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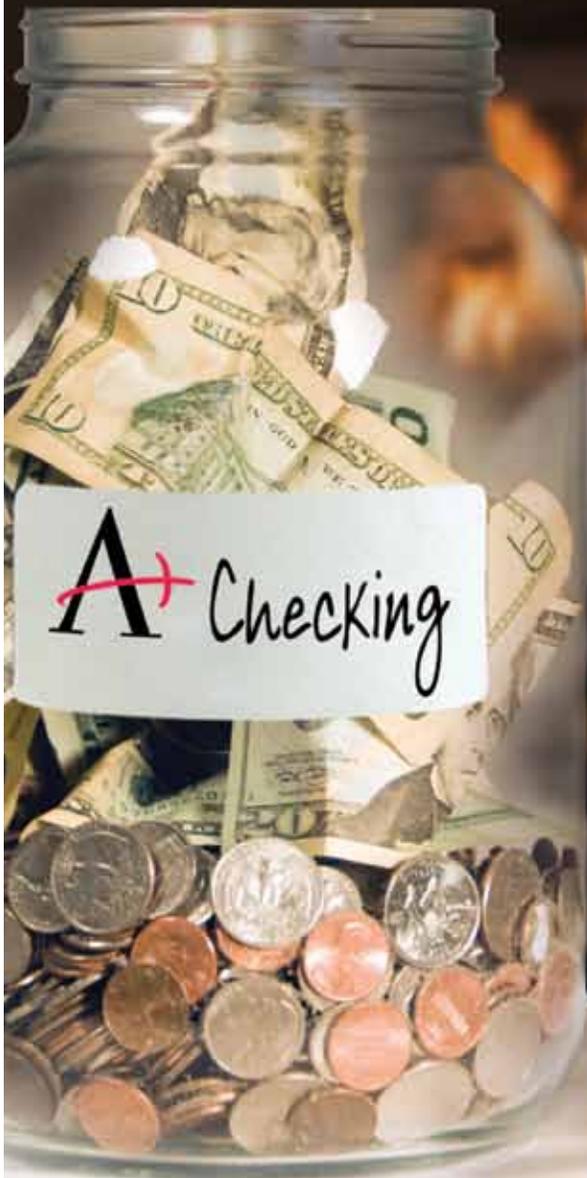


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# Publisher's Message

Another year is winding down, and like so many of you, I cannot believe how quickly it went!

As I write this the full Christmas shopping season has not quite kicked off. It's still a couple of days before "Black Friday," "Cyber Monday" and whatever other cornball term they come up with this year to describe buying stuff. When it comes to buying stuff, don't forget all of the local options right here in our community.

Taylor Lieberstein has compiled a list of local businesses that provide unique gift ideas on page 12. From salons to photographers, jewelers to music lessons, clothing, gifts and everything in between—be sure to patronize them, as they are a huge part of what makes Clarksville great.

Once the shopping is done you'll no doubt be looking for fun seasonal things to do with the kids and family. Pamela Magrans has created a list on page 34 of local ideas for just that. Of course our city's "Christmas on the Cumberland" free Christmas light display along the river is back, and better than ever. There are also plays, activities, and even ideas to volunteer your time to give back to the community. Remember the reason for the season.

There is a trio of special stories in this issue about local families. Tyson's story on page 6 is about a newborn's fight against a congenital heart defect. I'm sure most of you remember the terrible tragedy from the Bikers Who Care Toy Run—page 22 has an update about its aftermath and how we should all protect ourselves against carbon monoxide poisoning. Finally, page 44 has a story about Scott Albright's amazing battle with cystic fibrosis.

There are many other great articles this month on health, wellness, advice and even recipe ideas. Plus John McDonald of the Roxy has provided his annual Christmas essay on page 16—it's my favorite one he's done. We hope you enjoy the issue.

As 2011 winds down, let me again thank you for your continued support of *Clarksville Family*. You, our readers, as well as our employees and advertisers have made it another wonderful year. We wish you all a merry Christmas, safe and joyous holidays, and a very happy new year. See you in 2012!

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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### Special Thanks

Paul and Paula

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# TYSON: THE BEST GIFTS COME IN SMALL PACKAGES

by Pamela Magrans



This Christmas, new parents, Meg and Justin Wohlford, will celebrate their first Christmas as a family. But the house is still quiet. No newborn cries echo through the walls quite yet. The yellow and white curtains hang motionless from the nursery window, as they have since before little Tyson was born. Newborn outfits hang unworn in the closet. Toys and books rest on the white bookshelves that line the wall of Tyson's nursery. The nursery is missing only one thing—Tyson. At a season when culture seems consumed in gifts and desires, this family has but one Christmas wish—to bring their baby home.

On August 17, 2011 when Meg and Justin arrived at the hospital to have their first child, they envisioned their return home in a few days. Like most parents, they assumed that all would go as planned. They envisioned carrying newborn Tyson into his nursery, laying him restfully into his snow-white crib. They imagined rocking him in the chair, diapering him on their changing table, watching him sleep beneath the musical mobile. What they could not prepare for was learning that their newborn baby Tyson was born with a congenital heart defect. Four months later, home is somewhere else for the Wohlford family. The Vanderbilt Children's Hospital ICU is Tyson's nursery. The Ronald McDonald House in Nashville is Meg's temporary home. Justin spends his time balancing work and being with his wife and son at the Vanderbilt Children's Hospital.

Tyson is a fighter, albeit a young one—his zeal and determination evident already in his survival against the odds.

With a community of medical professionals, a supportive family, and well wishes from his hometown,

Tyson continues to forge against the odds and in doing so offers a lesson to us all. Life is always worth the fight.

### Tyson's story

Meg and Justin met as students at the University of Tennessee at Knoxville, but moved to Clarksville in 2007 due to job opportunities. Clark & Associates Architects hired Meg, and Justin began working at the Walmart Distribution Center in Hopkinsville. In 2010 they began preparing for a family, as Meg found out she was to have their first child soon. They prepared the nursery, kept a blog, recorded the pregnancy in photos and were enamored by the idea of parenthood.

The pregnancy and delivery proceeded without complications, but when Tyson was less than one day old, he began to turn blue. Doctors detected that he needed emergency care at Vanderbilt University's Children's Hospital. Within days, Tyson was diagnosed with Shone's Complex—a rare birth defect that restricts blood flow to and from the heart's left ventricle.

Tyson's first open heart surgery was on August

22, when he was only five days old. A variety of complications arose and Tyson crashed twice, needing emergency CPR revival. There were days when the doctors prepared Meg and Justin for the worst, but each time, Tyson survived. "We dealt with failing kidneys, brain bleeds, seizures, collapsed lungs and many other complications," said Meg.

"Tyson needs a series of three procedures. The Norwood, which was preformed when he was five days old, the Glenn which will be performed between 4-6 months old, and the Fontane, between 18-24 months old," said Meg. "After the Fontane procedure, the doctors are hopeful that he will never need another surgery."

### Defining parenthood

The daily sight of Tyson in ICU attached to machines and surrounded by medical professionals is normal for Meg and Justin's eyes. It is the only parenthood they know. "We have no clue how to change a diaper without drains and tubes. We don't know what the normal developmental stages of babies are. We know Tyson's weight in kilograms not pounds. We check his temperature and know a fever is 38.0 C...I don't know what a fever is in degrees...and we measure his urine output. Who does that?" said Meg. "This is our parenting and we love it."

Meg was planning on returning to her job when Tyson was 6 weeks old, but that plan is on hold. Meg is now devoted full-time to being at the hospital with Tyson. Justin still works





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\*Be sure to check out "The Fridge" on pages 56 & 57 for a chance to win TWO \$40 gift cards to Chuck E. Cheese's courtesy of James Corlew!

at the Walmart Distribution Center in Hopkinsville, but travels to Nashville to be with Meg and Tyson on his off days.

Meg has become an expert on Shone's Complex and all details heart-related. "I know more about the heart and medicine now than I ever cared to. I used to be a people pleaser but now I am Tyson's protector and advocate," said Meg.

Meg and Justin have found a way to define their role as parents, even in these difficult circumstances. When Justin plays the guitar, Tyson instantly becomes quiet and still. "Their bond is incredible and Justin is the best Dad. Tyson's eyes pop open when Justin returns after three days away," said Meg.

Recently, friend and photographer Jennie Pyfferoen went to the ICU to



photograph Tyson. Meg looms close to Tyson in the photos. In one of the photos, Tyson's small foot serves as a reminder of where life will take him. In another photo, the many machines and wires remind us that it takes many forces to make anything great happen.

**Help Tyson fight**

Meg now resides at the Ronald McDonald House in Nashville. It has

been her home since August. Hopefully, Tyson can come home soon, but until then she relies on the services of that worthy organization. "The Ronald McDonald House is a wonderful charity and we would love for people to think about supporting them," said Meg.

Some people have already sent in money to help Meg and Justin pay for their nightly costs—which is only \$15, but still adds up over time. Meg also encourages families this holiday season to consider donating blood. "Tyson has received more pints of blood than we can even count. We would love if people would go donate blood in honor of Tyson," she said.

This experience has brought to the Wolford family a serious health issue. "We will forever be involved

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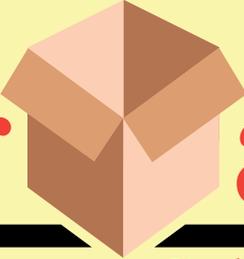
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with supporting research to help doctors learn and save more children who suffer from these illnesses.”

Due to mounting medical bills and the cost of Meg staying in Nashville a fund has been set up to accept donations. Visit [www.help Tyson fight.com](http://www.help Tyson fight.com) to learn more about how to donate to Tyson’s fight. “We have been so blessed by people so far and we are so appreciative and will spend the rest of our lives paying it forward,” said Meg.

**For the future**

Tyson still must undergo various procedures and his first few years will be dominated by surgeries, medicines and doctor visits. But for Meg and Justin it is just part of their parenthood journey. Meg and Justin look forward to bringing Tyson home to his nursery in Clarksville.



They look forward to a new normal, like going to the Swan Lake Sports Complex with their dogs, as they used to. Only next time, they will have Tyson with them in a stroller. These parents know that Tyson’s fight will not be easy. Truly—most things worth having in life do not come easy. They will not take one day for granted.

“Day to day we forget how special certain things are: family, friends, health, and love. We all need to strive to be better and respect what we have been given and to give so much of that on...to pay it forward. Make your life mean something. Tyson has taught me all these things and it’s the greatest lesson...that is what I want readers to know about him,” said Meg.

To learn more about Tyson and Shone’s Complex visit [www.help Tyson fight.com](http://www.help Tyson fight.com).

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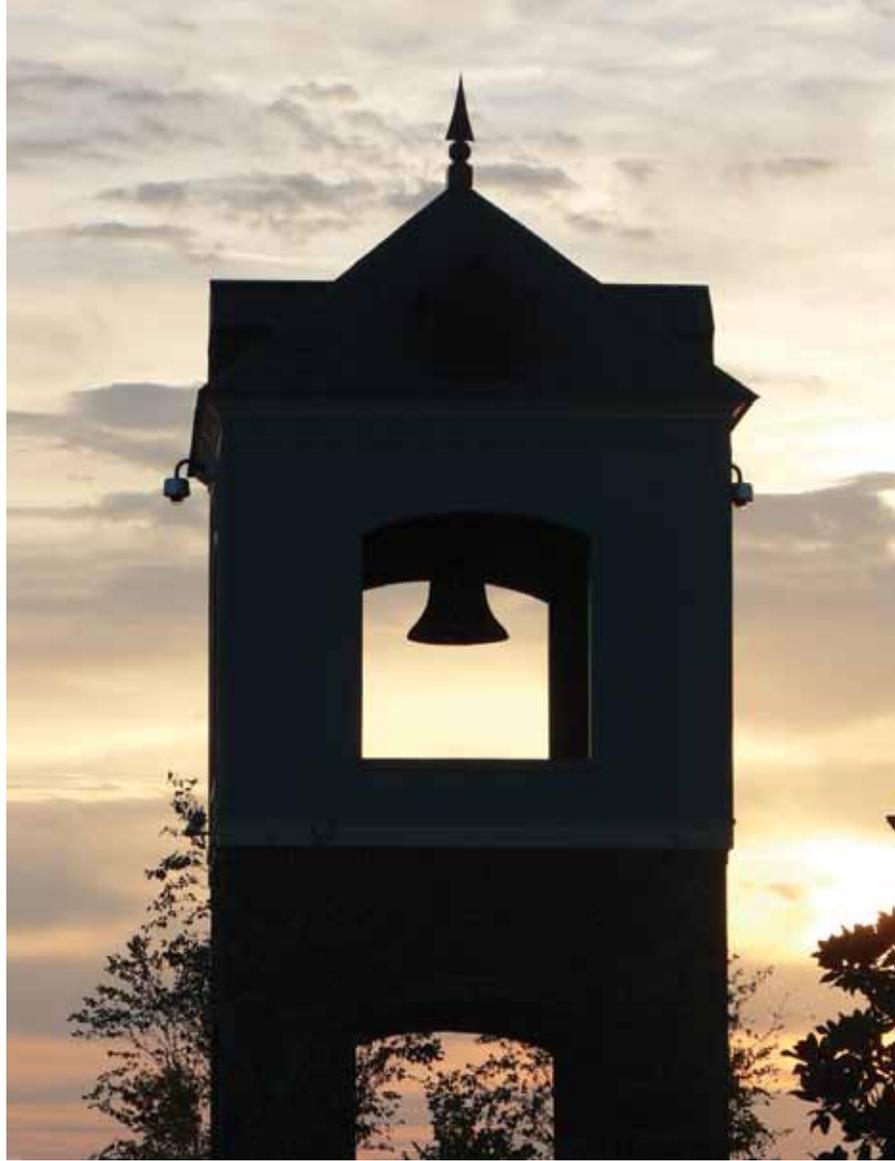


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# HAVE A MERRY & LOCAL CHRISTMAS: HOLIDAY GIFT IDEAS

by Taylor Lieberstein

*As the countdown to Christmas begins everyone is beginning to shop. If you are at a complete loss for where to start, you are in luck because we have put together some ideas. Think more original and less traditional. The last thing your grandmother needs for Christmas is another coffee mug. Local businesses in our community offer many distinctive gift options for people on your list this holiday.*



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## CHRISTMAS FLOATS, FLYING AND HOLY CARDS

by John McDonald

I remember it like it was yesterday, and what I said was, “NO!”

