWN FOR THE HOLIDAYS**  
52nd Annual Christmas Parade, 5:00 p.m., hosted by the City of Clarksville and Montgomery County Government. See ad on page 27 for details and listing of activities.

**6 TUESDAY**  
**FREE BREASTFEEDING CLASSES**  
11:00 a.m. 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.

Montgomery County Nutrition Education Center (WIC)  
Breastfeeding Room  
1850 Business Park Drive, Suite 103  
(931) 551-8777

**CLARKSVILLE SCRABBLE CROSSWORD GAME CLUB**  
5:30 p.m. to 8:00 p.m. Beginners welcome.

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

**8 THURSDAY**  
**NARFE CHAPTER 870 MEETING**  
Lunch at 11:00 a.m., meeting at 12:00 p.m.

Golden Corral Buffet & Grill  
2811 Wilma Rudolph Boulevard  
(931) 358-4855

**9 FRIDAY**  
**AN EVENING WITH SANTA**  
6:00 p.m. to 9:00 p.m. See ad on page 30 for details.

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

**15 THURSDAY**  
**FREE BREASTFEEDING CLASSES**  
1:00 p.m. 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.

Montgomery County Nutrition Education Center (WIC)  
Breastfeeding Room  
1850 Business Park Drive, Suite 103  
(931) 551-8777

**20 TUESDAY**  
**CLARKSVILLE SCRABBLE CROSSWORD GAME CLUB**  
5:30 p.m. to 8:00 p.m. Beginners welcome.

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



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

**Monday**

9:30 a.m. Busy Bees  
10:30 a.m. Family Time

**Tuesday**

9:30 a.m. Family Time  
10:30 a.m. Just For Me

**Thursday**

9:30 a.m. Baby and Me  
Lapsit

**First Thursday of the Month**

7:00 p.m. Pajama Story  
Time

**LEGO Program for the Family**

November 12 at 2:00 p.m.

**Teen Anime**

November 5 at 2:00 p.m.

**4Paws for Reading**

November 12 at 1:00 p.m.  
Come read to our friends  
with four paws.

Our Foster Grandmother,  
"Grandma Louise" is in  
the Children's Library

most mornings Monday  
to Thursday to do simple  
crafts, give sage advice  
and most importantly, give  
hugs!

**Just for Me Story Time**

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

**Busy Bees**

This program is designed  
for children from 18

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

**Baby and Me Lapsit**

For infants up to eighteen  
months will enjoy our  
"Lapsit" program. This  
program brings parents  
and infants together in

the library and offers  
them an opportunity to  
enjoy a special sharing  
time together. Infants sit  
on their parent's lap and  
interact with them while  
enjoying songs, finger  
plays, and books designed  
with babies in mind! **NO  
OLDER CHILDREN IN THIS  
PROGRAM PLEASE!**

**Family Story Time**

Programs will feature  
stories centered around  
a specific theme that will  
cover a wide range of  
ages. Families with children of  
varied ages will find this  
program the ideal way to  
enjoy the library together.

**Pajama Story Time**

Held on the first Thursday  
of the month at 7:00 p.m.  
Come dressed ready  
for bed and join us for  
wonderful fun.

He may need your foot steps to follow...

# Volunteers Needed

Providing quality mentoring  
for Clarksville's Youth.

Big Brothers Big Sisters of Clarksville is looking  
for volunteers to be a part of our program.  
If you are interested in being a friend to a child  
and can devote at least 4-8 hours a month,  
please call our office at 931.647.1418.



*Little Moments Big Magic* **Big Brothers Big Sisters**

931.647.1418 • Peachers Mill Rd. • Clarksville, TN 37042

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

**CANINE FLYBALL CLUB**

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

**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.

**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.

**TEAM CLARKSVILLE YOUTH WRESTLING**

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

**WARRIORS SPECIAL NEEDS CHEERLEADING**

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

**YOUTH WRESTLING PROGRAM**

The Hawks wrestling club is for boys and girls ages 7 through 14 years old (Elementary -

Middle school). We are also looking for experienced volunteer wrestling coaches and coordinators. For more information, please contact wrestling coach Rafael Gonzalez at (931) 320-5042 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, babymoon 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).

