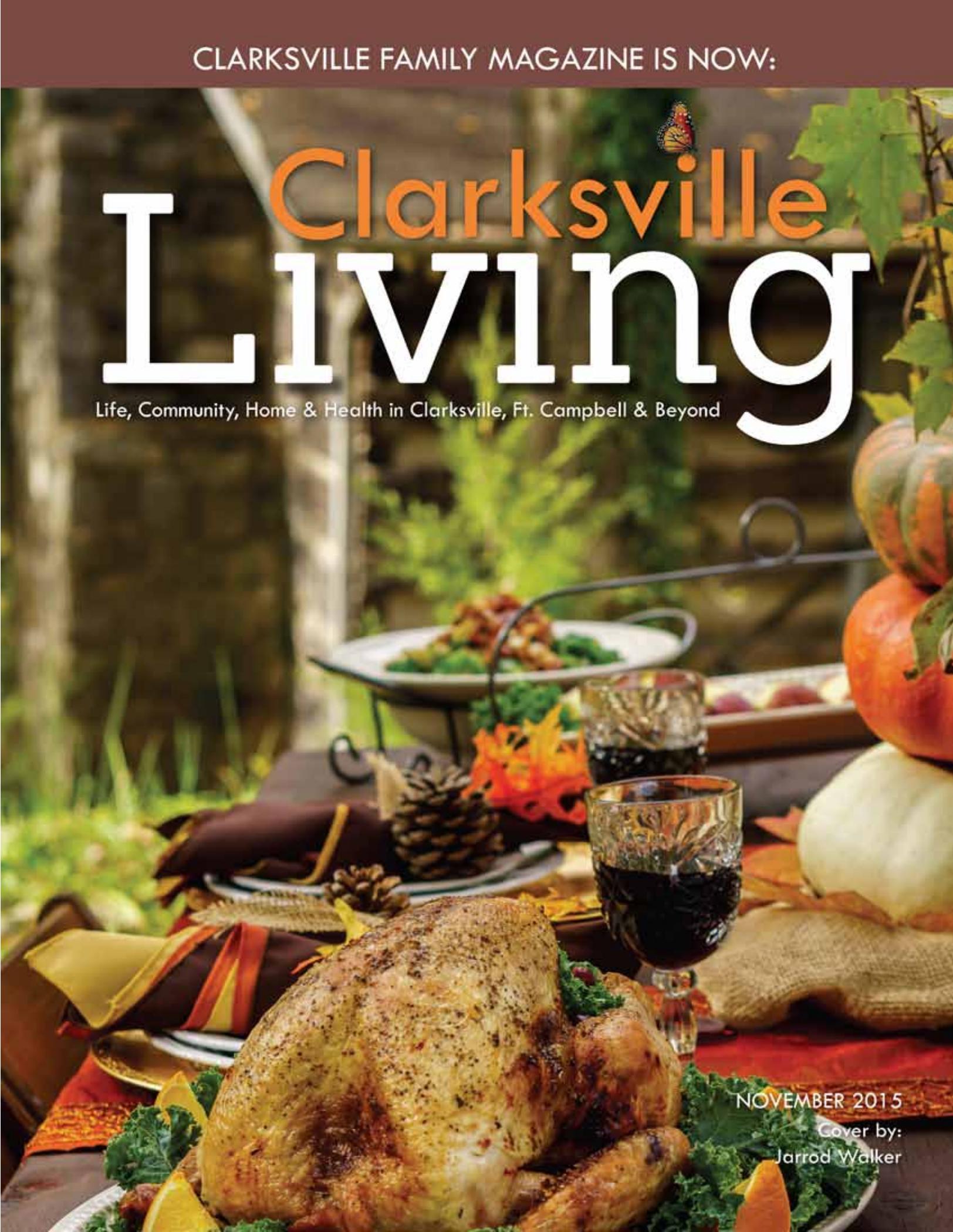


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NOVEMBER 2015

Cover by:  
Jarrod Walker

Mommy & Me 15 mths.- 2 years



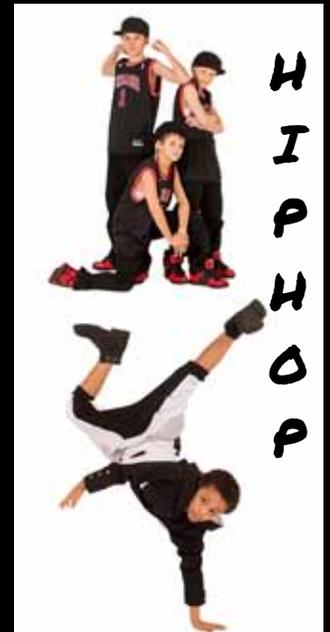
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## Publisher's Message

I seriously can't believe it's November, and that the holidays are almost here! While they are certainly a wonderful time, they can also turn into a stressful time if you're not careful. Our cover this month might look fairly traditional as far as Thanksgiving goes, but the idea was more about ways to help reduce your holiday stress levels with a possible alternative (*details on page 36*).

If your kids (*or you*) are having a hard time with re-entry to school or work after fall break, fear not there's Veterans Day on November 11th, and then of course Thanksgiving weekend starting on the 25th. *Maybe take a few moments on Veterans Day to share the important meaning behind the reason they are allowed to sleep in that day.*

We have a wide range of article topics this month. Be sure to check out Pamela Roddy Magrans' piece on the Ugly Sweater 5k/Fun Run (*page 6*) that benefits the Montgomery County Humane Society, along with the benefits of dog ownership through pet adoption. You also don't want to miss Taylor Lieberstein's interview with former high profile criminal defense attorney, turned radio-talk-show-host Fletcher Long (*page 14*).

Don't eat too much turkey and have a happy and healthy Thanksgiving! As always, thank you for picking us up.

Sincerely,  
Carla Lavergne



# Clarksville Living

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

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## TABLE OF CONTENTS

### FEATURE • 6

Ugly Sweater Fun Run Supports Humane Society

### FEATURE • 14

The Long Version

### BEAUTY • 18

Facial Rejuvenation—A Common Sense Approach

### FEATURE • 24

Bullying: What It Is and What It Isn't

### COMMUNITY • 28

Mother Son Character Ball Returns

### LIFESTYLE • 30

Supplements: No Replacement for Real Food

### HEALTH • 38

Keeping Blood Pressure Under Control

### COMMUNITY • 40

SpiritFest Prelude to the Christmas Parade

### COMMUNITY • 44

Clarksville Speedway Christmas Lights Extravaganza

### STORYTIME • 46

A Lesson Learned

### POEM • 49

A Soldier

### PET PIX • 50

### CANDID CLARKSVILLE & FT CAMPBELL FAMILIES • 51

### CALENDAR • 52

### NETWORK • 58

### FRIDGE • 62

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Pamela Roddy Magrans

Go ahead. Clean out the closet. Pull the boxes out from under the bed. Climb in the attic and unpack that garment bag. Find that ugly sweater that your aunt gave you in 1987. Maybe your sweetie gave you an ugly sweater last year, and he's dying to see you wear it! Better yet, go to the Goodwill Store and pick out your own ugly sweater that someone else has already tossed away. We've got a place for you to show off that ugly sweater and support the local Humane Society at the same time!



### Ugly Sweater Fun Run

The first ever Ugly Sweater Fun Run will be held in Clarksville on December 5, 2015. The 5K will begin at the Beachaven Vineyards and Winery.

Proceeds from the run will benefit the Humane Society of Clarksville Montgomery County. This run might be called an "Anti-Marathon" because the focus is not about winning or beating your BFF's 5K time. This run is about spending time with family and friends, burning off some of those Thanksgiving calories, and helping local homeless

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furry friends! Participants can run, walk, skip, dance, or wanderlust down the 5K route circling the nearby Beachhaven Vineyards and Winery.

Since the Ugly Sweater Fun Run is not timed, there's no pressure at all! Enjoy the brisk fall 5K route while sporting your very own cozy ugly sweater.

You can register as an individual runner or as a team. A team requires at least four participants. Participants in the run receive

a t-shirt and race medal. Local sponsors will also be providing some goodies at the end of the race.

In addition to those awesome prizes, you can walk away from this run feeling great about yourself because you helped the local Humane Society assist dogs and cats in our area.

Grab that jogging stroller, put an ugly sweater on the kids too, and head for the Ugly Sweater Fun Run 5K on December 5, 2015.



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### Benefits of Dog Ownership

Ugly sweaters aren't the only things that often get tossed away. Sadly, many pets find themselves homeless during and after

the holidays. Countless dogs and cats are abandoned, born as strays, given up for adoption, and/or euthanized year round.

According to Amy Shaver, Executive Director of the Humane Society of Clarksville-Montgomery County, "Thousands of healthy, adoptable dogs and cats are euthanized in the Clarksville area every year because there are not enough homes for them all. Every family can help reduce those numbers by choosing adoption from a shelter or rescue organization."

The Ugly Sweater Fun Run benefits the Humane Society of Clarksville-Montgomery County. When you pay your registration, you are helping provide medical care for dogs and cats residing in Humane Society foster homes as well as food and low-cost spay-neuter services to pets and low-income families in need.

For those of us who own pets, the benefits of pet ownership are clear. The emotional and physical benefits of pet ownership far outweigh the cost of food, vaccinations, and extravagant pet toys. Owning a pet can be expensive, but as with anything in life, you get from it what you put in. It costs money to take care of a pet. It takes hours of training, love, discipline, and care. Pet ownership demands much, however the rewards of pet ownership cannot be underscored or measured.

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Happy Thanksgiving! 

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Jeanie Lerche Davis, in her WebMd article “5 Ways a Pet Can Improve Your Life” states that recent research supports the notion that living with a pet is connected with healthier living.

Studies show that elderly patients with Alzheimer’s have fewer episodes when there is a pet in the home. In addition, children who are exposed to pets at an early age actually have fewer problems with allergies later in life. Having a pet causes people to exercise more. The act of walking a dog or tossing a Frisbee in the backyard is a way to force us to get off the sofa. Having a dog increases the likelihood of being physically active. On the flip side, having a cat proves especially beneficial in terms of stress relief, as stroking the cat is good for the mind and soul. According to Davis’ article, one study recently showed that petting a cat or a dog actually lowered blood pressure in stockbrokers. I

realize we are not all stockbrokers, but we all have our own unique share of stress. Research shows that owning a pet has the potential to reduce stress. Several studies show that heart attack patients who have pets survive longer than those who do not own pets. Pets have been proven to assist autistic children and help adults with PTSD.

It is estimated that owning a pet adds an average of two years to your life!

If those aren’t good enough reasons for owning a pet, consider the goodwill in rescuing a pet from a local shelter. Countless dogs and cats are euthanized daily. Adopting a pet from a local shelter is a great way to save an animal's life and reap the benefits of pet ownership.

According to Amy Shaver, “When you are searching for a pet look beyond the cute

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face and find a pet with a personality and physical needs that are best suited for your family's home and lifestyle. This will set up you and your new pet for success.”

Do research on the breed or breed mix that you are looking for. Consider characteristics of those breeds and find a pet that is suitable to your lifestyle and needs.

If you are not able to own a pet, consider volunteering at a local pet adoption shelter, and enjoy the rewards of being around animals.

On Friday November 13 through Sunday November 15, PetSmart will be hosting a



multi-rescue "Homed for the Holidays" pet adoption extravaganza. Pet adoption is a great way to find a lovable pet, who needs you as much as you need them.

### Local Pet Adoption Locations

If you are interested in adopting a pet or giving your child a pet for Christmas, below are three local animal shelters where you can adopt a furry friend. All three of these shelters are a great place to rescue a pet.

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The majority of rescue organizations locally and nationwide post their animals on a website called [petfinder.com](http://petfinder.com) where you can type in your zip code and pet criteria to search for a rescued pet from the comforts of your own home. There are currently 5,302 animals within a 100-mile radius of Clarksville waiting to be rescued from shelters or private rescue organizations, many of which are purebred animals.

Another way Clarksville residents can help decrease the problem of homeless pets is by spaying and neutering their pets. "The Humane Society of Clarksville-Montgomery Co. sells low-cost spay-neuter vouchers year-

round for all income levels. The vouchers are redeemable at 15 participating veterinary clinic partners in and around the Clarksville area," said Amy Shaver.

Adopting a pet from a local shelter is a great way to start the New Year—and so is sporting that ugly sweater. If you feel like you just ate too much turkey and pumpkin pie, grab that ugly sweater, register for the Ugly Sweater Fun Run, and know your registration fee is helping to find local dogs a forever home.

In the meantime, send your pet pictures to [petpix@clarksvillelivingmag.com](mailto:petpix@clarksvillelivingmag.com) to be printed on our Pet Pix Page in the December issue of Clarksville Living Magazine.

To register for the Ugly Sweater Run visit [uglysweaterfunrun.com](http://uglysweaterfunrun.com).



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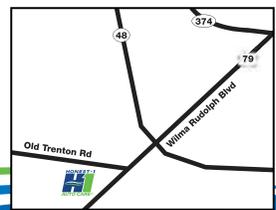
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THE LONG VERSION

Taylor K Lieberstein

What does a man do after ending an 18-year long career as a high profile criminal defense attorney? Start a talk radio show in this case. After almost two decades of practicing law and trying more than 200 criminal jury trials to verdict, Fletcher Long has returned to his radio roots. His talk radio show, "The Long Version," which made its debut on WJZM-AM in June 2015, is two hours of fair and balanced perspective. The show has received an enormous response since its summer launch.

"I'm one of those rare extemporaneous speakers that says it the best it could be said



the moment I say it," said Long. In reply to that I say that's a pretty agreeable trait that will take you far as the host of a talk radio show. Long equates himself to the likes of G. Gordon Liddy and Oliver North, who also made the switch to talk radio.

The Long Version is about a variety of topics, most of which seem to interest listeners globally based on the feedback and social media attention he receives. The show's audience and reach is much larger than a regional show and for that reason Long must consult a voluminous amount of materials and headlines before each show. The former

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attorney caters to his vast audience by preparing his morning show based not only on current headlines but also on topics that his listeners reach out to him with. When someone across the country, or even the pond in some cases, calls in a headline they want to discuss Long makes it happen.