My sainted mother knew someone connected with the Memphis Christmas Parade, and that someone thought I was, at five, very cute...cute enough to ride on a Christmas float. I was told I would be reading a giant book. I don't think I understood what a float was, and I know I was wary of the “giant” part of the equation (not to mention that I couldn't read, no matter what size the book was).

So it was, at five, a resounding, “NO!”

I regret that “no” to this day. I'm not sure if that worked out to be the turning point in my life, but I've tried almost every day since to say “yes,” like a Kander and Ebb song. “Yes” to every opportunity of good that comes my way.

It takes me a while to get anything. It took us three lean Christmases to get the idea, at the holidays, to produce something holiday-related. We might even just sell tickets. Wow...what a concept! I remember looking out at a packed house of parents, children and grandchildren, whole families of audience members, when we first produced *Peter Pan*.

Peter flies, of course, so at the end of each performance, any wide-eyed little ones who stayed after, we would ask, “Who would like to fly?” And we did let them fly, in our ignorance, not knowing that if anything happened, we would be responsible. But we were, as I said, ignorant, though careful. All the pirates came out to spot just in case, so no accidents occurred, thank God!

Kyle Kurita was in the audience one night, but didn't proffer his hand, so we didn't call on him. Days later, I saw Roz on the street, and she

shared that her son Kyle was angry at himself for not raising his hand. I told Roz to come again and I would



fix that. She did, and I did. After the performance, I asked who would like to fly. Kyle raised his hand, and I chose him. I can still see the sheer joy and pleasure on his face. I like to think of that as putting a band-aid on the world, in a small way changing the scenario of one life and changing my own karmic “no” to a universal “yes!”

Gene Gardino was the prettiest boy in the fourth grade. I say “pretty,” for it implies long lashes, curly locks with olive and alabaster skin, which Gene had in abundance. The nuns loved him, and in our class's recreation of The Catholic Mass, he played the part of the priest. Special vestments were made for him. He was the vision of a holy card: Saint Dominic Savio personified. He was also teacher's pet, he was smart, and his family had money and went to Rome for Christmas. I hated him.

I prayed for him at Mass each morning. I had a prayer card with all the names of those children

who were brighter, more attractive, or who had nicer clothes, wealthy parents and better teeth. It was my way of forgiving them, forgiving them for making my life seem so miserable.

Of course, Gene got the lead in the class play. He could read, a skill that I had not yet mastered and would not for many years to come. Fortunately, he became ill and couldn't go on, but we all know the show must. So Sister Mary-Something asked, “Who would like to fill in for Gene?” Unlike Kyle, I had said “no” at five and

had learned my lesson. Up went my hand and, I'm sure with a great deal of trepidation, Sister chose me.

I went on with my lines pasted inside of a *Life* magazine. I said my first line, “It took me sixteen years to become a doctor, sixteen years after I started the first grade.” I got a laugh. No words have been able to express that feeling when greasepaint replaces blood as the main component that rushes through your veins. It is the sound

of approval, the sound of love, the sound of completion. A door opened for me and, with it, my mother's caveat: “Buddy, if you don't keep up your grades, you can't go to play practice.” It was the Concordat of Worms, the Bill of Rights and the Nicene Creed, all rolled into one sentence.

I saw Gene many years later as an older man, cigar in mouth and 250-plus pounds heavier. It was a divine gift, but I didn't gloat.

I just remember that fourth grader who had been, for want of another word, jealous.



Peter Pan was a turning point for the theatre. *Mack and Mable* opening was the first, so Peter Pan was the second. I was playing Captain Hook. I had seen Cyril Richard on television when it was first broadcast, and as good as my Mary Martin impression is, my Cyril Richard is better. Alice Goodrich was kind enough to have made an exquisite costume. I had fashioned a pirate hat from a



Halloween witch's hat. I flipped up the sides and rolled the point down under some feathers.

I so admired Andrea Velis, a comprimario tenor at The Met. He played the dance master in *Manon Lescaut*, Scarpia's henchman in *Tosca*, and the witch in *Hansel and Gretel*. He would come down to the edge of the stage, stick

out his tongue at the audience, and it was green. I had always wanted to write to him, along with Olivier, Jeanette MacDonald and Loretta Young. I missed all four chances, but I talk to them in my evening prayers or when I see them in film or on television.

But I never got around to it. I wanted to ask how he made his tongue green, as I was thinking about it, him and the missed opportunity as I washed glasses behind the bar. Like a silent prayer answered I looked down and saw a box of food coloring. I wondered if...and took the green and dotted my tongue. In a mirror I saw the results...wow. The other surprise came when it appeared later; what goes in must come out. It was a shock at first, and then, "Oh, food coloring. I'm not dying of a green disease."

I have taken some kind of a role in every Christmas show since *Barnum*. I was Stacy Turner Olson's handsome leading man to her Julie in *Showboat*. I was then old enough to have been her father. Being a part of someone's, especially a child's, first experience of live theatre is the greatest gift one could receive. When I am fortunate to have my Leslie Greene in the cast, we are often seen browsing and shopping at the Dollar General, and little ones look up at us as if we are '30s movie stars. They know us from the *Carol* or from *Grimm Tales* or some other Christmas offering. I play Scrooge, but I've not become one. I cherish the admiration.

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By my high school years, I had risen in the ranks to be a star in parochial school plays. I had been given the role of an old pirate in an even older operetta. Sacred Heart School for Girls would present these all-school extravaganzas at the biggest venue in Memphis, Ellis Auditorium. The freshman girls would sing the overture before the curtain. The sophomore girls were

the chorus. Junior girls played boys, and the seniors were the female chorus or leads. Boys filled in from the other all-boy schools. I had come up through the ranks to be like Lionel Barrymore or Lon Chaney, a young character man with a great makeup kit.

The costumes were rented. I had two costumes: pre-pirate and post-pirate. At the matinee I had been

given the kind of accolade that flushes the head and inflates the ego. The school had rented the hall for all day that Sunday, so we gave an evening performance as well.

Before the second show, I got on my knees and prayed, thanking God for the approval I had been given at the matinee and praying I would be as good at the evening show. When I walked onstage, I received applause. It could have been the audience letting go after having waited through freshman overtures and sophomore antics, or that the play began when I came on, or everyone had heard how good I had been at the matinee. I never had a prayer come to fruition so quickly—applause just on an entrance.

I was not humbled until I came home, bag and baggage, with all the trappings from the day's performance, hands full and struggling into the house with my father sitting at the corner of the sofa lit by a single lamp, reading the newspaper. I waited...he looked up...I, after what seemed like an eternal pause, asked, "What did you think?" He said, "That redheaded girl was really good." That redheaded girl!

I never got my father's approval. Coming out of the Depression as he had done, by providing me with shelter and clothing and three squares a day, he gave more than he had received growing up. So I guess it was fitting that I would go wanting.

Now, as I face the ultimate—retirement—I make a conscious effort to give, as best I can, approval to every child who crosses my path. And, like my own father, I too sometimes fail at that.

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 11 2pm Hurry Santa				 15 Gnome for the Holidays	 16 Sassy Stockings	 17 Teal Sky
 18 2pm Starry Night Christmas	<p><b>Most adult classes are \$35*</b>                      Kids classes are \$25                      *unless otherwise noted</p>			 22 Merry & Bright	 23 Midnight Lavender Moon	 24 Silent Night
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## HEALTHY HOLIDAY COOKIES by Gateway Medical Center

The holidays are a time to spread good cheer. What better way is there to do that than through delicious food? Still, indulging in holiday treats doesn't mean you have to throw your healthy diet out the window. Make your favorite holiday cookies with less fat, cholesterol and sodium with these great recipes for Meringue and Almond Snow Cookies. Visit [TodaysGateway.com](http://TodaysGateway.com) and click on the Health eRecipes icon for more healthy holiday favorites including Peanut Butter Blossoms, Gingerbread Cookies, Oatmeal Cookies, and Chocolate Chip Cookies.

### Meringue Cookies

*Yield: 24 Cookies*

#### Ingredients

- 4 egg whites
- 1/2 cup powdered sugar



- 1/2 cup granulated sugar

#### Preparation

- Preheat oven to 200°.
- With a hand mixer, beat egg whites until frothy. Mix in sugars until stiff peaks start to form. Do not over mix.
- Tint with food coloring if desired, or add nuts or dark chocolate chips and fold in gently.
- Transfer dough to a pastry bag fitted with a fluted tip and pipe meringues two inches apart onto a baking sheet (or use two spoons to drop mounds of meringue onto baking sheet). Bake in oven for two hours. Turn off oven, but do not remove cookies. Leave in oven for at least two hours, or overnight (do not open oven door).
- Store in an airtight container.

### Almond Snow Cookies

*Yield: 24 Cookies*

#### Ingredients

- 3/4 cup (1-1/2 sticks) trans fat free margarine, softened
- 3/4 cup (1-1/2 sticks) reduced calorie trans fat free margarine, softened
- 2/3 cup granulated sugar
- 2 Tbsp brown sugar
- 3 tsp Splenda®
- 2 eggs
- 3 tsp almond extract
- 1 cup blanched almonds, finely ground
- 2 cups all purpose flour
- 1 cup whole wheat flour
- 1/4 cup confectioner's sugar

#### Preparation

- In a bowl, cream the margarines with a hand mixer. Mix in the



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sugars, Splenda®, eggs and almond extract. With a spoon, stir in the almonds and flours.

- Refrigerate overnight. When ready to bake, bring to room temperature.
- Preheat oven to 375°. In a shallow bowl, place confectioner's sugar. Roll dough into one-inch balls and roll balls in sugar to coat evenly. Arrange balls on a baking sheet,

two inches apart. Bake for 12 to 15 minutes, or until firm to the touch. Cool on a wire rack.

- **Presentation tip:** Press a sliver of almond into top of dough ball before baking to create a professional look.

*Nutrition facts can be found at [TodaysGateway.com](http://TodaysGateway.com) by clicking on the Health eRecipes icon.*

Interested in healthy cooking ideas?

Gateway Medical Center's website includes a collection of easy to make recipes and cooking videos.

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\*According to the Society of Chest Pain Centers, [www.sccpc.org](http://www.sccpc.org).

## BIKERS WHO CARE AND WHAT WE CAN DO TO HELP OTHERS AND OURSELVES

by Pamela Magrans

It is colorless, odorless, and tasteless, but a real and deadly threat. It is a naturally occurring gas but fatal to humans if it enters our lungs in concentrated amounts. Carbon monoxide poisoning is the most common form of poisoning throughout the world and it takes the lives of at least 500 Americans annually. It is so fatal because it is undetectable by sight, taste or smell. Our Clarksville community was riveted by this truth recently, and our community's only solace is found in two forms: 1. Helping the children who lost a parent in the recent Bikers Who Care (BWC) tragedy and 2. Educating ourselves about carbon monoxide poisoning to prevent future loss of life.

### Who are the BWC?

Bikers Who Care (BWC) is an organization of motorcycle enthusiasts committed to helping children in need. Their past charities have benefited organizations such as Camp Rainbow, Buddy Ball, Special Olympics, the Montgomery County Child Advocacy Center, The Vanderbilt Children's Hospital, and the American Cancer Society.

For years, the BWC has piloted local charity events and supported many community endeavors in a selfless effort to help children. Local events like the Toy Run and the Haunted House are fundraising venues to help them finance their philanthropic work. But this past September, they found themselves on the other side of tragedy, as they mourned the loss of five of their own.

The Toy Run is the BWC's main event held annually as a way to collect donations for upcoming holiday venues. The culmination is when motorcyclists take a group ride from the Clarksville Speedway to Governor's Square Mall to deliver donated toys to the Clarksville Fire Department for them to dispense locally. Motorcyclists gather and spend the night in tents and campers at the Speedway.

While attending the 30th annual Toy Run at the Clarksville Speedway, five Clarksville residents lost their lives due to accidental carbon monoxide poisoning. Those killed were Timothy Bryan Stone, James Franklin Wall, Jonathan Michael Over, Kathryn Elizabeth Over, and Allison Elizabeth Bagwell-Wyatt. The five adults were sleeping in a recreational vehicle.



**BWC members holding up five fingers for the "BWC 5." Appleton Harley-Davidson, Clarksville, October 8, 2011**

Unknowingly to all, the generator located outside the camper was leaking carbon monoxide into the recreational vehicle where the five were sleeping. There were no open windows or doors that allowed for ventilation. The fatal accident left 13 children without a parent, countless others without cherished friends, and a community mourning the loss.

After the loss of five of their own, the BWC's thoughts turned inward as they began thinking about how they could support the 13 children who lost a parent that night. The BWC quickly began setting up trust funds for each of the 13 children. The trust funds are a way to give the children some financial peace as they face life without a parent.

The BWC usually focuses on helping children in need, but this time they were helping children from within their organization and mourning for the loss of their friends. The Clarksville community mourned too. Those lost were members of our community, friends, fellow church members,

co-workers. The entire community was shaken by the loss. Quickly the community rallied around BWC and businesses around town began independent fundraising events. Businesses and individuals began donating money. RiverView Mounds Century Farms hosted their own fundraiser to help donate to the trust funds. Other businesses helped too.

Silent auctions, yard sales, and personal donations were other ways that locals showed their sympathies for the fallen five.

As the Clarksville community and the families continue to mourn the loss, the BWC continues fundraising and plans to incorporate carbon monoxide poisoning awareness programs into the future goals for their organization.

