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# Publisher's Message

Christmas came and went so quickly. It seemed the stores start advertising practically in the summer. Pumpkin Spice lattes in August, friend's Christmas tree pics on Facebook by November first—it made me feel like a slacker—but it didn't make me move any faster.

I still found myself scrambling until the night before to get everything finished up. And just like that—it was all over. I was both relieved and a little sad at how fast it all flew by.

It's always hard to say anything about New Year's without sounding like a cliché. I've never been one to set a lot of New Year's resolutions. I think it's probably because the few times that I did, I didn't make it very long before I went astray; so I stopped even making those promises to myself. You can't break your resolution if you didn't make it to begin with!

I may try again this year though. We have some unique and amazing ways to get started with your fitness goals in Taylor Lieberstein's Shape Up article on page 32.

Don't miss the other great articles this month, ranging in topics in everything from: The Tuckasee Woodturners and their beautiful creations (page 6), How to know if your child has a speech impairment (page 14) A local bank's very busy art gallery (page 22) and many more!

We hope you enjoy this month's issue. As always, thank you for picking us up.

Happy New Year to all of you! Stay safe and warm.

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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### DISCLAIMER

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## SAWDUST MEMORIES THE TUCKESSEE WOODTURNERS

by Pamela Roddy Magrans

When I saw a group of woodturners at the Downtown Farmer's market this summer, I had to stop and chat. I marveled at their handmade creations, all from various types of wood that was chiseled, turned, polished and stained to artistic perfection. I had to stop and admire their handiwork not necessarily because I was in the market for a lovely wooden bowl or mixing spoon. The secret is...I like the smell of sawdust.



I was raised in the shadow of my father and grandfather's woodworking shop. They kept their woodworking equipment in the basement of my childhood home. Together they spent hours chipping

away, measuring and cutting, turning and brushing sawdust off their creation. I spent my summer days leaving footprints in the sawdust-covered floor. Through the open garage door, I watched the father and son team work together.

I occasionally fluttered in and out to take my grandfather a glass of water, or my dad a glass of tea. The sawdust hovered in the air and settled on my shoulders and in my light brown hair. I would spin out of the sawdust-covered basement to the fresh

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green lawn outside—sneezing and coughing away the dust. The smell of sawdust became a reminder of my childhood—a symbol of the inevitability of change, and the malleability of a moment.

The sight and smell of that light-covered filament now reminds me of my roots—of the grains and the ripples my grandfather left in me—and the theme that woodturning embodies: nothing disappears, it just changes form.

So when I caught a whiff of sawdust and saw the yellowish dust circling in the air near



the tent of the Tuckesse Woodturners—I was suddenly a child again.

### Tuckesse Woodturners of Clarksville

I happened upon the table and was quickly greeted by several woodturners, each eager to tell me about their craft amidst the humming of the equipment under the tent. Sawdust encircled me once again. I was used to seeing wood crafted bowls, candlesticks, and vases, but I was quickly drawn to the hand crafted and assembled pens. The gunmetal bullet cartridge pens came in a variety of colored wood—some painted like a flag! In this digital age, the sight of a lovely hand crafted pen invoked nostalgia.

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Designed to resemble a rifle, these pens were displayed respectfully in their case. The point of the pens looked like bullets, the top like a rifle, the bolt action mimicking the very discharge of a rifle. A woodturner told me

that some of the pens were made from wood from old Ft. Campbell barracks that had been torn down years ago. Nothing disappears—it only changes form.

For a young child or an adult who loves to write the

old fashioned way these original hand crafted pens would be an heirloom, especially for the hunting or military enthusiast. Like a venerated soldier, the pens stood tall in the case—works of art, pieces of history—

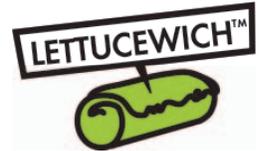
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functional and artistic woodturning at its best. In addition to the pens, I noticed a few styluses for use with a tablet. The styluses were in different shades of wood, each hand assembled, ready for a modern writer to use to navigate apps, email, and the Internet! I imagined the trees now gone that have found new life in a stylus! Nothing disappears—it only changes form.

One vase was stained red, still wearing the wormwood holes. A variety of bowls, vases, salt and pepper shakers—all created from



old wood—each for sale by its creator. The beauty of the pieces showed the skill of its crafter.

The Tuckessee Woodturners is a non-profit club established to promote the art of woodturning. They

conduct classes, demonstrate their art, and display their work at local events.

Some of the members sell their items at local events such as the Downtown Farmers' Market and Handmade Holidays at Liberty Park.

In addition to creating wonderful pieces of art, both ornamental and functional, they also strive to teach woodturning to the next generation.

They meet on the first Monday of each month at 7:00 p.m. at the Fraternal Order

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of Police (FOP) Lodge at 2576 North Ford Street in Clarksville. On Saturdays between September and May, they have Turn-ins at 9:00 a.m. at the FOP Lodge, where locals are welcome to drop in with or without their children to get a lesson in woodturning, or to simply observe. They have all the equipment, tools, and know-how to teach the beginner or the novice turner. Children are welcome.

The Tuckessee Woodturners are also available for local events. If your organization or group would like demonstrations, they are happy to display their skills. To learn more about the Tuckessee Woodturners, contact Jon Haigh at (931) 647-3328 or [jonbh@charter.net](mailto:jonbh@charter.net).

**Turning wood into art**

To make room for renovations, an aged Magnolia tree had to be removed recently from the grounds of the Jennie Stuart Medical Center in Hopkinsville. They called Jim Mason, Tuckessee Woodturner, because when a special tree must be cut down, he's the man with an idea. Jim Mason took the wood from the old tree and turned it into something new. From the light colored wood he

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fashioned some vases. The grains turn like stories around the polished vase. The natural edge still bearing the markings of the aged tree, reminding future generations that nothing truly dies—it only changes form.

He is returning a vase to the Jennie Stuart Medical Center so they can display the piece made from their fallen Magnolia. The other vases await purchase.

Jim Mason has been woodturning for 35 years. For the past eight of those, he has been a part of the Tuckesse Woodturners of Clarksville.

“I manage to make use of fallen trees by turning small pieces into works of art or more functional pieces. When someone gives me a piece of wood, I try to give them something I made from



it,” said Mr. Mason. “I love seeing my work displayed in homes, and the fact that many will pass it down for generations is proof to me that it is appreciated. I also like the fact that I salvage

[recycle] a piece of what would otherwise be destroyed forever,” said Mr. Mason.

Recently, the Tuckesse Woodturners set up their equipment at the Renaissance Center to offer hands on instruction to 36 middle Tennessee art teachers. According to Mr. Mason, it was a wonderful way to highlight both the functionality and artistic value of woodturning in hopes that teachers would take that back to Tennessee classrooms.

“Each teacher left with an item they turned themselves. Most of our members who attended felt good that we had helped to promote this art in such a big way, and the teachers were excited about their potential,” said Mr. Mason.

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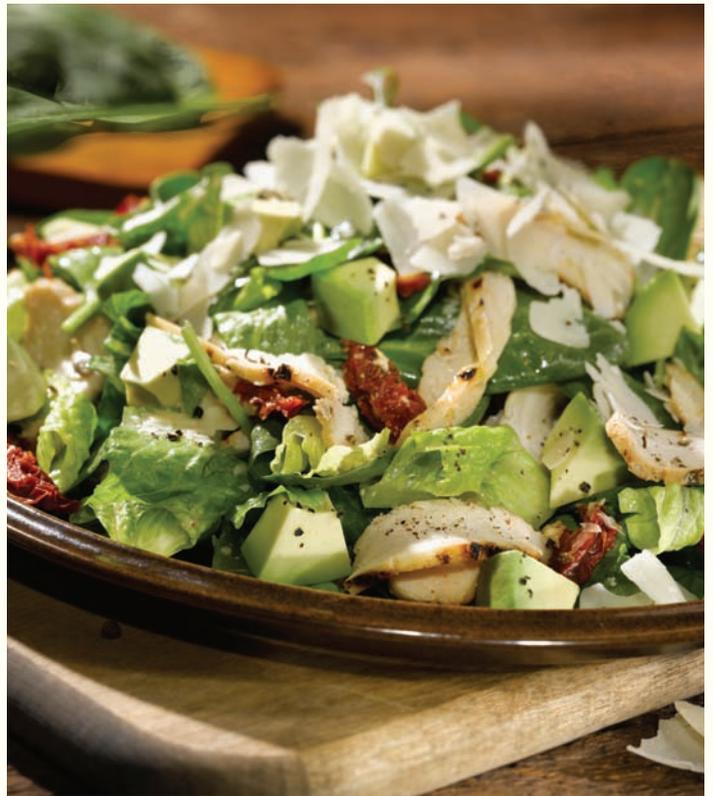
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Woodturning can be a hobby. It can be an act of recycling. It can be a rewarding business. Despite the motivation for the craft, woodturning is a reminder that old things can be made new.

I bought a stylus for my father for Christmas. My son bought himself a bolt-action rifle pen—it came in a slender black velvet case for safekeeping. I revisited the memories of sawdust on a summer day and my own family history of woodturning. If you see the Tuckesse Woodturners at a local event, stop and have a look at their products. If you want to explore woodturning yourself, go to one of the Saturday Turn-ins. Visitors are welcome. To see photos of local woodturners' products, go to the website below and click on a member's name on the left.

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## IDENTIFY THE SIGNS

by Sarah Sanford, Ed.S. CCC-SLP

*Is my child a late talker? Does he have a language impairment? Does she have a speech impairment? How many words should my child be saying by now? Should he be saying phrases or sentences? Should she be saying /r/ sounds correctly?*

The first thing to know is that speech and language are different. Language is made up of socially shared rules including things such as: what words mean, how to make new words, how to put new words together, and what word combinations are best in certain situations. Speech involves articulation (how speech sounds are

made), voice, and fluency (the rhythms of speech). Stuttering is an example of a fluency disorder.

### Signs your child may have a speech or language disorder:

- Your child does not interact socially (from infancy and older)
- Your child does not understand what you say and/or has difficulty following simple one-step directions (starting at 1 year)
- Says only a few sounds, words, or gestures (from 18 months to 2 years)

- Words are not easily understood (from 18 months to 2 years)
- Does not combine words into phrases and/or short sentences (starting at 2 years)
- Struggles to say sounds or words (3 to 4 years)

### So what is normal for talking?

From 7 months to 1 year, children should start babbling long and short groups of sounds (such as tata, upup, bibibi), they should use speech or sounds other than crying to get attention and use gestures to communicate such as waving or holding up their

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arms when they want to be picked up, they should imitate different speech sounds they hear from adults and other children, and by their first birthday they should have one or two words that they use with purpose (hi, mama, dada, ball, up).

From one to two years, children should start to say more words every month and use some one- or two-word questions (ex. What's that?). They will begin to put two words together for questions, requests, statements, etc. They should use many different consonant sounds at the beginnings of words—p, b, m, h, d should have developed by the end of age 2.

From two to three years, children should have a word for almost everything and use two or three words together to talk about and ask for things. They will ask for objects or direct attention to them by naming them instead of pointing, grunting, or crying. Speech should be understood by familiar listeners the majority of the time—k, g, f, t, d, and n sounds will develop between two and three.

