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## Publisher's Message

We go to press the month before the next issue comes out. Sometimes this is a good thing for me. It gets me that much farther ahead on upcoming holidays and events. But at the same time it means I sometimes forget what day it is or it can allow a holiday to creep up on me.

I know it's cliché to mention how fast a year goes by, or how fast the holidays creep up on you, but I'm typing this three days before Thanksgiving and everyone has already been buzzing about PRE-Black Friday sales. It's too much. I love the holidays—don't get me wrong—I just like to be able to catch my breath between them.



Luckily we live in such a wonderful community that makes this crazy time of year a little more enjoyable for everyone. You definitely don't want to miss The City of Clarksville's 17th year of Christmas on the Cumberland with its charming displays of over one million lights at the McGregor Park Riverwalk. Some fun, family-friendly activities will also take place from 6:00 p.m. to 8:00 p.m. on December 12 and 19. This year's free activities include holiday crafts and performances by local school and church choirs, dance groups, and SANTA will be there on December 19! Check the Calendar on page 52 for more details.

We have some great holiday-themed articles this month. The always entertaining and heartwarming Christmas article from the Roxy's John McDonald is on page 14 and Taylor Lieberstein brings you our annual Local Holiday Gift Guide on page 6. There are also plenty of other articles on topics ranging from health and nutrition to how to ensure you are protecting your banking information when using a mobile device.

All of us at *Clarksville Living* wish you a merry Christmas and a safe, and happy holiday season this year. We hope you get what you want, and especially what you need.

Here's to an even better 2016!

Sincerely,  
Carla Lavergne

### DISCLAIMER

The opinions expressed by articles, advertisements and listings in this magazine are not necessarily the views of Clarksville Living. Reasonable care has been taken to ensure the information presented is accurate, but no responsibility can be taken by Clarksville Living Magazine if it is not.

# 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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**Clarksville Living Magazine**

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**AP** Austin Peay  
State University

Taylor K Lieberstein

Brace yourself: We're only a few short weeks from Christmas. Work parties, gatherings with friends, family dinners and all other hectic holiday events are upon us. Beyond the excitement is the pressure to find the perfect gift for each person on our list. Here we present to you our annual holiday local gift guide, a collaboration of a variety of items for the men, women and children in your life. The best part: all of these items are sold at small businesses around the city, from candles to hot tubs—and everything in between. Our list is sure to please those hard-to-buy-for people in your life while supporting and putting dollars back into the community.

**Bella Medical Spa**

Start your shopping here for some of the most refreshing gifts in town. Bella now carries

soy boutique candles by Kenn Gray Homes. This line offers seven scents

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*Sunday, December 6 @ 5:00pm*

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**DEC 13 NIGHT OF PRAISE**  
*Sunday, December 13 @ 5:00pm*

Grace Worship Center  
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**DEC 24 CHRISTMAS EVE  
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*Thursday, December 24 @ 5:00pm*  
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Visit [fbct.org/christmas](http://fbct.org/christmas) for more information.



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CHRISTMAS

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### Tuesday, December 8

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### Tuesday, December 15

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### Wednesday, December 2

Senior Night 65 & older \$18

### Wednesday, December 9

Emergency Responders / Health Care Workers \$18

### Wednesday, December 16

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### Church Nights \$18

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Sunday, November 29

Sunday, December 6

Sunday, December 13

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Monday, November 30

Monday, December 7

Monday, December 14



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**Bink's Outfitters**

Clarksville's only locally owned outdoor clothing store carries a wide variety of items by big name brands such as The North Face, Patagonia, Lily Pulitzer and Costa Del Mar. They carry Yeti coolers and tumblers



that are at the top of many men's lists this season. For the ladies you cannot go wrong with the increasingly popular Hunter rain boots, offered in a variety of colors and styles. *On our wish list: Any and all of the printed Patagonia fleece pullovers.*

**Eden Day Spa**

This Aveda concept spa includes a nail and hair salon. Gift cards can be purchased online in any amount and printed or emailed—a big bonus for last minute shoppers. Pre-packed gift sets are available in the store. Aveda and OPI products can be packaged in any assortment



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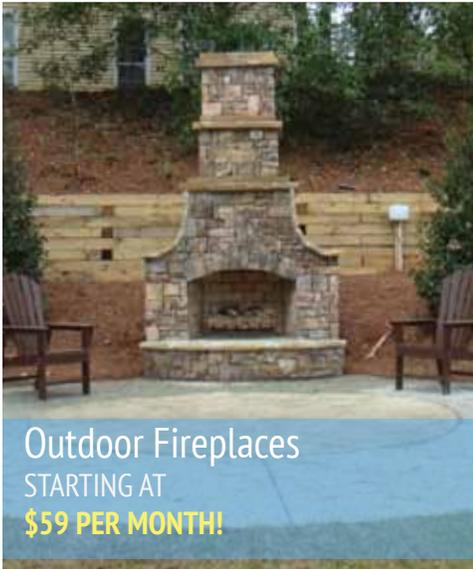
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to make a personalized gift. *On our wish list: Day at the Spa Package that includes a facial, a one-hour massage and the choice of a mani or pedi.*

### **Sango Pharmacy**

This one-of-a-kind pharmacy carries many sought after natural and organic products. They have stocked several new lines for the holiday. They currently carry Rewined candles, natural soy wax candles. Each candle has been handcrafted from a repurposed wine bottle. The fragrance has been carefully blended



to mimic the flavors and aromas found in your favorite varietals of wine. Yes, please. More popular holiday gift items include other candles, clothes, adult coloring books, and artisanal treats from Nashville's Olive and Sinclair Chocolate Co. *On our wish list: Little Seed Farm soaps, handmade in Tennessee.*

### **Sango Pool and Spa**

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to highlight all the other fabulous outdoor living features they offer: fire pits, outdoor fireplaces, outdoor kitchen setups, and a vast selection of hot tubs to keep you warm this winter. *On our wish list: a custom fire pit to warm up next to until spring comes.*

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### Kindermusik

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over. Classes are for children ages 0-7. Visit [www.kindermusikwithabbyhaake.com](http://www.kindermusikwithabbyhaake.com) to learn more about specific classes. Contact Abby at [abby@kindermusikwithabbyhaake.com](mailto:abby@kindermusikwithabbyhaake.com) to purchase gift certificates.