### CHILD PROTECTION & DOMESTIC CRISIS SERVICES

#### AL-ANON & ALATEEN

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

#### CLARKSVILLE RAPE AND SEXUAL ABUSE CENTER

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

#### CHAP PROGRAM OF CATHOLIC CHARITIES

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

desire assistance. Please call a CHAP counselor at (931)645-9793 or visit [www.cctenn.org](http://www.cctenn.org).

### DEPARTMENT OF CHILDREN'S SERVICES

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

### LEGAL AID SOCIETY

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

### MONTGOMERY COUNTY CHILD SUPPORT SERVICE

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

### SAFEHOUSE

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

### CHILDREN'S GROUPS

#### 4-H YOUTH DEVELOPMENT

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

#### BOY SCOUTS OF AMERICA

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

#### GIRL SCOUTS OF MIDDLE TENNESSEE

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

### COMMUNITY OUTREACH

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

The 101st Airborne Division Association is a non-profit organization, which was organized by General Maxwell D. Taylor, Division Commander and first President of Association, and the other

members of the division at the end of World War II. Many of the founders of this great organization are still members today, along with many of their widows, children, grandchildren, and foreign friends who were liberated by the division during WWII, and other supporters who are assisting in carrying on the legacy of the 101st Airborne Division.

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

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

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

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

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

### **ALL NATIONS BIBLICAL STUDY CENTER**

Offers tuition-free Bible courses to the community in the major fields of biblical research. Fall Courses include Living Discipleship, Paul and His Letters: The Middle Years, New Testament (Koine) Greek I and A Journey Through John. Classes meet for 1 ½ hours weekly. Three online courses are also available. Visit [www.studythescriptures.net](http://www.studythescriptures.net) or call (931) 648-8844 for more information, class schedules, and to register.

### **APSU EXTENDED EDUCATION**

Develop a new skill, explore a new idea, learn a new language or seek a new career with one of the classes from Austin Peay State University's Center for Extended and Distance Education. Register early and receive a 10 percent discount on selected courses. Preregistration is required for each course. New online classes start every month.

Melony Jones at (931) 221-7868, [jonesma@apsu.edu](mailto:jonesma@apsu.edu) or [www.ed2go.com/apsu](http://www.ed2go.com/apsu).

### **ARMY COMMUNITY SERVICE**

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

### **ASERACARE HOSPICE**

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

### **CLARKSVILLE-FT. CAMPBELL CHRISTIAN WOMEN'S CONNECTION**

We meet regularly on third Tuesday of each month (unless there are conflicts with Thanksgiving and Christmas, when we move to second Tuesday). No membership fees are required. We meet at the Clarksville Country Club on 334 Fairway Drive. Program consists of special features, singers, and a speaker who gives her

personal testimony. Lunch is served at 11:00 a.m. The price is \$14 and the meeting concludes at 1:00 p.m. For reservations, call Heidi at (931) 648-8353.

### **CRISIS CALL LINE**

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

### **FREE CAKES FOR KIDS FORT CAMPBELL**

Serving Clarksville, Ft. Campbell, Oak Grove & Hopkinsville. We believe that every child deserves a birthday cake. Help us make the world a better place, one cake at a time! Free Cakes for Kids Fort Campbell is a volunteer run and supported organization that provides customized birthday cakes at no cost to children. We provide these cakes specifically to the children whose parents are experiencing financial difficulties and are unable to provide a birthday cake for their child. We simply ask though, if you use this service, that you are truly in need. Volunteer bakers are always welcome. No special talents or formal training needed, only a love of baking, a passion in your heart and a desire to bring a little sunshine into a child's day. If you do not bake or don't have time to bake, then you are welcome to donate store bought cakes.

To learn more about our organization or ways you can help, check us out on facebook [www.facebook.com/pages/Free-Cakes-for-Kids-Fort-Campbell/198841293467082](http://www.facebook.com/pages/Free-Cakes-for-Kids-Fort-Campbell/198841293467082). Find out more about how Free Cakes for Kids began by checking out: [www.people.com/people/archive/article/0,,20221814,00.html](http://www.people.com/people/archive/article/0,,20221814,00.html).