From three to four, children begin to talk about activities at school or friends' homes and it becomes easier for



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people outside the family to understand the child's speech. They use more sentences that have four or more words and talk easily without repeating syllables or words.

From four to five, children begin to use sentences that give lots of details and use adjectives. They tell stories that stick to a topic and communicate easily with other children and adults. They begin to say rhyming words, name letters and numbers, and use the same grammar (use appropriate pronouns and verb tenses) as the rest of the family. Most speech sounds are produced

correctly except for later developing sounds such as s, z, r, th, and consonant clusters.

### **And what is normal for hearing and understanding?**

From 7 months to 1 year, children will begin to enjoy games like peek-a-boo and patty cake. They will turn and look in the direction of a sound, listen when spoken to, respond to requests ("Come here"), and they recognize words for common items like cup, shoes or milk.

From one to two years, they begin to point to body parts when asked. They follow simple instructions ("Roll the ball") and understand

simple questions ("Where's your shoe?"). They will listen to simple stories, rhymes, and songs and will point to pictures in a book when they are named.

From two to three years, they begin to understand descriptive words, opposites and position words, and other word meanings (ex. big-little, go-stop, in-on). They will follow two-step directions ("Get your cup and take it to the table"). They begin to listen to longer stories.

From three to four years, children will hear you and respond when you call from another room. They hear



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TV and radio at the same loudness as other family members and they will answer simple “who?” “what?” “where?” and “why?” questions.

From four to five years, they should be able to pay attention to short stories and answer simple questions about them, as well as hear and understand most of what is said at home and at school.

If you think your child has a speech or language disorder contact an ASHA certified speech-language pathologist for an evaluation. Speech-language pathologists have a specialized masters or doctorate degree in communication disorders and are certified by the American Speech-Language and Hearing Association (ASHA). After an evaluation the SLP will be able to tell you if your child has a speech or language delay and if therapy is needed to remediate it.

Sarah Sanford  
Ed.S. CCC-SLP  
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## THIS MONTH'S HEALTHY RECIPE: HARVEST CHILI

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Chili is a party favorite. This harvest chili recipe is loaded with vegetables and lots of flavor.

### Ingredients

3 lb 90% lean ground beef  
2-1/2 cups diced yellow onion  
2 cups diced celery  
2-1/2 cups butternut squash peeled and cut into 1/2-inch chunks  
1 tsp minced garlic  
4 Tbsp chili powder  
2 Tbsp cumin  
2 tsp dried oregano  
1/2 tsp sea salt  
1 tsp paprika



1 can (29 oz) reduced-sodium tomato sauce

1 can (28 oz) diced tomatoes with liquid

2 cubes beef bouillon, crushed

1 Tbsp Worcestershire sauce

1 Tbsp brown sugar

2 cups zucchini cut into 1/2-inch chunks

2 oz shredded low fat cheddar, optional

1/2 cup chopped onions, optional

Whole wheat crackers, optional

### Preparation

In a large saucepan, brown the beef over medium heat. In

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a colander, drain the beef over a bowl and discard the fat. Set the beef aside.

Lightly coat the same saucepan with nonstick cooking spray. Add onion, celery, squash and garlic and sauté over medium heat until onion is translucent. Add the reserved beef, chili powder, cumin, oregano, salt and paprika and stir.

Add the tomato sauce and diced tomatoes with their liquid and stir. Add the crushed beef bouillon, Worcestershire sauce, and brown sugar. Stir. Simmer on low, covered, stirring occasionally for 15 to 30 minutes or until the squash is almost tender. Add the zucchini and stir.

Continue to simmer for 5 to 10 minutes, or until zucchini is tender. Serve with the cheddar, raw onions and crackers, if desired.

Recipe Copyright © Baldwin Publishing.

## Nutrition Facts

Recipe Yield: 24 servings  
Serving Size: 3/4 cup

### Amount Per Serving

Calories 169

Total Fat 7 g

Saturated Fat 3 g

Cholesterol 50 mg

Sodium 289 mg

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Protein 17 g

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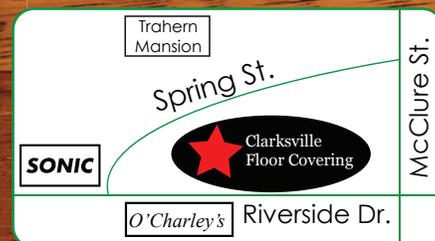
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Kicking the habit isn't easy—but there are many resources to help. Smokers who don't want to quit cold turkey have many options: counseling; over-the-counter or prescription medications and nicotine replacement products, such as nicotine gum, inhalers, nasal sprays or a patch. Tennessee residents can also sign up for the FREE Tennessee Tobacco Quit Line program to help you quit for good. The QuitLine is a toll-free telephone service that provides personalized support for

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**1/27:** Kids Winter Craft Night 5-7pm

**1/29:** Clarksville Academy Spirit Night 5-8pm

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## PLANTERS BANK ANNOUNCES FEATURED ARTISTS FOR 2014

"I never would have imagined the high demand for exhibit space in Clarksville," is Planters Bank Marketing Director Michelle Dickerson's first comment when she talks about the bank's gallery space.

"Of course, we have a multitude of talented artists, many of whom I've worked with at Frolic on Franklin (where she has served as artist coordinator since 2010), but to have our space booked 18 months out just amazes me," she says.



The Hilldale branch of Planters Bank first opened its gallery space in February of 2012, making use of a large blank

brick wall that spans the space from the front to back doors of the building.

Branch Manager Scott Jensen and Dickerson both relocated to the Hilldale office in late 2011 and immediately began talking about options for the large space, which serves as a "first impression" from either of the lobby's entrances.

"One thing we were both in absolute agreement about was that whatever we did had to showcase local talent," Dickerson says.



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“I had worked with the photo club at Frolic the previous September and thought that might be a good partnership. Of course, they were thrilled when I presented the idea,” Dickerson said. The bank decided to piggy-back onto the now popular First Thursday Downtown Artwalk and rotate their exhibits on the first Thursday of each month.

After two months of exhibits from the photo club, Dickerson began getting phone calls from local artists who were interested in showcasing their work. “I sent just a few emails to artist contacts and quickly booked the remainder of the year. By the beginning of 2013, we had reserved most all of 2014.”

**Scheduled for 2014 at the Planters Hilldale Gallery are:**

- January 2: Bob Privett – Drawings, Oil and Acrylic Paintings
- February 6: Susan Liberatore – Photography
- March 6: Patsy Sharpe – Watercolor
- April 2: Debra Harrison & Lauren Griffin – Mixed Media Watercolor, Pottery
- May 8: Judy Morgan – Watercolor
- June 5: Kay Lamirande – Arcylic Paintings
- July 3: Frank Lott – Watercolor
- August 7: Gabriele Wardiner – Abstract Mixed Media
- September 4: Kimberly Santiago – Mixed Media
- October 2: Shane Moore – Photography
- November 6: Larry Martin – Oil Paintings
- December 4: Beverly Parker – Photography, Mixed Media

“Clarksville is truly blessed with such a variety of talented artists,” says Dickerson. “It’s been a joy to experience all of their work and provide a venue for the public to enjoy it as well.”

The gallery space in the Hilldale branch is located at 1917 Madison Street and is open to the public during regular business hours: Monday-Thursday, 8:30 a.m. to 4:00 p.m., and Friday, 8:30 a.m. to 5:30 p.m.

Artists who are interested in exhibiting their work (beginning in the spring of 2015) should contact Michelle Dickerson at (931) 648-7154 or [mdickerson@plantersbankonline.com](mailto:mdickerson@plantersbankonline.com).

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## LIFESTYLE CHANGES AND HOW TO HELP MAKE THEM IN OTHERS

by Taylor Lieberstein

You may be familiar with the phrase “Love the sinner, hate the sin.” When someone you’re close to is doing something that you aren’t in approval of (smoking, drinking heavily, or overeating) you don’t have to suffer in silence. However, you do have to approach the issue with caution. You want to encourage a positive change in them, not beat the one you love down.

### Approach the Issue with Caution

You can support your loved one but you can’t make them

do anything unless they are one of your children. Even in that case, you likely may not be able to *make* them change a part of their life. You can’t and shouldn’t try to take control of the person you want to help. That will only breed anger. There are psychological reasons why people submit to bad habits, and why the solution isn’t as easy as pouring that last bottle down the drain.

### Be on the Lookout for Their Weak Moments

People who blow off the gym each day usually don’t feel good about it. Wait for

them to say, “I’m gaining too much weight. I need to get back into the gym.” People often voice the dislike of their actions when they are looking to make a change. Halfway through January people will start to slack off on their resolutions to hit the gym each day, then guilt will (hopefully) set in. That is when you come in. Say, “You know I think you’re beautiful, but if you want to lose weight, maybe I can help in some way.” If you

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are dealing with a teenager who isn't self-aware enough to see a problem, you'll need to create an opportunity to talk.

**Educate Yourself on the Subject**

Be able to present your loved ones with facts about the issue. For example, tell your daughter "Exercise contributes to restful sleep. It increases total sleep time and decreases REM sleep, a less restful form of sleep." Sometimes advice from the experts can grab attention better than another piece of advice from mom. Or instead of pleading with your 13-year-old son to choose healthier snacks, print out research on how diet affects athletic performance and then explain why eating peanut butter on whole-wheat toast instead of a pizza might help him make more shots at the basketball game.

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### **Know When to Back Off For a Bit**

You most likely won't get a thank-you note for bringing up a sore subject. If a family member fights your attempts to help, pull back until they cool off. When can you approach the topic again? There are no rules set in stone. If your relative hints at it in any way down the road, try to reopen the dialogue. If they don't, change your approach. Suggest that he or she talk to her primary-care physician about the issue, or if it's a serious drinking problem or

an eating disorder, offer to see a professional together. It's important to remember that change is a process. Even though your relative is seething, she may still be thinking about her problem as a result of talking to you. A study published showed that heavy drinkers who were pressured to change by family members were more likely to take a positive step forward such as seeking treatment or altering their behavior than were those who received no family intervention.

### **Be There To Catch Them When They Fall**

As life would have it, people will inevitably backslide. There may be many attempts to change a behavior before finding success. When they fall off the wagon, that's when they will need you the most. They may feel that they have failed, which may lead them to quit trying altogether. Help them to figure out exactly what triggered the relapse in behavior and find ways to avoid it next time.



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Don't make your spouse or best friend live on Temptation Island: create a home where it's easy to be good. Purge the junk food, toss the ashtrays, and empty the liquor cabinet. Make an easy environment that caters to the change needing to be made. If your partner needs to exercise more, do it with them and plan nights to cook quinoa and salmon dishes together. If your brother's social life revolves around the local bar scene and he wants to slow down his alcohol intake, distract him by asking him to a sporting event or a movie night.

Old habits die hard, but they will die if we really want them to. Don't bake cookies while your husband is trying to eat healthier, don't keep beer in the fridge when your recovering alcoholic brother plans to stop by your home, and do be supportive and patient always.