The Clarksville community's outpouring of financial support emulates the very reason the five were at the Toy Run—to help others. In an effort to show gratitude to their families, and in memory of their legacies, anyone interested in making a donation may go to any Clarksville or Hopkinsville Planters Bank to make a donation. Donations may be made to a specific child or family, or to the trust fund as a whole. Donations can also be accepted by visiting the Bikers Who Care website at [www.bikerswhocare.org](http://www.bikerswhocare.org).

### The secret danger—carbon monoxide

According to the Center for Disease Control, accidental carbon monoxide exposure accounts for approximately 15,000 emergency department visits and 500 unintentional deaths in the United States annually. Symptoms of carbon monoxide exposure are headache, dizziness, fatigue, vomiting or confusion. The symptoms can often be confused for a variety of other illnesses, so is often dismissed. The only way to detect carbon monoxide is through a carbon monoxide detector.

Carbon monoxide detectors are available for purchase at most hardware stores.

Carbon Monoxide is the leading cause of fatal poisoning throughout the world. Some sources of this dangerous gas include unvented kerosene and gas space heaters, leaking chimneys and furnaces, gas water heaters, wood stoves, and fireplaces. Automobile exhaust, gas stoves, generators and many other gasoline-powered equipment also emit carbon monoxide.

Safe Kids USA website offers helpful tips for safeguarding against carbon monoxide exposure. The following suggestions are taken from the Safe Kids USA website. More information can be obtained by visiting their website at [www.safekids.org/our-work/research/fact-sheets/carbon-monoxide-fact-sheet.html](http://www.safekids.org/our-work/research/fact-sheets/carbon-monoxide-fact-sheet.html)



**Picking out pumpkins.  
RiverView Mounds Century Farm, Clarksville, October 22, 2011**

#### Prevention Strategies

- Install a carbon monoxide alarm in every level of your home outside every sleeping area.
- Test alarms monthly and replace them every five years. Test and replace batteries frequently.
- Make sure alarms can be heard when you test them and practice an escape plan with your entire family.
- Have all gas, oil or coal burning appliances inspected by a technician every year to ensure they are working correctly and are properly ventilated.
- Never use a grill, generator or camping stove inside your home, garage or near a window.
- Never leave a car, SUV, or motorcycle engine running inside a garage, even if the garage door is open. Never idle a car in a closed garage or basement.
- Carbon monoxide can accumulate anywhere in or around your home, recreational vehicle, or boat. **Install a carbon monoxide alarm in all of those places.**

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Currently, many states require the use of carbon monoxide detectors in homes. Tennessee does not currently require it by law; however, it is highly recommended that every home and recreational vehicle, boat or camper have a working carbon monoxide detector. Batteries should be changed regularly and the detector should be tested, just as you would test your fire alarms.

If your carbon monoxide alarm goes off, immediately move outside to fresh air. Call the local fire department or 911. Do not enter the home until the Fire Department tells you that it is safe to reenter your home. If you experience any symptoms of carbon monoxide exposure, seek medical attention.



**Poker run line up.**  
**Bumpus Harley Davidson, Murfreesboro, October 16, 2011**

We arm our homes against fire by installing fire alarms. We arm our homes against burglars by installing security systems. But carbon monoxide is a deadly intruder that we cannot see or hear and we must be aware of it as well. With the onset of winter, more people use heating appliances to keep

warm; therefore, the threat of carbon monoxide poisoning can increase. Hopefully, with awareness, fewer lives will be lost to this secret threat. By using a carbon monoxide detector in your home, you can arm yourself against this silent intruder.

To learn more about how to prevent carbon monoxide poisoning, visit the following websites:

[www.cdc.gov/mmwr/preview/mmwrhtml/mm5650a1.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5650a1.htm)

[carbon-monoxide-poisoning.com](http://carbon-monoxide-poisoning.com)

To donate to the BWC fallen five trust funds for the children, visit their website at [www.bikerswhocare.org](http://www.bikerswhocare.org) or visit a local Planters Bank.

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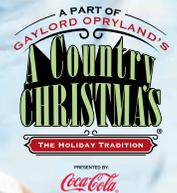
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**THE RE-DO**  
by Kim Edmondson

Merry Christmas to all of you! Perhaps you are taking the time to enjoy a little reading by a warm fire all snuggled up with the lights of the tree softly glowing in the background, or maybe you are fitting in a few moments of reading while you sit at a restaurant or in a doctor's office waiting room.

Whatever the case may be, and for whatever amount of time you have to read, I personally want to wish you a wonderful Holiday Season.

With the hectic "hurry up and go" pace in which the majority of us exist, this is the season of year when taking the time

to be thoughtful of others and expressing our love to them is a beautiful gift. Even with holiday parties, school plays, concerts and church events, there is still a sense of the importance of spending time with those who are closest to us, and sharing and celebrating the goodness of just being together. The time we spend is intentional and focused. It has meaning and is filled with the purpose of stopping and recognizing the gifts and blessings we have been given.

I started to think about this article back in October, when I was given a very special gift. (I will come back to that in just a moment...)

As some of you may remember, last year we wrote about a family trip we were taking. By family I mean *all* of the family, eleven of us to be exact. My very thoughtful and generous in-laws took my husband Chris and me and our three boys, along with Chris' sister and her husband and their two girls on a cruise to the Bahamas. The trip was to be a fun, family get away. However, there was a bit of a snafu. Thirty minutes after we set sail on the beautiful ship that was to be our home for the week, I broke my toe. I spent the entire cruise with my tennis shoe on and using crutches or riding in a wheel chair depending on where we were. I was definitely a "sixth toe" (pun intended!) and not very much fun to have around as I tried to tag along. All during our time away I just kept thinking about all of the activities that I was missing out.

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I could not swim or play on the beach with my boys. I could not dance with my husband or even enjoy a little shopping in the Bahamas. I just hobbled around watching my family and wishing to be able to do what I wanted to do.

Now, back to the gift. My husband gave it to me. He intentionally gave it to me, well really to us, as a time to slow down, reconnect and enjoy being together, (much as we do during the holidays). But even more than that, he gave it to me so that I could enjoy what I had missed out on the year before. He gave me a cruise, to the Bahamas, during the exact same week, on the exact same ship that we had been on the year before. My most amazing husband, gave me a "re-do."

Now, before we go any further I want to remind you of a time in the Bible when there was a group of people who were a lot like me on our first cruise. A group of wishers. A group of people who had the potential to enjoy all God had in store for them, but instead spent their time wishing for the things they thought they wanted instead. Woven throughout the Old Testament of the Bible is the story of God's chosen people, the Israelites. God had chosen this nation of people to receive his favor and blessing. All that was required of them was that they listen to Him and do the things He asked of them.



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Sounds pretty simple, right? Wrong. The Israelites struggled, generation after generation, to follow the Lord's commands. Their lives did not honor God even after He provided many opportunities for them to return and follow Him. As a result, they found themselves in bondage to other nations and living under

some of the cruelest kings who ever ruled. They were mistreated, abused and scorned, all because they thought they could do things better on their own rather than following the God who loved them and chose them.

Finally after thousands of years of waiting for His people to listen and follow, God went silent—400 years worth of silence. The Israelites were sure they had been forgotten. Thankfully that was not the case, and after 400 years of quiet, a baby's cry broke through the silence and opened the door for all people to come to know God. That baby was Jesus and He is our "re-do."

Perhaps you are like me, and you have an area of your life that just hasn't turned out the way you had hoped. You find yourself hobbling through it and trying to make the best of it, but what you really need is a "re-do." You need or want the opportunity to make things the way they should be. Well the good news is Jesus is amazing at giving "re-do's." For all of the things we think are over or ruined or can never be fixed, He breaks through and says "If you will just trust me and let me help you with that, I can make it better, I can fix it. I can "re-do" it for you." Perhaps your "re-do" is that you need to forgive someone. Maybe you need to admit you were wrong or tell someone you are sorry. Or it could be that you are living with sorrow over choices that you made years ago, yet you still cannot seem to escape from all of that baggage. You are hurt. You are tired. You are lonely. You need a "re-do." No matter what the case may be, Jesus wants to help you. Just as He was born to be the "re-do" for all of the things that had gone wrong for God's people, the Israelites, He is still able to be

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the same for you today. All you have to do is ask Him. He longs to fill the broken and hurting places in your life. He longs to be the healer of the places you are just wishing could be better.

It is with great joy that I can share that the "re-do" cruise that Chris and I went on this past October was...perfect. I swam, I played, I danced and I shopped. I got to do all of the things I did not get to do the first time around.

Through it all I was reminded that the Lord knew. Even though it might seem crazy to think that the Lord would care about such a thing as me getting a second chance at a cruise, that's just how He is. He longs to give good things to those He loves. And I know without a doubt that HE loves you so much. With that on my mind, I am praying for you and your "re-do." Merry Christ-mas.



Kim Edmondson is a Pastor's Wife, Mom to three boys, and a Voice and Piano Teacher at Mary's Music Store.

She is loved beyond understanding by the Lord and is thankful for every "Re-Do" that He brings her way.

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# CUMBERLAND ARTS CENTRE CHRISTMAS SHOW

by Taylor Lieberstein

If you're like me you may need a little Christmas spirit motivation. I love the holiday and what it stands for; December just tends to overwhelm sometimes. I have just taken off my Halloween costume and I am still full from Thanksgiving dinner and here comes Christmas. Cumberland Arts Centre (CAC) has put together a Christmas production to send you into the holiday season with a little comedic ease this year. The cast at CAC will be performing *Dashing Through the Snow* this month at the dinner theatre.

*Dashing Through the Snow* runs December 9th, 10th, 16th and 17th. Tickets are \$30 plus tax. Tickets to the show include dinner and the admission to the Christmas comedy show. The show is family friendly so the kids can enjoy the holiday humor with you.

The play is essentially four different scenes played out on the days leading up to Christmas at

the Christmas-themed bed and breakfast, the Snowflake Inn. Each scene involves a different cast of characters and what they are going through right before Christmas. It has a little Santa Claus, a little Charles Dickens' Christmas Carol and a Christmas wedding.

*It is four days prior to Christmas in the tiny town of Tinsel, Texas, and a colorful parade of eccentric guests arrive at the Snowflake Inn and deck the halls with holiday hilarity. Trina, the harried yet upbeat innkeeper of this B&B, has more than she can handle coping with these nuttier-than-a-fruitcake lodgers. Hoyt and his sister, Donna Jo, make the mistake of trying to end a thirty-year feud between their curmudgeonly aunts, Ennis and Della, with sidesplitting results. Ainsley and Lenora, self-involved actors from a lower-than-low-budget touring production of*

*A Christmas Carol, descend on the Inn to fulfill a promise, leaving comedic chaos in their wake. Add to this Yuletide mayhem an ill-advised romantic rendezvous between Mrs. Claus and one of Santa's elves, a demanding guest who refuses to leave, not to mention a tipsy housekeeper, and it's clear it will take more than a kiss under the mistletoe to keep Trina's spirits merry and bright. But a spur-of-the-*

*moment Christmas Eve wedding that brings together the fabulous Futrelle sisters—Honey Raye, Twink, Frankie and Rhonda Lynn—and their best friend, Raynerd, takes a surprising and delightful turn that leads to a laugh-'til-your-sides-ache climax, changing all their lives forever. You'll swear this family-friendly Jones/Hope/Wooten Christmas comedy is more fun than a joyride in a one-horse open sleigh.*

The play is directed by Art Conn and produced by George Terrell of the CAC. Conn has been directing Christmas plays there for quite a few years now. This is only one of a series of plays written by authors Jessie Jones, Nicholas Hope and Jamie Wooten. This is the third one in the series that Conn has done by them. Conn also directed the first of this series, *Christmas Belles*, which showed at CAC last December.

"*Dashing Through the Snow* is a funny, almost slapstick play that will get you into the holiday spirit whether you want to be or not," said Conn.

Jan Dial, one of the talented actresses in *Dashing Through the Snow*, was recently honored by the Army. Dial was given the award for "Outstanding Performance by an Actress in a Leading Role" during the Festival of the Arts competition held at Fort Campbell. Dial won the honor with her leading role in *The Odd Couple* directed by Conn at the Fort Campbell Community Theatre earlier this year.

Many of the area's best actors and actresses are going to be on stage for this production. The Christmas production sells out quickly every year and with this caliber of talent it is guaranteed to sell out even sooner this year. Call The Cumberland Arts Centre at (931) 552-1106 for reservations or stop by the theatre located at 710 Main Street.