“You can do a Long Version on any subject,” said Long. “Really the show, while it is based in Clarksville, is not about Clarksville. It’s about issues that Clarksville residents share with the rest of the world. However, if you’re waiting on me to interview the mayor of Clarksville, you’re going to be disappointed.”

As a defense attorney, who has on more than one occasion been referred to as the “Bowtie Killer,” Long made a living for nearly 20 years telling stories in the courtroom. In his new line of work he is doing what he has always done, getting paid to tell his stories. Only this time around the stories don’t have to persuade a judge and jury.

The difference between Long’s show and other talk radio shows is perspective. He is the “secret sauce” to his show. Other talk show hosts are talking about subjects they have heard or read about. He speaks to the listener from major experience. Other hosts weren’t the former lead attorney in the Vanderbilt rape trial or in the Holly Bobo case—that’s the difference. Long also adds that his show isn’t about making everyone happy, it’s about telling the truth. It may be a truth they don’t care to hear but that’s not something he is concerned with. He is holding a mirror into the face of the American society and asking them to peer in and speak about if they like what they see. Whether they do or they don’t is part of the content for his show. It’s about being honest about the reflection they see. The show is neither right nor left in its views, its perspective borrows from both schools of political ideology—fair and balanced.

“I have a following that is bigger than I ever realized when I was an attorney. No matter what it is I have to say there seems to be an ample

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amount of people that want to hear it. Even if they hate it, even if they hate me, they are still listening,” said Long.

The Long Version frequently hosts special guests. Long has interviewed public figures such as veteran reporter and longtime TV personality Larry Brinton, News Channel 5’s Amy Watson and Nick Beres, to name a few.

Cliff Ritter is the show’s most recurring on-air personality and co-host. The intelligent and opinionated Ritter engenders discussion and invites debate, two reasons Long says he is welcome to chat on The Long Version anytime he can make it into the studio.

“I find it fascinating that with his military background and distinguished service record he has the politics that he does. He is an anomaly and that’s what I love about him. He makes the Long Version more authentic. I would have him on everyday if he could find the time,” said Long.

Although the show is not currently syndicated, I am told there are many things in the works. Eventually The Long Version will be on in a multiple number of markets. The details on those deals cannot be disclosed yet. Long recently signed a global representation agreement with Chris Keaton Presents, a Nashville entertainment company. In time they will reveal what is to come.

Since being disbarred due to a complicated count of extortion earlier this year Long has received some press, not all of it positive and most of it untrue. I asked him about it because I figured there has to be an explanation for one to leave behind high profile clients to start a career in talk radio. It did not trip him up in the least to be asked about it, as I had suspected. He has no issues with any labels the



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government wants to put on him saying, “Just because you’re labeled something, that doesn’t make it so.”

“I interjected myself into the mainstream of public consciousness a long time ago. The reality is that a recognizable status invites people to pretend to know inside information about me or claim to have a closer relationship with me than what they do. They relate negative information about me in hopes of looking more intelligent and more on the inside. It comes with the territory. You have to take the good with the bad.”

To give credit where credit is due it must be noted that he doesn’t face a single day of the downside of being a public figure alone: cue to Bebe Long. There is really no story that can be told about Long without mentioning the story of his wife, someone who has endured trials

and tribulations that no woman should ever be subjected. She didn’t exactly sign up for the “public figure, take the good days with the bad” lifestyle. Regardless, she has been there for every up and down day since 2001. As they always say, “Behind every good man there is a great woman.”

The Long Version airs daily Monday through Friday from 9:00 a.m. to 11:00 a.m. To listen to Long give his version of stories of regional, national and international significance daily tune in at AM 1400 or online at [WJZM.com](http://WJZM.com), a podcast search will get you to the current show as well as let you listen in to all previous episodes.

“I imagine this show is going to be around for a while, don’t you?” asked Long. Tune in and decide.

## Toddler - 6th Grade



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**Dr. Mitchell D. Kaye**

*"I have built my cosmetic surgery practice around the principles of communication, surgical skill, and up-to-date technique. I feel that really listening to a patient's needs and goals is a crucial part of the partnership between the physician and patient. This is an ongoing process throughout the length of the relationship and must be actively pursued by both parties. My medical and surgical skills have evolved through daily practice, constant self-evaluation and recurrent training. It is important to accept new techniques when they are truly superior and avoid fads or gimmicks that have not withstood the test of time. This requires education, judgment, and integrity."*



The first look at a person's face is often quick, but it is important. We are psychologically programmed to look at signs of that individual's health status, emotional state, age and a host of other subtle variables. The ability to optimize our facial appearance has become recognized as an important tool to improve our potential social and economic advantage. Take for example a person with deep frown lines, creases between their brow and unhealthy, sun damaged skin. It would be common, at first glance, to read that person's expression as indicating dissatisfaction, irritation or annoyance, although this may not be the case at all. The purpose of this article is to relate to you some of the products that are now available to get the best possible "first look" that you can. The combination of healthy skin, good facial volume in the right places, and proportions and smoothing of creases and lines is now possible with skillfully used injectables at an office visit.



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injectables and fillers is your answer. These are quick office procedures with minimal downtime. There is an immediate result that the individual can see before they leave the office. All fillers are absorbable and will last between 4-24 months depending on the product. The most commonly used injectables and fillers on the market are Botox®, Juvederm Ultra XC®, Juvederm Voluma®, Radiesse®, and Sculptra®.

Botox® is used as a muscle relaxer to minimize scowl lines, crow's feet, and forehead lines. This procedure is the most popular non-surgical procedure in the U.S. today. Botox® works to relax muscles and to correct flaws.

What is the difference between a raisin and a grape? Of course, we know that when a grape is dehydrated and loses its water volume, the wrinkly, smaller version of itself is a raisin. As the human face ages, it loses its volume (fat) and skin elasticity. What then happens is the predictable appearance of ever-deepening lines around the mouth, sagging cheeks, thinning lips and jowls. Ultimately the addition of volume, where it has been lost, and the removal of excess volume where it is not needed, can make a huge difference. Excess skin will need to be surgically removed from the face, neck, and eyelids and cannot be corrected by fillers alone.

The choices for volume replacement and non-surgical facial enhancement have

never been better. Voluma®XC is a new and very exciting filler that is used to add fullness to the mid-face and cheek area. It not only adds to the smoothness and roundness of the cheek, the volume in this area produces a visible improvement in other areas such as the folds around the corners of the mouth and nose. It elevates these deep creases

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by lifting the cheek. Voluma<sup>®</sup>XC also lasts up to two years in many patients making it an attractive filler economically. So far, it only has indications for the mid-face.

Juvederm<sup>®</sup>XC is the first cousin to Voluma<sup>®</sup>XC and is designed for use around the mouth and lips. It is very similar to Restylane<sup>®</sup>, a competing brand. These are both hyaluronic acid fillers and produce a smooth and natural correction to deep lines and wrinkles. They last between 6-12 months on average, depending on the individual and location of use. These are very effective products and take only a few minutes to use, making them perfect for a quick but effective treatment.

Recently, I was invited to Allergan's Master Course as a physician injector, where Dr.



Mauritio DeMaio from Brazil demonstrated additional techniques for facial injections. Dr. DeMaio is an educator with Allergan's Aesthetic Academy, plastic surgeon, as well as a published author.

In conclusion, the ability to significantly improve our facial skin, decrease wrinkles, add volume, and prevent or reverse the signs of aging is now a reality. This is now an office visit away with minimal downtime. Consider your options! Now there are great options for a lunchtime appointment wrinkle and line treatment (Botox<sup>®</sup> and Juvederm<sup>®</sup>), deeper structural improvement of the sagging mid-face (Voluma<sup>®</sup>XC), and comprehensive facial volume treatment (fat transfer and Sculptra<sup>®</sup>). These revolutionary products and techniques have changed the way we treat facial aging and are here today!

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Dr. Mitchell D. Kaye performs an array of cosmetic surgery services. He is a fellow of the American College of Surgeons, American Board of Facial Plastic & Reconstructive Surgery, and a member of both the American Academy of Cosmetic Surgery and the American Society of Cosmetic Breast Surgery. Dr. Kaye is triple-boarded by the American Academy of Cosmetic Surgery, American Academy of Facial Plastic and Reconstructive Surgery, and the American Board of Otolaryngology Head & Neck Surgery. Dr. Kaye and the Advanced Cosmetic Surgery Center are opened in Clarksville!

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# BULLYING: WHAT IT IS AND WHAT IT ISN'T

Ericka Conley

Bullying has become a sad and terrifying phenomenon. It has always existed in some way, but somehow in recent years it has become more and more prevalent. As a woman in her 40's, I can recall kids being made fun of in school, but it was nothing severe and it was usually a short-lived situation. Parents of the children doing the bullying were expressly notified and the situation was usually diffused.

I am not quite sure if individuals are being bullied more than in past years or if, with the advent of social media and the web, individuals are more vocal about their experiences. Nevertheless, children and teenagers are



suffering due to bullying. Some feel they need to attend different schools to get away from those who are bullying them. Feelings of depression and isolation can be a real effect of this bullying. Tragically, some individuals have committed suicide due to depression that they suffer.

Bullying is something that can affect anyone regardless of nationality, gender, age, socioeconomic status or sexual orientation. It can cause physical and emotional pain. It can also take a toll on the family and friends of the person who is being bullied.

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involves two or more friends and is fun for all who are involved. Physical or verbal abuse is not involved.

The 2004 movie *Mean Girls* starring Lindsey Lohan and Rachel McAdams gives a realistic example of bullying. One girl in the group of friends dominates the other girls, pushes them around, spreads rumors about others and goes so far as to tell one friend that she cannot wear a pair of earrings that her parents gave her because “hoop earrings are my thing.” Although the movie had many comical scenes, there is a real message about bullying as well.

Although bullying is usually associated with school-aged children, adults can also be bullied. Bullying in adults can be just as



harmful. Adults who bully are less likely to use physical abuse and more likely to use verbal abuse. The goal of an adult who bullies is to ultimately gain power over another person, and make him or herself the dominant adult. It is an attempt to humiliate the victim and “show them who is boss.” ([bullyingstatistics.org](http://bullyingstatistics.org))

If you feel that you are being bullied it is imperative that you contact someone. A parent, teacher, administrator, friend, or anyone that you trust would be a good person to confide in. Understand that it is not your fault and you do not deserve to be treated this way.

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# MOTHER SON CHARACTER BALL RETURNS

Martha Sitzler

In 2013, Hope Pregnancy Center hosted the first annual Mother Son Character Ball. This companion event to the popular Father Daughter Purity Ball was developed in answer to the question, "What about our sons???" We heard this question often, from mothers and fathers. I even remember a few boys asking me, "Miss Martha, when will there be a Purity Ball for boys?" The Character Ball is our answer to those questions, as we seek to provide a special night for moms to spend with their sons, making memories and speaking into the lives of these young men in a meaningful way.

On Saturday, November 14, hundreds of mothers and sons, grandmothers and grandsons, aunts and nephews and family

friends will gather at Valor Hall in Oak Grove, KY to enjoy dessert, dancing and a brief message on becoming "A Man of Strength." We are preparing a gift for each young man in attendance, and our friend Heather will also be back from Heather's Classic Shots, capturing memories in our photo booth area. The past two years have been well attended, and we've received some great feedback.

Each year, we emphasize a different character quality. This year, the focus is on strength. While the event has a bit of a superhero theme, that's not really the point of the evening. We're not celebrating physical strength. We're focusing on the strength of character that comes from a life lived by faith, with God as our source

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of strength. Our hope is that this evening starts a conversation about character, and strengthens the relationships between parents and sons in powerful ways. In addition to giving mothers and sons a special evening, many fathers are using this opportunity to teach their sons important lessons about living a life characterized by strength. However families use this event, we're excited to offer it.

We have room for about 400 people, and the Ball is open to mothers with sons in grades K through 12, as well as college-age. If you're interested, we'd love to have you! It's possible that some will come in costume, but there is no pressure to do so, and it's definitely not required.

You will need to register for this event in advance. Please visit Hope Pregnancy Center's website for details and to reserve your place at the Character Ball. Go to [SpeakingHope.com](http://SpeakingHope.com) and look for the superhero silhouette. Do it soon, though... we suspect this event will sell out. We look forward to a memorable evening!

*Martha Sitzler serves as Executive Director at Hope Pregnancy Center. This medical pregnancy help center is committed to providing accurate information and quality services to those facing an unexpected pregnancy, as well as anyone struggling with a past abortion experience.*

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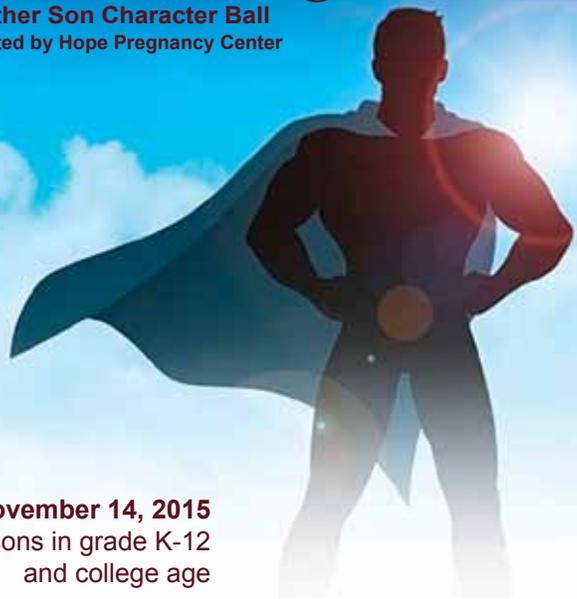
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# Man of Strength

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Carmen Hunter

One of my earliest memories is when I was little (6 or 7) and my mom set this spoonful of green liquid in front of me at breakfast with a tiny gel-like capsule and said to me “You can go play after you take this.” Several hours later there I sat. Staring at it. Now for anyone who doesn't know me I am 44 years old so that time frame I speak of was in the 70's. So imagine how far back supplements (back then they were more commonly called vitamins) have been around.