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Gift Cards are available from the following places. They make great stocking stuffers and last minute gifts.

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### Governor's Square Mall

You will likely have to visit some of these big name retailers to complete your list. If you can't decide on which gift or

which store to choose, a gift card that is redeemable at any store in the mall always makes a great selection.

From affordable, chic boutique gifts to dreamy spa days this is our essential roundup of unique, thoughtful and local gifts for everyone on your list. You already live here, so make an investment in your community and buy here, Happy Holidays.

This month at  
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### Spirit Night Dates

Tue. Dec. 1: Minglewood Elementary 4-7 PM  
Wed. Dec. 2: Rossvie Boys Basketball 5-8 PM  
Thu. Dec. 3: Hazelwood Elementary 4-7 PM  
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Check out our website for our holiday hours at [www.chick-fil-a.com/wilmarudolph](http://www.chick-fil-a.com/wilmarudolph)

### kids club

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# A FINAL TURN AND A LAST GOODBYE

John McDonald

This is my last Christmas.

I'm not trying to be prophetic, nor morbid. In the past I have written of Christmas and, in doing so, embellished the tales a bit and forced sentiment where there was little or none, but with the passing of time has sweetened and become more palpable.

My longtime New York friend Bill Keating remarked some years ago that I was the only friend he knew who Christmas wraps a gift and then wraps it again in brown paper to mail. I stopped being that only friend and now stuff colored tissue paper, which I've absconded from a production of *The*



*Great Gatsby*, into recycled shopping bags. It takes me a while to get anything. I am nothing if not a slow learner.

I say "my last Christmas," for—as I quickly approach 70 and the performing of my final run of Scrooge in *A Christmas Carol*—I face the inevitable prospect of retirement and my inability, financially, to continue to be even a minor player in the gift-giving business; living modestly on social security.

Fortunately I have committed myself to no new clothes—the exception being socks and

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underwear (for I can still hear my sainted mother's voice telling me, as all Baby Boomers' mothers did...).

My prayer has been to die in my sleep or get hit by a bus while on my bike in Key West. Last summer, as I was biking, I felt a difference in the roll of my back tire. My tire, after four years of wear and tear, had dry rot and I was biking on its tube. When I turned to see this, I also saw an enormous bus directly behind me. I pulled off the road between two parked cars, just as the tube exploded. I suppose it wasn't my time...yet.

One March after multiple performances of Scrooge, I was in line at Wortham's Food Town and had an unkind thought about the person moving so slowly in line in front of me. I had surprised myself being able to hold the "peace on earth, good will to men" so long as March.

March! I wondered at the thought and length of time the message of that Dickens tale stayed with me. This Christmas I will again strive to live in the moment of wonder and awe longer than I have ever done in the past.

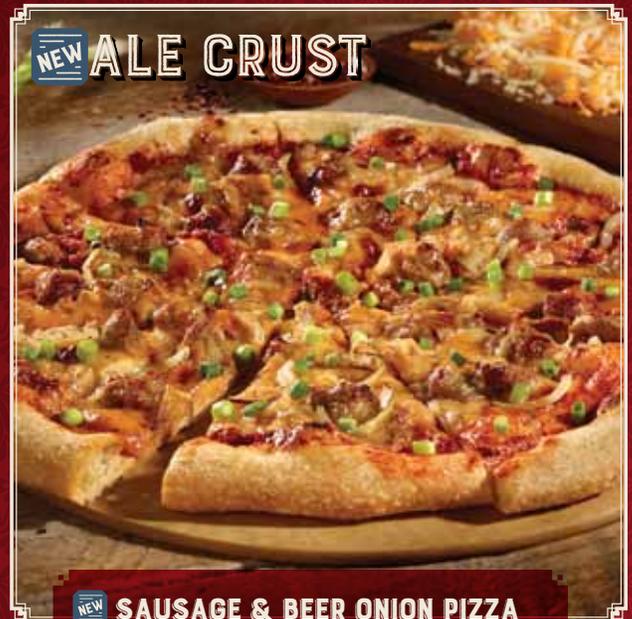
How many sets of Cratchit children have graced the Roxy stage and, in doing so, grown up, decided to have careers in theatre, or simply have a tale to tell their own children of "bah humbugs" and playing what they never really were: poor, pitiful, ragged children?

One year, a young girl playing Fan, Scrooge's little sister, froze on stage. No sound, no words, silence. I filled in the blanks. The show must go on.

Later, I took the time to go over the lines with her and helped her with my "moon, June, hay, stay" method of memorization, which had worked so well when my late dear friend Mary Harpel played in *Driving Miss Daisy*. I asked

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the little girl if her family was coming to see her, and she said her mother was, but dad not. I asked if he was deployed. No, she said he was in jail, but he would be out by Christmas.

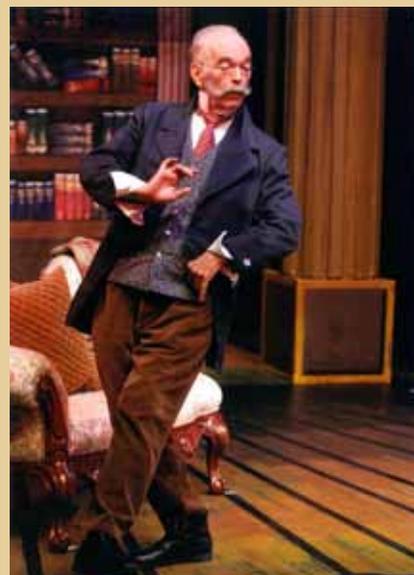
I nodded and walked away. Then something moved me to tell her that my own dad had been in jail, too.

Later that evening she played the scene again—no freeze, no filling in the gaps. She was fine. Shirley Temple's career was safe. But when she left the theatre, her teacher, who had come with some friends, praised her for her fine efforts. It was a glorious moment for the girl, for me and for the goodness in the world. God bless us, everyone.

When I recounted that story, I got an image of my own father, not turning but spinning in

his grave at my having placed him in jail. The theatre is about make-believe and pretend... and little white lies. I hope my dad forgives me for soiling his name.