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# TAX IMPLICATIONS OF COMBAT PAY

by Jennifer Thayer, J.D. and Doug Lyon, CPA

Has anyone in your family deployed to a combat zone in the last three years? If the answer is yes, then the IRS may owe you money. Military Combat pay may be used to increase your income tax refund with the following tax credits: earned income credit, additional child tax credit, and dependent care credit. The tax credits are mainly beneficial to taxpayers claiming dependent children on their federal income tax return.

The earned income credit and additional child tax credit are both refundable

tax credits, while the dependent care credit is a non-refundable credit. Refundable tax credits can reduce the taxpayer's federal income tax liability to zero with any remaining credit refunded to the taxpayer, thus increasing the total income tax refund. Non-refundable credits can reduce taxpayer's federal income tax liability to zero, but any remaining credit is lost.

Military combat pay is reported on Form W-2, Box 12, Code Q. Combat pay is generally nontaxable for federal income tax purposes

and therefore, generally excluded from the taxpayer's adjusted gross income and earned income calculation. However, there are a couple of exceptions to this general rule. Combat pay is included in the earned income calculation for the additional child tax credit and the taxpayer may elect to include combat pay in the earned income calculations for both the dependent care tax credit and earned income tax credit if inclusion is beneficial to the taxpayer. If the taxpayer elects to include the combat pay in the earned income calculation, the combat pay is

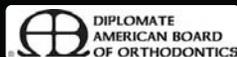
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still NOT included in the taxpayer's adjusted gross income, thus it would not increase the income tax liability.

Remember during this year's tax return preparation to ask your tax professional if utilizing your combat pay in the earned income calculation might increase your refund. The tax professional can also review your tax returns from the previous three years to see if you are due any additional tax refunds. Below is a summary of the income tax credits that can be impacted by military combat pay discussed in this article.

- **Earned Income Credit: (up to \$6,044 tax savings)** The earned income credit is a refundable credit available to taxpayers with earned income in the low to moderate income range. Several factors that determine qualification for



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this credit include: filing status, number of qualifying children, age of the taxpayer if no children, citizenship, and type of income. Eligibility requires earned income from wages, salaries, business operations, or farming. An important note is that you are exempt from eligibility if you received more than \$3,300 of investment income for 2013. Investment income includes bank interest, stock dividends, capital gain distributions, long-

term stock sale gains, rental income and royalties.

- **Additional Child Tax Credit: (generally \$1,000 per child in tax savings)** The additional child tax credit is a refundable credit available to taxpayers that were ineligible for the full child tax credit. The maximum child tax credit is \$1,000 per qualifying child based on the taxpayer's adjusted gross income. Several factors impacting the credit include: the child

must be under age 17; the child and taxpayer must be related; the child must not provide more than half their own support; the child must be claimed as a dependent on the taxpayer's tax return; the child must be a U.S. citizen, national or resident alien and the child must have lived with the taxpayer for more than half the year. If the child tax credit or other credits reduce



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the federal income tax liability to zero, then the taxpayers are able to claim the additional child tax credit.

- **Dependent Care Credit: (up to \$1,050 tax savings)** The dependent care credit is a non-refundable credit available to taxpayers who paid someone to care for any dependents that are disabled or under the age of 13. If married and filing jointly, both parents must work, be seeking work, or be a full time student.

Military personnel that receive combat pay may want to consult a professional tax preparer to ensure maximum tax benefits are received. The staff at CPA XpressTax, PLC are available to assist you with the items discussed in this article. Visit their website at [www.cpaxpresstax.com](http://www.cpaxpresstax.com) or call (931) 576-1040 for more information.

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## SHAPE UP IN 2014

by Taylor Lieberstein

Lose weight and get fit, the most common of the traditional New Year's Resolutions. Lose weight and get fit, also the most commonly broken resolution. Many of us will make a promise to ourselves the first of this month and a third of us (for comparison, that is about the same percentage of Americans who will watch the Super Bowl) will break that promise before the month ends, according to a survey by FranklinCovey. Not to discourage anyone, just stating the facts. This month, in honor of those 2014 resolutions that will hopefully stick, we wanted to share some of our favorite fitness spots around town.

### Title Boxing Club

Featuring Power Hour workouts, which are one-hour workouts designed to be fast, fun and effective. By using actual boxing and kickboxing techniques you are able to tone, sculpt and condition your body while burning up to 1,000 calories during the hour. This workout is so effective that it only needs to be done three times a week to achieve results. This workout begins with a 15 minute warm up, 30 minutes of bell to bell, and ends with 15 minutes of core. For anyone who struggles to fit a workout into their day—this is all the exercise you need, and it can be done in the time

it takes to leave the office and get a coffee. Bonus: The first workout is always free!

### Boot Camp Challenge

This six-week program is all about building confidence and generating change. It is done through the work of not just you but the team as a whole. The group personal training program guarantees results for anyone wanting to shape their body or just change their level of fitness. BC tracks your progress and gives instruction for success outside of the facility. New this year is the Break Through Challenge, a life-coaching program to move you to discover your vision to change and become your best you. This program requires no yoga pants or water bottle; only you and your willingness to make a change. For more information visit [breakthroughchallenge.com](http://breakthroughchallenge.com).

### Pilates Movement of Clarksville

Pilates, one of the most popular exercise programs in the country, focuses on your core, which is basically the “powerhouse” of your body. These classes build strength, flexibility and lean muscle tone with an emphasis on lengthening the body and aligning the spine, rather than on bulking and shortening the muscles. You can expect overall slimming, greatly improved flexibility and increased balance. Pilates

isn't the type of workout where you leave feeling exhausted. Instead you will leave with increased energy levels; a clear, focused mindset; and a body that feels strong and in control having been through a challenging workout. Contact [April@Clarksvillepilates.com](mailto:April@Clarksvillepilates.com) to get enrolled.

### YMCA

Group classes often increase exercise motivation. Currently the Clarksville YMCA is offering three fun, results-guaranteed workouts: Body Pump, Body Combat and the always popular, Zumba. Body Pump is a 60-minute barbell class led by Les Mills. This workout will strengthen all your major muscle groups through the best weight-room exercises: including squats, presses, lifts and curls. Updated versions of the class are released quarterly. Body Combat is a class inspired by martial arts, karate, boxing and more. Be ready to strike, punch and kick your way into a superior level of cardio fitness. The Latin inspired dance class, Zumba, is always a full class due to its easy to follow instruction and the level of fun in the movements.

### Harris Holt

Take instruction from over 40 years combined experience in Karate, Judo, Aikido, Jujitsu and more. Harris Holt offers specialized children, teen, and adult classes. Classes

have a strong focus on developing a positive attitude, self-esteem, respect, self-discipline, and self-defense. New this year is the 16 and older fitness program that will be a mixture of kickboxing, boxing, cross fit, karate and more.

### Kriegisch Martial Arts

Kick F.I.T. Fitness Kickboxing is a total body workout that has proven to be one of the most effective ways to tone muscles, burn calories and increase your energy level. An added value is that you learn valuable self-defense skills. Classes are held every Tuesday and Thursday for students ages 16 and up. Tiger Fast, another popular course, is a self-defense specifically designed to teach participants to successfully handle a multitude of confrontational situations. This course is offered to women ages 16 and up. Students are taught to assess danger, set boundaries, respond effectively to verbal attacks, and cope with the adrenaline rush that occurs in any threatening situation.

### NBalance Hot Yoga & Fitness

NBalance uses the science of interval training, the efficiency of indoor cycling, and the ultimate body weight training challenge of yoga to provide a complete fitness experience in a small group environment. Yoga classes include Hot Yoga, Vinyasa, Power, Yin, Restorative, and Fusion. Fitness classes are designed to offer a different training stimulus each day in a small group format of no more than six clients per session. The goal of NBalance is to provide a client-oriented training center, without the crowds of group fitness. Beginning this month, nutrition coaching will be offered to compliment the high quality services currently provided at NBalance Hot Yoga & Fitness.

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# PRECIOUS CARGO

by Pamela Roddy Magrans

It's hour 8 on the 9-hour drive to visit the in-laws who live too far away. The drive feels like a marathon of Temple Run—a constant sprint to occupy the children. The two-year old, strapped in securely, is doing some squirming movement that resembles a mummy performing the “Gangnam Style” dance. Her diaper needs changing for the eight time since morning. Any stop means adding thirty more minutes to this never ending drive! The four year-old is tired of Cut the Rope, ran out of Skittles, can't find his blue crayon—all the while



requesting to undo the five point harness because he wants to stop at the Play Place.

We've all been there—in a car for way too long with an uncomfortable child strapped in the car seat. They beg to get out. They squirm to be set free. They long for someone to unbuckle the strap. Sometimes they attempt to do so themselves. Older children create lavish arguments on why they are too big for a booster. Parents are left with only one rebuttal, “Because it's the LAW!”

### Car Crash Realities

Car crashes are the number one cause of death of U.S. children ages 2-14. According to the Centers for Disease



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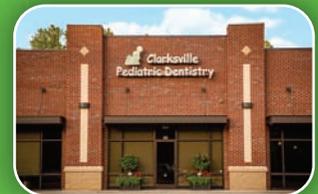
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Control and Prevention, it is estimated that in 2010 over 1,200 children died due to motor vehicle crashes in the U.S. Another 171,000 children were injured that same year. Many of those injuries and fatalities could have been avoided if the children were restrained properly.

For most of us, driving is the most dangerous daily activity. In turn, riding in a car remains the most dangerous act our children engage in daily. So how can we make the ride safer for our most precious passengers? As parent drivers, we need to know the rules and use car seats and boosters consistently, ensure our children are restrained appropriately for their age and size, and model positive car behavior for our children's lifelong sake.

**Model appropriate driving habits**

Almost 40% of unbelted children in car accidents were riding with unbelted drivers. Obviously our children watch and mimic us. The first step in teaching your children the importance of wearing a seat belt is wearing a seat belt yourself.

In addition to belting yourself up and showing your children that you practice what you preach, parents should also show the upmost respect to the act of driving.

Driving should be just that—driving. It is not the time to balance the checkbook, or apply mascara, or eat a salad! We all know that it is definitely not the time to send a text! Our children are watching us.

Show them that when we drive—that's all we do. We focus on driving. In turn, as we become more focused drivers, maybe our children will become more focused riders. As they respect the car the ride and the danger

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it presents. Perhaps our children will learn that their job as a rider is to ride—quietly, not disturbing Mommy or Daddy—and staying seated in the car seat. Riding is a time to ride—not pitch a tantrum, or get out of the car seat, or bang your brother on the head with Lalaloopsy.

Distractions such as those are a danger to the driver too.

The first real step in teaching our children safe driving and riding habits is



by respecting the vehicle and the rules of the car. It won't be long before those very children will be behind the wheels themselves. Take these years to model how you want them to drive someday!

### Know the Rules

The Montgomery County Sheriff's Office, in collaboration with the Clarksville Montgomery County School System and the Governor's Highway Safety Office, is reminding parents about the child safety seat laws. Sgt. Jimmy

Brown recently knocked on my window while I waited in the East Montgomery Elementary car circle. He was passing out flyers to all parents reminding us

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all about the laws of child car seats. We all need a reminder of what's important sometimes.