I was raised on homemade bread (the dough was a starter sourdough we named Herman), homemade yogurt and alfalfa seeds sprouted in the window and a garden I swore was the size of Texas when I was made to go out and pick.

We had a very unconventional upbringing with food. While I wasn't thrilled (more like disgusted) at the amount of vegetables and other weird foods I was told to eat, I am grateful today for the work my mom put into it. As a mom and wife myself now I put a lot of time and effort into what I make for my family and I have a deeper appreciation for her efforts now than I ever did.

We took minimal supplements back then because we got so much from our food. So with that said let's talk about what supplements are and when it may be appropriate to take them (and when I think it's not and you should save your money).

Some people swear you have to take them to be healthy and some people think they are just a part of a “health trend” and that they don't help anything. Who's right? That depends. The word vitamin has actually evolved into a broader term we use more frequently called “supplements.” So what is the actual definition of supplement? According to [Dictionary.com](http://Dictionary.com) “A supplement is something added to complete a thing, supply a deficiency, or reinforce or extend a whole.”

When we use the term in regards to food we need to consider them as something that is meant to fill the void *that can't be filled by food*. In other words, you can't and shouldn't, live on them or depend on them.

Let me share a few examples. Vitamin D is all the rage these days. Everyone is slathering so much sunscreen on out of fear of cancer that we are blocking the best method of vitamin D and creating deficiencies we didn't have in the past. As a kid who grew up running around outside without sunscreen I never heard of taking

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vitamin D (and I lived in Minnesota). The best vitamin D we can get comes from exposure to the sun. In the spring, summer and part of fall getting vitamin D from the sun usually isn't an issue, but late fall and winter can be tough and vitamin D levels can fall during this time. Supplementation can be considered *after testing*. If you choose to use supplements it's always wise to be educated before taking just any kind. The article found on Dr. Mercolas site at [articles.mercola.com/sites/articles/archive/2013/10/19/vitamin-d-vitamin-k2.aspx](http://articles.mercola.com/sites/articles/archive/2013/10/19/vitamin-d-vitamin-k2.aspx) can explain the benefit of taking K2 with vitamin D.

Another example of when supplementation might be used is if someone is low on omega 3 intake. Most

people aren't eating enough quality (wild caught) seafood, which is a key source of omega 3's. Throw in an overindulgence of omega 6's (boxed and refined foods are loaded with them) and supplementation may be warranted. You can read why a balance of omega 3 and omega 6 is so important in this article [ultimatepaleoguide.com/ultimate-paleo-guide-fish-oil-omega-6-omega-3/](http://ultimatepaleoguide.com/ultimate-paleo-guide-fish-oil-omega-6-omega-3/). I would recommend a source like Green Pastures Fermented Cod Liver Oil or Krill Oil by Radiant Life and not just a fish oil from the grocery store. Taking the wrong kind can create new problems.

One more example that I think is very important to note is liver. Liver is a super food, one that I personally grew up eating (again...thanks Mom!) and hated it.

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Now as an adult? I have tried and can't manage to get it down (not yet but I am about to make another valiant attempt), so I take a supplement instead. For those who think liver was just a slow form of torture our mothers and grandmothers put us through when we were kids you should know...they were right about its benefits. It is absolutely one of the best foods you can ingest.

Here are a few facts from Radiant life for you to push that statement home under their "Key Nutritional Aspects of Beef Liver":

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- CoQ10, a nutrient that is especially important for cardio-vascular function .
- A good source of purines, nitrogen-containing compounds that serve as precursors for DNA and RNA.

So when are supplements *not* appropriate?

1. When they make up the bulk of your diet and you have edged real food out.
2. When you are paying more money for pills, proteins and bars than you would spend on real food (think multi level marketing program, weight programs or anything you can buy in bulk that is sold as meal replacement).
3. When it's not sustainable (ask yourself: "Can I live off this protein powder every day? Does this bar taste good enough to eat as a meal forever? Do I NEED this energy drink and if so why can't I feel good without it?). Eating whole food is sustainable and affordable and just plain better for you. If you are on a program of some sort to lose weight just prepare for the aftermath when you return to real food...more weight gain will inevitably follow. Sustainable means you can maintain it.
4. When you aren't watching your levels and have no idea what your nutrient status is.

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I could go on and on about what I would recommend to supplement with but everyone is different and the same rules don't apply to everyone. The only foundational guidelines I suggest for all of my clients are to follow a whole food diet as much as possible and fill in the gaps where lab testing and your doctor indicate it is needed. Supplements are not meant to be a way of life or to replace meals. With that said there is a time and a place for supplementation and the general guidelines I like to follow are to use them when:

1. Your labs show you are lacking in essential nutrients or minerals (zinc, iodine, magnesium, vitamin D etc.).
2. You are not following a whole food, colorful, vegetable rich food plan because you are extremely busy (moving, working out of town, etc.) and don't have time at the



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moment to eat right (but the goal would be to return to whole food eating as soon as possible).

3. You are dealing with a chronic condition or disease (high oxidative stress, autoimmune disease, etc.) and supplementing would improve your health.

Be smart with your money, never add more than one new thing into your diet at a time and make sure your products are top quality. Quality products will be sourced from NON-GMO sources whenever possible, should never contain gluten or soy and should always be very low in fillers. Locally you can get quality supplements at Sango Pharmacy, Tree of Life, Vitamin Shoppe or online at Vitacost,

Amazon, etc. One main supplement I recommend clients to look into is a good quality probiotic such as Prescript Assist (Sango Pharmacy). Probiotics are important for way too many reasons to list here and will require a whole new article to be thorough, but they are something everyone should have on hand and consider adding to their daily routine.

So in review, always test levels of hormones (like vitamin D) before using an outside source, always go slow and low with supplementation and take the advice of a progressive trusted doctor. In addition, try to get most of your nutrients through food FIRST and always use quality products. Just buying a greens powder is a poor substitute for the real vegetables that should be on your plate.

Oh, and that green spoonful of smelly liquid vitamins I mentioned at the beginning of this article? I think by the time I finally took it it was over 2 hours later. I have been known to be a little stubborn. Next time maybe I will share the story about the green bean I was avoiding and fed the dog that then promptly threw up the bean in front of my mom. I haven't always been a health coach.

Until next time, eat whole food and sign up for my newsletter and get my 6 page gluten free pizza guide at [carmenhunterhealth.com](http://carmenhunterhealth.com).

In good health,  
Carmen



Carmen is a certified health coach with over 15 years of study and five years of coaching experience. She works with people with chronic health conditions or those just wanting to optimize their general health. She has experience with:

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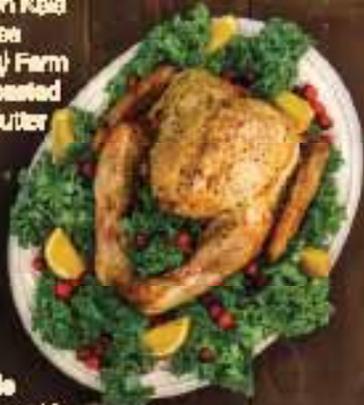
# GIVE Thanks.

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Homemade  
Cranberry Sauce with  
Orange Zest



Pinot Noir  
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Red Bliss Potatoes  
Locally Grown Red Bliss Potatoes  
(Elkton, KY)  
with Butter and Fresh Parsley

Sweet  
Potato Pie  
(Auntie's Kitchen, Guthrie, KY)



Brussels/Bacon  
Fresh local Brussels  
(Cadez, KY)  
Blanched & roasted in  
rendered Benton's bacon



If you're like the rest of us, the holiday season has snuck up... Fast! But, there's hope. *And I don't mean waiting in line at Cracker Barrel for 2 hours.* You can have all or part of your delicious Thanksgiving Feast prepared for you with the finest local ingredients to share with your family & friends.

Nicoletta's Catering made just a sampling of what they're offering for this month's issue.

If you want to let someone else help or do *all* the work this year, give Nicoletta's a try. But don't wait too long, they book up fast!



Nicoletta's Catering

(815) 588-2108

Photography by  
Jarrod Walker

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\*All food was donated to local families in need.



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## Gateway Medical Group

**Approximately 73 million Americans have high blood pressure, according to the National Stroke Foundation. However, many people don't understand blood pressure readings—or how to control them.**

Blood pressure is defined as the rate at which the blood pulses through your body and is measured in millimeters of mercury (mmHg). Blood pressure readings are made up of two numbers: systolic and diastolic.

- **Systolic pressure** is the top number and measures pressure in your arteries during heartbeats.
- **Diastolic pressure** is the bottom number and measures pressure in your arteries between heartbeats.

### Numbers You Need to Know

Normal blood pressure numbers should clock in at less than 120/80 mmHg. Your blood pressure can vary throughout the



day or during periods of stress, but if you're constantly experiencing higher readings, your doctor may suggest lifestyle modifications, such as eating less salt, losing weight or exercising more.

You should know—and respond to—the following numbers:

- Systolic numbers between 120 and 139 and diastolic numbers between 80 and 89 are signs of prehypertension.
- Systolic numbers between 140 and 159 and diastolic numbers between 90 and 99 are signs of the first stage of hypertension, or high blood pressure.
- Systolic numbers of 160 or higher and diastolic numbers of 100 or higher are signs of stage two hypertension.

If high blood pressure is left uncontrolled, it could cause harm to your body, including weakened blood vessels, and make you have a higher risk for heart disease and stroke.

### Normalize Your Numbers

Take control of your blood pressure today with these four steps.

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- 1. Understand your personal risk.** Some people may have a family history of high blood pressure or other predispositions. If you have a family history of high blood pressure, talk with your doctor about how you can manage your blood pressure.
- 2. Chill out.** Stress can cause your blood pressure to spike. Take 10 or 15 minutes each day to reduce stressful feelings with activities such as journaling, meditating or praying, or listening to soothing music.
- 3. Eat fresh, whole foods.** If an item comes in a box, bag, can or package, skip it whenever possible. Such foods often contain extra sodium that can cause blood pressure to rise.
- 4. Make movement the norm.** Schedule time to be active every day, whether it's walking, dancing, swimming, playing tennis or going to the gym. Routine exercise helps keep blood pressure low.

**The American Heart Association recommends you have your blood pressure checked during your annual wellness visit, or at least every two years. If you don't already have a physician, Gateway Medical Group is here to help. Our convenient family practice locations welcome new patients of all ages. Call (931) 502-3800 or visit [GatewayMedicalGroup.com](http://GatewayMedicalGroup.com). Same- and next-day appointments are often available. We accept most insurance plans including Medicare and Medicaid.**

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

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shortness of breath,  
chest pain

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SPIRITFEST PRELUDE TO THE CHRISTMAS PARADE

Pamela Roddy Magrans

One long-anticipated local event is our city's annual Christmas parade. This year the 56th Annual Clarksville Christmas parade will be held at 5:00 p.m., Saturday, December 5th. The lighted Christmas parade begins at Austin Peay and runs through Historic Downtown Clarksville.

In past years, families arrived early in the cold with kids in tote and sat or stood waiting for the arrival of the parade. This year, another event will offer families a way to enjoy the lead-up to the parade. Arrive early and attend the SpiritFest that will be held at First Presbyterian Church downtown.

The first annual SpiritFest will be begin at 2:30 p.m. on December 5th and is a prelude to the lighted parade. SpiritFest is hosted by First Presbyterian Church and Trinity Episcopal Church, with activities taking place

at both locations. SpiritFest will allow families to enjoy the afternoon with musical entertainment, inflatables for the children, unique gift shopping, hot chocolate and selections from a variety of food trucks.

Santa Claus will make an appearance at SpiritFest and music will be provided by the



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Roxy Regional Theatre's Christmas carolers, children's choirs, a hand bell choir, and the Austin Peay State University's Brass Quintet.

Since many families come early to the parade in order to get good parking spaces, this event allows them to enjoy fun activities while they await the parade. SpiritFest will end in time for the parade to come right through the area of these activities on Main Street.

Rev. Greg Glover, pastor of First Presbyterian Church, states, "We realized last year that many people gather to watch the parade in front of the church. They stand there a long time before the parade starts without any amenities or anything to occupy the children. What better opportunity could there be to serve our neighbors than this?"

In addition to providing a family-centered place for locals to enjoy the Christmas celebration prior to the parade, SpiritFest will also offer one-of-a-kind shopping.

The Clarksville/Montgomery County Arts & Heritage Development Council (AHDC) is working with First Presbyterian Church and Trinity Episcopal Church to sponsor the first SpiritFest celebration. SpiritFest will offer one-of-a-kind works of art for sale as Christmas gifts. Families can come to the SpiritFest, enjoy the handmade gifts, and let the kids play in the inflatable house before getting their spots for the parade.

Ellen Kanervo, executive director of the AHDC, notes that, "Artists at SpiritFest will have wooden items, jewelry, photographs of local scenes, paintings, and fabric art to choose from."



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## Come Join the Fun!

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### Spirit Night Dates

- Tues., Nov. 3 - Minglewood Elementary 4-7 PM
- Tues., Nov. 10 - Oakland Elementary 4-7 PM
- Thur., Nov. 12 - APSU Scholarship 4-7 PM  
*Come hang out with the APSU Governor!*
- Tues., Nov. 17 - Rossvie Elementary 4-7 PM
- Tues., Nov 24 - West Creek Elem 4-7 PM



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### FAMILY NIGHTS

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Kids Craft Night  
Join us as we make a thanksgiving day themed craft.

**MONDAY, NOVEMBER 16th 5-7.**  
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**SAM THE BALLOON MAN  
WILL BE HERE EVERY  
MONDAY FROM 5-7 pm!**



Check our store calendar in the lobby and on Facebook for Spirit Nights and fun family events.

In addition to local artists, Ten Thousand Villages and Thistle Farms will have items for sale. "Ten Thousand Villages has unique handmade gifts from around the world, including fair trade baskets, jewelry, crafts, and other items from international artisans," says Kanervo. "Thistle Farms offers handmade products by women who are survivors of addiction, trafficking, violence, and extreme poverty."