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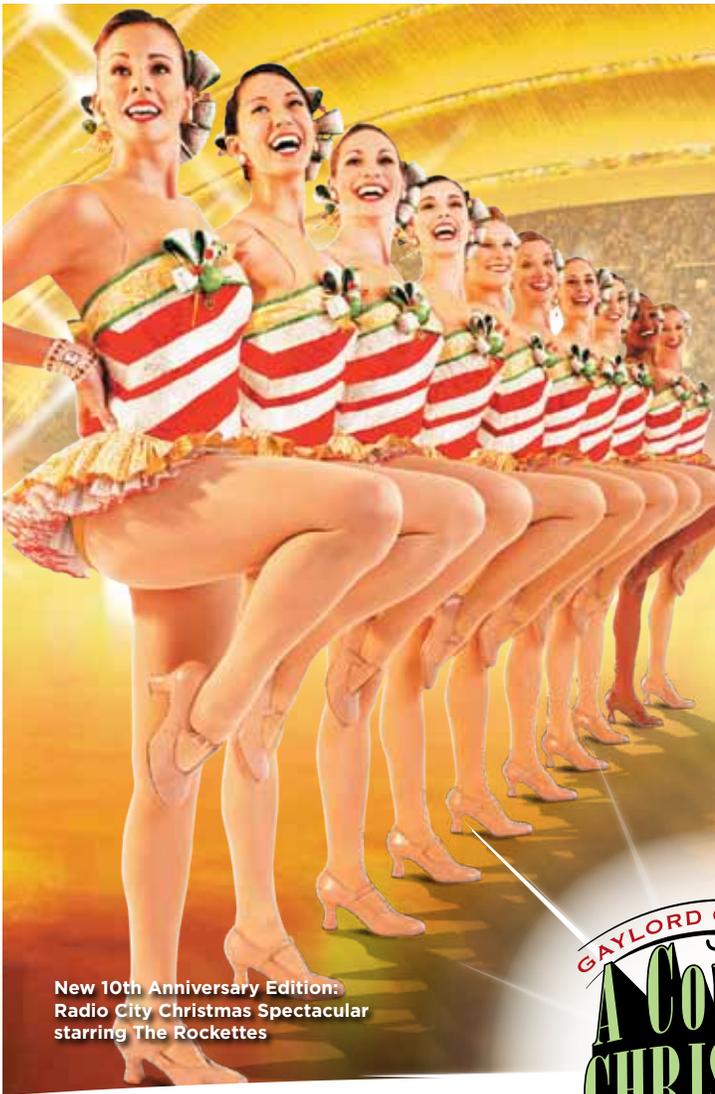
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# BODY RECONTOURING

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

Many of the people who come to see us can benefit from a more “global” approach to their body shape. Although many of our patients have only one or two



Before

After

areas of concern, such as breast size/shape, loose tummy or facial skin, some have a number of areas that are out of balance. Since the ideal result restores symmetry and harmony between the various parts of the body, it pays to look at the whole person and not just a single area. Let's look at a couple of common scenarios.

R.J. is a 27-year old mother of three young children. She is 5 foot 5 inches tall and now weighs 150 lbs after many months in the gym and a good diet. During her last pregnancy her maximum weight was 210 lbs right before her delivery. She now comes in for a tummy tuck because “I have so much loose skin, it just hangs over my jeans.” During her exam and

consult it is apparent that this is true, but she also has a double roll beneath her bra, too much hip width and breasts that have deflated and dropped after breast feeding her kids.

Her optimal solution would be to not only perform a good tummy tuck, but to liposuction her hips, flank and back. This can be done simultaneously during a lipoabdominoplasty and will restore her proportions circumferentially around her torso. The visual impact of doing the entire process as opposed to just tightening her abdomen is tremendous. It helps to think in 3D. Her breasts will need a lift and implant to restore volume and to reestablish harmony with her new torso. We usually schedule these two procedures on separate days within a week or two



Before

After

of each other, unless the person needs a relatively small tummy tuck and limited liposuction. This limits the length of each procedure

for increased safety, but allows the person to schedule one (slightly longer) uninterrupted recovery period rather than making it two separate recoveries.

M.R. is a 36-year old who says, “I want my breasts to match my butt.” She is a fairly large busted woman and is satisfied with that part

of her body, but has relatively flat buttocks. In general, if we draw an imaginary line from the shoulder to the ankle as we look from the side of the person, the bust and buttock contours and volumes should match up. The answer here might be to liposuction from areas with a relative excess of fat (hips, belly, back) and transfer the fat to the buttocks. This is the famous Brazilian Butt Lift. The relative proportions of each area can be modified to fit the person's tastes. This is a single day, outpatient procedure.

K.M. is a 37-year old sergeant who has a problem with a “spare tire I can't get rid of” and more breast mass than he is comfortable with. Lack of exercise and discipline are not his problem, but short of a starvation type diet this problem is not going anywhere. He is a fit and trim soldier otherwise. On physical exam, his problem is confirmed; he is definitely out of proportion. I also pointed out that he has a fair amount of fat beneath his chin, which makes for a sub-optimal profile. This was not something that he was aware of. It is interesting to note that his fat distribution problem follows a typical male pattern. All of these areas are highly amenable to liposuction and can be corrected in one or two sessions at his discretion. Wearing his post-operative liposuction garments for about six weeks after the procedure will help to re-contour his skin as it shrinks back down.

C.J. is a 53-year old woman who



Before

After

has noticed that her face and jawline have “drooped.” She says that her friends tell her that she looks tired all the time, when in fact she is an



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energetic and vigorous person. She points out her loose and sagging neck skin as her problem, but it would be a mistake to focus on only this area. She in fact needs to bring her face, eyes and neck into harmony. We recommended a facelift, necklift, fat transfer to her deep facial lines and volume loss, an eyelid tuck, a skin peel and a long term skin care program for a balanced rejuvenation of her face. This was accomplished in one session and she was out and about again in ten days. She resumed her usual full, rigorous exercise routine two weeks later. She uses her skin products on a daily basis. Now she "looks like she feels."

All of these people have a balance and proportion issue that will require a regional, rather than just a local approach to achieve an optimal

result. Sometimes the patient is aware of this and at other times they are not at all. If it makes sense to them after it is pointed out tactfully, it should be discussed. The ability to see the "big picture" can make all the difference. This process of re-contouring a region of the body can produce powerful results.

For more information on these and other cosmetic procedures visit our website, [www.AdvancedCosmeticKY.com](http://www.AdvancedCosmeticKY.com) or to schedule an individualized consultation with Dr. Kaye call our office toll-free at (866) 234-0470. You can also submit a question about this or other cosmetic procedures to: [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.



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## “WAYS TO MAKE THE SEASON BRIGHT” LOCAL IDEAS TO CELEBRATE THE SEASON

by Pamela Magrans

“Chestnuts roasting on an open fire, Jack Frost nipping at your nose, yuletide carols being sung by a choir and folks dressed up like Eskimos.” Does that ring a bell? The words of the classic Christmas song remind us of the blistering winter cold paralleled with the warmth of the Christmas message. The song invokes tradition and togetherness. With school out for two entire weeks and “Jack Frost” nipping at your nose, “togetherness” may not always be so cozy, especially if there are multiple energy-driven children in the house. However, there are a variety of local family friendly ways to celebrate the holiday with community, family and friends. Dress like Eskimos, get out of the house and join as Clarksville celebrates the holidays.

### Christmas on the Cumberland

The City of Clarksville Parks and Recreation Department annually sponsors Christmas on the Cumberland at the McGregor Park Riverwalk on Riverside Drive. This event features lighted decorations alongside the Riverwalk and will be open through January 1. Sunday through Thursday hours are 5:00 p.m. to 10:00 p.m. Friday and Saturday hours are 5:00 p.m. to 11:00

p.m. Bring the kids to enjoy family friendly activities such as crafts and dance performances. Cookie decorating will occur on December 10 and ornament making occurs on December 16. All activities are free to the public. Santa even makes an appearance from time to time! So pack up the family on a cold December night, just don't forget the scarves and gloves! Stroll down the lovely Riverwalk and enjoy the lighted decorations. For more information call (931) 645-7476.



### City of Clarksville Christmas Parade

The annual Christmas parade will be on December 3 at 5:00 p.m. The parade begins on 8th street downtown and follows College Street to University Avenue to Franklin

and past Public Square. It circles around the Court House then back down Franklin before turning back on 8th Avenue and returning to the APSU campus. The festivities of “Downtown for the Holidays” include family activities at 4:00 p.m. and a Christmas cookie bake-off at 5:00 p.m.

### Clarksville-Montgomery County Public Library

Our local library will host several family holiday-themed events in December. On December 2 well-known magician, Scott Humston, will perform a holiday magic show. The performance will occur at 6:30 p.m. just after the library closes for normal business. The show will occur in the main lobby near the staircases.

On December 9 at 4:30 p.m. the Sugar Plum Fairy will be telling the story of the Nutcracker to willing listeners. She will also be taking photos with young children that day.

Due to recent deployments, it has been several years since the 101st Airborne Screaming Eagles Band has performed at the library. But this year the library is pleased to host them on Wednesday, December 14 at 6:00 p.m. Bring the family and sit under the skylight near the staircases in the library lobby. Enjoy the majestic sounds of holiday and patriotic music from this talented and decorated band.

On Wednesday, December 21 the library will offer a Christmas story and craft time at 10:00 a.m. and on Thursday, December 22 at 2:00 p.m. a Christmas story and cookie decoration will occur for any child and family who wants to attend.

The library is not just about books, it is also about exposing our children to a variety of ways to learn—through art, music, imagination, dance and reading. So if you have a free day in December and the kids need an outlet, take them to the library and enjoy one of the many holiday-themed activities planned. Call (931) 648-8826 for more details.

### Roxy Regional Theater

If your family enjoys live entertainment and theater—visit our very own local historical theater. Take the family to see the

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Roxy Regional Theater's presentation of Charles Dickens' classic *A Christmas Carol*. Join Scrooge and the ghosts of Christmas as they take us on a journey through time to learn the true essence of Christmas. Shows run from December 2-17. Call (931) 645-7699 for details or visit their website at [www.roxyregionaltheatre.org](http://www.roxyregionaltheatre.org) to purchase tickets.

**Customs House Museum and Cultural Center**

When the cold keeps us indoors, don't forget about the Customs House located downtown on 2nd Street. The Customs House offers various exhibits in December that adults and older children can enjoy. Exhibits include Civil



War paintings by Richard LeFevre, Tennessee landscape paintings by Jason Saunders, and photography by Anthony Scarlati. Take the kids through a view of space by visiting the hands on children's science exhibit available through January 8.

Don't forget a classic always found at the Customs House—the model trains. The "Snowflake Special" trains will be running every Sunday from 1:00 p.m. to 4:00 p.m. through February, except on Christmas and New Year's Day. On December 18 there will be a holiday craft special for visitors who come to watch the trains that day.

The Customs House is offering a "Let's Find Christmas Trees" program for children ages 3-5 and their parents. Participants are invited to explore the museum from a child's perspective as they look for all of the Christmas trees, read a story and make a craft. The "Let's Find Christmas Trees" program will occur on December 15 and 16 from 10:30 a.m. to 11:30 a.m. These activities are free to museum members. Non-members pay the regular adult admission of \$7 plus \$2 per child. The museum will be closed December 23rd through 26th and January 1st for the holiday season. For more information, contact Sue Lewis at (931) 648-5780.

**Swirlz Art Studio**

The Swirlz Art Studio located in Warfield Towers (near the Looking Glass) offers a "make your own" art experience.



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Classes provide a guided art lesson and all supplies needed to create your very own masterpiece. In December, a variety of holiday-themed art will be on the calendar. A gnome, a snow globe, Santa, elves and other winter wonderland paintings will be featured. A Swirlz family night out is a wonderful way to create original artwork that the

kids can give Grandma and other family members as a Christmas gift. Visit [www.swirlzart.com](http://www.swirlzart.com) to view the December class calendar or to book your class.

**The Pottery Room**

Paint a personalized ornament for your tree any day in December at the Pottery Room. The Pottery Room is

located at 2214 Madison Street in the strip mall across from the Clarksville Gas and Water Department. Let the kids personalize their own hot chocolate mug (or perhaps a coffee mug for you) on December 20th. The cost is \$15 with no studio fee. Family day is every Sunday in December, which includes a \$10 flat studio fee for up to four painters. All customers pay for after the studio fee is the price of piece. The Pottery Room is an artistic way to let our children create a unique Christmas gift. Create a Christmas plate for Grandmom or a ceramic gift for Dad. Visit [www.thepotteryroom.com](http://www.thepotteryroom.com) or call (931) 920-4777 for details.

**Beachaven Winery**

For parents looking for a few hours of childfree shopping pleasure (if you are lucky enough to have a babysitter) the Beachaven Winery is hosting a free open house on December 11th from 1:00 p.m. to 4:00 p.m. If you have a babysitter and need a brief break from the traffic and shopping at the mall, skip over to Dunlop Lane and taste some of our locally produced wines. Call Beachaven Winery at (931) 645-8867 for details.

**Giving Back during the Holidays**

Countless local churches will celebrate the holidays in unique and memorable ways. A variety of Christmas services offer families a way to gather together and remember the true meaning of Christmas. This holiday season take some time with your children to discuss what Christmas means to your family. Then emulate that in practice.

Many local charities sponsor events where families can give back to others this holiday. Hands on Clarksville is a local resource that connects residents with service projects. If your family wants to make volunteerism a

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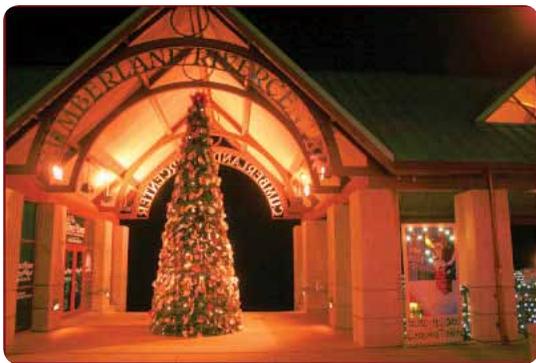
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part of your holiday tradition, visit their website at [www.handsonclarksville.org](http://www.handsonclarksville.org) or call (931) 551-5450. They can find a place for you to volunteer locally.

In 1946 when Nat King Cole recorded a Christmas classic, he sang, "I'm offering this simple phrase to kids from one to ninety-two." His Christmas well wishes were not limited to just "the tiny tots with eyes all aglow." He sent his wishes to the elderly as well. That is a reminder that even though so much of the holiday hype is geared towards children, we should not overlook the elderly this December.

The sight of children almost always cheers residents at nursing homes. Visiting residents in a nursing home or



retirement center is a great way to merge generational gaps. Children can make hand-made crafts and deliver them to residents. Or, if there is an elderly person in your neighborhood, make them something special and deliver it over the holidays.

Sponsor-a-child programs offer families many ways to purchase gifts for local families who need a little help this year. We never know when we might be on the receiving end of charity, so pay it forward and consider donating toys, food or other items to a local charity.