Tennessee State Law currently requires all children through age 8 and less than 4' 9" be in a safety seat that meets Federal Motor Vehicle Standards. More specifically, children under 1 year must be in a rear facing child seat. Children ages 1 year through 3 years can use a forward facing child seat with a harness. Children ages 4 years through 8 years and less than 4' 9" tall must use a belt positioning booster seat.

The adult lap and shoulder belts are designed to protect occupants over 4' 9". If the child is less than 4' 9" then they need to be in a safety seat appropriate for their age and height. Once the child is 9 years old, state law dictates that the child can use the adult shoulder and lap seat belt and no booster is required. However, if the child is 9 years old and still under 4' 9" it is recommended that the child remain in a booster seat, as that would provide the safest ride for the child.

The back seat remains the safest place for riders under

the age of 12. Plus, when they are in the back seat they can't reach the radio controls!

Violation of the car seat laws is a Class C misdemeanor punishable with a fine of \$248.

The safety seat must also meet the Federal Motor Vehicle Safety Standards, so check underneath the car seat to see if there is an expiration date, or better yet call the manufacturer to ensure the seat has not been recalled and is still considered safe. Car seats usually expire six years after their manufacture date. If

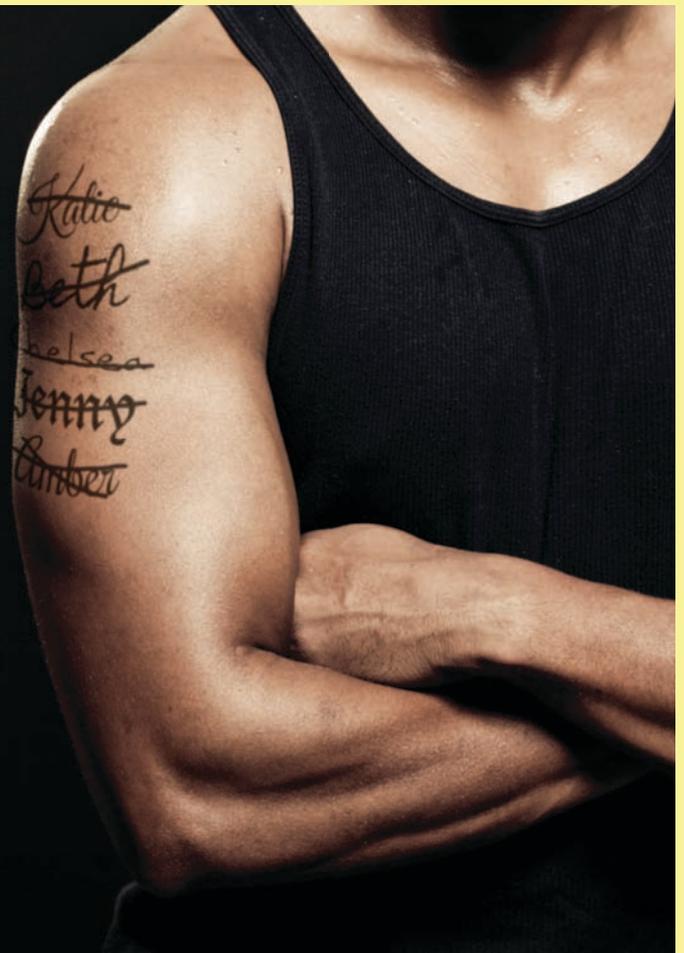
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you are still using a hand me down seat it might be time to purchase an up to date one.

Often parents make mistakes regarding their child's safety seat. This is simply due to a misunderstanding about how to install and use the seat.

Sgt. Jimmy Brown, Traffic Unit Enforcement Supervisor with the Montgomery County Sheriff's Department states that, "With the seats that I have worked with, the major problem has been the seat belt holding the child seat in not being locked in place to keep the child seat from moving around."

"The seat should not move more than one inch where the belt goes through the child's seat. Also some parents do not use the correct seat for the child. They need to make sure the child fits within the seat weight requirements and the correct seat required by law," said Sgt. Brown. Check the car seat owner's manual and/or the information printed on the side of the seat.

Once you know your car seat or booster seat is up to date with current safety regulations, and that it is installed correctly, you must make sure it is used properly.

According to Sgt. Brown, the Sheriff's Office and the Clarksville Police can inspect the car seat and make sure it is being used correctly. It is best to call or email and make an appointment. Sgt. Brown can be reached at (931) 648-0611 or [jlbrown@montgomerycountytn.org](mailto:jlbrown@montgomerycountytn.org).

To review the rules for car safety restraints, visit [www.tn.gov/safety/newCRD.shtml](http://www.tn.gov/safety/newCRD.shtml) and/or consult your specific car seat owner's manual.

### Be Consistent

"But we are just going down the street, Mom." If your child is old enough to talk and create an argument then

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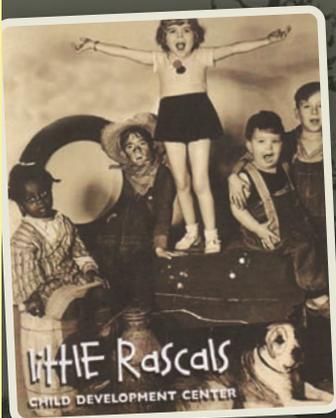
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you've heard that before! Accidents happen just down the street, too. Sometimes accidents happen pulling out of the driveway or before we even exit our neighborhood. Accidents happen in parking lots! Any time the vehicle is moving the rider and the driver should be buckled up.

I live close to my son's school. Very close. I can walk to his school faster than I can drive there—if it weren't for that fence!! For years both of my sons tried to plead the case that they shouldn't have to wear their seat belt since we are "driving just around the corner from

home." The truth is that it's a slippery slope down that proverbial surrender. Word of warning—exception is the death to consistency. No matter the distance, make sure there are no exceptions to the car seat rules, as that will send the wrong message to our children—that driving close to home is safer than driving far away from home: both demand a seat belt. Plus, it is the law, and it could cost us all dearly if we don't follow the law.

Know the rules, stick to the rules, and model law-abiding

behavior for our children, and soon enough our little ones will be in the driver's seat!

Hopefully, 2014 will bring a reduction of vehicle crashes, injuries, and fatalities on Tennessee roads, as we all take steps to make the drive safer for everyone's precious cargo.

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## 5 BONUS BENEFITS OF EXERCISE

by Catherine Meeks

For as long as you can remember, you've been hearing about the benefits of exercise: Weight control, chronic disease management, stronger muscles and bones—to name a few. But the list of exercise benefits just keeps getting longer. If you could package it in a pill, you might have a multi-million dollar product!

Maybe these less-touted benefits will offer the motivation you need to make exercise a regular part of your daily routine.

**1. Improve your immune system.** Seem like you catch every bug in the

book? Maybe exercise can help. Researchers are finding that as little as 30- to 45-minute brisk walks five times a week can greatly boost your immune system. It does this by increasing the levels of natural killer cells that fight off infections such as colds or the flu.<sup>1,2</sup>

**2. Influence aging.** Early research indicates that exercise may partly reverse the aging process caused by stress. How do we know this? Shorter telomeres are a sign of aging, and researchers have found that exercise lengthens them.

Telomere is a fancy name for the strands of DNA at the tips of chromosomes.<sup>3</sup>

**3. Enhance your mood.**

You may already know that exercise can improve self-confidence, distract you from negative thoughts, and help you feel fitter. Increasing body temperature may have a calming effect. Exercise also releases brain chemicals that may relieve tension and ease depression and anxiety. Some studies have even shown that exercise may be as effective as an antidepressant.<sup>4,5</sup>



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#### 4. Boost your brain.

Exercise increases growth factors in the brain, which help the brain make new brain cells and new connections between them. This may enhance memory, attention, and concentration—helping with learning.<sup>6</sup> Some studies have even begun to show a link between exercise and grades on math and reading tests.<sup>7</sup> But the benefits aren't limited to kids in school. Exercise may also greatly reduce the risk of developing Alzheimer's disease, a form of dementia.<sup>8</sup>

5. Sleep better. A recent poll conducted by the National Sleep Foundation uncovered some interesting connections to exercise. Those who exercised—no matter what time of day—reported better sleep than those who didn't, even when they slept the same length of time. Sedentary people were also about twice as likely to be sleepy during the day and were more likely to have sleep apnea, a disorder that interrupts breathing while you're asleep.<sup>9</sup>

So how much exercise do you need to reap benefits like these? Experts

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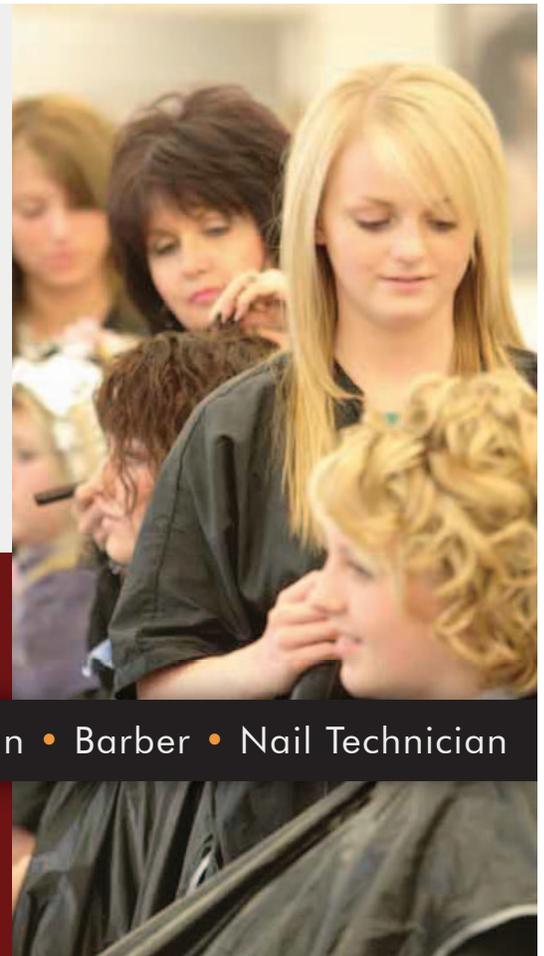
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recommend getting at least two hours and 30 minutes each week of moderately intense aerobic activity or one hour and 15 minutes weekly of vigorous aerobic exercise.<sup>10</sup> It's best to combine this with muscle strengthening two times a week.<sup>10</sup> But remember: short stretches of physical activity throughout the day can bring many of the same advantages as a structured gym workout.<sup>11</sup>

If you're not sure where to begin, I may be able to help. Before you start a new routine, it's also best to have

a talk with your physician. Stop by Sango Pharmacy for information on your new you!

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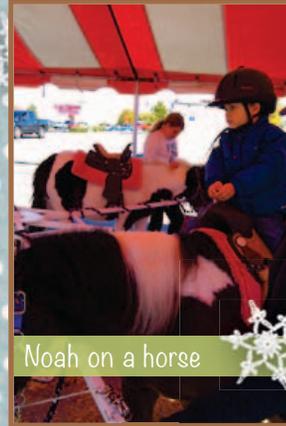
River Walk



Noah playing in Clarksville



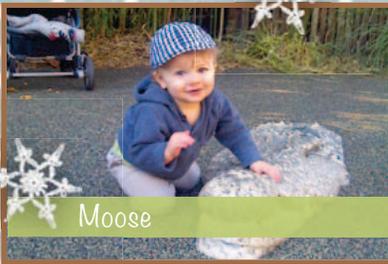
Johnathan at Smith Trahern



Noah on a horse



Anastyn & Ariana after shooting the commercial for Grace Dental.