In addition to the shopping and activities for children during SpiritFest, the newly renovated three rosette stained glass windows in the bell tower of the First Presbyterian Church will be lit for the first time since their recent replacement. SpiritFest's activities will culminate with the

illumination of these windows that were created to replace the ones that were in the bell tower when it was built in 1876.

"We are the stewards of an historic treasure on behalf of our community, a sanctuary that was completed in 1876 and is now on the U.S. National Register of Historic Places," said Rev. Glover.

"As part of our preservation of that heritage, we have just completed the renovation and restoration of three rosette stained glass windows in the church bell tower, which will be lit for the first time for viewing on December 5th."

SpiritFest is an opportunity to arrive early for the parade, get a prime parking spot, claim your seats, and get in the Christmas



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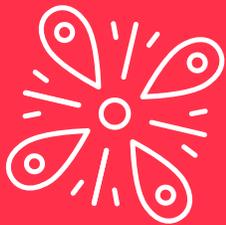
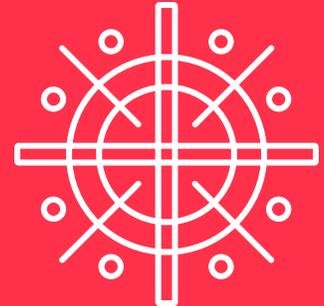
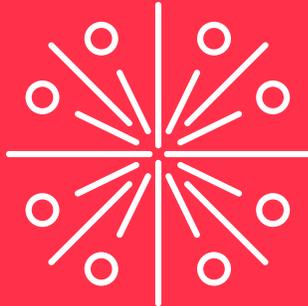
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spirit early. The hospitality of two downtown churches offers families a memorable way to begin the annual lighted Christmas parade.

The event offers free parking in area church lots for easy access. There are indoor activities, including the children's area, so you can warm up and get out of the cold weather. You do not have to worry about finding restroom facilities or what to do if the children get bored or



hungry. Families can visit Santa, listen to wonderful local musical groups, interact with Roxy players who are strolling through dressed in Victorian period costume, listen to caroling, and do some Christmas shopping. You are guaranteed to leave full of holiday spirit!



# Christmas on the Cumberland



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CLARKSVILLE  
TENNESSEE

Taylor K Lieberstein

Behind us are the days of having to drive through a variety of Clarksville neighborhoods in hopes of finding a few houses adorned in red and green lights to fulfill one of America's most beloved Christmas traditions, looking at lights. The second annual Clarksville Speedway Christmas Lights Extravaganza will be up and running at the fairgrounds beginning on Thanksgiving Day. The light show will run nightly through January 3rd.

The Clarksville Speedway and Fairgrounds are hosting a one mile drive-thru light show complete with a waving Santa, a candy cane machine, skiers, parachuting reindeer, a moving waterfall, teddy bear arches and sports-themed lights. These are only a few of the light displays you will find on the track. There is also a 200-foot drive-thru tunnel. The viewing path of the lights is set up on the drag strip at the speedway all month long. There

are more than 1,000,000 lights for you to take in from the warmth of your car. In addition, there are concessions complete with hot chocolate, hot cider, coffee and a variety of food items.

William Scogin, owner of the Clarksville Speedway, said the genesis for the idea of bringing in the Christmas Lights Extravaganza was our community's need for local, affordable holiday entertainment. His intention was to create something that families can do to get in the holiday spirit without driving long distances. Scogin's goal to create holiday memories and family traditions came to life when he crossed paths with a representative from Winterland Inc, a company that specializes in LED holiday lighting.

Scogin met Toby Neher of Winterland Inc. at a convention in Las Vegas and together they tailored a light show to fit the Clarksville

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extended hours 2015

dream, imagine, hope...believe

S	M	T	W	T	F	S
December		1 10am-9pm	2 10am-9pm	3 10am-9pm	4 10am-9pm	5 10am-9pm
6 11am-6pm	7 9am-10pm	8 9am-10pm	9 9am-10pm	10 9am-10pm	11 9am-11pm	12 9am-11pm
13 11am-11pm	14 8am-11pm	15 8am-11pm	16 8am-11pm	17 8am-11pm	18 8am-11pm	19 8am-11pm
20 8am-11pm	21 8am-11pm	22 8am-11pm	23 8am-11pm	24 7am-6pm	25 Merry Christmas! Closed	26 8am-9pm
27 11am-6pm	28 10am-9pm	29 10am-9pm	30 10am-9pm	31 10am-6pm	1 10am-6pm	Jan.

Holiday Hours may change without notice. See the Customer Service Center for details. Department stores hours may vary.

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[www.GovernorsSquare.net](http://www.GovernorsSquare.net) • [www.MallGiftCards.net](http://www.MallGiftCards.net)

Speedway. As of Thanksgiving night last year that vision became a live light show that was up and running until the New Year. Winterland Inc. has orchestrated shows for Ripley's Believe It Or Not! in Gatlinburg, and has created and installed stunning decorations for Opryland, NASCAR Speedways across America, New York's Central Park, Legoland USA, US Military, and Naval Bases across the world.

Lots of extension cords, light bulbs, electricity and manpower went into putting up the more 1,000,000 lights that are showcased in the display. There are several animated scenes throughout the one mile drive-thru display. Christmas music will play throughout the light show's scenic drive. The best thing about this being a drive-thru light show is that it broadens the potential audience. Elderly and little ones can enjoy this event without the

threat of walking long distances and being out in severe temperatures. This is also a great opportunity for disabled and people who are not able to walk for long periods of time. You do not have to exit your vehicle for the duration of the experience.

The lights will be on seven nights a week from Thanksgiving through January 3rd, from dark until 9:30 p.m. Sundays through Thursdays and dark until 10:30 p.m. Fridays and Saturdays. Lights will be illuminated rain or shine. Clarksville Speedway is located at 1600 Needmore Road. The rates are calculated by the carload. Special rates are offered for passenger vans and tour buses. Check out their advertisement on page 9 for a \$5 discount.



He may need your foot steps to follow...

# Volunteers Needed

Providing quality mentoring for Clarksville's Youth.

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



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

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Brenda Hunley

As the sun started to shine its first morning rays into the Woods of Dunbar it revealed all the work our animal friends were putting into their fall festival. Yesterday the Rangers brought bales of hay for seating and had set them in a nice half circle shape so everyone could visit.

The raccoons, possums, and owls had worked all night stringing lights from tree to tree. The Spider families had gotten busy making some big webs, and the morning dew showed off the beautiful details. Now it was time for the morning crew to get busy. The Beaver family was busy gathering sticks for the bonfire. The birds had gotten together and picked berries and fruit for the event. Everyone else was making or baking things to bring for the meal and the eating competitions.

The old oak tree home to Mom and Dad Chipmunk was buzzing with activity. Mom Chipmunk was in full form organizing the food preparations. Chester, Boomer, and their twin sisters Hazel and Coco were each busy with a task.

“Chester, will you please get the apple pies out of the oven? Boomer, are the cookies ready to go in?” Mom asked.

“Yes,” Chester and Boomer answered.

“Will you please put them in the oven after Chester takes out the pies?”

“Yes,” Boomer replied. He loved working in the kitchen.

“How about the caramel, is it soft?” she asked looking at Dad Chipmunk as he slowly stirred a small pot on the stove.

“Yes, dear.”

“Chester, do you have the apples ready?”

“Yes, Mom. May I pour the caramel?”

Mom Chipmunk stopped in her tracks, looking at Dad Chipmunk. Dad looked back at Mom and said, “This is your show.”

“Okay, Chester, just please be careful. Do not burn yourself, okay? Pour slowly.”

Mom shot Dad a look that made all the kids laugh.

“Mom, the thread is stuck,” Hazel cried.

Hazel was repairing some of the old quilts for everyone to sit on or snuggle in as the evening would be chilly.

“It wouldn’t be if you would just slow down,” Coco chided.

“Coco, don’t you have something to do yourself?” Mom said moving over to help Hazel.

Coco sighed deeply. “Why does everyone else get the fun stuff and I’m the one who has to clean up?”

“Because you do a good job and that is a very important job.”

Coco rolled her eyes and went back to washing dishes.



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- Advanced Tiger Cats (5 & 6 year olds)
- Prep Kids (7 to 9 year olds)
- Karate Kids (10 to 13 year olds)
- Teens & Adults (14 & up)

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**KRIEGISCH MARTIAL ARTS**

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**2690**  
Madison Street,  
Suite 190

“Mom, Coco rolled her eyes!” Boomer tattled.

Coco picked up the soap and squirted Boomer in the face accidentally getting some in his eyes.

“MOM!” Boomer cried.

“Coco! Go on outside and start cleaning up the leaves in the yard. Don’t come back in until you have a better attitude,” Mom scolded as she quickly moved to help Boomer wash the soap out of his eyes.

“It burns!”

“The water will help. Just keep the spray going back and forth over your eyes, okay?” Mom said handing Boomer the sprayer.

After Chester finished pouring the caramel over the apples, he quietly started cleaning up while Dad Chipmunk went outside to help Coco.

“Dad, I know I shouldn’t have squirted Boomer, but he is such a tattletale!” Coco cried as she angrily raked the leaves.

Dad Chipmunk did not say anything as he simply picked up another rake and started helping his daughter.

Coco started to cry and as the tears fell she raked faster. Dad Chipmunk watched Coco while he raked, but he still did not say anything. After about an hour of raking Coco set the rake down and plopped down beside it.

“Dad, why am I raking all these leaves? There are more that are going to fall anyways, and the wind keeps blowing more over here!”

Dad stopped raking and walked over and sat down next to Coco. “The point was not raking the leaves...”

“But Mom said!” she angrily interrupted.

Dad got up, brushed himself off and started raking again.

“Dad, this is so stupid! I don’t want to rake anymore!” Coco threw down the rake and stomped off into the woods.

Dad Chipmunk watched as Coco stomped off. He set down his rake, shook his head, and walked back into the house.

“Done already?” Mom asked.

“No. Coco raked, then got mad again and took off into the woods.”

“You did not go after her?” Boomer asked.

“No, son, I did not. I came back in here to help your mother.”

“Why?” Chester asked.

“Because your sister has a problem being selfish and self centered. She just needs time to cool off.”

“If that had been me—I would have been spanked,” Boomer mumbled.

“Your sister’s punishment is not up to you Boomer. Now what else needs to be done?” Dad asked.

“We are finished,” Mom said as she stacked all the freshly prepared food into her basket.

Don't miss out on the chance to promote your local business in our local gift guide in the December issue of Clarksville Living!



**2015  
LOCAL  
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Call/email/text by November 15th!



**Rachel Phillips**

Advertising Sales

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PRESENT THE ANNUAL EVENING CHRISTMAS PARADE

### Businesses

Join the parade! You can apply online at  
[cityofclarksville.com/parade](http://cityofclarksville.com/parade)

# THE SONGS OF Christmas

SATURDAY, DECEMBER 5

5:00PM

HISTORIC DOWNTOWN

THE CITY OF  
**CLARKSVILLE**  
TENNESSEE'S TOP SPOT



**MONTGOMERY**  
COUNTY  
TENNESSEE



"If we all work together to finish cleaning up we can leave a little early if you would like," Dad said.

Chester motioned toward the radio, Mom nodded and the as the radio came on, a familiar song started up, and the whole family started singing together and dancing as they made the kitchen tidy once again. Gathering their crafts and food items they headed toward the door.

Coco who had watched them from the window opened the front door for them.

"Boomer, I am sorry."

Boomer set down his tray and grabbed his sister, giving her a big hug. "Its okay. I am sorry too. I shouldn't have tattled."

Next she looked at Hazel. "I'm sorry for being mean about your sewing. I was just mad because I am no good at sewing, and you make it look fun."

"Dad, Mom, I'm sorry," Coco said hanging her head.

"Now do you know why you had to rake?" Dad asked.

"Yes. So I would work all the ugly energy out, and remove myself from the situation until I could calm down."

"Okay then—lesson learned?"

"Yes, Dad. Lesson learned."

"Let's go, everyone! We have a fun afternoon ahead of us!" Mom said as she handed Coco the container of apples. "You can help by carrying this."

Coco gladly took the heavy apples. She was thankful to be with her family.

Chester came alongside and nudged his sister. "I'm glad you could join us."

"Me too, Chester! Me too."

Taira G. McAfee

A Soldier is born to live and that's  
no lie

A Soldier is born to die, and of  
course everyone asks why, why,  
why

A Soldier is hated, a Soldier is  
loved, but when a Soldier is in  
trouble a Soldier looks to his Father  
up above

A Soldier who can, is a Soldier  
who commands

A Soldier travels far, a Soldier  
stays home, but when so many  
Soldiers are gone, this Soldier  
knows where he belongs

A Soldier never gets enough rest,  
but no matter how hard the task, a  
Soldier always does his best

A Soldier rarely sleeps, but a  
Soldier still prays to the Lord for his  
or her soul to keep.

A Soldier is a son, a Soldier is a  
daughter, a Soldier is a husband,  
a Soldier is a wife, a Soldier is your  
sister, a Soldier is my brother, a  
Soldier is a father, a Soldier is a  
mother, and most of all a Soldier is  
truly your friend because, a Soldier  
is the one you can count on in the  
end

*Dedicated to the men and women of  
Operation Iraqi Freedom, 101st Airborne  
Division (Air Assault), and Screaming Eagles,  
Fort Campbell, Kentucky*

# Pet Pix

The Pride of clarksville



I'm Zoe and life is sweet when mommy and sisi make homemade watermelon Popsicles!



Hey my name is Lillie!!  
Where's the Candy corns?!



Snicker, the little regal corgi.



My name is Bailey.  
I love to sneak table food  
and to watch the  
ID channel with my mom.



Charlie Rice's life :)



Hello my name is gangster!!  
And I'm camera shy!



Love a wake up call  
from Puffy!



Mattie Mae with  
Pac Man fever.



Hi my name is oliver and I  
was Darth Vader for Halloween



PARKER AT Tio HOUSE



Want to share your pet? Email a photo and brief caption to [petpix@clarksvillelivingmag.com](mailto:petpix@clarksvillelivingmag.com) by November 15th.