My partner Tom and I float above all the chaos that is blamed on Christ's birthday. We have done so much Christmas from Halloween until a few days before that we happily holiday away.



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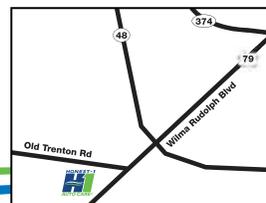


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This year we will do the same. I will have given out all the “stuff” I’ve collected at bargain prices post-holidays all year—I have a closet stuffed with “Clarence” gifts and re-gifts. But this is the last. The end.

If there is a regret, it is not being able

to observe the change that happens to a child like Nate Miller, who sent me a thank-you note after the closing of *Oliver!*

*“Thank you for this amazing experience! At the Roxy I have learned to project my voice, face the audience, etc. It has been great meeting nice and talented people every show. Being in a show has really made me happy, and it has helped me through this stressful deployment. I’m glad that my dad will be here in about ten days! Thank you! You’ve been sooooo nice to me, sooooo nice! I’ll miss you guys and the Roxy!”*

A Merry Christmas to all, and to all a goodbye.

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*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."*

Rhinoplasty is the term given to surgery on the external nose. By this I mean the structures of the nose that we see from the outside or observer's point of view. This is in contrast to internal nasal operations done for breathing problems such as septoplasty and turbinate reductions. To complicate things somewhat, these two goals: improved appearance and better breathing through the nose, often co-exist in the same individual. An example might be someone with a crooked nose on the outside and a deviated septum on the inside following an injury. It is possible to have just a cosmetic rhinoplasty for appearance just as it is to have a septoplasty alone for functional breathing purposes. It is also possible to have a rhinoplasty and/or septoplasty for functional breathing purposes under certain circumstances, so it can be a little confusing.

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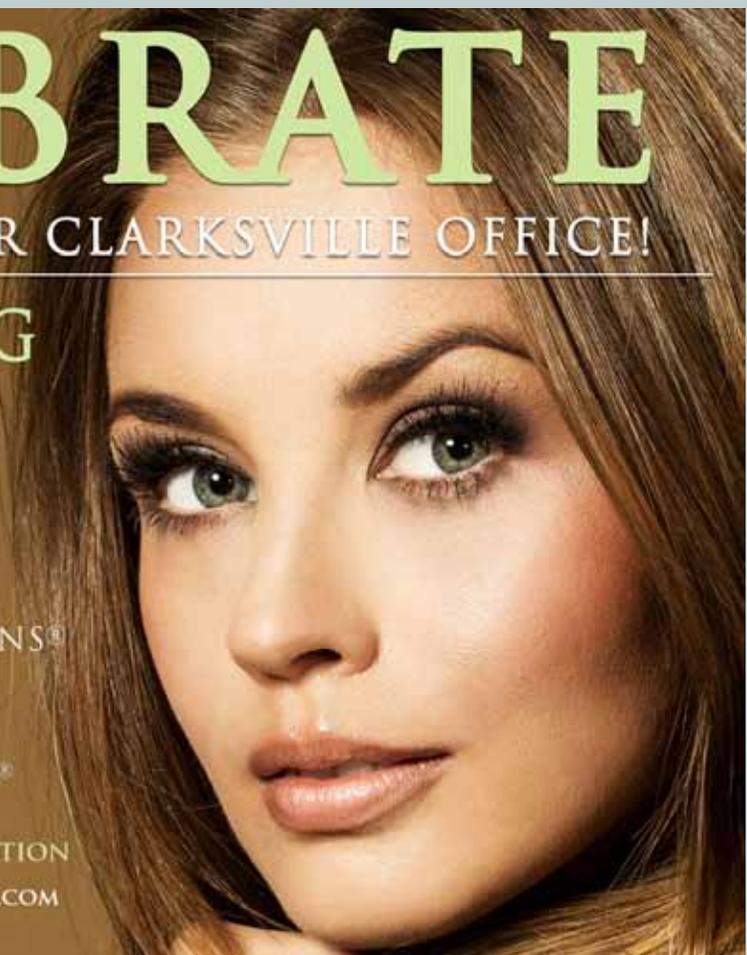
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It helps to have an idea of how the nose is actually built, that is its anatomy, to understand these procedures. The **outside** of the nose is defined by the nasal bones, left and right, in the upper nose and the cartilages of the nose for the lower 2/3s. These structures can be too large, too small, uneven, unequal, off center or crooked leading to many possible problems with the appearance and function of the nose. The **inside** of the nose is primarily made up of the septum cartilage and the tissues on the side of the nose called the turbinates. If these structures are off center, uneven in size, too big or too small the result is inability to breath well through one or both sides of the nose. You can think of nasal anatomy like an A Frame house. The two sides of the roof are the nasal bones and cartilages and the house is divided into two main rooms by a partition that runs from the roof to the ground like the nasal septum. Granted you would probably not want to build a house like that, but you can see that a defect in any of these structures would cause an externally visible deformity (funny

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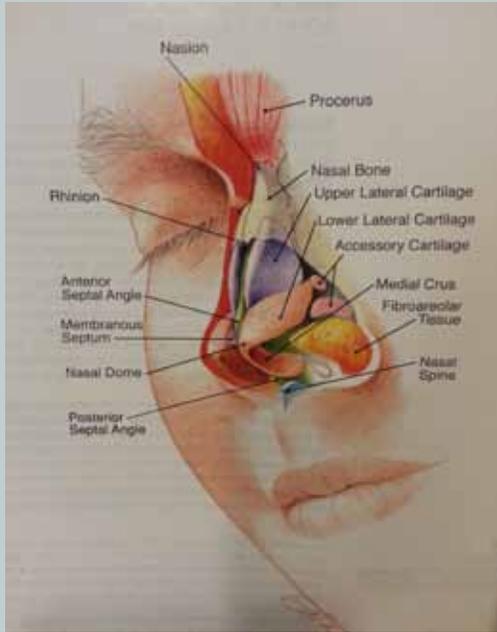


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looking outside) or a problem with living space (airway blockage in our analogy). Please see the diagram below:



When people want to change the appearance of their noses, an aesthetic rhinoplasty is performed. Common goals are to remove a large hump from the nasal bones, straighten a nose that is twisted or crooked to make it straighter, reduce or enhance the shape of the nasal tip (lower third of the nose) or to raise or lower the tip of the nose. This operation is highly individualized for obvious reasons. It is important for the patient and the surgeon to have a clear understanding of the goals for the operation as well as realistic expectations. This is covered in the pre-operative consultation. The procedure itself can be performed under general anesthesia or deep sedation with local depending on the circumstances. This is almost always an outpatient procedure. There is a cast placed on the outside of the nose for a week or so, to protect the bones that are usually moved during the operation. A recovery period at home of about 7-10 days

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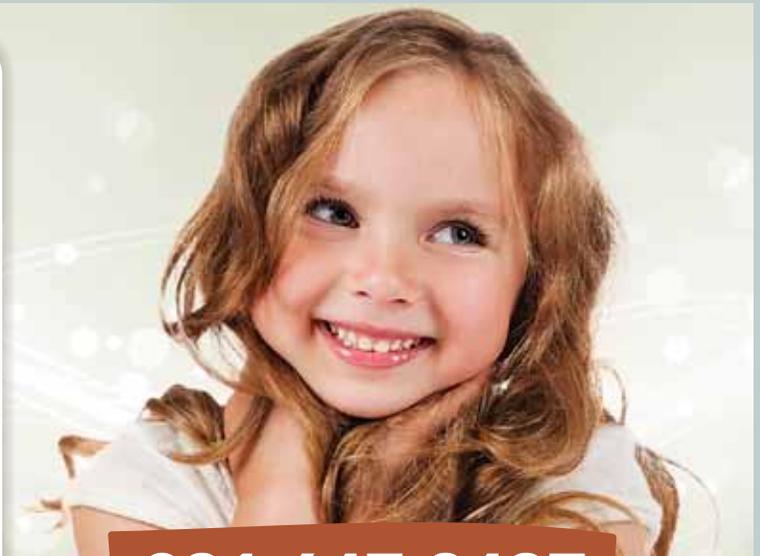
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is typical. Contrary to most peoples' fears, this is generally not a very painful operation in our hands. To be sure, rest, following instructions correctly, and proper medication is important, but it is usually a surprise to patients just how well this is tolerated. I think that some of the older techniques were in fact quite painful, leading to a bad reputation for these procedures, but current techniques are much better and easier for the patient.



Surgery for nasal blockage usually involves reshaping the septum cartilage and reducing the turbinates, or tissues on the sides of the nasal interior. This will not usually produce a change of the external appearance of the nose, but will open up the nasal passages for better breathing through the nose. The operation and recovery for the patient is similar for septoplasty as it is for rhinoplasty, but instead of an outside cast an internal soft splint is used for a week or so to support the newly

repositioned septum. As mentioned above, a rhinoplasty and septoplasty/turbinate reduction are often performed simultaneously. This is because problems with the structure of the outside of the nose are usually accompanied by a crooked septum and turbinate problems. A word about insurance is probably appropriate here. Most insurance companies

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will pay for airway blockage problems, if given enough information and time. Sometimes they will cover rhinoplasty for functional reasons, although this is usually a fight. They will never cover a rhinoplasty for appearance, as this is cosmetic surgery. This is the same as the policy for breast augmentation and tummy tucks for cosmetic reasons. Sometimes they will cover a septoplasty done for blockage and the patient is then responsible for the costs of a cosmetic rhinoplasty added on to that procedure. This is arranged in advance of surgery at our office.

Other cosmetic procedures are often added to rhinoplasty to enhance facial balance and



beauty. A chin implant is the most common of these. Many patients will benefit from adding to the projection of the chin to balance out their new nasal shape after rhinoplasty. Adding a chin implant can do this quickly and permanently, with no additional downtime. Facial fillers, Botox™, eyelid surgery, skin resurfacing, and skin care round out the list of procedures frequently combined with rhinoplasty.

A successful cosmetic rhinoplasty or nasal airway procedure can be a life-changing event for some people. Correcting an obviously unattractive nose is a huge self-esteem booster. Being able to breathe well

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Ericka Conley

Understanding food labels can be tricky. There are a lot of terms to decipher and dissect. This can be too time-consuming to do while in the supermarket and let's face it...while hungry. While most people want to eat healthy, many don't completely understand the terminology associated with healthy eating. It's also beneficial to learn these terms so that you can make informed decisions about what you are eating as some ingredients are not necessarily as healthy as they sound.

Jared Koch, a nutritionist in New York and founder of Clean Plates says, "Just because a product is labeled "fat-free" or "low-fat" doesn't mean it's healthier or even lower in calories. In fact, most low-fat or fat-free foods will have sugar

and chemicals to make up for the loss in taste, which renders them poor nutritional choices."

Our bodies need "healthy fat" to keep our cell walls strong, to absorb important vitamins and regulate our hormones. This healthy fat is contained in many of the foods that we eat. Taking that fat away and replacing it with chemicals can have negative results. "Franken-foods" don't cook the way they should or they crumble up when they shouldn't.

There are eight foods that Koch believes are better to eat with the full fat that they contain. These foods are:

**Peanut Butter:** The fat in peanut butter is healthy monounsaturated fat, which has



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been shown to decrease inflammation, raise healthy cholesterol levels, promote weight loss and possibly fight belly fat.

**Salad Dressing:** Researchers from Perdue University found that while fat-free dressings are lower in calories than fat-based dressings, they block absorption of the nutrients from fruits and vegetables such as carotenoids which protect your body's cells.

**Cookies:** "Salt, sugar and fat are the three primary vehicles to deliver taste," says Koch. "Whenever you remove one, one of the others replaces it to ensure a food is still yummy. Low-fat or fat-free cookies have a lot of extra sugar or high-fructose corn syrup to make up for the missing ingredient."

**Potato and Tortilla Chips:** Potato Chips are not typically a healthy food however, certain low-fat and non-fat chips could be worse than full-fat chips. This is because some brands contain fat-mimicking chemicals that can cause intestinal cramps, gas and diarrhea. Look for the words "Olean" and "Olestra"—these are synthetic fats that are added to foods that have been found to cause these symptoms and can result in weight gain.