### Recycle the Christmas Tree

When the "yuletide carols" are over and you are forced to pack up the stockings and get the living room back to normal, consider donating your tree to the Friends of Dunbar Cave's Trees to Trails program. Living Christmas trees can be donated and will be mulched to provide covering for the trails at Dunbar Cave Park. It's a great way to recycle your tree and help a local park save money on mulch. Just be sure to remove all decorations, tinsel included, from the trees. They cannot be ground unless all decorations are removed. Trees will be accepted in the parking lot of Dunbar Cave December 26 through January 8.

As Jack Frost continues to nip at our noses, may each Clarksville family make this season memorable in their own way. Although it's been said many times many ways, "Merry Christmas to you."

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## STARTING IS THE FIRST STEP

by Carmen Hunter, Personal Trainer

In the personal training business, I hear a lot of excuses from my clients. "You don't understand how hard it is to lose weight." "You've never been unhealthy." "You just don't understand." My favorite is, "You're young and don't know how hard this is!" Thank you for calling me young BUT yes I do know how hard it is! That is why I wanted to tell my story...I want to tell the truth of how I became interested in wellness and maintaining a healthy lifestyle. To me this means healthy eating and reducing stress.

Wellness encompasses so much more than just exercising. It means taking steps to create a better life by developing a healthy mind and body.

I haven't always been a health nut. At one time in my life, I did everything I could to avoid being healthy. This included smoking almost two packs of cigarettes per day, partying until the wee hours of the night, working 60+ hours a week at a high-stress job, and creating a mountain of debt for myself. We won't even explore

what I ate...I don't have enough words to go into that but NOT GOOD sums it up! One day, I woke up and decided then and there that I needed to change my life. Literally. I sat up in bed one morning and said, "I have to change. This lifestyle is killing me."

Call it divine intervention or a slap in the face but I made drastic changes. This involved quitting my job, moving home, working out every day, quitting smoking and starting a 9-5 job that required me to go to bed at a decent hour! Finally, I was on the right track to a healthier lifestyle! Life was looking

up. I met a wonderful man and got married and I thought our life together was going to be wonderful. At least that's what I planned. What was ahead was anything but easy...

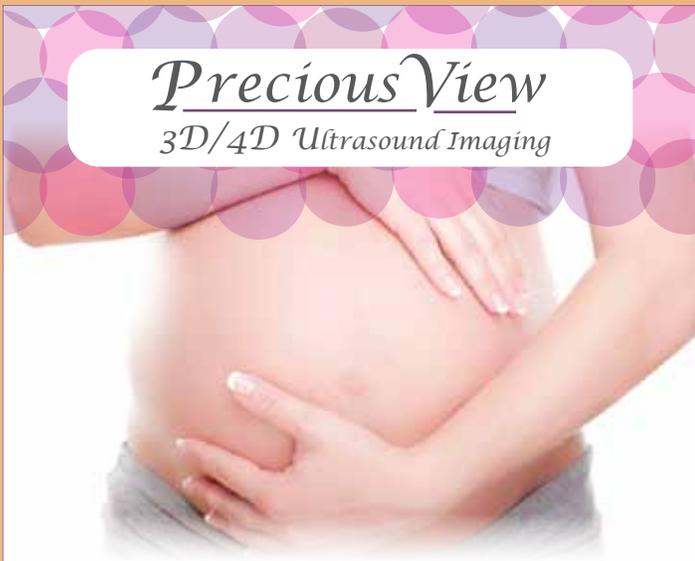
Things were great until one day I woke up and couldn't step down without severe pain in my feet. Without going into all of the details, I set out on a frustrating journey to find out the cause of my pain. It took many doctors and a lot of time to find out I had an autoimmune disorder that was destroying my thyroid and attacking my joints. It's called Hashimoto's autoimmune thyroiditis. It is a nasty little bugger, hiding around every corner and ready to take me down if I don't treat myself with respect and care.

Even though it was defeating and frustrating, my interest in wellness coaching and personal training was born out of my experience with Hashimoto's. My dedication grew out of my own efforts to live a better life. I have never made excuses about my issue and you will never find me feeling sorry for myself...even on the worst of days. Instead it fuels me. It propels me forward every day to help my clients to DO THEIR BEST, BE THEIR BEST, and ACHIEVE THEIR BEST. I feel that everyone has a "best" for his life. It's just a matter of finding it regardless of restrictions. Overweight? Back pain? Too old? There is *always* a better way to live your life right now!

Through the years, I've run into a lot of brick walls in my search for help. I have found answers by navigating through the medical community and standing up for my own health. I had to be my own best friend and advocate. This has given me a deep and unfailing compassion for people and the obstacles they face. Being alone in

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# STARTING IS THE FIRST STEP...TAKE IT!

my own search for an answer made me care more for others than I thought I ever could!

I still have the disease and every day I learn to manage it better. I'm still learning...just like my clients. Listening has become one of my strengths as I work with my clients to meet them where they are in their journey. I try hard to point out their strengths while showing support for their weaknesses. I have a clear understanding of how hopeless people can feel when entering a new exercise or eating program. It's my job to chip away at that hopelessness little by little. Exercise is important...eating right is important...but valuing your own life enough to start the program is the MOST important!



Welcome personal trainer Carmen Hunter to the High Pointe team!

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Carmen is a personal trainer and certified wellness coach at High Pointe in Clarksville.

She is a proud wife, mom, and animal welfare volunteer.

Carmen joined the High Pointe team in August and is accepting clients who are ready to change their health for the better! High Pointe offers physical therapy, personal training, fitness programming, and massage therapy services. For more information, visit [www.highpointetn.com](http://www.highpointetn.com) or become a fan of High Pointe Rehab, LLC, on Facebook.

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# MAXIMIZING YOUR HEALTH THROUGH THE HOLIDAYS

by Dr. Dale Brown

Inevitably the holiday season brings cookies, pie, cake, large amounts of turkey, ham, and if you're anything like my family, mashed potatoes or "cheesy" potatoes! Along with the food there is also all the travelling that puts us short on time.

We could say that for most Americans our health is pretty much put on hold during this time, but knowing and applying a few simple steps can save that waistline from expanding!

### 1. Stop the "grazing"!

Often times when we would get together at my grandparents' house we would end up having both lunch and dinner together. I can remember that the food would be left out for quite some time after we were all done with our lunch. Though we may have had our fill, as we all sat and watched football games, the smell of the food would

always draw us back for just a little more. To make things worse, most of the items left out were usually the sweets. This "grazing" can really add to the additional calorie intake!

So, very simply, after all are done with their meals put the food away until it is time for dinner. If you do leave something out for grazing, let it be the veggie and fruit trays!

### 2. Trade out a few dishes!

One thing my sister suggests is cooking at least one healthy dish yourself and making plenty of it! That way if you can't seem to find anything else that fits your healthy appetite at least you can eat your own dish!

One great dish we suggest is swapping out the mashed potatoes for "mashed NO-tatoes!" This is not only lower carb but also highly nutritious. Recipe ingredients: One head cauliflower, sea salt, and black pepper to taste, two tablespoons

organic butter (yes you heard that right butter NOT margarine), one to two cloves of garlic. Preparation: Steam the cauliflower until very soft (you can also boil it, however more nutrients are lost with boiling). Chop up the cauliflower and place in food processor or blender with the butter, then add your sea salt, black pepper, and garlic as desired. This is truly one of my favorite recipes, and trust me, people WILL love it!

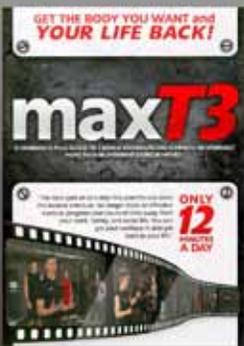
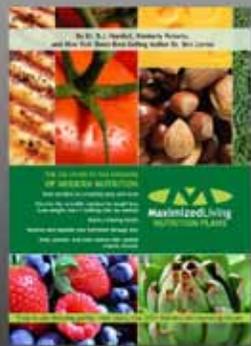
Other healthy recipes can be found in the Maximized Living Nutrition Plans recipe section, or go to [maximizedlivingdrbrown.com](http://maximizedlivingdrbrown.com) for more recipes and advice!

### 3. Strategically fill your plate!

This tip is quite simple. Instead of filling your plate in the order the dishes come as you walk around the table, make two passes while only



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selecting the nutritious “real foods” the first time around. This will then limit the amount of space for the unhealthy items.

4. Fill up before your go!

I know for my family the vast majority of the dishes probably won't be something I would regularly eat. Contrary to popular belief I too have to battle cravings and the temptation of some sweets! So, before you go to the party be sure to have a hearty healthy breakfast and even a healthy snack before you get there. I suggest eggs and a fruit smoothie for breakfast, and I always travel with trail mix. Homemade mix: almonds, walnuts, pecans, raisins, and sometimes small bits of dark chocolate.

5. MaxT3 for your own “halftime show”!

Probably one of the most critical and most-overlooked needs is to stay physically active! Though we have some control over the foods that are offered and those we eat, when we do indulge, exercise plays a pivotal role in keeping that sugar from going straight to our waist.

We all know that stress is high and time is always limited, so we suggest MaxT3 for a quick 12-20 minute, high intensity workout that will rev up your metabolism! MaxT3 is a specifically designed exercise program that stimulates the hormones that increase metabolism and elicit the body to be in the fat burning mode for up to 24-48 hours, post-exercise. This is known as the “after-burn” effect. While other forms of exercise like cardio and weight lifting typically take at least 30 minutes, this program gives you plenty of body weight exercises that can get 2-3 times the results in just half the time! So, now there are no excuses for not getting that workout in. Shoot you could even get this done before the half time show is over!

On top of shaving off those holiday pounds the MaxT3 program could give you a great New Year's resolution booster! For more information about this program visit [MaxT3.com](http://MaxT3.com).

So this holiday season don't let all the travelling and “business” let you gain those extra pounds. Instead maximize your nutrition and exercise for a healthier holiday this year! To help you in this process Marathon Chiropractic is offering 35% off our Maximized Living Nutrition Plans book and MaxT3 DVD series when you purchase them as a set.

Dr. Dale Brown owns and runs Marathon Chiropractic, a Maximized Living Health Center, at 1715 Wilma Rudolph Blvd, Clarksville.

For more information or to speak with Dr. Dale, call (931) 591-2010, email [drdalebrown@gmail.com](mailto:drdalebrown@gmail.com), or visit us online at Facebook “Marathon Chiropractic” and [Maximizedlivingdrbrown.com](http://Maximizedlivingdrbrown.com).



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## DAILY TIPS FOR GOOD ORAL HYGIENE

by Dr. Lance Harrison, Jr.

Bacteria can live in your mouth in the form of plaque, causing cavities and gingivitis, which can lead to periodontal (gum) disease. In order to keep your mouth clean, you must practice good oral hygiene every day.

### What is plaque?

Plaque is a sticky layer of material containing bacteria that accumulates on teeth, including where toothbrushes can't reach. Many of the foods you eat cause the bacteria in your mouth to produce acids. Sugary foods are obvious sources of plaque, but there are others that you might not realize can cause harm. Starches—such as bread, crackers, and cereal—also cause acids to form. Plaque also produces substances that irritate the gums, making them

red, sensitive, and susceptible to bleeding. This can lead to gum disease, in which gums pull away from the teeth and form pockets that fill with bacteria and pus. If the gums are not treated, the bone around the teeth can be destroyed and teeth may become loose or have to be removed.

### How can I get rid of plaque?

The best way to remove plaque is by brushing and cleaning between your teeth every day. Brushing removes plaque from the tooth surfaces. Brush your teeth twice per day with a soft-bristled brush. The size and shape of your toothbrush should fit your mouth and allow you to reach all areas easily. Use an antimicrobial toothpaste containing fluoride,

which helps protect your teeth from decay. Clean between the teeth once a day with floss or interdental cleaners to remove plaque from between the teeth, where the toothbrush can't reach. Flossing is essential to prevent gum disease.

### How do I brush and floss my teeth?

The American Dental Association recommends the following techniques for brushing and flossing your teeth:

#### Brushing

- Place your toothbrush at a 45-degree angle against the gums.
- Move the brush back and forth gently in short (tooth-wide) strokes.
- Brush the outer tooth surfaces, the inner tooth surfaces, and the chewing surfaces of the teeth.
- Use the tip of the brush to clean the inside surfaces of the front teeth, using a gentle up-and-down stroke.
- Brush your tongue to remove bacteria and freshen your breath.

#### Flossing

- Break off about 18 inches of floss and wind it around the middle fingers of each hand. Hold the floss tightly between your thumbs and forefingers.
- Guide the floss between your teeth using a gentle rubbing motion.
- When the floss reaches the gum line, curve it into a C shape against one tooth.



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Gently slide it into the space between the gum and the tooth.

- Bring the floss back toward the contact point between the teeth and move the floss up or down the other side, conforming the floss to the shape of the tooth.
- Hold the floss tightly against the tooth. Gently rub the side of the tooth, moving the floss away from the gum with up-and-down motions.
- Repeat this method on the rest of your teeth.

**Is there anything else I can use to clean my mouth?**

A mouth rinse, in addition to daily brushing and flossing, can increase the cleanliness of your mouth. Antimicrobial mouth rinses reduce bacteria and plaque activity, which cause gingivitis and gum disease. Fluoride mouth rinses also help reduce and prevent tooth decay. Always talk to your dentist about any new products you are interested in trying. Not everyone should use a fluoride mouth rinse. For instance, fluoride rinses are not recommended for children ages six or younger because they may swallow them. Always check the manufacturer's label for precautions and age recommendations and talk with your dentist about the use of fluoride mouth rinse.



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**LIVING WITH CYSTIC FIBROSIS**

by Taylor Lieberstein

Double Lung Transplant Survivor Scott Albright turned 45 last month. He was diagnosed with Cystic Fibrosis or CF when he was two-years-old. The doctors told Albright's parents not to expect him to live beyond his teenage years. He has been battling the disease ever since, winning thus far. Despite all of his setbacks he has managed to keep a positive outlook on life. "Why complain? It gets you nowhere. While I do have an incurable disease there are many others that have it much worse than me," he says. He is a little more than a year out of a double lung transplant. With 14-year-old twin boys and his college sweetheart as his wife; Albright has a lot to live for.