# CANDID Clarksville



I Love Fall!



Tandy & Tegan duck watching at Liberty Park



Good Luck Nikki, World's Jr. Ms. Tourism 2016!!



True Authentic Friendship!



Yong-In Martial Arts



Norman Smith Fun Run



Norman Smith Fun Run



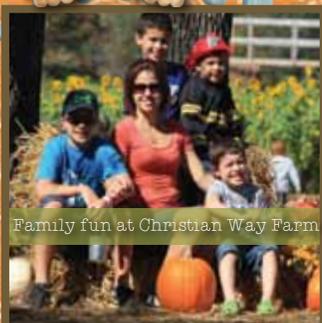
Norman Smith Fun Run



Norman Smith Fun Run



Troop 1984 from Waverly, TN visiting Customs House



Family fun at Christian Way Farm



send pics to [candid@clarksvillelivingmag.com](mailto:candid@clarksvillelivingmag.com) by November 15th

# CALENDAR

## Ongoing

### CELEBRATE RECOVERY

Friday nights with dinner 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

### CHESS CLARKSVILLE

Fridays, 4:00 p.m. until.

Books-a-Million  
125 South Hampton Drive  
Contact:  
[chess.clarksville@yahoo.com](mailto:chess.clarksville@yahoo.com)

### CHRISTMAS EXTRAVAGANZA OF LIGHTS

Starts Thursday, November 26 through Sunday, January 3, 2016. Open from dark to 9:30 p.m. Sundays to Thursdays, dark to 10:30 p.m. Fridays and Saturdays. One mile drive through with over 1,000,000 Christmas lights. See article on page 44. See ad on page 9.

Clarksville Speedway  
1600 Needmore Road  
[clarksvillespeedway.com](http://clarksvillespeedway.com)

### CHRISTMAS ON THE CUMBERLAND

Staring Tuesday, November 24 through January 3, 2016. Over two-million Christmas lights line the Cumberland Riverwalk. Perfect FREE event for families during the holiday season. At McGregor Park. Visit [cityofclarksville.com/coc](http://cityofclarksville.com/coc).

### CLARKSVILLE SCRABBLE CLUB

3:30 p.m. to 6:30 p.m. the first and third Tuesdays of each month. Beginners welcome.

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

### 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)

### GENEALOGY DISCUSSION GROUP

The third Tuesday of each month. Informal small group discussion of genealogy and family history topics. Contacts Brenda Harper.

Genealogy Room on 2nd Floor  
Clarksville-Montgomery County Public Library  
350 Pageant Lane  
[genealogydiscussion@yahoo.com](mailto:genealogydiscussion@yahoo.com)

### 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

### HOMESCHOOL PHYSICAL EDUCATION

Through May 26, 2016. Provided by City of Clarksville Parks and Recreation.

Crow Center:  
Thursdays at 1:00 p.m. – Grades K-6  
Thursdays at 2:00 p.m. – Grades 7-12

Kleeman Center:

Wednesdays at 10:00 a.m. – Grades K-6  
Wednesdays at 12:00 p.m. – Grades 7-12

### Chick-fil-A Wilma Rudolph

3096 Wilma Rudolph Boulevard  
(931) 552-5511

#### KIDS NIGHTS

**Mondays, 5pm-7pm**

#### FAMILY NIGHT

Sam the Balloon Man

**9 Monday, 5pm-7pm**

#### KIDS CRAFT NIGHT

Join us as we make a thanksgiving day themed craft.

**19 Thursday, 5pm-7pm**

#### KIDS CLUB

Sign up at [chick-fil-akidsclub.com](http://chick-fil-akidsclub.com)

#### SPIRIT NIGHTS, 4-7pm

**3 Tuesday**

#### MINGLEWOOD ELEMENTARY

**10 Tuesday**

#### OAKLAND ELEMENTARY

**12 Thursday**

#### APSU SCHOLARSHIP

Come hang out with the APSU Governor!

**17 Tuesday**

#### ROSSVIEW ELEMENTARY

**24 Tuesday**

#### WEST CREEK ELEMENTARY



**SpiritFest**  
A Pre-Parade Celebration of Christmas

Early Parking **Live Nativity**  
**Inflatables MUSIC**  
**SANTA** Artists' Sale  
**FOOD TRUCKS**

**SAT. DEC. 5 2:30 p.m.** First Presbyterian Church  
213 Main Street, Clarksville

[SpiritFestDowntown.com](http://SpiritFestDowntown.com)

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[www.aprilb-clarksville.com](http://www.aprilb-clarksville.com)

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Cost is \$3 per visit or \$10 per month for each student.

### HOPE RIDERS BIKER CHURCH

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

Salem Place  
1765 Highway 48  
Contact: Pastor Ron  
(931) 801-0379  
[hoperiders.org](http://hoperiders.org)

### MONTGOMERY COUNTY BEEKEEPING ASSOCIATION MEETING

10:00 a.m. the first Saturday of each month (except January and July). For information contact Jason Groppe, (931) 561-5530.

Clarksville-Montgomery County Public Library  
350 Pageant Lane

### PHOTOS WITH SANTA

Saturday, November 7 through Thursday, December 24. Children 12 and under who visit Santa will receive a Captain McFinn holiday activity book and a special treat from Mr. Bulky Treats & Gifts.

Santa Hours:

Mondays to Saturdays, 10:00 a.m. to 8:00 p.m.

Sundays, 12:00 p.m. to 6:00 p.m.

Christmas Eve, 8:00 a.m. to 5:00 p.m.

Visits and hugs with Santa are always welcome. Personal and cell phone cameras are not permitted at Santa's Set.

Governor's Square Mall Center Court  
2801 Wilma Rudolph Boulevard

### WALKING WELLNESS WEDNESDAY

11:00 a.m. every Wednesday. Brought to you by the Montgomery County Health Council.

Main Lobby  
Montgomery County Health Department  
330 Pageant Lane  
(615) 650-7055  
[ClarksvilleMCHC@hotmail.com](mailto:ClarksvilleMCHC@hotmail.com)

## November

### 1 SUNDAY

#### DAYLIGHT SAVINGS TIME ENDS

### 4 WEDNESDAY

#### TODDLER SPLASH POOL PARTY

Every first Wednesday of the month, \$3 per person.

Indoor Aquatic Center  
166 Cunningham Lane

## 5 THURSDAY

### ART & WALK

5:00 p.m. to 8:00 p.m. First Thursday of each month. Free parking downtown after 5:00 p.m. Monday through Friday and all day on weekends.

Strawberry Alley  
Downtown Clarksville  
(931) 614-0255  
[artwalkclarksville.com](http://artwalkclarksville.com)

## 6 FRIDAY

### LEATHERWOOD ASBURY METHODIST CHURCH BAZAAR

9:00 a.m. to 2:00 p.m. and again on Saturday, November 7. There will be handcrafted items, baked goods, wood, jams and jellies. Come out and have an enjoyable fun day. Admission is FREE!

Leatherwood Asbury Methodist Church  
2912 Leatherwood Road  
Stewart, Tennessee  
(931) 232-9448

## 2015 HOLIDAY MARKET

9:00 a.m. to 2:00 p.m. This is the 40th year of the event and it is sponsored by the Priscilla Group. All the money made will go to local and community missions. The Market will be held in the church gym as well as Fellowship Hall. Many local as well as mid-state vendors will be present with their wares. One of the highlights of this event is the delightful baked and frozen goods section, which go very fast! There will also be a wonderful lunch served in Fellowship Hall, provided by our youth group. Admission is free and a delicious home cooked meal will be served for only \$7. Some of the vendors will have Christmas items, jewelry, soaps, pillows, aprons, painted furniture, woodwork, embroidery, wreaths, purses, cookbooks, etc. There will also be over 50 items in the silent auction. Please come out and join us for this fun and enjoyable Saturday event!

Madison Street United Methodist Church  
319 Madison Street  
(enter from Commerce Street side)  
Kay Hopson  
(931) 648-4068  
[madisonstreetumc.org](http://madisonstreetumc.org)

## 7 SATURDAY

### CLARKSVILLE CUMBERLAND PRESBYTERIAN HOLIDAY BAZAAR

8:00 a.m. to 2:00 p.m. Variety of vendors, Santa photo booth (bring your camera), baked goods, door prize drawing, lunch & more! Contact the church office for details.

Cumberland Presbyterian Church  
1410 Golf Club Lane  
(931) 552-2335

### SANTA'S MAGICAL ARRIVAL & FAMILY FUN DAY

10:30 a.m. Magician Russ Nowack and the Tri-Cities Magicians' Society will present a special holiday magic show at the Dick's Sporting Goods Court. They need all the help they can get to magically transport Santa back to Governor's Square Mall for the holiday season! This 45-minute show will include laughs, singing, and even snow!

Photos with Santa will begin immediately following the performance in Center Court.

**MAXX'D OUT**  
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- Insurance Certified
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---	---

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**LANASDANCECENTRE.COM**

2014 & 2015 FAVORITE

## Chick-fil-A Madison Street

1626 Madison Street  
(931) 648-4468

### FAMILY NIGHTS

**2 Monday, 5pm-7pm**  
Kids Club Night with  
magician Russ Nowack

**9 Monday, 5pm-7pm**  
Music Night with Lydia  
Walker

**16 Monday, 5pm-7pm**  
Family Night with magician  
Russ Nowack

**23 Monday, 5pm-7pm**  
Sundae Night with  
magician Russ Nowack

**30 Monday, 5pm-7pm**  
Family Night with magician  
Russ Nowack

### SPIRIT NIGHTS

**3 Tuesday, 5pm-8pm**  
Sango Elementary

**5 Thursday, 5pm-7pm**  
Carmel Elementary

**10 Tuesday, 4pm-8pm**  
Immaculate Conception  
School

**12 Thursday, 5pm-8pm**  
Clarksville Christian  
School

**17 Tuesday, 5pm-8pm**  
East Montgomery  
Elementary

**19 Thursday, 5pm-8pm**  
Norman Smith Elementary

After your Santa photos bring the kids back to Dick's Sporting Goods Court for free family fun from 12:00 p.m. 4:00 p.m. There will be cotton candy, face painting and carnival games including ping pong toss, ring toss, duck pond, and frisbee toss.

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

### SCIENCE FICTION & FANTASY EXPO

6:30 p.m. to 8:30 p.m. Join us for our annual celebration of the science fiction and fantasy genres in literature, film and television! Support your favorite fandom & come in costume! This event is free and we will have activities, demonstrations, games and crafts for all ages.

Clarksville-Montgomery County  
Public Library  
305 Pageant Lane, Suite 501  
(931) 648-8826  
[www.mcgtn.org/library](http://www.mcgtn.org/library)

## 8 SUNDAY

### PROJECT LINUS MEETING

9:00 a.m. to 3:00 p.m. Project Linus is a non-profit organization that provides homemade/handmade blankets to children in need through the Emergency Medical Services, Hope Pregnancy Center, Camp Rainbow, and the Fisher House on Ft. Campbell. For more information please contact: Jean Marr at (931) 358-0101 or EmmaLee Brake at (931) 648-0918.

Cumberland Presbyterian Church  
1410 Golf Club Lane

## SILENT MOVIE WITH ORGAN "THE CAT & THE CANARY" & CHILI SUPPER

4:00 p.m. It's a scary mystery movie about a death, a will, and a fortune—whose will it be? Enjoy the movies the way they were before they were talkies, when the skill of the organist kept our attention and interpreted the script for our hearing. Andy Peters returns as organ accompanist. All you can eat chili for \$4 following the movie. Proceeds help fund the Grace Lutheran Youth Groups.

Grace Lutheran Church  
2041 Madison Street  
(931) 647-6750  
[office@glctn.org](mailto:office@glctn.org)  
[grace-lutheran-church.org](http://grace-lutheran-church.org)

## 9 MONDAY

### ALZHEIMER'S CAREGIVERS SUPPORT GROUP MEETING

6:30 p.m. the second Monday of every month. For information, call Patsy Shell, (931) 648-1884.

Clarksville-Montgomery County  
Public Library  
350 Pageant Lane

## 11 WEDNESDAY

### VETERANS DAY

### HOMESCHOOL SWIM DAY

Every 2nd Wednesday of the month, \$3 per person.

Indoor Aquatic Center  
166 Cunningham Lane

## 12 THURSDAY

### AARP DRIVER SAFETY PROGRAM

8:00 a.m. to 12:00 p.m. The driver safety class is to refresh your driving skills. You will learn defensive driving techniques, proven safety strategies and so much more. Please call (931) 648-1345 to register. This class is designed for seniors 50+ but others are welcome to attend.

Clarksville Senior Center  
953 Clark Street

## 13 FRIDAY

### AARP DRIVER SAFETY PROGRAM

8:00 a.m. to 12:00 p.m. The driver safety class is to refresh your driving skills. You will learn defensive driving techniques, proven safety strategies and so much more. Please call (931) 648-1345 to register. This class is designed for seniors 50+ but others are welcome to attend.

Clarksville Senior Center  
953 Clark Street

## 14 SATURDAY

### HANDMADE HOLIDAYS

Artisans and crafters will fill the Wilma Rudolph Event Center with handmade gifts just in time for the holidays. Shop local and find the perfect something for the whole family.

Wilma Rudolph Event Center  
1190 Cumberland Drive

# BOWLING

## MUSIC STUDIO

Piano and beginning guitar lessons and classes for students of all ages.

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50 minute class (group of 3-4)

Call or text 931-355-6968  
email: [olebowling@yahoo.com](mailto:olebowling@yahoo.com)

Check out my Facebook page  
[facebook.com/janice.bowling.14](http://facebook.com/janice.bowling.14)



## Aquino Pediatrics

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We are happy to introduce our newest Pediatric Nurse Practitioner

**MS. CAITLIN ALLEN!**

881 Professional Park Dr.  
off Dunlop Lane by Gateway Medical Ctr.  
**931-645-4685** • [www.aquinopediatrics.com](http://www.aquinopediatrics.com)





## 5K WALK INTO A BETTER LIFE

Registration begins at 8:00 a.m., Walk begins at 9:00 a.m. Sponsored by Flourishing Families to benefit homeless awareness and advocacy. Visit [flourishingfamilies.org](http://flourishingfamilies.org) to register.