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Briley Morgan Visiting Santa at Smith Trahern Mansion



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Fun at our friend Lilly's party.



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

## A NEW BEGINNING

by Brenda Hunley Illustrated by Willie Bailey

Tonight was the NEW YEAR party. The friends had prepared all week. Some were baking treats to eat, and planning which games to be played, while others were finding the perfect outfit. All were looking forward to the evening.

Dart the bluebird had a brand new bowtie that lit up when you pushed a button; and he was quite proud of it. He was going to wear it tonight with the brand new hat he got for Christmas. He was the DJ for the big NEW YEAR party, and he had been taking song suggestions all week.

Hazel and Coco the chipmunk twins had new dresses. Hazel's was green and she loved spinning in circles because she liked to watch the skirt flare as

she spun. Coco had a blue dress and she liked it because it had little white polka dots on it.

Lily the dragonfly was not a fan of all this cold weather, but she did like a party. She had been working on decorations and was looking forward to having everyone see how pretty it all turned out.

Chester and Boomer Chipmunk had been helping Mom and Dad Chipmunk cook and get enough supplies together for this big event.

Chester dug deep into his inventory in his treasure room. He had found some string for the lights and several items that could be used as give-away prizes.



Boomer, well he had been taste testing each food item Mom Chipmunk was bringing—just to make sure everyone would like it.

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“Hey Boomer! Look what I found!” laughed Chester, holding up a bag of party horns.

“Do you think that will be enough?” Boomer asked.

“I have some poppers too. Want me to get those? Not everyone has to use the same thing,” Chester answered.

“Sure,” Boomer answered.

Boomer was getting bored. He had been inside simply too long. It was so cold and wet outside that the chipmunk family had not ventured into the Woods of Dunbar in several days. Instead they had been using the underground tunnels between Chester’s home and their parents so they would stay warm when traveling to see one another.

“Hey Chester, do you want to go see what Dart is up to? We haven’t seen him since before Christmas.”

Mom Chipmunk looked up from her sewing. “Stay together and be careful. We had several inches of snow yesterday.”

“I love the snow!” grinned Chester. “Sure! Let’s go find Dart and see if he needs help getting ready for tonight.”

As the brothers surfaced at the end of one of their tunnels, they saw their mom was right. Chester gave his brother that look and hopped out into the snow. He immediately disappeared!

Boomer laughed. “Chester, where are you?”

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Boomer's whiskers twitched and his ears listened closely for his brother.

"I'm under here!" Chester said. "Come on, it's fun!"

Boomer jumped into the snow and felt himself falling down, down, down. There was Chester next to a pinecone just grinning from ear to ear. "Look at how far down we are!"

Boomer nodded. "Yeah, this is great. It's not as cold down here. Want to go explore?"

"Exactly what I was thinking!" answered Chester.

Soon there were as many snow tunnels above the ground as there were under the ground. The brothers zig-zagged all over the Woods of Dunbar in one

adventure after another. They had fun hopping into and out of the snowdrifts.

They did end up finding Dart's winter home tucked into the side of the cave. Dart the bluebird was glad to see them and invited them for lunch. After playing for a few hours the brothers left and headed home. "See ya tonight, Dart!" Chester said, as he climbed out of the rocks.

Soon it was time for the party. Dart was playing some fun dance music, the decorations were ready, the food and punch were filling the buffet table to the max, and the room was quickly filling with friends and neighbors. It was time to enjoy being together and sharing stories of the past year.

As the hands on the clock got closer to midnight, the group became excited once again. "FIVE...FOUR...THREE...TWO... ONE!!!! Happy New Year!" Dart the bluebird shouted. Bells rang; multicolored balloons, glitter, and streamers rained down on our friends as they blew whistles and cheered as they welcomed the New Year.

"Happy New Year!" shouted Chester. "Happy New Year to all!"

Want to be a part of Storytime with Chester? Submit your plot ideas to [brenda@clarksvillefamily.com](mailto:brenda@clarksvillefamily.com).



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

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

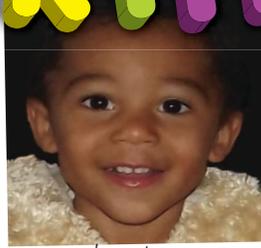
# HAPPY BIRTHDAY!



Happy 2nd birthday my little angel love mommy, Chels and Jerrianna



Happy 2nd Birthday, Lux!



Vouhgn is turning 2, boy we love you! Happy Birthday



Happy 3rd Birthday Katana! Mommy, Daddy & Big Sis love you!



Happy 3rd Birthday Saniyah!! We love you!!



Happy 4th Birthday Biley! Love Daddy & Mommy



Happy 4th birthday Deborah Dagan. God bless you. Love Dad, Mom, Gedeon & Michaela



Happy 4th Birthday Ellie Belle! Love, Daddy, Mommy and Sambo



Happy 4th Birthday love mom dad and sissy



Happy Birthday Gabriell! DranMa & DranPa loves you!



Happy 4th Birthday Jay! We love you! Love Mommy, Daddy, and Gunnar



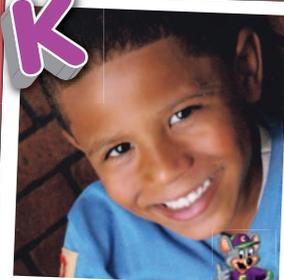
Happy 5th Birthday AK (Gassy pants) Love, Daddy, Mommy, Riley & Dawson



BIG HAPPY 5th BIRTHDAY wishes 2 our PRINCESS Anastyn We love you. XOXO!



Happy 5th birthday, Joycelyn!! We love you!! Daniel and GiGi



Happy 5th Birthday, Ke'Shaun! We Love You!!



Happy Birthday, Landon!



Happy 5th Birthday Toochi Butt Love you to the moon and back Mommy



Happy Birthday Kyndall Mommy and Daddy Loves you



Happy 7th Birthday Angelina Ballerina! We love you sweetness!



Happy Birthday Ben Cohoon! Daddy, Tonya, Jackson & Johnathan

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

# HAPPY BIRTHDAY!



Happy Birthday Charlsie  
Love ya Mom, Dad and John



Happy birthday Danielle  
Love Maria, LeAnn,  
Chelsey Jerrianna

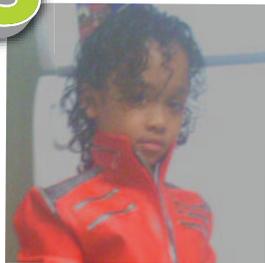


Happy 8th birthday Jocelyn!  
We love you  
Dad, Mom, Jania, & Journey



Happy 8th Birthday  
to our sweet girl!  
Love Mom, Dad Mason & Dylan

S



Happy 8th Bday Sincere! LUV U!  
Luv Mama Dad n fam

A



Happy 9th birthday Aya!  
Love you bunches! Your family

H



Happy 9th Birthday, Hayley!  
Love - Dad, Mom and Christopher

L



Happy 9th Birthday Landon!  
Love, Mom and Dad

D



Welcome to the  
Double Digits, Dylan!!!

G



Happy Birthday, Gina!!  
So Proud Of You!!!  
Love, Woman (Mom)

E



Happy 14th Birthday Emma!  
We love you! Mama, Nanny,  
Ricky, & Uncle Josh

S



Happy 16th birthday  
Sha'Ron!  
Love Samari and mom



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

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

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

W



Happy 16th Birthday Wyatt!  
Buckle up. Love Mom & Crew

L



Happy birthday Ms Loral  
Love Maria, LeAnn,  
chels and Jerrianna

# Ongoing

## CELEBRATE RECOVERY

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

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

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

First Church of the Nazarene  
Community of Hope  
150 Richview Road  
(931) 648-0110

## CLARKSVILLE CHESS CLUB

6:30 p.m. Thursday evenings.

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

## CLARKSVILLE SCRABBLE CLUB

5:30 p.m. to 8:00 p.m. the first and third Tuesdays of each month. Beginners welcome.

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

## CLARKSVILLE WINTER MARKET

Fridays through May 9, 2014 from 9:30 a.m. to 1:00 p.m. Fresh produce, baked goods, handmade jewelry, quilts, domestic goods, eggs, jams, honey, plants, and art.

Smith Trahern Mansion  
101 McClure Street  
[smithtrahermansion.com](http://smithtrahermansion.com)

## FAMILY LIFE CENTER ACTIVITIES

Monday through Friday, 5:30 a.m. to 9:00 p.m. (except Wednesday, 5:30 a.m. to 5:00 p.m.), Saturday, 7:00 a.m. to 4:00 p.m. This family-oriented facility sports a walking track, basketball courts, weight room, cardio deck, racquetball court, group fitness, game room, and a luxurious senior-adult social room. It is open to the entire Clarksville community and

offers a variety of membership options such as walking pass member, group exercise member, and single-, couple- or family-memberships. Classes include step aerobics, sculpting, Zumba, circuit, senior fit aerobics and beginner step (all classes are \$3).

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

## BREASTFEEDING SUPPORT GROUP

Saturdays, 10:00 a.m. to 12:00 p.m. The group is led by two lactation professionals and offers free breastfeeding support as well as free weight checks, which can be done before and after nursing to measure the amount of breast milk ingested. Mothers/parents can drop-in anytime during those hours on Saturday. For more information contact Joann Charnock, IBCLC at (313) 737-6889 or Jade Chapman, CLC at (931) 802-9869 or email [joann2985@charter.net](mailto:joann2985@charter.net) or [yourbirthingbody@gmail.com](mailto:yourbirthingbody@gmail.com).

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103 Jefferson Street Suite 100

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## HABITAT FOR HUMANITY RECYCLING OF MONTGOMERY COUNTY TN

Tuesday through Saturday, 9:00 a.m. to 5:00 p.m. Recycling bin is located at:

Clarksville Restore  
(931) 645-4242  
408 Madison Street  
[RecyclingHabitatMCTN@gmail.com](http://RecyclingHabitatMCTN@gmail.com)

Recycling Coordinator: Denny Mihalinec

## HOPE RIDERS BIKER CHURCH

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

Epicenter (Youth Building)  
First Church of the Nazarene  
150 Richview Road  
Contact: Pastor Ron  
(931) 801-0379

## MONTGOMERY COUNTY BEEKEEPING ASSOCIATION MEETING

10:00 a.m. the first Saturday every month (except January and July).

Clarksville-Montgomery County Public Library  
350 Pageant Lane  
Jason Groppe  
(931) 561-5530

# January

## 1 WEDNESDAY NEW YEAR'S DAY

## 2 THURSDAY ART&WALK

5:00 p.m. to 8:00 p.m. Major exhibits of art by local artists in downtown Clarksville.