**Cystic fibrosis is an inherited chronic disease that affects the lungs and**

**digestive system of about 30,000 children and adults in the United States (70,000 worldwide). A defective gene and its protein product cause the body to produce unusually thick, sticky mucus.**

Albright has maintained somewhat of a "normal" life, although normal for him is different. Normal to him

is having CF, being in and out of the hospital, taking IV antibiotics for extended periods of time, taking part in daily breathing treatments... the list goes on. Through hard work and dedication he was able to attend Austin Peay and attain his degree in Health and Wellness Promotions, despite frequent hospital

admissions. In 1997 he was able to complete a sprint distance triathlon, which had always been a goal of his. Through the process of in vitro fertilization he even managed to have healthy twin boys.

In 2009 Scott had a stroke due to a surgery complication related to his lungs. He found himself with no peripheral vision and some short-term memory loss. After the stroke his wife, Cerena, had to take over many tasks as his lung



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function was rapidly decreasing. As his lungs worsened, tasks such as walking across the room and taking a shower became difficult. Scott's health was taking a turn for the worst.

Around this time last year (pre-transplant) Scott was in the Vanderbilt ICU, on a ventilator, wondering if he would make it through Christmas. After five weeks his doctors were doubtful. Scott weighed 112 pounds and his lung functioning



was at 20 percent. His lungs were failing him; he was on a waiting list for a working pair of lungs, lungs that were essential for his survival. Scott received the pair he needed after only two weeks of being on the transplant list.

"It was all God's work. I have been so blessed to have this second chance. I felt like my end of life was very close and I knew I was not ready to leave. I wanted to see my two boys, Austin and Seth, go into high school and have more time with my wife, Cerena. I treasure each day to the fullest and thank God for all his blessings," he said.

His lung functioning is now at 98 percent, probably better



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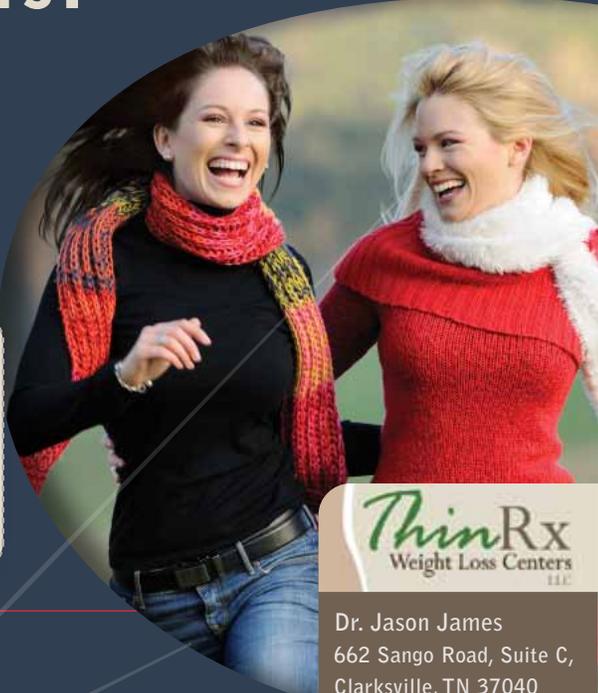
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than most people's. And he weighs 134 pounds, the most he has ever weighed.

He recently participated in a 38-mile bike ride, the Inaugural Cystic Fibrosis Cycle for Life event. Scott was the CF ambassador and was one of the top fundraisers for the event. The Cystic Fibrosis Foundation (CFF) put on the event. The foundation works to assure the development of the means to cure and control CF and to improve the quality of life for those with the disease. Scott supports this foundation that has contributed to major developments in research that have extended his life.

"I have a strong passion for cycling, which I have done all my life. It has been over two years since I could cycle due to my lungs;



now I can thanks to this wonderful blessing and a very special organ donor. I participated in the ride with two close friends and my sons. It has always been a dream of mine to cycle with my twin 14-year-old boys, Austin and Seth," said Scott.

He admits his quality of life is much greater post-lung transplant. The CF is no longer in his lungs;

however he does battle its effects on his digestive system and liver where it still exists. He is no longer able to work, maintaining his health is his full-time job. Aside from taking care of himself he helps keep the house in order and spends time with his family.

As many as 90 percent of people with CF are still living one year after transplantation, and 50 percent are alive after five years. Still, there can be complications. The

immune system protects the body from foreign material, anything not belonging in the body, such as germs—or transplanted organs. Therefore, the immune system naturally reacts against—or rejects—the foreign organs. Drugs to stop the immune system from rejecting the organ, called immunosuppressive drugs, must

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be taken daily for life. These drugs sometimes cause side effects such as diabetes, kidney problems, cancer-like tumors and osteoporosis.

“I still worry about my quality of life and how the CF will affect my other organs as time goes by. And I am always praying for a cure. What I do know is that God is in control of my life.”

In a single day, Scott has to monitor his vital signs multiple times to check for any signs of organ rejection. He takes approximately 40 pills during the day for both his CF and lung transplant. He must monitor his blood sugar and take insulin due to steroid-induced diabetes. He has to be sure to eat nutritious meals. He must exercise every day on the elliptical machine, treadmill and weights. In addition

he has weekly blood work taken to monitor his levels and goes to five or six doctor appointments a month.



Everyone is hoping for the best, which would inevitably be a cure. His wife, Cerena, admits that even if he only lives a few more years, it has all been worth it. His family is very appreciative of the health

he has. “He is an inspiration, he is ambitious, just a wonderful person overall,” she says.

The CFF is holding an event on December 8. “Uncork for a Cure on the Cumberland” will be held at the WaterStreet Events center on Riverside Drive. All proceeds from the event will go to the CFF. This event is not specifically for Scott, it is for the greater good of all people living with CF. There will be wine, beer and cuisine for tasting as well as a program, silent auction and a bid for a cure. Tickets to the event are \$50 prior to the event and \$65 at the door on the night of the event.

To help fight CF, get involved, or for tickets to the Inaugural “Uncork for a Cure on the Cumberland” visit [tennessee.cff.org/ClarksvilleWineOpener](http://tennessee.cff.org/ClarksvilleWineOpener) or call (800) 344-4823 x855.



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# MAKING THE HOLIDAYS WORK FOR YOUR FAMILY

by Rachelle Franklin, LPC, Marriage and Family Therapist

Being away from family during the holidays can feel very sad and lonely for many people. Military couples know this better than most. Part of surviving a military lifestyle is learning to make the best of the circumstances as they are **RIGHT NOW**. A common struggle for all families is bringing two people together who have been raised with different parents, different rules, and different traditions and trying to make this work for their new family. All couples, at some point, have to sit down together and discuss their childhood and what they have held dear about their experiences.

This especially applies to traditions. Each couple has the hard task of “setting up

their own family” and creating family traditions in a way that helps both partners feel that their happy moments are being respected. This often means combining traditions to make them work for the couple and their children rather than forcing one spouse to accept “how things are going to be.” This allows all couples to find some happiness, peace, and joy during the holidays as they feel good about making their own traditions that they can share together. Forming traditions for your family unit can also help ease the pain of being away from family and friends during the holidays as the couple has something to plan for, engage in, and feel proud of. The following

are some simple steps that I suggest to work toward creating your own traditions:

1. Plan some time for just the two of you to sit down together and discuss traditions. Plan to spend at least an hour on the topic so that you don't feel rushed. It is important to plan enough time for the topic because it will be important for your family's success.
2. Get two pieces of paper and two pens and each of you spend some time listing holidays and how those were celebrated when you were a child.
3. After listing holidays and how they were celebrated,

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try to list how the thought of those holidays makes you feel today. Most likely this will key you into what you want to save and incorporate into your new family and what you need to work on improving. Sometimes holidays can be associated with negative events and couples have to work hard to make their own traditions surrounding those holidays that bring feelings of happiness and peace rather than feelings of negativity.

4. Discuss what you have discovered in your writing with your spouse. Try to listen diligently to what your spouse is saying and write down key things you like about the traditions he/she has experienced and how those things have made him/her feel. You will want to work with your spouse to create a happy tradition "together" that likely combines many aspects of both of your childhood experiences. For example, my husband was raised receiving a gift solely from Santa on Christmas morning that was always set up and ready to play with. He

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holds this memory dear to his heart because this gift always brought him the most joy. I was not raised getting a Santa gift; instead, I received a stocking from Santa, which brought me equal amounts of joy. His stockings were from his mother and father. Today we work together to incorporate these two traditions by giving our child both a toy from Santa and a stocking from Santa. He seems to receive as much joy as we remember receiving as children from our new way of doing things. We receive joy in watching as he squeals and laughs and can't sit down from all the

excitement from his Santa gifts. This may seem like a small thing to compromise, but the small things are very important for a marriage. After having our son, we had not yet worked out how to do Christmas with a child. That year we did not have a Santa gift for our son. My husband was very regretful about the situation and felt it very important to provide that joy in the future for our son. If I had dismissed his feelings, unnecessary negative feelings would have built up in our relationship and affected every other part of what we share together. The truth is, when one partner's

feelings and thoughts are dismissed, an automatic disconnect occurs because that partner begins to feel unimportant.

5. Take some time away from the discussion to think about ideas for working with your spouse in forming your own traditions. Plan some time about a week away from this original discussion to sit down again to discuss how to make your childhood memories come alive for both of you in your own family unit. If it takes longer to figure these things out, then take time away again and plan to meet days or a week later to discuss

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the topic again. This gives you both time to think through the issue as well as be in a place emotionally to compromise. Traditions and childhood experiences can be very emotional topics. We all have to be very careful of one another's feelings regarding these issues and try our best to respect the feelings of our spouse. At the end of your compromises, you both should walk away feeling positive that each of your wants have been respected and that this WORKS for YOUR FAMILY UNIT!

As we all move into a busy holiday season, it is important to remember that joy, peace, and laughter should always be the hallmarks of these occasions. Creating traditions for your family can help to create these feelings of joy this year and for years to come. From the Department of Social Work, we wish you joy, peace, and prosperity this holiday season.

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## December Events

### Meet & Greet

December 3 • 2pm & 4pm • Mallwide  
Join us in meeting Ladybug Girl as she walks around Governor's Square Mall

### Pet Photos with Santa

December 4, 11 & 18 • 6pm-8pm • Center Court  
Bring your furry friends for a special photo session with Santa. All pets need to be on a leash or in a carrier

All events are subject to change without notice.  
See the Customer Service Center for details.



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TyShawn Talley



Taylor, 7



Bella, 4



Madyson, 5

Brooklyn's Fall Fun!



Buddy, 9



Breanna, 9



Zoey ( 4 ) &  
Gabrielle ( 2 )



All lined up!



Robin, 9



Taylor, 11



Makenzie, Brayden,  
Reese @ the  
Pumpkin Patch



MCSA Team Flamigos



Allison



# MERRY CHRISTMAS



Jacob Johnson, 9 years old, and Troop 503 Cub Scouts in the Clarksville Veterans Day Parade.



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Harley, 6



Eric & his baby brother Jovanni



Kacie, 7



Shemar, 14



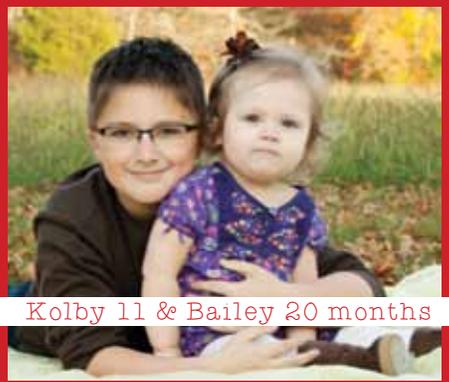
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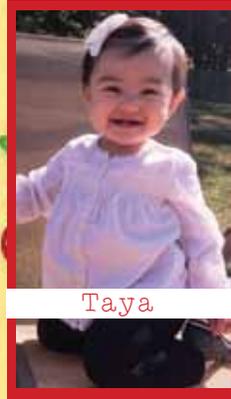
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Kolby 11 & Bailey 20 months



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Taya



Chawanna, 19



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Xelani & Carli



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Faith Avalon Parker



Kacie & Lea  
on the Downtown Walking Tour



## A GIFT TO REMEMBER

by Brenda Hunley Illustrated by Willie Bailey

The woods of Dunbar were filled with sounds of excitement as each family brought their shoeboxes to the Ranger station to be mailed out. Ranger Bill was surprised to find boxes everywhere these days. The first one he found was in the back of his truck, the second one was in his office chair, with three more at the back door. During the week he found boxes stacked on picnic tables and on the brick wall. By the end of November Ranger Bill had delivered 23 boxes to the drop off center.

In case you haven't guessed already our woodland friends got involved with *Operation Christmas Child* this year. Each family had worked hard to find special things to put in their boxes. Each shoebox would be delivered to a child in another part of the world that otherwise wouldn't have a gift of their own to open. Ranger Bill had told Chester and Boomer chipmunk that he would pay the shipping for each box they brought to him.

What Ranger Bill didn't tell his friends was that he registered each box online so that they could all have their boxes

tracked. Just before Christmas at the Woods of Dunbar holiday party he would surprise each of them with the name of the country where their own box had been delivered.

It was Christmas Eve, and all the animals gathered around Ranger Bill. They had spent the last hour and then some dancing and playing games. Now it was time for the ranger to read the Christmas story. This was one of the quietest times each year; as even the crickets stopped chirping so that everyone could hear as Ranger Bill read about the stable where baby Jesus was born. After the story, Boomer Chipmunk played "Little Drummer Boy" on his drum while Lily and Chester sang. Many Christmas songs later, Ranger Bill cleared his throat and reached for the microphone.

"So, have you guys had a good time tonight?" asked Ranger Bill.

"YES!" the small crowd exclaimed.

"What was your favorite part?" he asked.

"The music!" shouted the birds.