Christina Johnson is the Chapter Organizer for Free Cakes for Kids Fort Campbell, you can reach her at (254) 813-4732 or [freecakesforkids\\_fortcampbell@yahoo.com](mailto:freecakesforkids_fortcampbell@yahoo.com).

### **GATEWAY HOME HEALTH & HOSPICE**

700 North Riverside Drive, Suite C-9. Serving the

Clarksville area for 25 years. Offering nursing care, wound care, ostomy care, infusion therapy, home health aides, physical therapy, occupational therapy, speech therapy, hospice care, chaplain, social work, bereavement services and volunteer services. Servicing Montgomery, Cheatham, Roberston, Stewart, Dickson, Houston and Davidson counties. Call (931) 552-9551.

### **HABITAT FOR HUMANITY AND RESTORE**

Habitat a non-profit ecumenical Christian organization partners with qualified applicants to build new home construction within Montgomery County. Habitat collaborates with faith, civic, and business organizations for home sponsorships. Homeowner applications are accepted Monday through Friday at 400 Madison Street, (931) 645-4222, [www.habitatmctn.org](http://www.habitatmctn.org). The ReStore accepts and sells building, furniture and appliance donations funding Habitat's mission while providing an environmentally and socially responsible way to keep reusable materials out of the waste stream. 408 Madison Street, (931) 645-4242, [donation@clarksvillerestore.org](mailto:donation@clarksvillerestore.org).

### **HISPANIC ORGANIZATION FOR PROGRESS AND EDUCATION (H.O.P.E.)**

First Hispanic Family Center for education, resources, support and help. Our FREE Services are:

- AA support group meeting Mondays, Wednesdays and Fridays 8:00 p.m. to 9:30 p.m.
- English classes Monday through Friday, 10:00 a.m. to 12:00 p.m.; Tuesday through Thursday, 6:00 p.m. to 8:00 p.m.
- Glasses voucher program for low income families
- Enfocando autism support group
- Notary services
- Parenting classes
- Third Thursday food pantry
- 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

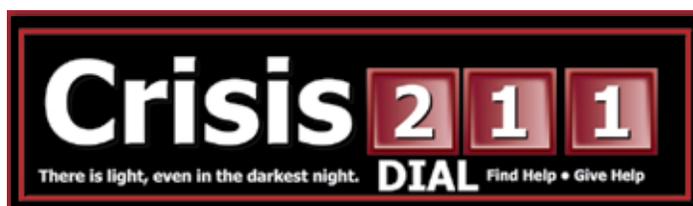
118 Union Street, (931) 647-8257.

#### 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



**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

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](http://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.

### **MOPS 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 Ashley Whorley at [fcampbellmops@gmail.com](mailto:fcampbellmops@gmail.com) or (703) 986-9705.

### **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 Carroccia, Co-Coordinator, email [hilldalebaptistmops@gmail.com](mailto:hilldalebaptistmops@gmail.com), visit [www.hilldale.org](http://www.hilldale.org) look for "MOPS" under Children's Ministry, or look for us on Facebook under Hilldale Baptist Church MOPS.

### **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.

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

### **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.

**DIABETIC SUPPORT GROUP**

Gateway Medical Center offers a free monthly diabetic support group. Different speakers are invited each month to provide timely and usable information a person with diabetes can use to make everyday decisions. The group meets on the third Tuesday of each month at 5:30 p.m. to 6:30 p.m. in Liberty

Room B at Gateway Medical Center. Call (931) 502-1692 for information.

**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 [cvohland-free@jdrf.org](mailto:cvohland-free@jdrf.org).

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

Some one you love has a mental illness. This local support group meets the 2nd Tuesday of the month at New Providence United Methodist Church, 1317 Fort Campbell Boulevard, from 6:30 p.m. to 8:30 p.m. Child care provided.

For more information call Betty at (931) 358-0900 or Bertha at (931) 216-3590.