Strawberry Alley  
[info@ArtWalkClarksville.com](mailto:info@ArtWalkClarksville.com)  
[ArtWalkClarksville.com](http://ArtWalkClarksville.com)  
(931) 614-0255

## 6 MONDAY SUPPER TO SAVE A LIFE

7:00 p.m. This free dinner is an amazing opportunity to meet Dr. Dale and enjoy a meal straight from our nutrition guide. Please call the office for reservations.

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

## 11 SATURDAY NEW YEAR, NEW YOU FAIR

12:00 p.m. to 5:00 p.m. Kick off the New Year with information from local healthcare providers and healthy lifestyle businesses!

Vanity and Maurice's will be hosting a fashion show at 2:00 p.m. in Center Court!

If your business is interested in participating in this event, please email [marketingdirector@governorssquare.net](mailto:marketingdirector@governorssquare.net) for details.

Governor's Square Mall  
2801 Wilma Rudolph Boulevard  
[governorssquare.net](http://governorssquare.net)

## PROJECT LINUS

1:00 p.m. to 3:00 p.m. Project Linus is a non-profit organization that provides homemade/

**STARTS THE WEEK OF JAN. 13!**

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handmade blankets to children in need through the Emergency Medical Services, Hope Pregnancy Center, Camp Rainbow, and the Fisher House on Ft. Campbell. We meet the second Sunday of every month.

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For more information please contact: JoAnn Ballard at (931) 647-1827 or Carol Ballard at (931) 645-8896.

Cumberland Presbyterian Church  
1410 Golf Club Lane

## 12 SUNDAY SACRED CHORAL CONCERT

4:00 p.m. The Music of K. Lee Scott featuring the choir of Grace Lutheran Church and the music of the season (Advent, Christmas, & Epiphany) with organ, instruments, & soloists. It's a Grace Lutheran Tradition!

Grace Lutheran  
2041 Madison Street  
(931) 647-6750

## MEET THE DOULAS OPEN HOUSE

4:30 p.m. to 6:30 p.m. A great opportunity to meet local doulas and birth professionals, and learn what doulas do and the benefits to having one. This event is free to the public. See the ad on page 40.

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

## 13 MONDAY ALZHEIMER'S CAREGIVERS SUPPORT GROUP MEETING

6:30 p.m. For information, call Patsy Shell, (931) 648-1884.

Clarksville-Montgomery  
County Public Library  
350 Pageant Lane

## WORKSHOP: RESOLUTIONS TO REVOLUTIONS

7:00 p.m. Learn why most resolutions fail and how to avoid it. This event is free to the public.

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

## 15 WEDNESDAY ALZHEIMER'S CAREGIVERS SUPPORT GROUP MEETING

11:00 a.m. For information, call Patsy Shell, (931) 648-1884.

Cumberland Presbyterian  
Church  
1410 Golf Club Lane

## BREAKFAST FOR DINNER NIGHT

5-8PM. This evening guests will have the option to purchase any of our delicious breakfast products during dinner. And of course our dinner products will be served too

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Clarksville, TN  
(931) 552-5511

## 16 THURSDAY NEW PROVIDENCE UNITED METHODIST PRESCHOOL SPIRIT NIGHT

4-8p.m.

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(931) 552-5511

## 20 MONDAY LITTLE LEMON SQUEEZER FAMILY AFTERNOON

2-5p.m. Come and let your children squeeze and make their own lemonade. Contests and prizes for the fastest lemon squeezers with our hand held lemon juicers. First Baptist Clarksville Faith Worship Center

Chick-fil-A  
3096 Wilma Rudolph Blvd  
Clarksville, TN  
(931) 552-5511

## 21 TUESDAY MARTIN LUTHER KING, JR. DAY

## 21 TUESDAY DIABETIC SUPPORT GROUP

5:30 p.m. Gateway Medical Center's Diabetic Support Group

offers current, accurate and usable information related to self-management of diabetes. Each meeting showcases a different expert speaker as well as a question and answer period. Family members are welcome to attend. For more information contact Registered Dietitian Diana Smith at 502-1692.

Gateway Medical Center  
651 Dunlop Lane  
Diana Smith

## 27 MONDAY KIDS WINTER CRAFT NIGHT

5-7p.m.

Chick-fil-A  
3096 Wilma Rudolph Blvd  
Clarksville, TN  
(931) 552-5511

## 29 WEDNESDAY CLARKSVILLE ACADEMY SPIRIT NIGHT

5-8p.m.

Chick-fil-A  
3096 Wilma Rudolph Blvd  
Clarksville, TN  
(931) 552-5511

# February

## 1 SATURDAY KIDS BLITZ! LIVE

3:30 p.m. America's premier Christian event for kids. Watch the video at [kidsblitz.com](http://kidsblitz.com). See ad on page 6.

First Baptist Clarksville Faith  
Worship Center  
435 Madison Street  
[fbct.org](http://fbct.org)

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

# Crisis 211

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

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# CLARKSVILLE-MONTGOMERY COUNTY PUBLIC LIBRARY

350 Pageant Lane • (931) 648-8826 • [www.clarksville.org](http://www.clarksville.org)

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.

## LEGO PROGRAM

2:00 p.m. to 3:30 p.m., Saturday, January 11. Families with kids of all ages are encouraged to grab a tub of Legos and have fun being creative and building something special while making new friends.

## TWEEN PROGRAM

5:00 p.m. to 6:00 p.m., Thursday, January 2. Program for tweens in the fourth, fifth and sixth grades. Science wonders and other good stuff.

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### TALES OF HANS

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Match Girl" and "The Ugly Duckling."

2:00 p.m. January 18 & 25 and February 1 & 8

Tickets \$20 (adults) and \$15 (13 and under)

### MYWAY

Frank Sinatra made women scream when he walked up to the microphone; and with a twist of a phrase, men wept. His ability to

interpret a song defined an American generation. Relive the magic of Ol' Blue Eyes with this must-see musical celebrating the songs he made famous, including "Strangers in the Night," "I've Got You Under My Skin," "Fly Me to the Moon," "New York, New York" and more!

8:00 p.m. February 7, 8, 14\*, 15, 21, 22 & 28 and March 1  
7:00 p.m. February 13, 19, 20, 26 & 27  
2:00 p.m. February 15  
Tickets \$25 (adults) and \$15 (13 and under)  
\* "Martinis with Frank" at 7:00 p.m. (Tickets \$50)

## CUSTOMS HOUSE MUSEUM & CULTURAL CENTER

200 South Second Street • (931) 648-5780 • www.CustomsHouseMuseum.org

### EXHIBITS:

**Dane Carder: Ghosts and Hopes**  
Through January 12.

**The Art of Jeffrey Stone**  
Through February 2.

**Neil Crockarell: The Sewing Room**  
January 9 through February 23.

**TACA Regional Exhibition**  
January 15 through March 30.

**Of Glaze & Kiln: The Art of Melody & Ken Shipley**  
January 9 through March 2.

### ACTIVITIES:

**Sunday Family Fun: Indoor Bird Watching**  
Sunday, January 5, 1:00 p.m. to 4:00 p.m. Too cold to go outside to look for birds? Visit the Dewald Gallery to find our beautiful porcelain Boehm birds; then come to the classroom to make a flock of birds to take home. Free with paid admission or museum membership.

**Let's Find Boats**  
Wednesday, January 15 and Thursday, January 16, 10:30 a.m. to 11:30

a.m. Children 3 – 5 years old and their grown-ups are invited to explore the museum from a child's perspective. We will look for boats, read a story, and make a craft. This activity is free with paid admission or museum membership. Siblings are always welcome. For more information, contact Sue Lewis at (931) 648-5780.

**Art & Lunch Film: Alberto Giacometti**  
Thursday, January 23 at 12:05 p.m. Free admission to film. Bagged

lunches welcome. The son of a painter, Alberto Giacometti was born in 1901 in Italian-speaking Switzerland. At 18, he left school to find himself. Soon after, he announced that he would devote his life to art. In conjunction with the exhibit TACA Regional Exhibition.

The museum will be closed January 1st for New Year's Day.

News • Business • Events • Arts & Leisure

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[www.kriegischmartialarts.com](http://www.kriegischmartialarts.com)

## ADOPTION & FOSTER CARE

### CLARKSVILLE FAMILY ADOPTION GROUP

Bringing families and individuals together that have been impacted by adoption, providing support for prospective families and keeping members educated about the needs of adopted children. Events include information meetings, drop in play dates for families with young children, fun days for adopted teens, fun family time and various celebrations throughout the year. Attendance at each event is optional. No commitment. For more information, contact Jaime at (931) 980-8498 call/text. To be added to the contact list, please send your e-mail address and/or phone number to [jaimeforjewelry@gmail.com](mailto:jaimeforjewelry@gmail.com).

### 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

A multi-state child placement agency. We offer treatment foster care and services. 171 Hatcher Lane, (931) 645-7711 or [www.omnivisions.com](http://www.omnivisions.com).

### YOUTH VILLAGES

A private nonprofit organization dedicated to helping emotionally and behaviorally troubled children and their families live successfully through innovative, research-based programs. 651 Stowe Court; contact Jennifer Kessler at (931) 552-5260, [jennifer.kessler@youthvillages.org](mailto:jennifer.kessler@youthvillages.org) or visit [www.youthvillages.org](http://www.youthvillages.org).

## ARTS, CRAFTS & HOBBIES

### CLARKSVILLE MODEL RAILROAD CLUB

Dedicated to serving all those interested in the preservation of railroad history. We encourage by all manner and means the art and craft of model railroading and to educate persons engaged in model railroading in methods of building and operating model railroad equipment. We are located in the basement of 404 Pageant Lane and meet on Monday evenings at 6:30 p.m. For more information contact (931) 216-5351 or visit our Facebook page.

### 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 (931) 221-7508, [csa@apsu.edu](mailto:csa@apsu.edu), or visit [csa.apsu.edu](http://csa.apsu.edu).

### MADISON STREET MUSIC & ARTS ACADEMY

The Madison Street Music & Arts Academy offers music and art classes as well as private lessons for both children and adults. Classes include Kindermusik for infants-age 7, Kinderart for pre-schoolers, Musical Theatre for middle and high school students, and Photography and/or Scrapbooking for teens and adults. Private music lessons are available for voice and most instruments, including the impressive pipe organ at Madison Street United Methodist Church. Lessons are available at reduced rates for families who qualify for the school lunch program, and scholarships are available for outstanding music students. For more information, contact JoAnn McIntosh at (931) 278-7921 or [joann@madisonstreetumc.com](mailto:joann@madisonstreetumc.com), or visit our website at [www.madisonstreetumc.org](http://www.madisonstreetumc.org).

### 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 Linda VanMaanen at (931) 368-1636 or Linda Westfall at (931) 648-6350.

## 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@hotmail.com](mailto:icflyball@hotmail.com), 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).

### CLARKSVILLE TENNIS ASSOCIATION

Open to all who love tennis. A great group of people who bend over backwards to provide fun tennis tournaments and matches for people who are competitive or just play for fun. We encourage all levels and age groups. The President is Preston Howle and he can be reached at [PrHowle@aol.com](mailto:PrHowle@aol.com) for all who are interested. Visit [www.clarksvilletennis.usta.com](http://www.clarksvilletennis.usta.com).