"The food!" laughed the raccoon.

"The dancing!" called Lily the dragonfly, as she twirled about.

"The story about baby Jesus!" called Boomer.

"The presents!" called Coco chipmunk.

"Speaking of presents..." Ranger Bill's voice trailed off as he turned away from the microphone and started digging in his bag.

"My present to you is this. I have several small bags here, one for each family. Inside is a special surprise. Remember the boxes that we filled up and sent off? Well, the nice folks from *Operation Christmas Child* have sent me information on where

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each box was delivered. Each one of you that sent a box, please come up here and get your bag! Inside each bag is a small gift from me to you, along with a piece of paper telling you where your box went.”

“Really?” asked Dart.

“That’s awesome!” Chester called.

As each family opened their little bags they found a map and a colorful piece of Christmas paper with writing on it and words that some of them couldn’t read. Ranger Bill took out a bunch of stickers and had each family bring up their slip of paper. Once they read it aloud, he put a sticker on the map representing each box.

By the end of the evening there were 23 stickers on the Ranger’s map in various places around the world. They had gone to China, Ethiopia, Alaska, Mexico, and Russia. The friends had fun finding each country on the map. Many of these places were new to them and they had lots of questions for Ranger Bill.

Ranger Bill hung his map up on the wall behind his desk. “I want to be able to look at this all year long so that I can remember these children and the difference my friends here in the Woods of Dunbar made to them and for their families. Merry Christmas everyone!”

“Merry Christmas to you, Ranger Bill!”



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

# HAPPY BIRTHDAY!



Happy 1st Birthday Bria,  
Mommy And Daddy Love You



Happy 1st Birthday Cassie  
Love Mommy Daddy & Waderia.



Happy Birthday Super Cooper!  
Love Mom & Dad



Happy 1st Birthday Isabella!  
I Love You! Love, Daddy



Owen is ONE!  
Happy Birthday sweet boy!  
Love, Mommy & Daddy



Happy 1st Birthday Ryan  
Love Mom, Dad & Eric



Happy 1st Birthday Taya!  
Love, Mommy & Daddy



Happy 2nd birthday Collin!  
We love you so much



Happy 2nd Birthday, Gavin!  
We All Love You



Happy 2nd Birthday Jaxsen!  
We love you so much!  
Mommy, Daddy, Lizzie, Alex & Brandon



Happy birthday Cash!  
Love, Mom, Dad and Nace



Happy 3rd Birthday Brody Miles!  
Love Mommy & Daddy



Happy 3rd Birthday Owen  
Love Mom, Dad, Racheal, ALEN



Happy 3rd Birthday Constance  
Love Mom, Dad and Levi



Happy 3rd birthday Davaeah!!  
We love you Ms.Diva!!!!



Happy 3rd Birthday Jamiya!!  
Love Mommy and Daddy!!!



Keagan Will Be 3 Years Old!



Happy 3rd Birthday, Waylon!  
Love, Mommy & Daddy



Happy 4th Birthday Cooper!!  
Love Momma & Dad



Happy Birthday Cross!  
Love Dad, Mom, and Mercy

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

# HAPPY BIRTHDAY!



Happy 4th birthday!!  
We love you, Daddy and Momma



Matthew... Four years old..  
Love Dad and Mom



Happy 4th Birthday Patti!  
We Love you!!  
Love, Mommy, Daddy, & Papi



Happy Birthday Piper  
Love, Mom & Dad



D

Happy 5th Birthday Dejon  
Love Your Mom & Dad & Sis!



A

Happy 5th Birthday Avery!  
We love you Mom, Dad, and Andrew



E

Happy 5th Birthday Emily!  
Love Mommy and Daddy



J

JORDAN WILL BE 5 years old!



K

Happy 5th Birthday Karley!  
Love, Mommy, Daddy & Jonah



K

Happy 5th Birthday Katilyn!  
We love you so much



M

Happy 5th Birthday Macy Grace!  
Love, Mommy



S

Happy 5th Birthday Savannah!  
We love you!



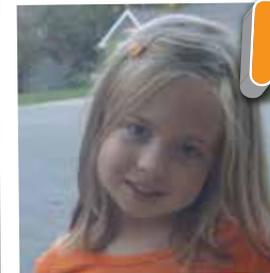
B

Happy 6th Braden!



C

Happy Birthday Caleb!  
We all love you very much!



P

Happy 7th Birthday Paige!  
Love, Mom, Dad & Breanna



S

Happy 7th Birthday Siler!  
Love Momma, Daddy & Bubba



R

RayLee Hope, 9yrs old  
We love you.  
Mommy, Jeff, sissy & Petey



Happy 11th Birthday Brandon!  
Lots of love,  
Mommy, Mike, Liz, Alex, Jaxsen and Dad



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See ad on page 15 for listing of activities.

Riverwalk  
McGregor Park  
640 North Riverside Drive

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**DASHING THROUGH THE SNOW**  
December 9, 10, 16 and 17. Doors open 6:00 p.m. nightly. \$30 plus tax per person includes dinner and the show. See article on page 30.

Cumberland Arts Centre Dinner Theatre  
710 Main Street  
(931) 552-1106

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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.

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Enchanted Yarn Shop  
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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)

**GATEWAY CAST & CROWNS**

Saturday, December 3: Clarksville Christmas Parade; Friday, December 9: Christmas on the Cumberland; Saturday, December 10: Nutcracker Ballet at APSU Clement Auditorium.

412 Franklin Street  
(931) 645-CAST  
[www.castshowtroupe.com](http://www.castshowtroupe.com)

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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

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

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**Spirit Nights**

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

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

**Special Events**

3 SATURDAY 8:30 a.m. to 10:30 a.m.  
Breakfast with Santa and the Santa Cow

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If you are a new or expecting parent, and have decided not to breastfeed your infant, your baby may be eligible to participate in a formula research study



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(931) 920-2525



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

**JUNIOR TEAM TENNIS LEAGUE**  
1:30 p.m. to 3:00 p.m. Sundays for most of the school year. This free league (for kids 10 years old and under) uses the QuickStart Tennis format.

APSU Tennis Indoor Center  
(931) 221-6101  
[tabetm@apsu.edu](mailto:tabetm@apsu.edu)

### 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

## 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  
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[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 RELAX, REFRESH AND REKINDLE RETREAT

Through December 4. Enchanted Yarn Shop's first women's retreat at Penuel Ridge Retreat Center in Ashland City ([www.penuelridge.org](http://www.penuelridge.org)). A safe and relaxed environment to soak in Mother Nature's healing embrace to rejuvenate and find balance. Includes overnight stay, goodie bag,

all meals (including dessert and wine!), inspirational projects and journals, complimentary hand and forearm massage and motivational therapy. Reserve your spot today! Call (931) 553-9000.

**KIDS-N-PLAY GRAND OPENING**  
10:00 a.m. Enjoy free Hunt Brothers pizza and win great prizes like a free birthday party, free passes and a large Melissa & Doug plush dalmation.

525-B Alfred Thun Road  
(931) 896-1328  
[www.kidsnplay.com](http://www.kidsnplay.com)

### 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.

### BREAKFAST WITH SANTA

8:30 a.m. to 10:30 a.m. Come meet Santa at Chick-fil-A and join him for a delicious breakfast with the family.

Chick-fil-A at Governor's Square Mall  
2801 Wilma Rudolph Boulevard

### MEET & GREET WITH THE "LADYBUG GIRL"

2:00 p.m. and 4:00 p.m.  
Governor's Square Mall  
2801 Wilma Rudolph Boulevard

### DOWNTOWN FOR THE HOLIDAYS

52nd Annual Christmas Parade, 5:00 p.m., hosted by the City of Clarksville and Montgomery County Government.

### 4 SUNDAY PET PHOTOS

4:00 p.m. to 6:00 p.m. Bring your pet in to get a photo with Santa. Pets must be in a carrier or on a leash. Please bring your pet outside as quickly as possible after receiving your photo. Pet owners are responsible for taking care of any "accidents" their pet may have.

Governor's Square Mall Center Court  
2801 Wilma Rudolph Boulevard

### 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

# BRACE YOURSELF!

AT

## Clarksville Family Dentistry

ORTHODONTIC SPECIAL:

Come in for a **FREE**  
**Consultation** and get  
a **\$250 gift certificate**  
towards your new smile!

- NO DOWN PAYMENT!
- FREE FINANCING!
- AFFORDABLE MONTHLY PAYMENTS!

Offer ends December 31, 2011

CALL NOW!  
**931-551-8705**

Clarksville Family Dentistry  
1498 MADISON STREET, CLARKSVILLE, TN 37040

## FUNDRAISER \* \* IN GOVERNOR'S SPIRIT NIGHTS! SQUARE MALL

**Thur 12/1: Rossvie Elementary School 4 - 8pm**

**Sat 12/3: Breakfast with Santa & the Santa Cow  
8:30am - 10:30am**

**Thur 12/8: Barkers Mill Elementary 4 - 8pm**

Stop by and enjoy a yummy:

HAND SPUN  
PEPPERMINT  
CHOCOLATE CHIP  
MILKSHAKE

to put you in the Holiday Spirit while Christmas shopping!

**COWLANDERS AND PEZ  
DISPENSERS MAKE GREAT  
STOCKING STUFFERS!**

Don't forget that party trays  
make a great addition to your holiday  
parties. We are open Christmas Eve and  
New Years Eve until 6pm.

**(931) 645-5144**  
Order online at [www.chickfila.com/governorssquare-tn](http://www.chickfila.com/governorssquare-tn)

**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

**UNCORK FOR A CURE ON THE CUMBERLAND**

7:00 p.m. to 10:00 p.m. Clarksville wine opener fundraiser for the Cystic Fibrosis Foundation. See article on page 44.

WaterStreet Events Center  
 804 South Riverside Drive  
 (800) 344-4823 x855  
[tennessee.cff.org/ClarksvilleWineOpener](http://tennessee.cff.org/ClarksvilleWineOpener)

**9 FRIDAY**  
**AN EVENING WITH SANTA**  
 6:00 p.m. to 9:00 p.m. See ad on page 23 for details.

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

**10 SATURDAY**  
**HANDCRAFTED HOLIDAY ARTS & CRAFTS FAIR**

10:00 a.m. to 1:00 p.m. Entry \$1 per person or two canned goods. Stained glass, accessories, bath & body, woodwork, jewelry, purses, crafts and more on sale to benefit Crisis 211.

Daymar Institute  
 1860 Wilma Rudolph Boulevard  
 (931) 552-7600

**HOLIDAY ENTERTAINMENT COURTESY OF PLEASANT VIEW CHRISTIAN SCHOOL**

10:00 a.m. As you shop for that perfect gift, enjoy our Holiday Entertainment brought to you by Pleasant View Christian School Choir.

Common Area  
 Governor's Square Mall  
 2801 Wilma Rudolph Boulevard

**BELLA THORNE CELEBRITY APPEARANCE**

12:00 p.m. to 3:00 p.m. CeCe from Shake It Up will be here doing an

autograph session. This event is free to the public. One autograph per person. Arrive early.

Borders Court  
 Governor's Square Mall  
 2801 Wilma Rudolph Boulevard

**NORTHEAST HIGH SCHOOL'S 2ND ANNUAL HOLIDAY CRAFT FAIR AND FUN-FEST**

1:00 p.m. to 5:00 p.m. Open to all. Come do your holiday shopping from local vendors with all types of crafts & merchandise. Tickets are \$2 and offer a chance to win door prizes given away all day, (prizes valued from \$10-\$100) donated by each of our vendors.

Fun and games, face and nail painting, concessions for the kids in the gym sponsored by the schools

**CUSTOMS HOUSE MUSEUM & CULTURAL CENTER**  
**200 South Second Street • (931) 648-5780 • [www.customhousemuseum.org](http://www.customhousemuseum.org)**

**EXHIBITS:**

**The Work of Peg Harvil**  
 Enjoy the Museum's collection of works of art by Peg Harvill, including some of her most well-known prints and watercolors.  
*Through January 8, 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: Van Gogh, A Brush with Genius**  
 We invite you to join us for our monthly Art & Lunch presentation.

This month we will be showing the movie, Van Gogh: A Brush with Genius, in conjunction with the exhibit Painting Tennessee: The Art of Jason Saunders. (The run time for this movie is approximately 40 minutes.)

Relive Vincent's life journey through his letters, see the places that inspired him, and the paintings. This film retraces the artist's footsteps, leading us through the painter's subject matter and sources of inspiration. From the Netherlands, to Arles, to Saint Remy and Auvers-sur-Oise, we rediscover the places and landscapes that have inspired some of the most essential works in art history. From the dazzling yellow of the cornfields to the deep blue of the sky, the entire palette of one of our most flamboyant painters explodes to light up the screen.  
*December 8, 12:00 p.m.*

**Magic at the Museum**  
 Experience an afternoon filled with magic, music, and comedy with Magician Russ Nowack. Tickets are \$10 each and include

a free tour of the museum, face painting, balloon tricks, and a special visit from Santa Claus. You can purchase tickets online at [www.magicatthemuseum.com](http://www.magicatthemuseum.com). The balloon tricks, face painting, and Santa's visit will begin at 2:00 p.m.; the magic show will start at 3:00 p.m.

*December 17*

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.

**AP Austin Peay State University**

get a **SNEAK PREVIEW** during **AP DAY**  
**Feb. 18, 2012**

[apsu.edu/APday](http://apsu.edu/APday)

APSU is an AA/EEO employer.

clubs. The best deal in town on pictures with Santa! All proceeds from this event helps NEHS to improve our teens educational experience.

3701 Trenton Road  
Kathy McNair  
(931) 645-2430

**SUNBURST BEAUTY PAGEANT**

4:00 p.m. Be Discovered!  
\$3,000,000 in prizes and awards yearly. Girls: 0-27 years, boys: 0-3 years. You may enter one hour before the contest starts. Pick up information at the Customer Service Center prior to event date.