**Ice Cream:** Although low-fat or fat-free ice cream sounds like a good idea, it may not be. "Fat helps you feel full. Without that fat, you keep eating," says Palinksi.

**Frozen Meals:** Low-fat frozen meals have much more sodium than their full-fat counterparts," says Julie McGinnis,



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MS, RD, a dietician in Boulder, Colorado, who also owns *TheGlutenFreeBistro*. The USDA recommends that adults eat no more than 2,300 mg of sodium per day.

**Milk:** “Milk is fortified with vitamins A and D, which are fat-soluble vitamins—essential vitamins that are stored in your liver and necessary for the absorption of other important nutrients,” says Palinksi. “When you take all the fat out of milk, you don’t properly absorb these essential vitamins.” (This is why you’ll often see skim milk with added vitamins A and D.)

**Yogurt:** “Some low-fat yogurt brands make up for lack of fat with artificial

sweeteners,” says McGinnis. Studies show that sugar substitutes may overstimulate your taste buds, leading you to crave more sweet goods and upping your risk of weight gain. Greek yogurt is a recommended substitute as many brands do not contain any artificial sweeteners.

Understanding Low-fat and Fat-free foods are only a small part of the dietary language that many times needs to be decoded. I encourage you to research any dietary terms that you are unsure or unfamiliar with. Your health and well-being are of the utmost importance.



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Carmen Hunter

If there is one thing I am a pro at it's finding a good doctor. Without going too much into my history I will tell you why I think I have this process nailed down. In a period of over ten years I struggled with a myriad of symptoms and no doctor (Orthopedic, general practitioner, Doctor of Osteopath, Podiatrist, Rheumatologist, etc.) could find out what was wrong. NO blood test, no alternative method of testing, no imaging test, nothing, brought us any closer to any answers. When all was said and done I had seen over 21 doctors (in two states) before I decided to give up and do my own detective work. So one could assume that after all of that, I am an expert in doctor shopping.

With medicine changing so much and many doctors going to concierge medicine, the expense of receiving medical care is

only getting worse. That is why it's important to do your homework and find a doctor that works WITH you. Notice I said WITH you and not FOR you. Too many doctors try to tell a patient what is wrong with them without hearing the patient's complaints or symptoms. A 15-minute visit, a prescription and you are usually out the door with some vague diagnosis like "IBD (Irritable Bowel Syndrome), which, by the way, is nothing but a diagnosis of a "symptom." It's like going to the doctor and saying, "I have a sore toe" and leaving with a diagnosis of "sore toe" instead of gout, or ingrown toenail, or some real issue. It's not a diagnosis of what is really going on and the prescription is just a Band-Aid for the symptom...not a treatment for the REAL underlying problem.



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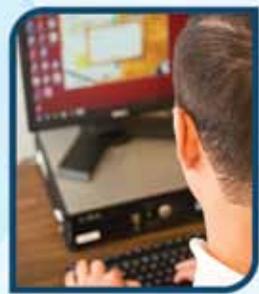
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If you really want to practice “health” care and not “sick” care there are several things to look for when trying to find a doctor. I could write an article about finding a doctor in each specialty but to stay practical we will focus on general practitioners. Let’s say you are someone who just wants to have someone monitor your health each year. You want to do the necessary tests to develop a foundation on things like blood glucose, thyroid, potassium, sodium, cholesterol, etc. but have no special needs. You will want to find a general practitioner that practices integrative medicine. According to Dr. Andrew Weil, one of the world’s leading integrative medical doctors “Integrative medicine is healing-oriented medicine that takes account of the whole person (body, mind, and spirit), including

all aspects of lifestyle. It emphasizes the therapeutic relationship and makes use of all appropriate therapies, both conventional and alternative.”

Just going with a conventionally minded physician can be good enough for some but in this day and age with all of the toxic foods and pollutants in our environment it is best to find someone who can approach you from a whole body perspective. Had this been the first (or second or third) doctor I saw many years ago, I may have received the care I needed way before doctor number twenty-one. Integrative medical doctors tend to test things that are outside the norm. For example, instead of testing only TSH they would tend to test Free t3 and Free t4 when getting a baseline for the thyroid. If someone complained of



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fatigue and sleeplessness they would be more likely to test the adrenals than just give out sleeping pills. Using an integrated approach doesn't mean you don't believe in medicine, prescriptions, etc. It simply means that there will be more focus on lifestyle, food and other important factors when determining someone's health.

Even an integrative doctor can turn out to be sub-par and stuck in old thinking, so be sure and look for someone who actually takes the time to hear your complaints or concerns. Find someone who sits down to talk with you before launching into an exam full speed. You will also want to know if they focus on food and lifestyle as part of their approach to whole health. If they don't believe food affects the body in a negative way when it comes to disease find

another doctor. I have been in the office of an endocrinologist who didn't believe the thyroid could be affected by gluten and soy despite the fact that I provided scientific proof. I didn't go back, to say the least, and I don't recommend her to my clients either. So here is a brief list to get started:

A good doctor isn't afraid to say they don't have the answer and refer you out to someone who might be able to help you.

A good doctor will hear you when you say, "I looked this up online and would like to talk about the possibility of this being my issue." There ARE answers online and trying to figure things out is part of being proactive about your health as long as you don't go over the edge into unreasonable researching.

Instead of thinking they are the authority on your body...they will hear your concerns. After all you live in that body don't you?

- A good doctor won't automatically give you a prescription and will instead help you to figure out why you don't feel well while asking questions about sleep, stress, food and relationships in your life.
- A good doctor gives you a copy of your labs and visit without charging you and without making you come back in to "talk about the results" (which most of the time are normal). It's your blood, your body, your money, and your time so you deserve a copy of your medical records when you ask for them.
- A great doctor asks you before you end the visit "Is there anything else I can do to support you in your health?"
- A progressive thinking doctor will consider working with a health coach to create a triage of care for you.



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Employing a health coach cannot only save the doctor and staff time but creates a support system for the client. This partnership is heading into the mainstream and is already being done in other states. At some point health coaches will become one of the most important pieces of a doctor's staff when it comes to figuring out disease and chronic conditions.

Don't be afraid to call and interview the practice. Ask questions.