### 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).

### BREASTFEEDING EDUCATION AND SUPPORT (WIC)

We offer breastfeeding classes for everyone in the community twice per month, as well as hold a support group for breastfeeding families once a month. Nutritionists and a breastfeeding peer counselor are also available to answer questions via phone during business hours. Please call for future class and support group schedules or look in the Calendar section of this month's issue for upcoming events. Breastfeeding is one of the most important life-lasting gifts you can give to your baby. You can do it; WIC can help! Montgomery County WIC, 1850 Business Park Dr, Suite 103, (931) 551-8777.

### CLARKSVILLE BIRTH COMMUNITY

A place for families in the Clarksville/ Fort Campbell area to find resources for pregnancy, birth and beyond. Join us for monthly playgroups and gatherings. We have a lively discussion group on Facebook where women can ask questions and get answers from fellow moms and professionals such as childbirth educators and doulas. We want to be sure our members know that all moms are welcome here. Our primary goal is that you make informed choices for your pregnancy, birth and newborn care. Events posted at [fortcampbelldoulas.webs.com](http://fortcampbelldoulas.webs.com) or find us on Facebook at [www.facebook.com/groups/clarksvillebirthpros/](http://www.facebook.com/groups/clarksvillebirthpros/).

### 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

La Leche League offers mother-to-mother breastfeeding information and support in meetings and via phone and email. All breastfeeding and expectant mothers and their children are welcome to attend either or both monthly meetings!

Meetings are on the first Wednesday of each month at 10:00 a.m. at Clarksville's Montgomery County Public Library in the large meeting room and also on the third Wednesday of each month at 6:00 p.m. on Fort Campbell Army Post. The evening meeting is also open to your support person. Please check our Facebook for location each month [www.facebook.com/LLClarksville](http://www.facebook.com/LLClarksville). If you have breastfeeding questions please contact one of our local group's leaders at [BreastfeedingTN@gmail.com](mailto:BreastfeedingTN@gmail.com) or call (931) 444-7087.

### 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, CAPPA Lactation Educator Trainer at (931) 451-3223 or [ninemonthsandbeyond.com](http://ninemonthsandbeyond.com).

### WHOLE WOMAN BIRTH AND LACTATION SERVICES

We serve the whole woman from pregnancy to postpartum care. As certified Sacred Pregnancy Instructors, Sacred Milk Mentors, Sacred Postpartum Mother Roasters, and Internationally Board Certified Lactation Consultants we offer every service a pregnant and new mother needs. We do accept multiple insurances and are passionate in our care of our community. For current class schedules or for breastfeeding help contact us at (931) 206-9659 or [www.wholewomanlactation.com](http://www.wholewomanlactation.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 128 North Second 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.ctenn.org](http://www.ctenn.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 [mkkoon@utk.edu](mailto:mkkoon@utk.edu).

### BOY SCOUTS OF AMERICA

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

### CHILDREN OF THE AMERICAN REVOLUTION (C.A.R.)

The Children of the American Revolution (C.A.R.) is the nation's oldest, largest, patriotic youth organization. Membership is open to boys and girls from birth until age 22, who can prove lineal, bloodline descent from an ancestor who aided in achieving American independence. Email us at [sevierstation@yahoo.com](mailto:sevierstation@yahoo.com).

### 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.

### LEAP ORGANIZATION

Provides youth development services such as mentoring, case management, counseling, community service, and career development targeted at ages 12 to 18. (931) 378-0500, [info@leaporg.net](mailto:info@leaporg.net), [www.leaporg.net](http://www.leaporg.net).

### 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. 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.

For more information on the benefits of being a member or the service the Association offers contact the office

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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 free Bible courses to the community in the major fields of biblical research. Spring Semester classes begin February 2. A complete Online Biblical Studies Program is also available. Online Courses are offered year-round. Visit [www.studythescriptures.net](http://www.studythescriptures.net) or call (931) 648-8844 for more information 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.

## BAYANIHAN FILIPINO-AMERICAN INTERNATIONAL GROUP

A tax-exempt, non-profit organization. Its purpose is to promote Filipino-American culture to all Filipinos and to any interested nationalities, develop a better understanding of our ethnic Filipino history, and promote our unique and diverse cultural heritage. Our group participates in various community services. Many Filipino soldiers assigned in Fort Campbell Post and their families join our social and civic activities in the community of Clarksville and Kentucky. The organization extends its services to donating clothes, shoes, and canned goods to various local organizations. The organization is also teaching Tagalog lessons to those interested in learning another language.

Membership is open to all. For inquiry, call Mario Wong at (931) 431-6786 or Pat Lowry at (931) 494-1080.

## 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.

## CROATIANS IN TENNESSEE

Our goal is to share our culture and information about Croatia. We would like to unify Croats and encourage educational opportunities for Croatian youth here and abroad. Our annual event at Liberty Park will showcase our amazing culture, food and dance. Our club will help Croats who want to move to Clarksville and make sure their transition is smooth. Visit [www.facebook.com/groups/CroatiainsinTennessee/](http://www.facebook.com/groups/CroatiainsinTennessee/)

## DAGAN FOUNDATION

Creating schools in rural areas for free education and sending orphans and disadvantaged children to schools in Togo, West Africa. Spreading the word of God through evangelism and planting and supporting churches in rural areas in Togo. Digging wells and providing clean water in rural areas in Togo. Partner with us and join us so together we can change lives in Togo, West Africa.

You want to go to mission in Africa, you want to plant a church in Togo, you want to go teach English in our schools in Togo during Summer, you want to adopt a student or a church in a rural area, don't hesitate to contact us. Invite us and we will come to present our projects in your church.

Contacts: Mr. Adolph Dagan at (931) 302-0787 or [daganfoundation@yahoo.com](mailto:daganfoundation@yahoo.com), or visit [www.daganfoundation.org](http://www.daganfoundation.org). Like as on Facebook at [Facebook.com/DaganFoundation](https://www.facebook.com/DaganFoundation). Our main partner in Togo is Action Bethesda, [www.actionbethesda.org](http://www.actionbethesda.org).

## FREE CAKES FOR KIDS KY & TN

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 [facebook.com/pages/Free-Cakes-for-Kids-KYTN/529017437122370](http://facebook.com/pages/Free-Cakes-for-Kids-KYTN/529017437122370). Reach Mindy Parker or Christina Johnson at [freecakesforkids\\_fortcampbell@yahoo.com](mailto:freecakesforkids_fortcampbell@yahoo.com).

## FRIENDS OF THE BLUEWAY

A group dedicated to keeping Clarksville's Blueway beautiful and directly involved with the new access point park on Tiny Town. We will have clean up days, fundraisers, events and meetups. This group is passionate about outdoor activities, including kayaking and canoeing. The Parks and Rec department works closely with this group and gives insight on future access points to the rivers. Visit our facebook at [facebook.com/FriendsoftheBluewayClarksvilleTN](http://facebook.com/FriendsoftheBluewayClarksvilleTN) for more information and sign up for email updates at [outdoorclarksville.com](http://outdoorclarksville.com).

## FRIENDS OF ROTARY PARK

A volunteer group that is diligently working to improve the trail network and playground areas at the park.

Those interested in joining Friends of Rotary Park can do so by contacting Chad Eaton at (931) 624-7787 or [chadeaton@hotmail.com](mailto:chadeaton@hotmail.com). Or visit [www.facebook.com/FriendsOfRotaryPark](http://www.facebook.com/FriendsOfRotaryPark) to keep in touch with other members and events at the park. Dues are annual at \$15 for individuals / \$25 for a family / \$50 business membership.

## GATEWAY HOME HEALTH & HOSPICE

141 Hatcher Lane. 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.

## GOOD NEWS CLUBS

The BIBLE in the public schools? Yes! Many children do not get to go to church in America today, but most children do go to the public schools. We have a great opportunity to take the Gospel to them through an after-school Bible club called the Good News Club. Teams are forming now for existing and new clubs. No experience necessary; we will train you and provide ongoing support. For more info visit [www.ReachingKidsForJesus.com](http://www.ReachingKidsForJesus.com) or contact (931) 241-8202 or [reachingkidsforjesus@yahoo.com](mailto:reachingkidsforjesus@yahoo.com).

## 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 404 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).

## HUI HAWAII O TENESI HAWAIIAN CIVIC CLUB

Chartered by the Association of Hawaiian Civic Clubs in Hawaii, the club's goal is to perpetuate the Aloha Spirit and the Hawaiian Culture throughout the state of Tennessee and the surrounding area. Because of our close proximity to Fort Campbell, we are able to contact many native Hawaiians who are stationed here or have decided to retire in the local area. Many soldiers and their families have been stationed in Hawaii and also elect to join us and partake in the activities. Membership is open to everyone, and we love our times to meet and share the Aloha Spirit and the "local grinds" that everyone learns to love. For more information, please call Marlene Livesay at (931) 572-0804 or visit our website at [www.huihawaiiotn.com](http://www.huihawaiiotn.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) 431-7880.

## 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).

## 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.

## MANNA CAFE MINISTRIES

Serving the Montgomery County area with hot meals and food pantry.

FOOD PANTRY – Mondays, Wednesdays and Fridays between the hours of 10:00 a.m. and 4:00 p.m. at our warehouse on Franklin Street.

HOT MEALS – We serve hot meals three days a week.

Tuesdays at 5:30 p.m. located at Vacation Hotel on Providence near Peachers Mill Road.

Thursdays at 5:30 p.m. located at the Clarksville Montgomery County School

Systems Office located in the large parking lot on Crossland and Gracey Avenues.

Saturdays at 8:30 a.m. for breakfast served at BOTH locations.

We are committed to uplifting those in need through kindness, love, respect and a full stomach.

1319 Franklin Street, (931) 933-0970.

### 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) 645-8629.

### 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.

### REFORMERS UNANIMOUS

Christ-centered recovery program that offers guidebooks and weekly meetings with supportive caring people. Designed to assist people with addictive behaviors and any struggles of life. Meets at Bible Baptist Church, 3102 Prospect Circle, Fridays from 7:00 p.m. to 9:00 p.m. Visit [www.reformu.com](http://www.reformu.com) or call (931) 233-0519.

### 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 ALCOHOLICS ANONYMOUS

Do you or a member of your family, or perhaps a friend, have a problem with alcohol? We can help. Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem with alcohol. The only requirement for AA membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses or opposes any causes. Our primary purpose is to stay sober and to help other alcoholics achieve sobriety.

AA 24 Hour Hotline: (615) 647-831-1050

Clark Street AA Hotline: (931)-647-0255 (11:30 a.m. to 12:15 p.m.; 5:30 p.m. to 9:15 p.m.)

Alanon/Alateen Family Hotline: (888) 425-2666

### 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-FIRST CHURCH OF THE NAZARENE

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).