**PARENTS HELPING PARENTS**

A bereavement support group for any person who has ever loved and lost a baby or child. You can expect compassion, support and useful information to help you through this time of grief. Held the first Monday of each month from 7:00 p.m. to 9:00 p.m. in classroom 2 off the "A" lobby at Blanchfield Army Community Hospital, Ft. Campbell. The group is open to the community. For directions or information e-mail Sharee at [InfantLossProject@yahoo.com](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 Medical Center. To have your pet screened call Kathy at (931) 553-8959.

What's going on in November at  Madison Street!

*Back by popular demand just in time for the holidays!*

Don't forget about **FREE** coffee Fridays!



HAND SPUN  
**PEPPERMINT  
CHOCOLATE CHIP**  
MILKSHAKES

*Get yours today for a limited time only...*

**Fundrai\$er Spirit Nights!**

- Tues. 11/01: Sango Elementary 4-8 pm
- Thur. 11/03: Norman Smith Elem. 5-8 pm
- Fri. 11/04: West Creek High Cheerleaders 4-8 pm
- Tues. 11/08: Moore Magnet Elementary 4-8 pm
- Tues. 11/15: East Montgomery Elem 4-8 pm
- Thur. 11/17: Barksdale Elementary 4-8 pm
- Fri. 11/18: Clarksville High JROTC 4-8 pm

 Lydia Walker will be in concert on Fri., Nov. 25 from 6pm-8pm



Child's Name \_\_\_\_\_ Age \_\_\_\_\_  
 Parent's Name \_\_\_\_\_ Phone# (\_\_\_\_) \_\_\_\_\_  
 Parent's Signature \_\_\_\_\_ Email \_\_\_\_\_  
 Mailing Address \_\_\_\_\_ Apt. # \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**What you can win:**

A Chick-fil-A Fun Pack that includes a kids meal, a cool 8-1/2" Chick-fil-A plush cow and other Chick-fil-A goodies!

 <p><b>ENTRY:</b></p> <ul style="list-style-type: none"> <li>• Contest open to children ages 12 and under.</li> <li>• One (1) entry per person per contest, please.</li> <li>• To enter, either color the picture on this page or download and print it from <a href="http://clarksvillefamily.com">clarksvillefamily.com</a>, color it in however you like, and return your entry to Clarksville Family Magazine for judging.</li> </ul>	<p><b>YOU CAN SEND YOUR ENTRY (VIA U.S. MAIL) TO:</b>          Coloring Contest          PO Box 31867          Clarksville, TN 37040</p> <ul style="list-style-type: none"> <li>• Be sure to include child's name, age, address, phone number, and e-mail address so that winners may be notified.</li> </ul> <p><b>Contest ends 11/15/11</b></p>	<p><b>JUDGING:</b></p> <ul style="list-style-type: none"> <li>• Entries will be judged every other month, and prizes will be awarded accordingly.</li> <li>• Entries will be judged on the basis of creativity.</li> <li>• Eight prizes will be awarded in three age categories: ages 3 and under, ages 4-6, 7-9 and ages 10-12.</li> <li>• <b>Prizes may ONLY be claimed at the Madison Street location.</b></li> </ul>	<p><b>WINNERS:</b></p> <ul style="list-style-type: none"> <li>• Winners will be announced in the <b>December 2011</b> issue of Clarksville Family Magazine.</li> <li>• Each winner will receive the following prize for their winning contest entry: Chick-fil-A Fun Pack as well as their name and winning artwork printed in the next issue of Clarksville Family Magazine.</li> </ul> 
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**\*\*Tip:** Magic marker works best on the slick magazine paper. Best option for using crayons is to download and print onto regular paper.

# Our natural tendency is to always want **MORE...**

MORE FOOD, MORE STUFF,  
MORE STATUS, MORE SEX,  
BIGGER HOUSE, FASTER CAR.,  
PRETTIER SPOUSE.



Unfortunately, our appetites for more are never fully satisfied. There's no denying that the urge to feed our appetites can become overwhelming, and they will eventually affect our relationships. Marriages destroyed. Lives addicted. Friendships shredded. So where do we find the strength to say no?

Join us at [oneChurch.tv](http://oneChurch.tv) during the month of November as we discover how we can tame the monster inside of us that always screams for **MORE**.



## 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