A couple red flags to be aware of:

- The staff is rude on the phone or when you come in. Going to the doctor can be a vulnerable time for people and the last thing you want is someone treating you rudely or rolling their eyes at you when you feel sick or scared about your health.
- The doctor is late, late, late every time. I don't mean a few minutes. I mean 20-30 minutes late for every appointment.
- The office is not clean. The room should smell and look clean and sanitary. The front office should be clutter free and something besides Jerry Springer should be on the television.
- The staff should not be outside smoking cigarettes, nor should you smell smoke on anyone in the practice. YUCK!
- A chatty nurse can make for someone who misses things. Minimize conversation while being checked in.
- If someone doesn't take your temperature and blood pressure ask why. Those are the most simple and basic of tests and can tell a lot about a person's health. For example, low temperature could be low thyroid and poor adrenal health.

As you can see there is a lot to consider when finding a doctor. The most important thing to remember is that this is your health and no one else's. Don't just take a diagnosis without an explanation of why something is happening to you or the plan to look further. Don't just assume a prescription will be the answer. A doctor should be a partner in health and until you get that feeling just keep looking.



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:

- Digestive issues (IBD, IBS, Constipation etc)
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## EXPLORING THE ART OF TAI CHI

Grace Kriegisch

In today's busy world, many people are seeking a source of inner peace and tranquility. They are also looking for a way to stay fit, develop balance, and combat the effects of chronic or debilitating diseases such as hypertension, insomnia, diabetes and arthritis. While some can achieve results by working out regularly at a gym, for many, especially older adults, that hard, intensive training environment is not for them. The answer to this dilemma can be found in Tai Chi classes.

Tai Chi is a centuries old Chinese art developed originally as a fighting art, but refined as a health and fitness regimen. It is soft, gentle, refreshing and fun.

In parks throughout China every morning 250 million people start the day doing Tai

Chi. The youthful energy of these senior and middle-aged adults is inspiring.

The movements are done ever so slowly. The practitioner becomes



aware of every subtle shift of balance and the principles behind the movements. The Chinese believe that Tai Chi promotes health by improving and regulating the flow of Chi (life energy force) from its gathering place in the center of the body (the tan tien) and outward through the body. Western and eastern doctors agree that Tai Chi's slow rhythmic movements calm the mind, while the body is gently stimulated.

*By doing Tai Chi regularly, one can gradually achieve a high level of physical fitness and remain in good health throughout the rest of one's life. Mentally, it calms and relaxes, relieving the tension and stress found in modern society.*

*Studies throughout the world have shown Tai Chi to have a remarkable curative effect on such chronic diseases as hypertension, insomnia, lower back pain, ulcers, and cardiac disorders. The effects of debilitating diseases such as asthma, diabetes, arthritis, and multiple sclerosis have been reduced with many patients leading fuller lives.*

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*In addition,* it is a great workout! Therefore, there is no need for prospective students to “get in shape first.” There is no impact, and although the practitioner

should never get out of breath, it really works a wide range of muscles, enhancing flexibility and strength. In fact, **many arthritis and M.S. patients are encouraged by their doctors to take Tai Chi. The student controls the workout by their stance height. However, anyone with serious medical problems should consult their doctor first for approval.**

**Also, Tai Chi practitioners begin to see results in a relatively short amount of time. Though it usually take 3 to 6 months just to get a basic understanding and learn basic sets of movements and do them with any degree of confidence or proficiency, almost everyone can do the Temple Exercises and the 12-movement form after 1 to 2 months of class. With 2 days of class per week plus an additional 15 or 20 minutes of daily home practice students will achieve a good level of proficiency in the art within one year.**

**Many people assume that the focus of all martial arts training is self-defense. It should be noted that self-defense is not the primary focus of Tai Chi training,**

**though we do teach applications of movements at the intermediate level. These two-person training routines (“push hands”) are basically used to teach students correct form and performance of technique not self-defense applications.**

For anyone interested and would like to learn more about the art of Tai Chi, classes are now forming at Kriegisch Martial Arts and are set to begin in January 2016. For more information about Tai Chi or any other classes offered please contact us in the Sango Marketplace, 2690 Madison Street, Suite 190, (next to Anytime Fitness), Clarksville, TN 37043, (931) 472-1008, [sempaiglk@kriegisch.com](mailto:sempaiglk@kriegisch.com), [www.kriegischmartialarts.com](http://www.kriegischmartialarts.com).



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You might assume that mobile banking apps are somehow less secure than logging in with a computer or visiting an ATM or local branch, but the password and security systems used by mobile apps are solid and proven. From a security perspective, one of the best ways for

mobile app users to stay safe is to use common sense, follow good Internet hygiene, and these mobile security tips:

### Use Care Before Downloading Apps

Before you download a mobile banking app on your device, review the privacy policy and understand what specific data the app can access. Download mobile apps only from reputable sources such as your provider's app store to avoid downloading applications with malware and malicious code.

### Avoid using public Wi-Fi for mobile banking

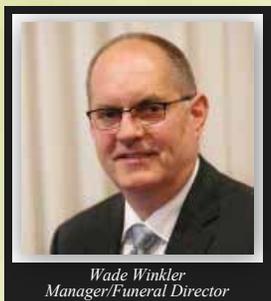
If possible, avoid making online purchases or accessing your bank account from a free Wi-Fi connection, like those available at retail stores, cafe/restaurants and hotels. If you must conduct financial business online, make sure the site is protected through "https," a protocol that provides a secure connection. A secure website will have the "https" rather than "http" in the Web address and a lock symbol in the bottom right corner.

### Be Protected with Fraud Alerts

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or fraudulent activity is detected on your account and verify fraudulent charges in seconds.

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Use the keypad lock or phone lock function on your mobile device so that no one else can use it or view your information when it's not in use. Change your mobile banking password regularly to help prevent unauthorized access.

### With Altra Federal Credit Union's Mobile Banking app, you're protected by these security features:

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- Fraud Alerts

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## HOW MUCH SLEEP IS ENOUGH?