Beachaven Winery  
1100 Industrial Boulevard

## FALL FESTIVAL

10:00 a.m. to 3:00 p.m. Authentic Brunswick stew, shopping with a purpose silent auction and raffle.

Trinity Episcopal Church  
317 Franklin Street

## QUICK SILVER SOCIAL

6:00 p.m. Semi-formal dance parties for adults 50+. Free.

Kleeman Community Center  
166 Cunningham Lane

## MOTHER SON CHARACTER BALL

Presented by Hope Pregnancy Center. See article on page 28. See ad on page 29.

Valor Hall  
105 Walter Garrett Lane  
Oak Grove, Kentucky  
(931) 645-2273  
[speakinghope.com](http://speakinghope.com)

## 15 SUNDAY

### HANDMADE HOLIDAYS

Artisans and crafters will fill the Wilma Rudolph Event Center with handmade gifts just in time for the holidays. Shop local and find the perfect something for the whole family.

Wilma Rudolph Event Center  
1190 Cumberland Drive

## 16 MONDAY

### EACH ONE TEACH ONE

4:00 p.m. After school tutoring program.

Burt-Cobb Community Center  
1011 Franklin Street

## 17 TUESDAY

### DIABETES SUPPORT GROUP

5:30 p.m. to 6:30 p.m. the third Tuesday of each month. Offers up-to-date information and peer support related to self-management of diabetes.

Liberty Rooms  
Gateway Medical Center  
651 Dunlop Lane  
(931) 502-1695

## 18 WEDNESDAY

### ALZHEIMER'S CAREGIVERS SUPPORT GROUP MEETING

11:00 a.m. the third Wednesday of each month. For information, call Patsy Shell, (931) 648-1884.

Clarksville-Montgomery County  
Public Library  
350 Pageant Lane

## 21 SATURDAY

### HOLIDAY MARKET

9:00 a.m. to 1:00 p.m. Local vendors, unique holiday gifts and special treats. See ad on page 23.

Sango Pharmacy  
2197 Madison Street #109  
(931) 919-2491  
[sangopharmacy.com](http://sangopharmacy.com)

## MURDER AT THE MASQUERADE

Doors open at 5:00 p.m., cocktails until 6:00 p.m., buffet at 6:15 p.m., show begins at 7:00 p.m. Aerialist performance during cocktail hour. See ad on page 16.

105 Walter Garrett Lane  
Oak Grove, Kentucky  
(270) 640-7144  
[visitoakgroveky.com](http://visitoakgroveky.com)

## 26 THURSDAY

### THANKSGIVING

### PASS THE TURKEY 5K

Registration starts at 7:00 a.m., 5K starts at 8:00 a.m. Brought to you by Clarksville Running Club. Annual fundraiser for Manna Cafe (monetary donations and non-perishable food items collected at race). Registration is near Target side of Governors Square Mall. Family-friendly fun run for runners and walkers. Jogging strollers and leashed dogs welcome! Visit our Facebook page or [clarksvillerunningclub.com](http://clarksvillerunningclub.com).

## CANDY CANE LANE 5K AND FUN RUN

Registration begins at 8:30 a.m. Fun Run begins at 9:00 a.m., 5K begins at 9:30 a.m. Rain or shine. Presented by Fort Campbell Spouses' Club. 5K: \$20, Fun Run: \$10.

Kenwood High School  
251 E Pine Mountain Road

## 40TH ANNUAL CANDY CANE LANE CRAFT FAIR

10:00 a.m. to 5:00 p.m. Hosted by Fort Campbell Spouses' Club. Entry fee is \$5, 12 and under are free. Visit [fortcampbellspousesclub.com/candy-cane-lane.html](http://fortcampbellspousesclub.com/candy-cane-lane.html) for more details.

Kenwood High School  
251 E Pine Mountain Road

## DOVER VISITOR CENTER CHRISTMAS BAZAAR

9:00 a.m. to 2:30 p.m. Approximately 30 vendors will be showcasing their handmade items such as jewelry, wood items, art, knit and crochet, jams and jellies. Everyone come out and have a fun and enjoyable day. Admission is FREE!

Dover Visitor Center  
1117 Visitor Center Lane  
Dover, Tennessee  
(931) 232-7706

# December

## 5 SATURDAY

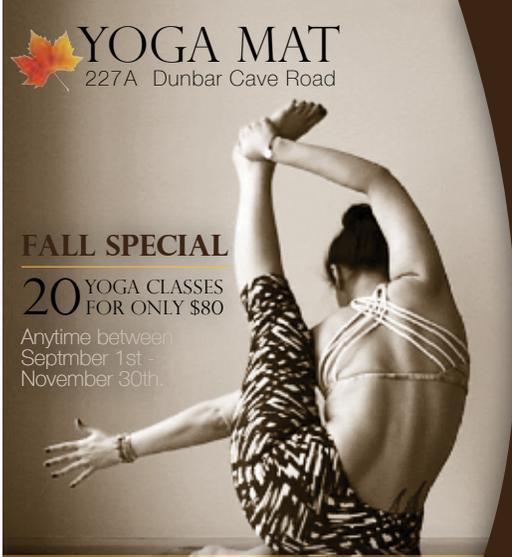
### UGLY SWEATER FUN RUN

Benefiting the Humane Society of Clarksville Montgomery County. See ad on page 61. Register at [uglysweaterfunrun.com](http://uglysweaterfunrun.com).

Beachaven Winery  
1100 Dunlop Lane

## SPIRITFEST PRE-CHRISTMAS PARADE FESTIVAL

2:30 p.m. to 4:45 p.m. As a prelude to the 56th Annual Clarksville Christmas Parade, several downtown churches are launching a new event called SpiritFest, which will be free and open to the public. At its heart will be family-



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friendly entertainment capped off with Santa Claus, as well as music by Roxy Regional Theatre Christmas carolers, children's choirs and Austin Peay State University's Brass Ensemble. The event will culminate with the illumination of three new stained glass windows to replace the 1876-vintage ones in the First Presbyterian Church's bell tower. See ad on page 52.

First Presbyterian Church  
213 Main Street

## 56TH ANNUAL CHRISTMAS PARADE IN DOWNTOWN CLARKSVILLE

Hosted by the City of Clarksville & the Montgomery County Government, this annual nighttime parade is a community favorite. See ad on page 48.

## 12 SATURDAY

### CHRISTKINDLEMARKT (GERMAN CHRISTMAS MARKET)

9:30 a.m. to 3:00 p.m. Free and open to the public. More than 30 craft vendors, German food and music.

Christ Lutheran Church  
2425 Kirkwood Road & Rossvie  
Road  
[christlutheranclarksville.org](http://christlutheranclarksville.org)  
(931) 358-0888

### SWIM WITH SANTA

2:00 p.m. to 4:00 p.m. \$3 per person.

Indoor Aquatic Center  
166 Cunningham Lane

## 13 SUNDAY

### CHRISTMAS IN OCCUPIED CLARKSVILLE

Visitors are invited to come and experience the holidays as soldiers and civilians did during the civil war. See

period décor, visit with a 19th century Santa, enjoy eggnog, cakes, and caroling.

Fort Defiance  
120 A Street

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

## THE ROXY REGIONAL THEATRE

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

### The Secret Garden

The haunting moors of England are brought to life when Mary Lennox, orphaned at the age of eleven, comes to live with her mysterious Uncle Archibald and her sickly cousin Colin. With the help of her charming new friend, Dickon, Mary rejuvenates the house, its inhabitants and its neglected secret garden.

8pm November 13, 14, 20, 21 & 27

7pm November 19, 25 & 26

2pm November 21

Tickets \$25 (adults) and \$15 (13 and under)

### A Christmas Carol

Meet the spirits of Christmas Past, Present and Future as Scrooge finds redemption and rediscovers the true meaning of the season in this Roxy holiday tradition, marking John McDonald's final performance as Ebenezer Scrooge.

7pm December 9, 10, 16 & 17

8pm December 11, 12 & 18

2pm December 12 & 19

Tickets \$25 (adults) and \$15 (13 and under)

### Little Red Riding Hood & Friends

The audience chooses the story they will see and watches actors bring "Little Red Riding Hood," "The Three Little Pigs," "Rumpelstiltskin" and "The Three Billy Goats Gruff" to the stage. This interactive play is a must-see!

2pm January 23 & 30, February 6

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

### Blues in the Night

The universal language of the blues wails out full and strong in this scorching Tony-nominated musical revue. Set

in 1930s Chicago, the story of three women in love with the same no-good man is defined by twenty-six hot and torchy numbers covering the range of this indigenous American art form, from Bessie Smith to Duke Ellington, Johnny Mercer, Harold Arlen, Alberta Hunter, Jimmy Cox, Ida Cox and more.

8pm February 5, 6, 12, 19 & 20

7pm February 11, 17 & 18

2pm February 13

Tickets \$25 (adults) and \$15 (13 and under)

# HOLIDAY BAZAAR

NOV. 7  
8A-2P

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# CUSTOMS HOUSE MUSEUM & CULTURAL CENTER

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

## EXHIBITS:

Patterns of History: Quilts from the Collection October 9th – January 31st

Quilts became a popular bed cover in the early 19th century when the power loom was introduced to the United States in 1814. See a variety of quilts out of the past from the museum collection. Sponsored in part by Legends Bank

Thomas Spake: Fragile Illumination November 3rd – January 10th

Thomas Spake creates hand blown glass that is unique and contemporary. Drawing inspiration from the earth, air, and sea, his work incorporates the key design elements of texture, color, pattern, light, and motion.

Surroundings: The Art of Frank Baggett November 3rd – January 10th

Artist Frank Baggett is a Tennessean and is known nationally as a successful landscape and wildlife artist with over 40 years of experience. The love of the outdoors drew Frank into “en plein air” (painting outdoors on sight) and many of his works capture a moment in time when the lighting was “just right.”

Elizabeth Sanford: Inside the Understory November 3rd – November 29th

Nashville artist Elizabeth Sanford tells visual fairy tales with watercolor sculptures. Her stories take place in between worlds, where the suburbs meet the remains of the forest. Sponsored in part by Nashville Arts Magazine.

Celebrating 95 Years of Clarksville Kiwanis October 6th – November 29th

Celebrate 95 years of history and artifacts of the Kiwanis in Clarksville.

## ACTIVITIES:

First Thursday Art Walk & Winter Open House

Thursday, November 5, 5:00 p.m. – 8:00 p.m.

Enjoy new exhibits and free admission at the museum from 5:00 – 8:00 p.m. Receive an extra 15% off on all purchases at Seasons: The Museum Store as part of their Winter Open House during the Art Walk.

Conversations with Ms. Sue and Spencer

November 4 – Trees & Leaves

November 12 – Quilts & Blankies (Bring yours if you would like.)

November 18 – Little Wind-up Toys

10 – 11:30 a.m.

Please join Spencer and Ms. Sue anytime between 10 & 11:30 a.m. for fun things to make, do, and talk about. Ms. Sue and Spencer will run the trains for you from 10 – 10:20 a.m.

Family Day: Happy Birthday, Robert Fulton!

Sunday, November 14, 10 a.m. – 5 p.m.

Robert Fulton (1765 – 1815) was an American engineer who is credited with the development of the first successful commercial steamboat. He painted portraits and drew landscapes, and also designed the first practical submarine for Napoleon Bonaparte. Join us in the Children’s Room as we celebrate the contributions of this American inventor and look at the history of steamboats in Clarksville. There will be things to make and things to do.

The Children’s Room: Art & Craft Supplies

The Children’s Room provides children, as well as adults, the opportunity to make, design, draw, build, pretend, and read according to their interests and abilities. Look for each week’s “Try This” art idea, posted on the wall above the table of craft supplies.

Many thanks to the generous member who donated several boxes of craft supplies last month! You, too, can help out by

bringing your empty toilet paper and paper towel tubes to the museum when you come to visit. These items are in high demand by our young artists!

Guided Group Art Activities and Mini-Tours are available Tuesday – Friday between 10 a.m. and 3 p.m. for groups of 10 – 30 children and adults. Tours must be scheduled at least two weeks in advance. There is no charge for museum members. Group discounts are available for non-members.

The Picture Book Club: “It’s as Easy as 1, 2, 3, A, B, C”

Monday, November 2, 9:30 – 10:45 a.m.

For adults only – enter at the parking lot staff door. Bring a book; bring a friend.

All activities are free with your museum membership or paid admission. All ages are welcome! For more information, contact Ms. Sue at 931-648-5780 or [sue@customshousemuseum.org](mailto:sue@customshousemuseum.org)

The museum will be closed Monday, November 9th for Veterans Day and Thursday, November 26th for Thanksgiving Day.

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# NETWORK

## ADOPTION & FOSTER CARE

### CAMELOT CARE

A private therapeutic foster care provider servicing children, adolescents, young adults, and their families. For more information on how to become a foster parent please call (931) 516-9011 or email [MKent@camelotcare.com](mailto:MKent@camelotcare.com).

### CENTERSTONE FAMILY CENTERED SERVICES

Serves children and adolescents up to the age of 17. 901 Martin Street, (931) 503-4600.

### CLARKSVILLE FAMILY ADOPTION ASSOCIATION

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 call/text Jaime at (931) 980-8498. To be added to the contact list, please send your e-mail address and/or phone number to [CFAA@outlook.com](mailto:CFAA@outlook.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. Deesree 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

Every child deserves to be a member of a healthy and supportive family. Omni Visions, Inc. provides therapeutic Foster Care, a home-based program for children who are in state custody and need support, supervision, and personal intervention. Who can be a foster parent? You can! The qualifications are simple: May be married, single or divorced; May or may not have other children; Can own your home or rent; Must be at least 25 years old to become a foster parent; Must be able to meet the financial and emotional needs of your own family. Can work full-time; Must be a resident of the U.S. How do you become a foster parent? The first step is to contact our office. Our phone number is (931) 436-9310 or visit [omnivisions.com](http://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

Located in the basement at 420 Madison St. We meet on Monday nights at 6:30 p.m. We play with trains. We are rebuilding our layout and are encouraging any and all who are interested in learning to build a model railroad layout. We are encouraging anyone of any age to come and participate in some great fun which we started to do when we were young. For further information see our Facebook page or call (931) 216-5351.