### CELEBRATE RECOVERY-GRACE CHURCH OF THE NAZARENE

A 12 step recovery program for individuals that are seeking healing and recovery from hurts, habits and hang-ups is offered every Friday evening at Grace Church of the Nazarene, 3135 Trenton Road. The 12 steps are based on the 8 principles of recovery taken from the Beatitudes in Matthew 5 of the Bible. Celebrate Recovery is a safe place where anonymity and confidentiality are critical elements for recovery. The evening begins at 6:15 p.m. with refreshments served and the meeting starts at 7:00 p.m. Child care is provided and we also offer Celebration Station, which is an organized teaching outreach to the children (ages 5 through 12) of Recovery attendees. Come check us out. If you have any questions you may call the church office at (931) 647-7768 or call Jo Ann Waikel at (931) 216-6644.

### 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.

### HEALTH CONNECT AMERICA

At 1820 Memorial Drive, Suite 203. Offers programs that assist at-risk youth and their families facing issues such as depression, anxiety, grief, abandonment, anger management, substance abuse and family conflict. For more details on our programs please call (931) 933-7200 or visit [www.healthconnectamerica.com](http://www.healthconnectamerica.com).

### FAMILY CENTERED SERVICES

901 Martin Street, (931) 503-4600.

### THE FAMILY GUIDANCE TRAINING INSTITUTE

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

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

### HOPE (HOMELESS OUTREACH PARTNERSHIP AND EMPOWERMENT)

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

### LIFESOLUTIONS - ASPIRE & JOBLINK

611 Eighth Street, (931) 920-7210.

### MENTAL HEALTH COOPERATIVE

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

### OAK HILL RESIDENTIAL

118 Union Street, (931) 647-8257.

### PASTORAL COUNSELING CENTER

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

Regional Intervention Program 404 Pageant Lane, (931) 920-2347, is a program through local mental health organization and not-for-profit organization Centerstone providing behavior modification for preschoolers 18 months through 6 years old. RIP offers a 2-hour classroom setting for children and siblings, in addition to case management for parents two times per week on Tuesdays and Thursdays. RIP currently has immediate openings for the morning program @ 10:00 a.m. to 12:00 p.m. Contact Taboya Holman, Clarksville RIP program Coordinator @ (931) 920-2347 or [Taboya.Holman@centerstone.org](mailto:Taboya.Holman@centerstone.org).

## VIVIAN HOUSE

125 Vivian Street, (931) 920-7235.

## WEEMS ACADEMY

812 Greenwood Avenue, (931) 920-7370.

## YMCA'S RESTORE MINISTRIES COUNSELING CENTER

Restore Ministries offers one-on-one, couples (including marital and pre-marital) and family counseling in addition to play therapy for children ages 3-12 years old in a safe and confidential setting. Private counseling fees are frequently out of reach for individuals with limited financial resources or no insurance, but we are committed to providing professional, holistic counseling on a sliding scale so that no one is turned away due to the inability to pay. You do not have to be a member of the YMCA to seek counseling. For more information about our counseling services or to schedule an appointment, please contact Susanna Powers at (931) 647-2376 or [spowers@ymcamidtn.org](mailto:spowers@ymcamidtn.org).

## INTERNATIONAL ORGANIZATIONS

### MISS TENN KY AREA AFS VOLUNTEER LEADERSHIP TEAM

Host an AFS-USA high school exchange student from one of the over 40 partner countries for the next school year beginning in August.

Why not take the opportunity to bring the world to the Clarksville area and give your family, community and school insights into new cultures?

Go online and see details at [www.afsusa.org/hosting](http://www.afsusa.org/hosting) and fill out a preliminary application. Your best choice of gender, interests, talents, native country, etc. is to choose a student early when more are available. This will also insure that there is a place in your local high school. CMCSS high schools will only allow four (4) in each high school. Students may also attend private schools and families who homeschool may host, but the AFSers must attend public or private school.

Contacts: Dr. Barbara Y. Wills at (931) 378-7258 and [afsbarb58@gmail.com](mailto:afsbarb58@gmail.com) or Sandy Rich at [srich@afs.org](mailto:srich@afs.org) and (865) 617-0665 and the local web site Miss Tenny Area AFS Volunteer Leadership Team at [www.afsusa.org/misstenny](http://www.afsusa.org/misstenny).

## PARENT GROUPS

### CLARKSVILLEMOMMIES.COM

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

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

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

### CLARKSVILLE HOMESCHOOL NETWORK

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

### FIRST BAPTIST CHURCH HOMESCHOOL GROUP

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

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

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

### HOPKINSVILLE SAHM MEETUP GROUP

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

### LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

La Leche League offers mother-to-mother breastfeeding information and support in meetings and via phone and email. All

breastfeeding and expectant mothers and their children are welcome to attend either or both monthly meetings! Meetings are on the first Wednesday of each month at 10:00 a.m. at Clarksville's Montgomery County Public Library in the large meeting room and also on the third Wednesday of each month at 6:00 p.m. on Fort Campbell Army Post. The evening meeting is also open to your support person. Please check our Facebook for location each month [www.facebook.com/LLLClarksville](http://www.facebook.com/LLLClarksville). If you have breastfeeding questions please contact one of our local group's leaders at [BreastfeedingTN@gmail.com](mailto:BreastfeedingTN@gmail.com) or call (931) 444-7087.

### 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 on select Fridays every month throughout the school year from 9:15 a.m. to 12:00 p.m. at First Baptist Church downtown, 435 Madison Street. Childcare is provided for members. For more information on visiting a meeting or joining please contact Liz Coop, Membership Coordinator, at (615) 686-8008 or [clarksvillemops@gmail.com](mailto:clarksvillemops@gmail.com). We look forward to meeting you!

### 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 Amanda Wiley at [mrs.wiley2006@gmail.com](mailto:mrs.wiley2006@gmail.com) or (210) 846-4501.

### 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 Michelle Clayton or Hannah Conway, Co- Coordinators, via email [mops@hilldale.org](mailto:mops@hilldale.org), visit [www.hilldale.org/mops](http://www.hilldale.org/mops) or look

for us on Facebook under Hilldale Baptist Church MOPS or call the church office at (931) 648-8031.

### SPRING CREEK MOPS

Meets at Spring Creek Baptist Church at 2760 Trenton Road on the 1st and 3rd Tuesday of the month from September through May. Meetings are from 9:30 a.m. to 11:30 a.m. with childcare provided. For more information contact Amanda Grubbs at [thegrubbsfamily07@gmail.com](mailto:thegrubbsfamily07@gmail.com). Find us on Facebook at Spring Creek MOPS.

### PARENTS OF MULTIPLES

An email support group for parents of twins, triplets and more that live in Clarksville and the surrounding area. Call Kelley Corley at (931) 358-0127 or e-mail [KCcorley77@aol.com](mailto:KCcorley77@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.

### TNSHARE (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: [www.facebook.com/#/groups/tnSharehomeschool/](http://www.facebook.com/#/groups/tnSharehomeschool/)

### 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

### AARP LOCAL CHAPTER 1957

Meets on the 2nd Tuesday of each month at 10:00 a.m. at Hilldale United Methodist Church, 1751 Madison Street. We are affiliated with the National AARP and to become a member of the local chapter, you must be an active member of the national chapter. The local dues are \$5 per year. Our motto is "To Serve and Not to Be Served" in our communities. We have guest speakers monthly who reflect on services to our seniors. We welcome guests at all our meetings, and have light refreshments after each meeting. We need your support so that we can continue to influence the needs of seniors

by our voice in local, state, and federal government. For additional information, please contact The Rev. Dr. W. Ira Wilson, President at (931) 920-3983 or email [wira.wilson@yahoo.com](mailto:wira.wilson@yahoo.com).

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

The only association dedicated to protecting the earned retirement benefits of federal employees, retirees and their survivors. Founded by 14 federal retirees in 1921, NARFE has become an effective and highly respected legislative voice for federal workers and retirees. 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 and membership 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 200,000 members nationwide and over 3,000 here in Tennessee, we are a strong voice in Washington, DC.

Local NARFE Chapter 870 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 noon. Even with our speaker, we are normally finished by 1:00 p.m. or 1:15 p.m. We have a private area reserved with our own waitress service, always have a speaker, and guests are always welcome. For more info, please contact Sandra Simms at (931) 647-6551 or [hsimms6551@charter.net](mailto:hsimms6551@charter.net).

### 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 11:00 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. Contact Patricia Hanna at (931) 645-1261 or [cadstn@hotmail.com](mailto:cadstn@hotmail.com). Visit [www.cadstn.org](http://www.cadstn.org).

### 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/ CAREGIVER SUPPORT GROUP

Are you the parent or caregiver of a child exhibiting challenging behaviors? Do you sometimes have feelings of frustration, anger, helplessness, guilt or isolation? Do you live in the Ft. Campbell/Montgomery County area? Join us at Thursday Nights, 5:00 p.m. to 7:00 p.m. at the LEAP Building, 1860 Wilma Rudolph Boulevard. Free child care and food—please call Monica to reserve child care. For more information contact: Monica Causey at (615) 269-7751 ex. 133 or [mcausey@invoices.org](mailto:mcausey@invoices.org), Jennifer Allen at (615) 854-2165 or [jallen@invoices.org](mailto:jallen@invoices.org); or Sharon Jarrell at (931) 266-6064.

### DIABETIC SUPPORT GROUP

Gateway Medical Center offers information related to self-management of diabetes. Each meeting showcases a different expert speaker as well as a question and answer period. The group meets the third Tuesday of each month at 5:30 p.m. in the Liberty Rooms of Gateway Medical Center. For more information, contact Registered Dietitian Diana Smith at (931) 502-1692.

### FOCUS AUTISM NOW

Online support for parents with children and youth with Autism. We serve the community from Clarksville since 2009. Contact us for information, resources, support, advocacy and leadership tools. Hablamos Español. [www.focusautismnow.com](http://www.focusautismnow.com)

### GRIEF SUPPORT

A grief support group provides opportunities to connect with others who have had a similar experience and talk about the experience in a safe, supportive, understanding environment. Aseracare Hospice offers grief support groups free of charge open to anyone who has or is experiencing grief. For more information please contact Chris at (931) 551-4100.

### 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.

### PARKINSON AWARENESS AND FELLOWSHIP GROUP

Interested in knowing more about Parkinson? Do you need the support of those who have Parkinson? You are welcome to all meetings on the second Tuesday of each month at 5:00 p.m. This lively group of people meet at Christ Presbyterian Church, 1230 Rossview

Road, across the road from Rossview schools. Wayne King, (931) 645-8174, Coordinator.

### 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.

### YMCA'S RESTORE MINISTRIES SMALL GROUPS

Restore Ministries offers small groups led by trained and caring facilitators in a supportive environment in which people who are seeking to make similar life changes can work together to identify and overcome the barriers standing between them and lasting change. If you are having relationship difficulties, experiencing loneliness, grief, stress, sadness or just need encouragement, we can help. Our groups address all types of issues ranging from anxiety to grief to low self-esteem and body image. Restore Ministries is for everyone, guiding men and women to complete hope, healing and restoration. Most groups meet for 8 weeks. Fees are based on your ability to pay. Groups are open to both members and non-members of the YMCA. For more information or to sign up for a group, contact Susanna Powers at (931) 647-2376 or [spowers@ymcamidtn.org](mailto:spowers@ymcamidtn.org).

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 e-mail [info@clarksvillefamily.com](mailto:info@clarksvillefamily.com).

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