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#### Setting a Basic Standard

The National Sleep Foundation (NSF) recommends seven to nine hours of sleep each

night for adults ages 26 to 64, and seven to eight hours of sleep for those older than age 65. The NSF says as few as six and as many as 10 hours of sleep could be appropriate for the former group, and five to nine hours could be appropriate for the latter. However, these are only guidelines, and there's no single number that's right for everyone.

#### Look Beyond Numbers

Your lifestyle and overall health factor into how much sleep you need. Instead of focusing purely on how long you're sleeping each night, ask yourself how you feel. Do you wake refreshed? Are you constantly tired during the day, and do you need lots of caffeine to stay alert?

To find your ideal amount of sleep, try this test. When you have an opportunity—a flexible work schedule or vacation, for example—stick with a consistent bedtime for several nights in a row and see what time your body naturally wakes up the next morning. This should reveal the amount of sleep your body needs.

#### When Sleep Is a Nightmare

Imagine sleeping 10 hours every night, but never feeling rested. It's no dream for those suffering from hypersomnia, a category of rare sleep disorders, the most common of which is narcolepsy.

Some people with **narcolepsy** experience cataplexy—a temporary loss of muscle control. It may appear as if victims faint or fall asleep during these spells, but they actually remain aware of their surroundings. Other more common symptoms of narcolepsy include lengthy sleep, interrupted dreaming and leg movements during sleep.

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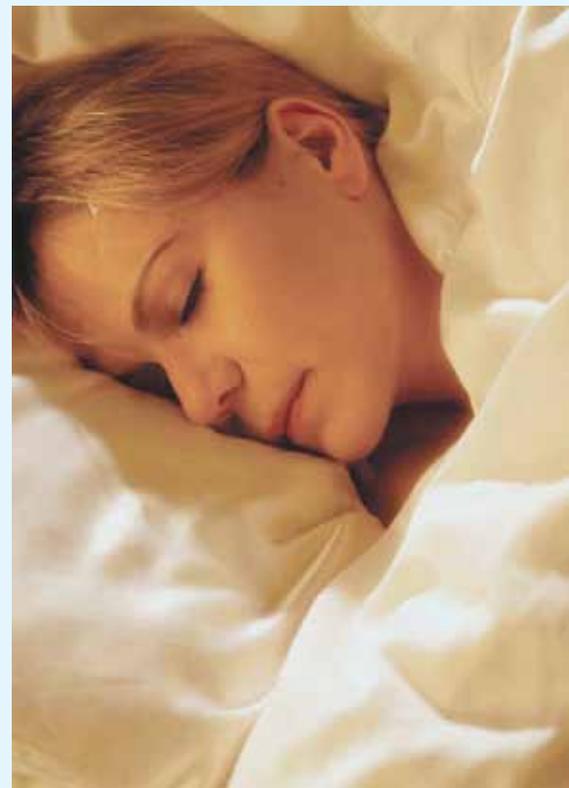
Another form of hypersomnia is **idiopathic hypersomnia (IHS)**. Characteristics of IHS include long but unrewarding sleep, difficulty waking and the need to take frequent daytime naps.

**Kleine-Levin syndrome (KLS)** is a rarity among hypersomnia that causes occasional episodes of intense sleep lasting as many as 20 hours per day. These episodes can last for days or weeks, leading to the disorder's nickname, "sleeping beauty syndrome."

**Talk to your physician if you are experiencing sleep problems. If you don't already have a physician, Gateway Medical Group is here to help. Our convenient family**

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*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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# CANDLELIGHT BALL 2016

Taylor K Lieberstein

## GIVING BACK

This month Austin Peay will continue a tradition that began more than 30 years ago, the Candlelight Ball. The signature event boasts itself as one of the community's premier social events with hundreds of guests attending each year. It is through the passion and support of Austin Peay's friends and alumni that the event has raised more than \$350,000 in scholarship funds to date. Over 20 APSU students have been provided financial assistance and scholarships because of the generosity of the university's underwriters and guests. Funds raised by the ball have also been used for various projects around the campus including the renovation of the Pace Alumni Center at Emerald Hill and to provide financial support for the APSU Center for Teaching and Learning.

Austin Peay State University's 32nd Annual Candlelight Ball

Hilton Nashville Downtown

March 12, 2016

Cocktail Hour: 6 p.m.

Dinner and Awards Ceremony: 7 p.m.

Dancing: 8 p.m.

As always the black tie event will be held at the Hilton Nashville Downtown. Any and all supporters of the community are invited and encouraged to attend the signature event. While it is held in Nashville, the ball is an event to network within the Clarksville community. With the main goal being to bring people together to have a good time and support deserving students that without these scholarships may not have a chance at an education.

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The night will begin with a cocktail hour, followed by dinner and an awards ceremony. After dinner guests can dance the night away to music by Burning Las Vegas.

Thirty-one years ago, Wendell H. Gilbert saw the opportunity to raise funds for deserving students who needed academic financial support. Gilbert, a retired Army brigadier general and former APSU vice president for development and university relations, is the founder of the signature Candlelight Ball. He depicts what it means to be a "Governor."

Following a tradition that began in 2011, two individuals will be honored and recognized for their outstanding achievement, contribution, or prestige they



have brought Austin Peay. The Wendell H. Gilbert Award and the Spirit of Austin Peay Award are to be given out at the event. Both are very exciting and meaningful awards for the school and the men chosen for each award. This year's recipients are Jack Turner and Josh Baggett, two outstanding men both of whom are AP alumni. The two recipients initially received their awards at a luncheon earlier this year. These award recipients will be recognized again at the Candlelight Ball during a dinner and awards ceremony.

The Wendell H. Gilbert Award honors a person who has significantly contributed to Austin Peay State University by sustained service, has made a significant contribution

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to the university, or has brought recognition to the university by his/her success. The honoree exemplifies excellence and integrity and has inspired others by his/her accomplishments.

**WENDELL H. GILBERT AWARD — Jack Turner**

Turner is the founder of a nationally recognized insurance and financial services firm. He graduated from Vanderbilt University in 1958, and in 1960, he became a member of the Million Dollar Round Table, the premier association for financial professionals. Within three years, he became a Chartered Life Underwriter, and at the age of 27, he was elected the youngest president of the Tennessee Life Underwriters Association. He is a charter member of the Tennessee Insurance Hall of Fame, past

president of the Association for Advanced Life Underwriting, and past president of the Million Dollar Round Table Foundation. He is also a Civilian Aide to the Secretary of the Army and chair emeritus for Leadership Middle Tennessee.