### 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 [www.csa.apsu.edu](http://www.csa.apsu.edu).

### 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 Abigail Haake at (931) 278-7921 or [abby@madisonstreetumc.com](mailto:abby@madisonstreetumc.com), or visit our website at [madisonstreetumc.org](http://madisonstreetumc.org) and find us on Facebook (Madison Street Music & Arts Academy)!

### MONTGOMERY COUNTY WATERGARDEN SOCIETY

A not for profit water garden and koi pond club that hosts an annual Water Garden Tour. Visit [www.mcwogs.org](http://www.mcwogs.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.

### ROXY REGIONAL SCHOOL OF THE ARTS

The Roxy Regional Theatre's School of the Arts meets every Saturday throughout the school year, offering

classes in drama, dance and voice for ages 10 to 18. Each session ends with an "informance" on the Roxy's mainstage, where family and friends may witness a student's growth and development as an artist as well as an individual. Children's roles in mainstage productions are often cast from the School of the Arts.

Fall 2015 classes begin on September 12. Acting classes meet every Saturday during the school year from 9:00 a.m. until 11:00 a.m. Cost is \$60/month. Alternating weeks of dance and voice classes are available from 11:00 a.m. to 12:30 p.m. for a combined total of \$100/month. No pre-registration is necessary, but all students are required to audition a monologue of their choice (1.5 minutes maximum) on their first day. For more information, please visit [www.roxyregionaltheatre.org](http://www.roxyregionaltheatre.org), email [roxytheatre@bellsouth.net](mailto:roxytheatre@bellsouth.net) or call (931)645-7699.

## 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 BADMINTON CLUB

The Clarksville Badminton Club offers indoor recreational badminton to anyone Ages 15+, novice or experienced players are welcome. We provide both rackets and shuttles...no fees! Our times and locations of play are as follows: Tuesday mornings: 8:00 a.m. to 10:30 a.m. at Sango United Methodist Church Life Center, 3301 Sango Rd; Thursday evenings: 5:00 p.m. to 8:00 p.m. at APSU's Foy Center on Marion St. Contact Janet at (931) 648-4952 if you need more info.

### 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).

### CLUB WEST VOLLEYBALL CLUB

Located at 2231 Madison Street, we provide Volleyball training for all ages. Club starts in January and goes through April, Junior Spikers 4th-8th grade girls and 4th-6th grade boys is an ongoing 8-week program that can be started at anytime, Private Lessons, Camps and Clinics throughout the year and Adult Open Gym. For more information visit [www.clubwestvolleyball.com/cv](http://www.clubwestvolleyball.com/cv), email Director Jen Garinger at [jeng917@hotmail.com](mailto:jeng917@hotmail.com) or call Jen at (602) 741-8045.

### 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).

## CHILDBIRTH & PARENTING

### EDUCATION

#### ROOTS CHILDBIRTH PREPARATION

Pregnant? Know someone who is? Roots Childbirth classes are evidence-based, Christ-centered and perfect

for any birth plan or birth setting! If you're interested in holistically preparing (mind, body and spirit) for your labor, delivery and postpartum period, our classes will fully prepare you for childbirth in any setting or scenario. Our skilled team of educators all have professional teaching, counseling or Women's Health backgrounds and are the only instructors in our area that are required to complete continuing education courses through Evidence Based Birth™ as part of their certification process each year. Because of this requirement, Roots offers your family excellence in childbirth education, relevant resources and the most up-to-date, evidence-based information so that you can better understand all your options and plan the birth that is right for you. Contact Heidi Duncan, Birth Doula and 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)

Montgomery Co. W.I.C. is excited to extend a Breastfeeding Basic invitation to ANY expecting mom in our local community! Learn how to successfully breastfeed your baby at a FREE session at the Montgomery County W.I.C. office! Breastfeeding classes will always be on the FIRST TUESDAY of the month at 11:00 a.m. and the THIRD THURSDAY of the month at 1:00 p.m.! Hope to see you there!

### 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/).

### GATEWAY MEDICAL CENTER BREASTFEEDING CLASS

Breastfeeding Class covers initial steps to successful breastfeeding, uses for breast pumps and other supplies. Moms also receive a book, *Nursing Mothers Companion*. Classes are taught in the 3rd Floor Classroom of Gateway Medical Center on the first Tuesday of every month from 7:00 p.m. to 9:00 p.m. Registration is required. To register call (931) 502-1180.

### GATEWAY MEDICAL CENTER PRENATAL CLASS

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 at 7:00 p.m. in the Liberty Rooms of the Hospital, 651 Dunlop Lane. Call (931) 502-1180 to register.

### GATEWAY MEDICAL CENTER 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. Call (931) 502-1180 to register.

### 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/LLLCClarkville](http://www.facebook.com/LLLCClarkville). If you have breastfeeding questions please contact one of our local group's leaders at [BreasfeedingTN@gmail.com](mailto:BreasfeedingTN@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, babyroom vacation and spa packages, and birth plan consultations. Micky Jones, BS, CLE, CLD, CHBE, CAPPALactation 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).

## 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, Suite 206, provides assistance to parents in understanding how to select quality child care, how to use the state web site to

locate child care, and to understand the star quality rating system. Resources for Parents are available covering topics such as Child Development, Appropriate Behavior Management, Health and Safety, and the Social Emotional Development of Children. Contact number is 931-648-3695.

### 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](mailto: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.middlealanon.org](http://www.middlealanon.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 program is a completely free voluntary program that provides individualized parenting education, crisis intervention, and some case management for families with children ages birth - 8 years. Families participating can expect weekly in home visits with a skilled professional providing information on Child Development, Family Routines/Structure, Family Systems and any goals the parent desires assistance with (weaning from the bottle, potty training, pre-school readiness, etc.). For more information or to set up an appointment contact Sarah at (931) 645-9969.

### 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.ias.org](http://www.ias.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. Contact Julie Newberry at (931) 648-5725.

### BOY SCOUTS OF AMERICA

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

311 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](http://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 that 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 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. 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 6733 Air Assault Street, 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 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, and understanding environment. Remember that support groups will take several sessions to help develop coping skills and strategies to deal with one's loss(es). AseraCare Hospice offers grief support groups and individual bereavement services free of charge open to anyone who has or is experiencing grief. A new six-week support group will start every 10-12 weeks. For more information, please contact Henry Moore Jr. at (931) 551-4100.

#### BAYANHAN 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.

#### 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/CroatiainsTennessee/](http://www.facebook.com/groups/CroatiainsTennessee/)

#### 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 [www.facebook.com/DaganFoundation](http://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! 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 can'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](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, physical 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, Roberson, Stewart, Dickson, Houston and Davidson counties. Call (931) 552-9551.

#### GOOD NEWS CLUBS

Teach children about Jesus in their schools! Though most children do not attend church, most do attend public school! Good News Clubs® are after-school Bible clubs that meet one afternoon a week at the school to teach children about Jesus, run by volunteers who are trained and screened by Child Evangelism Fellowship (a worldwide interdenominational ministry to children since 1937). Perhaps God would use you in this important ministry! [ReachingKidsForJesus.com](http://ReachingKidsForJesus.com), (931) 241-8202, Facebook - CEF Greater Clarksville Chapter

#### HABITAT FOR HUMANITY AND RESTORE

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).

#### HAILEY'S HOPE WITH PROJECT SWEET PEAS

We are a local division of the national 501(c)3 non-profit organization Project Sweet Peas headed here in Clarksville by Kristin Vanderlip. We provide long term stay care packages to families who have babies in Neonatal Intensive Care Units (NICUs). We currently make scheduled deliveries to the level 3 NICU at Monroe Carell Jr. Children's Hospital at Vanderbilt in Nashville. However, we also take personal requests and will mail or hand deliver care packages to other local hospital NICUs. If you or someone you know has a baby who requires time in a NICU, the experience can be stressful and even traumatic; therefore, our care packages are designed to provide families with items they may need or find helpful during their baby's time in the NICU. Please contact us if you know someone who has a baby in a NICU. For more information please visit: [facebook.com/haileyshopePSP](http://facebook.com/haileyshopePSP) or email division coordinator Kristin Vanderlip at [Kristin@projectsweetpeas.com](mailto:Kristin@projectsweetpeas.com).

#### 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.huihawaiioti.com](http://www.huihawaiioti.com).

#### HOPE CENTER

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

#### HUMANE SOCIETY OF CLARKVILLE-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 FISHERS

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 CAFÉ 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) 645-5629.

#### MONTGOMERY COUNTY WIC CLINIC

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

#### RADICAL MISSION

Meets Tuesdays and Thursdays from 9:00 a.m. to 1:00 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, clothing, furniture, volunteer opportunities, and friendship. For more information contact Heather Byrd at (931) 648-1496.

#### 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 CLARKVILLE

1575 Clayton Parkway Boulevard (past John Deere and Corporate 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.traecy.org](http://www.traecy.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

#### APTITUDE HABILITATION SERVICES

At 2237 Lowes Drive, Suite G, Aptitude Habilitation Services is a comprehensive educational and rehabilitation services firm dedicated to providing the highest quality applied behavioral therapy to children and adults on the autism spectrum. (800) 991-6070 or [aptitudeservices.com](http://aptitudeservices.com).

#### 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 dinner 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

Centerstone offers a comprehensive array of mental health services throughout Middle Tennessee, addressing issues from stress, depression, ADHD and PTSD to anxiety, grief, anger, addiction, substance abuse and family conflict. We provide psychiatric services; individual, marriage, family and group counseling; crisis and intervention services; school-based and foster care support services; life coaching; integrated primary care. 511 Eighth Street, (931) 920-7200, [www.Centerstone.org](http://www.Centerstone.org).

#### COLUMBUS ORGANIZATION

Provides in-home Applied Behavior Analysis (ABA Therapy) services for children and adults with Autism Spectrum Disorders and Developmental Disabilities. Tricare, TennCare, and many private insurances accepted. (615) 902-0950

#### 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).

#### 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 501(c)3 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.

#### 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 201 Uffelman Drive, Suite A. 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's 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 agency 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 @ 10am to 12pm Katrina Watts, RIP Coordinator @ (931) 494-4863, [Katrina.Watts@centerstone.org](mailto:Katrina.Watts@centerstone.org).

#### **VIVIAN HOUSE**

125 Vivian Street, (931) 920-7235.

#### **WEEMS ACADEMY**

812 Greenwood Avenue, (931) 920-7370.

#### **WESTERN KENTUCKY MEDICAL OPIOID TREATMENT**

Methadone Maintenance Treatment combined with counseling and professional help for medical, psychiatric, and socioeconomic issues has the highest probability of being effective for opiate and heroin addictions. Methadone is one of the longest-established, most thoroughly evaluated forms of drug treatment. Once accepted into the program, individuals will receive doses of methadone and individual counseling to address the patients specific treatment needs. Please give us a call at (270) 887-8333.

#### **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. 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**

New AFser's applications are available for viewing for the 2015-16 school year. Host parents may go to [afsausa.org/host](http://afsausa.org/host) to view them and fill out a hosting application. Keep in mind that CMCS will only allow four exchange students per year for each high school. To ensure getting the student of your choice in your area high school, it is recommended that you apply early. Go to [afsausa.org/study-abroad](http://afsausa.org/study-abroad) for more information and/or contact Becky Heywood (sending coordinator) at [AFSbecky@comcast.net](mailto:AFSbecky@comcast.net) ongoing on an exchange with AFS-USA. Local Contacts: Dr. Barbara Y. Wills at (931) 378-7258 and [afsbarsb58@gmail.com](mailto:afsbarsb58@gmail.com) or Sandy Rich at [srich@afsausa.org](mailto:srich@afsausa.org) or (865) 617-0665. The local Miss Tenney Area AFS Volunteer Leadership Team web site is [afsausa.org/misstenky/](http://afsausa.org/misstenky/). Follow AFS on Facebook: AFSUSA, Twitter: afsausa, YouTube: AFSTV and Flickr: afsausa.

#### **YOUTH FOR UNDERSTANDING USA (YFU)**

Would you consider hosting or serving as a welcome family for one of our carefully selected foreign exchange students this fall? The benefits of hosting a YFU student are as numerous and varied as the families who embrace this life-altering experience. Meet some of our incoming students at [yfuusa.org/meetstudents](http://yfuusa.org/meetstudents). Apply at [yfuusa.org/host](http://yfuusa.org/host) or call (800) 872-0200 to speak directly with your local Field Director.

### **PARENT GROUPS**

#### **CLARKSVILLE MOMMIES.COM**

A Mommies Network community, was founded in September 2009 by Blythe Belenky to help connect and support Moms in the Montgomery County, Clarksville, Ft. Campbell and Hopkinsville areas. [ClarksvilleMommies.com](http://ClarksvilleMommies.com)

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 Hildale 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.

#### **CLARKSVILLE, HOPKINSVILLE FORT CAMPBELL SAHM PLAYGROUP**

The Clarksville, Hopkinsville, and Ft. Campbell SAHM playgroup is here to support mothers who are navigating the phases of newborn through preschool with their children. We do all kinds of different activities throughout the year from Moms' Night Out, Potluck Lunches, Coffee and Donuts playdates, and other activities and events that include moms, kids and families. [sahm.meetup.com/1943/](http://sahm.meetup.com/1943/)

#### **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/)

#### **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**

We are moms in and around Clarksville who meet-up for "play dates" and fun "mom time" activities. We consist of two independent clubs, based on location. If you live in Sango or St. Bethlehem areas of Clarksville (east of Wilma Rudolph), you are zoned for MOMS Club of Clarksville-East. To learn more, send an email to [eastclarksvillemomsclub@gmail.com](mailto:eastclarksvillemomsclub@gmail.com). If you live in Ft. Campbell, Woodlawn, Oak Grove, or areas of Clarksville west of Wilma Rudolph you are zoned for MOMS Club of Clarksville-West. To learn more, send an email to [momsclubofclarksvillwest@gmail.com](mailto:momsclubofclarksvillwest@gmail.com). Look for both groups on Facebook. A typical month of activities may include story time at the library, lunch at a local eatery, and a crafting play date, to name a few. Clarksville is a growing town with many family friendly activities. Contact us to explore these opportunities together.