New Food Court  
Governor's Square Mall  
2801 Wilma Rudolph Boulevard  
[www.ModelSearchContest.com](http://www.ModelSearchContest.com)

**11 SUNDAY**

**PET PHOTOS**

6:00 p.m. to 8:00 p.m. Bring your pet in to get a photo with Santa. Pets must be in a carrier or on a leash. Please be courteous and control your pet. Please bring your pet outside as quickly as possible after receiving your photo. Pet owners are responsible for taking care of any "accidents" their pet may have.

Center Court  
Governor's Square Mall  
2801 Wilma Rudolph Boulevard

**12 MONDAY**

**"HEALTHY FOR THE HOLIDAYS" ADVANCED WORKSHOP**

6:45 p.m. Dr. Brown will speak about the benefits of maintaining nutrition, exercise, and spinal care during the holiday season. This is a Free Event and Everyone is welcome. Call to reserve your seat.

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

**13 TUESDAY**

**DAR CHAPTER MEETING**

11:00 a.m. to 2:00 p.m. 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@tndar.org](mailto:CaptWilliamEdmiston@tndar.org)

**"DEPRESSION REVEALED" WEBINAR**

6:00 p.m. Learn how thousands of people are becoming free from depression without medication but by focusing on building health

**JC Heating & Air Service**  
*Specializing in custom installs, we provide quality and affordability.*

- Repair & replace all makes and models
- Fair pricing and Honest work
- Both new & old homes

Retired Army -  
10% military & senior discount  
Licensed & Insured since 1999



**\$65 ANNUAL SERVICE**  
Includes: cleaning & complete unit tune-up (repair parts not included).  
Expires: 12 January 2012

**JC Heating & Air Service • 931-216-5018**

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COLLISION & TOWING



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

**931.431.6096**  
2631 Ft. Campbell Blvd

**Berry Bear**  
SELF SERVE FROZEN YOGURT

Look for our **new location, off Exit 4.**  
**NOW Open!!!**  
2257 Wilma Rudolph Blvd. Suite H (by Mulligan's)

Sango Location:  
2341 Madison St. (Beside Sango Walmart)  
931-358-2828

Exit 4 Location:  
2257 Wilma Rudolph Blvd. Suite H • (by Mulligan's)  
931-614-6332

**NEW** Waitlist Line! No extra charge! Try it!!

*Don't forget - We have Gift Cards! (Sango Location)*

- Huge selection of toppings and fresh fruit
- Over 30 different flavors rotated weekly
- Healthy, fresh and delicious

**\$1 Off**   
Not to be combined with any other offer  
Expires: 12/31/2011

**\$1 Off**   
Not to be combined with any other offer  
Expires: 12/31/2011

**\$1 Off**   
Not to be combined with any other offer  
Expires: 12/31/2011

**\$1 Off**   
Not to be combined with any other offer  
Expires: 12/31/2011

The Christmas Club Account at Gateway Credit Union is a **NICE** way to save for next year's Christmas expenses.



**Start saving now for next year's Christmas gifts.**

**931.551.8271** NCUA    
100 Otis Smith Dr. (off Ted Crozier Blvd)  
[www.gatewaycreditunion.com](http://www.gatewaycreditunion.com)

through The 5 Essentials. Register online to get the link to listen in the comfort of your own home.

[maximizedlivingdrbrown.com](http://maximizedlivingdrbrown.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

**17 SATURDAY  
THE NUTCRACKER**

6:00 p.m. Presented by Lana's Dance Centre. Call for ticket information.

Mass Communication Concert Hall  
Austin Peay State University  
8th Street and Marion Street  
(931) 494-5312

**18 SUNDAY  
PET PHOTOS**

6:00 p.m. to 8:00 p.m. Bring your pet in to get a photo with Santa. Pets must be in a carrier or on a leash. Please be courteous and control your pet. Please bring your pet outside as quickly as possible after receiving your photo. Pet owners are responsible for taking care of any "accidents" their pet may have.

Center Court  
Governor's Square Mall  
2801 Wilma Rudolph Boulevard

**19 MONDAY  
CHRISTMAS PATIENT  
APPRECIATION DAY**

8:30 a.m. to 10:20 a.m.; 4:00 p.m. to 6:00 p.m. 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 event.

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

**Clarksville-Montgomery County Public Library**  
350 Pageant Lane • (931) 648-8826 • [www.clarksville.org](http://www.clarksville.org)

**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

**Pajama Story Time**

December 8 7:00 p.m.

**LEGO Program for the Family**

December 3 at 2:00 p.m.

**Teen Anime**

December 10 at 2:00 p.m.

**Bilingual Story Time**

December 20 at 6:30 p.m.

**4Paws for Reading**

December 10 at 1:00 p.m.  
Come read to our friends with four paws.

**Christmas Story Times**

December 21 at 10:00 a.m.,  
Stories and Craft  
December 22 at 2:00 p.m.  
Stories and Cookies

**Teen Advisory Board**

December 8 at 4:30 p.m.

**Teen Program**

December 15 at 5:00 p.m.,  
Gingerbread Houses

**Yu-Gi-Oh**

December 10 at 2:00 p.m.

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.

**Helen's Flowers**  
For all your Christmas decorating and gift ideas.

*Helen's Flowers*  
Florist & Gift Shop  
237 S. Ewing Street • Guthrie, KY  
270-483-1406  
[www.helensflowersky.com](http://www.helensflowersky.com)

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

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

**Spirit Nights**

**1 THURSDAY 5:00 p.m. to 8:00 p.m.**  
**Norman Smith Elementary**

**2 FRIDAY**  
**West Creek High School**  
**Cheerleaders**

**6 TUESDAY 4:00 p.m. to 8:00 p.m.**  
**Sango Elementary**

**8 THURSDAY 4:00 p.m. to 8:00 p.m.**  
**Relay for Life Team Little John**

**13 TUESDAY 4:00 p.m. to 8:00 p.m.**  
**Moore Magnet**

**16 FRIDAY 4:00 p.m. to 8:00 p.m.**  
**CHS JROTC**

**19 MONDAY 4:00 p.m. to 8:00 p.m.**  
**CHS Cross Country**

**20 TUESDAY 4:00 p.m. to 8:00 p.m.**  
**East Montgomery Elementary**

**Events**

**17 SATURDAY 8:00 a.m. to 10:30 a.m.**  
**Breakfast with Santa**

**29 THURSDAY 6:00 p.m. to 8:00 p.m.**  
**Lydia Walker Concert**

**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

**25 SUNDAY**  
**CHRISTMAS**

**31 SATURDAY**  
**NEW YEAR'S EVE CELEBRATION**  
8:00 p.m. to 2:00 a.m. \$35 for singles, \$60 for couples.

Hilton Garden Inn  
290 Alfred Thun Road  
(931) 920-8444  
clarksville.hgi.com

**January**

**1 SUNDAY**  
**NEW YEAR'S DAY**

**9 MONDAY**  
**SUPPER TO SAVE A LIFE**  
Come and help us spread the grass roots of chiropractic by bringing your loved ones to Cumberland Grille for supper on us while gaining a better understanding of how chiropractic care can save a life. Call to reserve your seat.

Cumberland Grille  
1503 Madison Street  
(931) 591-2010

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

*Merry Christmas*



**FROM THE STAFF AT AQUINO PEDIATRICS**  
881 Professional Park Drive • 931.645.4685  
Off Dunlop Lane by Gateway Medical Center

**Boot Camp Challenge of CLARKSVILLE**

A LICENSED, GROUP PERSONAL TRAINING PROGRAM CREATED TO HELP TRAINEES REACH THEIR SHORT TERM FITNESS GOALS. CURRENTLY SERVING 20 DIFFERENT STATES AND 75 COMMUNITIES ACROSS THE COUNTRY INCLUDING CLARKSVILLE!

- Led by Certified Personal Trainers
- Trainers are available outside of class time for support
- Life-style changes encouraged through realistic goals
- Men and Women of ALL fitness levels welcome
- Nutritional guidance is reinforced and on-going
- Very comfortable, supportive atmosphere
- Work-outs are NEVER repeated
- No weigh-ins

**BOOT-CAMP CHALLENGE**

*Our January sessions will fill up!*  
Register today by calling Courtney at (630) 853-5919 or email at [mondaysmorningfitness@gmail.com](mailto:mondaysmorningfitness@gmail.com)

 [www.facebook.com/BCCMiddleTN](http://www.facebook.com/BCCMiddleTN)

check out our website: [www.bootcamp-challenge.com/mondaysmorningfitness](http://www.bootcamp-challenge.com/mondaysmorningfitness)

**The Roxy Regional Theatre**  
100 Franklin Street • (931) 645-7699  
[www.roxyregionaltheatre.org](http://www.roxyregionaltheatre.org)

**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.  
*December 2, 3, 7, 8, 9, 10\*, 14, 15, 16 and 17\**

**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.

**Curtain Times**  
7:00 p.m. Wednesday and Thursday

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

**Excellence in Education | Foundations in Faith**

- Challenging Curriculum with a Christian Emphasis
- Experienced Faculty & Staff
- Daily Bible Instruction
- Weekly Chapel
- Art, Music, Spanish & PE
- Extended Care Available

**Serving K-10 for the 2011-2012 School Year!**




CLARKSVILLE CHRISTIAN SCHOOL  
505 HWY. 76 • CLARKSVILLE, TN  
[www.ClarksvilleChristianSchool.org](http://www.ClarksvilleChristianSchool.org) (931) 647-8180

## 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 (except December 2011, we will meet on the second Wednesday because of the holidays). 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 Robbins at (931) 906-8946.

## 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 discounted rate. 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.studythescrptures.net](http://www.studythescrptures.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



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

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

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

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

### **HOPE (HOMELESS OUTREACH PARTNERSHIP AND EMPOWERMENT)**

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

### **LIFESOLUTIONS - ASPIRE & JOBLINK**

611 Eighth Street, (931) 920-7210.

### **MENTAL HEALTH COOPERATIVE**

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

### **OAK HILL RESIDENTIAL**

118 Union Street, (931) 647-8257.

### **PASTORAL COUNSELING CENTER**

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

### **THE PATH LIFE COACHING**

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

### **REGIONAL INTERVENTION PROGRAM (RIP)**

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

### **VIVIAN HOUSE**

125 Vivian Street, (931) 920-7235.

### **WEEMS ACADEMY**

812 Greenwood Avenue, (931) 920-7370.

### **INTERNATIONAL ORGANIZATIONS**

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

Now's the time! Sharing daily life with a teenager from another country and culture is a rich and rewarding experience, and it's

a wonderful way to bring more understanding into the world. If you've ever thought about welcoming an exchange student into your home and family, now's the time to learn more. AFS, the leading international high school student exchange program, needs families in our community to host high school students for an academic year or six months. Students arrive in August. Applications are already arriving in our regional offices for the fall of 2011.

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

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

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

### **PARENT GROUPS CLARKSVILLEMOMMIES.COM**

A Mommies Network community, was founded in September 2009 by Blythe Belenky to help connect and support Moms in the Montgomery County, Clarksville, Ft. Campbell and Hopkinsville areas. ClarksvilleMommies.Com is for ALL types of moms including those who work full-time. The site offers chatting online in a private forum—discussing everything from the best photographers to the worst temper tantrums and all that lies between—and

meet-ups regularly at member-driven events around the area. And best of its all FREE! Everything—online support, playgroups, and MNOs are all FREE! [ClarksvilleMommies.Com](http://ClarksvilleMommies.Com) is part of TheMommiesNetwork, a 501-C(3). Register to be part of ClarksvilleMommies!

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

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

### **CLARKSVILLE HOMESCHOOL NETWORK**

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

### **FIRST BAPTIST CHURCH HOMESCHOOL GROUP**

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

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

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

## 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 [ftcampbellmops@gmail.com](mailto:ftcampbellmops@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/tNSHARE/](http://groups.yahoo.com/group/tNSHARE/)

## TENNESSEE EARLY INTERVENTION SYSTEM (TEIS)

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

## 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.

**Some of this information was obtained through community and Internet sources. We apologize for any errors. For corrections or to include your group's information call (931) 320-9869 or e-mail [info@clarksvillefamily.com](mailto:info@clarksvillefamily.com).**

## GOLF LESSONS

All ages  
all skill levels

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



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# Madison St. Chick-fil-A Coloring Contest Winners!



Ava Biter  
age 2, Clarksville, TN

Ages 0-3



Zoe Schenider  
age 6, Clarksville, TN

Ages 4-6



Claire Monroe  
age 9, Clarksville, TN

Ages 7-9



Mary Kim  
age 10, Clarksville, TN

Ages 10-12



Savannah Chapman  
age 3, Clarksville, TN



Maria Monroe  
age 5, Clarksville, TN



Olivia Smith  
age 8, Adams, TN



Zach Schneider  
age 10, Clarksville, TN

Winners may claim their prizes at the **Madison Street Chick-fil-A** location along with an accompanying parent or guardian with valid identification.

## What's going on in December at Chick-fil-A Madison Street!

### Fundrai\$er Nights Spirit Nights:

- Thur. 12/01: Norman Smith Elem. 5-8 pm
- Fri. 12/02: West Creek High Cheerleaders
- Tues. 12/06: Sango Elementary 4-8 pm
- Thur. 12/08: Relay for Life Team Little John 4-8 pm
- Tues. 12/13: Moore Magnet Elem. 4-8 pm
- Fri. 12/16: CHS JROTC 4-8 pm
- Tues. 12/20: East Montgomery Elem. 4-8 pm
- \* Lydia Walker will be in concert on Dec. 29th from 6-8pm

Spice up your holiday party with trays from Chick-fil-A!



### Come Have Breakfast with Santa!



Sat, Dec 17th.  
8am to 10:30am.

Madison Street location only

Chick-fil-A (931) 648-4468

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This year as we celebrate the  
birth of Christ, we want to  
remind you that the greatest gift  
ever given to us, loves you more  
than you will ever know.

Merry Christmas to you.



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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