#### **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 Alison Weakley, child care coordinator, at (931) 409-2466, or send an email to [clarksvillmops@gmail.com](mailto:clarksvillmops@gmail.com). Check us out online at [clarksvillmopsatfbc.wordpress.com](http://clarksvillmopsatfbc.wordpress.com). We look forward to meeting you!

#### **HILDALE BAPTIST CHURCH MOPS**

MOPS, Mothers of Preschoolers is for moms with children between the age of pregnancy through Kindergarten. We meet most 1st and 3rd Fridays from 9:30 a.m. to 11:30 a.m. starting in September going through May. Meetings are at 2001 Madison Street, Student B Building, Main Campus. Childcare is provided. For more information please contact Arin Johnston or Jenny Kent, Co-Coordinator, at [mops@hildale.org](mailto:mops@hildale.org). Visit [hildale.org/mops](http://hildale.org/mops) or find us on Facebook under Hildale Baptist Church MOPS.

#### **SPRING CREEK MOPS**

Meets at Spring Creek Baptist Church at 2760 Trenton Road on the 1st and 3rd Thursday of the month September through May. Meetings are from 9:30 a.m. to 11:30 a.m. with childcare provided. For more information contact Michele Freiberg at [mefreiberg@yahoo.com](mailto:mefreiberg@yahoo.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 or the surrounding area. Call Kelley Corley at (931) 358-0127 or e-mail [KCorley77@aol.com](mailto:KCorley77@aol.com) for more information.

#### **PARENTS REACHING OUT**

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

#### **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/#!/tgroups/tNSharehomeschool/](http://www.facebook.com/#!/tgroups/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.

### **RETIRED GROUPS**

#### **AARP LOCAL CHAPTER 1957**

Meets on the 2nd Tuesday of each month at 10:00 a.m. at Hildale United Methodist Church, 1751 Madison Street. Affiliated with the National AARP. 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 [wilson@bellsouth.net](mailto:wilson@bellsouth.net).

#### **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. If you are now receiving, or expect to receive, a federal retirement annuity then you should join 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 Shoney's on North Second Street. We gather to eat at 10:00 a.m. with the business meeting beginning at 11:00 a.m. Even with our speaker, we are normally finished by 12:30 p.m. or 12:45 p.m. We have a private area reserved with our own waitress service. We always have an interesting program. We encourage retired or active federal employees to join us and bring a guest. For more info, please contact Sandra Simms at (931) 368-9903, (931) 249-9339 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 6733 Air Assault Street, 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**

For 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 GROUP**

Clarksville Ostomy Support is for people who have undergone ileostomy, colostomy, or urostomy or who suffer from CROHN'S DISEASE or other diseases of the bowel. Group meets monthly, on a varying schedule, so please call (931) 502-5001 for next meeting day, time and location.

#### **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@tnvoices.org](mailto:mcausey@tnvoices.org), Jennifer Allen at (615) 854-2165 or [JAllen@tnvoices.org](mailto:JAllen@tnvoices.org); or Sharon Jarrell at (931) 266-6064.

#### **DIABETES SUPPORT GROUP**

Need help managing your diabetes? Gateway's diabetes support group offers up-to-date information and peer support related to self-management of diabetes. The group meets the third Tuesday of each month from 5:30 p.m. to 6:30 p.m. in the Liberty Rooms of Gateway Medical Center. For more information call (931) 502-1695.

#### **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, and understand environment. AseraCare Hospice offers grief support groups and individual bereavement services free of charge open to anyone who has or is experiencing grief. A new support group will start every 8-10 weeks. For more information please contact Henry Moore Jr. at (931) 551-4100.

#### **JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)**

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

#### **NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)**

Meets the second Tuesday of each month from 6:30 p.m. to 8:00 p.m. at the Clarksville-Montgomery County Public Library, 305 Pageant Lane. For more information email [nami@clarksville.namin.org](mailto:nami@clarksville.namin.org) or call (931) 221-2696 or Bertha at (931) 216-3590. Some one you love has a mental illness, recovery is possible. Help. Hope. Healing.

#### **PARENTS HELPING PARENTS**

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

#### **TENDERPAWS PET THERAPY**

Tenderpaws Pet Therapy Group meets at 10:00 a.m. the first Saturday of the month in the Liberty Room of Gateway Medical Center. To have your pet screened call Kathy at (931) 553-8959.

#### **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).

For corrections or to include your group's information e-mail [info@clarksvillevivingmag.com](mailto:info@clarksvillevivingmag.com).

# UGLY SWEATER FUN-RUN/5k



Benefiting  
**HUMANE SOCIETY**  
OF CLARKSVILLE-MONTGOMERY COUNTY

# 12.5.15

At Beachaven Winery

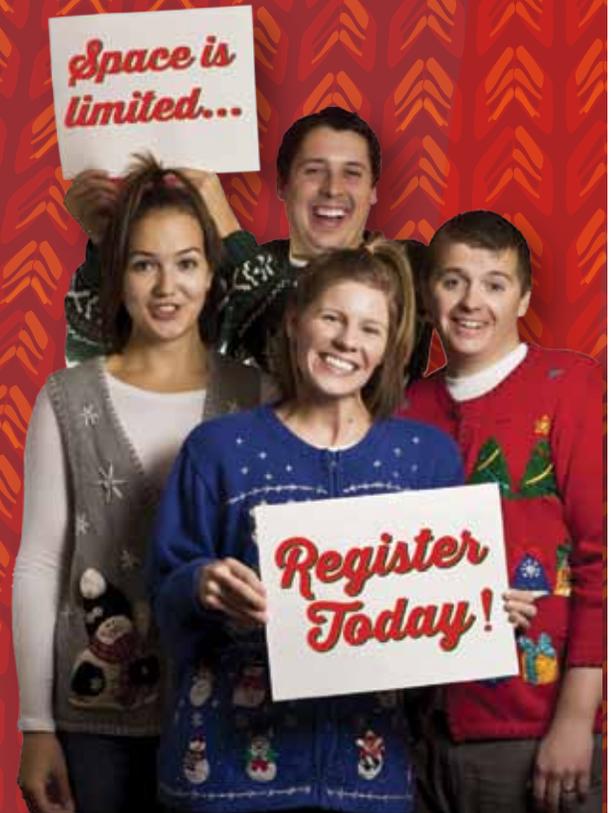
sign up **now** to save &  
get a **FREE** race t-shirt!

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

THE UGLIER THE SWEATER *the better!*



/uglyswearerfunrun



Wanna be on the Fridge?: Email photo to: fridge@clarksvillelivingmag.com by November 15th.  
\*Please include the name of who is in the photo, their age & a preferred short caption\* (optional).

# HAPPY BIRTHDAY!



Happy first birthday princess  
We love you more than words



Happy 2nd Birthday Nikolas Lee  
We Love You



Hooray, Tegan is 2yrs old!  
We love you so much!



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



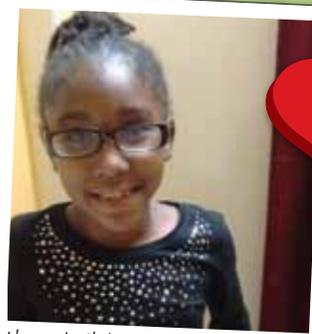
Happy 3rd Birthday Cuckoo Bird!  
We love you most times infinity!!!



Happy 4th Birthday, Bubba!  
We love you!



Happy 4th Birthday  
to Our Hunni Bunni, Madisyn!!  
Love Mommy, Daddy, and K'Leigh



Happy birthday beautiful Nikki Minaj  
From your pawpaw and grannie and parents  
love you lala



Happy 4th birthday!  
You are loved by all who know you!



Happy 4th Birthday Lilli!  
Love, Mommy and Daddy



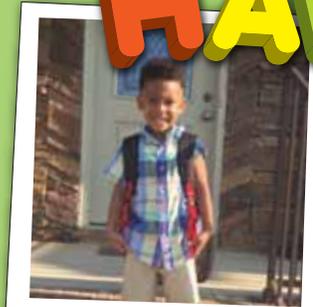
Happy 4th Birthday, Liam!!  
Love, Mommy & Daddy



Happy Birthday Maks  
with Love

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

# HAPPY BIRTHDAY!



Wishing our baby boy Kamren a Happy 5th Birthday!  
From mommy, daddy, brothers & sissy, we love u Kam!



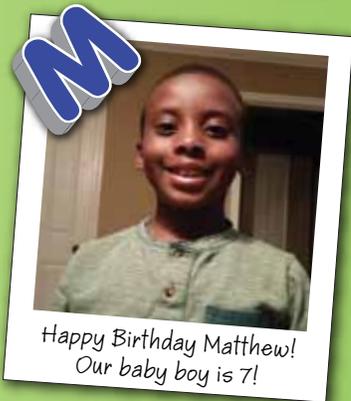
Happy 5th Bday Lelia Lin Freeman  
We all LOVE You!! Gpa, Gma, Dad, Mom, Skyla, Zia and Xavier



Happy 5th Birthday Caleb!  
Love, Mom, Dad, Christa, and Chris



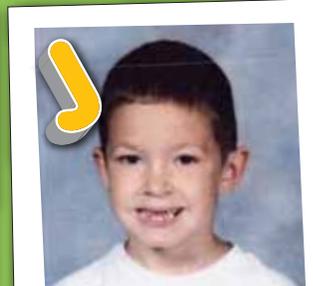
Happy 5th Birthday Madeline!  
I Love you more than words can say, Mommy



Happy Birthday Matthew!  
Our baby boy is 7!



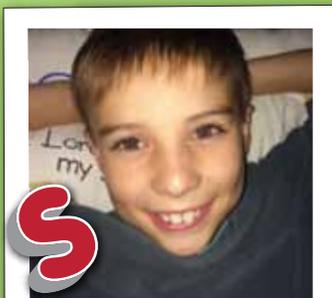
Happy 7th Birthday Jessie!  
From your loving family



Happy Birthday 8th Birthday Josiah  
Love, Granny, Nana, and Papa



Happy 8th Birthday Samuel!  
We love you, Mom, Dad, Tre & Shayla



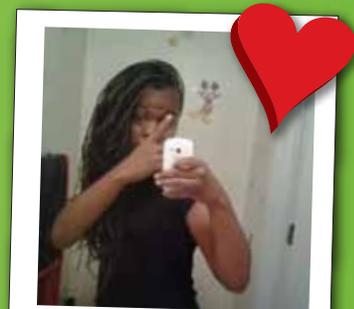
Samuel is double digits!!  
Happy 10th Birthday!  
We love you mom and dad



Happy 12th Birthday Laken  
We are so proud of you!  
Momma, Pawpa, Jevin & Shaun



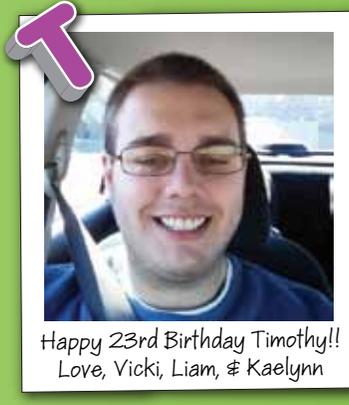
Happy Birthday 13th RayLee!  
We love you so much!  
Love Jeff, Mom, Nat, & Dylan



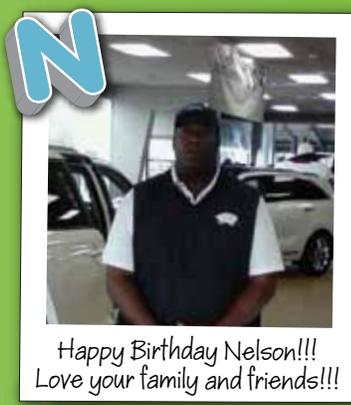
Happy 15th Birthday Beautiful!!!  
Love your mom sis and brother



Happy 19th Birthday Mia  
We love you



Happy 23rd Birthday Timothy!!  
Love, Vicki, Liam, & Kaelynn



Happy Birthday Nelson!!!  
Love your family and friends!!!

It GOES with you...

It GROWS with you...

Earn  
2.25%  
APY

A+ Checking

ATM  
Refunds

Anytime  
Deposit

Anytime  
Rewards

No  
Monthly  
Fee

No  
Minimum  
Balance

Mobile  
Apps

- Earn 2.25% APY\*
- No minimum balance
- No monthly fee
- One of the largest ATM Networks
- Up to \$20 in ATM Refunds\*
- Free Debit Card
- Free Mobile apps with remote deposit

**Altra**  
Federal Credit Union



**NEW LOCATION:** 2625 Wilma Rudolph Blvd.

1600 Madison Street • Clarksville

931-552-3363 • 800-755-0055 • [www.altra.org](http://www.altra.org) • [www.drivealtra.org](http://www.drivealtra.org)

\*Membership eligibility required. A+ Checking available for personal accounts only. Qualifying accounts earn currently posted Annual Percentage Yield (APY) on balances up to \$15,000; Portion of balance over \$15,000 earn 0.50% APY. Account earns 0.10% APY if all requirements are not met in any given cycle. Rates subject to change monthly. A "cycle" begins the last day of one month and ends on the second to last day of the next month; this allows Altra to calculate and post dividends and ATM refunds on the last day of each month. All requirements must be completed and/or posted in each cycle to be considered a qualifying account. Debit card transactions processed by merchants and received by Altra as ATM transactions do not count towards qualifying debit card transactions. Only debit card transactions processed by merchants and received by Altra as POS transactions count towards qualifying debit card transactions. ATM fee refunds available for ATM withdrawals made from A+ Checking only. Dividends calculated and paid each calendar month on the daily balance. Contact Altra for complete details. Federally insured by NCUA.