The Spirit Award honors an individual who has met the same requirements as the ones of the Wendell H. Gilbert Award and in addition is 42 years of age or younger.

**SPIRIT OF AUSTIN PEAY AWARD — Josh Baggett**

Baggett is a lifelong resident of Clarksville, graduating from Clarksville High in 2000 and from Austin Peay State University in 2005, with a degree in Mass Communications. While at Austin Peay, he played football in 2000 and 2001, and was a member of Sigma Chi, as well as several other organizations.



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Josh currently works for Cumberland Electric Membership Corporation. He is a member of the Clarksville Downtown Kiwanis Club, and the East Montgomery Volunteer Fire Department. Josh is also a member of the Governor's Club, devoting a lot of time in supporting Austin Peay athletics. He is currently serving on the board of the Sigma Chi housing corporation. He has been a member of the Clarksville-Montgomery County School Board since the fall of 2010, and is also a 2012 graduate of Leadership Clarksville.

The official Candlelight Ball Committee is made up of some extraordinary women dedicated to improving the Candlelight Ball each year. Co-chairs are Andrea Goble and Fran Jenkins. Other board members include Pam Loos, Brittney Reigle, Christina Clark,

Kathryn Minniehan, Kayla Morgan, Nicole Williamson, Sally Allen, Stephanie Lanham, Candy Johnson, Ashley Jackson, Britney Campbell, Cindy Greene and Kimberly Silvus.

Not only is the Candlelight Ball an amazing way to help out deserving students. It is also a perfect reason to get dressed up and enjoy an evening out socializing with friends while taking advantage of amazing food and entertainment. For more information or to RSVP to APSU's 32nd Candlelight Ball, contact the APSU Alumni Relations Office at (931)-221-7979.

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LTC Bradford Smith

Until last week, I'd never heard a sermon on adoption. A great multitude languishes right in our very midst, devoid of hope, desperate in affliction, ignorant of the life-changing message of Jesus Christ. Who will be the one to deliver the words of life to the Orphan, even by proxy? This is a great Gospel issue.

Here is the logic. Pastors desire to reach the lost with the Gospel. Many (most) of the lost are unchurched and statistically, unlikely to repent as an adult. Yet, every year, we "graduate" thousands of unchurched children into adulthood via the foster system, swelling the ranks of those least likely to repent.

Adoption, physical adoption, serves to reach these people as children, when they

are much more receptive to Christ. This is a Gospel issue, a great and tragic Gospel issue. Pastors preach against sin and its ill effects, as they should, but tracing the problem as close to the source as possible, an increasing number of children have no parents to teach them about Christ.

Orphans suffer physical affliction far greater than you may imagine. Every year, thousands turn 18 and enter a life of affliction, incarceration, addiction, pregnancy out of wedlock, or homelessness. The outlook is decidedly bleak. Statistically, many of them will fail at life. Yet, this is not the real issue. The real issue is that *most of them don't know Christ!*





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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
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It is a fact that children inherit the faith, or lack thereof, of their parents—their fathers really—but their parents. This is why God commands us so vehemently to *teach* our children about Christ, to bring them up in the way of the Lord. Yet, have you considered those who have no parents? Who will teach them about Christ?

Yet, pastors *seem* largely silent on the issue. I was saved in 2005 and have attended church at least weekly since then. Until our church preached through the issue last year, I had never once heard a sermon on the need, on the *mandate*, to adopt. I've heard a variety of sermons on countless other

topics, but never one on adoption. I fail to understand why, especially when the answer is so obvious.

What if God's under-shepherds exhorted God's people to adopt, to raise these children in godly homes, to teach them about Christ? What if pastors exhorted the Church to repent of this oversight and to see adoption as the desperate Gospel issue that it is? Maybe then, the Church would not stand idly by as this multitude languishes in despair, desperate for what they cannot possibly fathom. Will you be the one to tell them?

LTC Bradford Smith is an active duty Army officer, Missions Pastor at the Way, and author of *No Higher Call: A Biblical Treatise on Adoption*.

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**Brenda Hunley**

“Chester! Oh, Chester! Whoo hoo!” called a familiar voice.

Chester the chipmunk set his book aside and looked out his window. An older chipmunk with grey fur and two white stripes down its back was carefully getting off a small blue bicycle. Chester still couldn’t tell who it was. He just knew he had heard that voice before.

Propping the bicycle against Chester’s tree and taking a package out of the basket on the handlebars the old chipmunk started to call again. “Chester! Are you home?”

Chester opened his front door as the old chipmunk peered over the basket.

“Oh, look how much you have grown! Come help your Aunt Bidy.”

Chester was thankful she said something as he stared at his aunt. She didn’t look like the Aunt Bidy he remembered.

“Sure, Aunt Bidy, I would be glad to help,” Chester said taking the basket.

Boomer appeared in the kitchen as Chester sat the basket on the counter.

“Boomer! There you are! How is my sweet baby chipmunk?” Aunt Bidy said looking over her spectacles. “Come give me some sugar!”

Boomer shot Chester a look of desperation. “Boomer, it’s Aunt Bidy!” Chester said, winking at his brother.

As Boomer hugged Aunt Bidy Chester remembered back to the last time he saw her. He remembered playing catch with her and he remembered her showing him just the right time to pick berries.

Chester felt Aunt Bidy hug him tight, snapping him out of his mini-daydream.

After a quick kiss on the cheek, Chester stepped back. “So, Aunt Bidy, it has been a while! What have you been up too?”

“Come on, Aunt Bidy, sit here on the couch next to me and tell me all about you,” Boomer said as he plopped down on the couch.

“I will make us some hot apple cider,” Chester said darting into the kitchen.

Aunt Bidy took a deep breath and started her story.

“Well boys, I went on an adventure! Do you like adventures Boomer?”

“Oh I do! Especially when Chester and I find treasures that humans leave behind here in the woods,” Boomer answered.




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"Treasure hunting. That sounds exciting!"

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Aunt Biddy's eyebrows shot to the top of her head. "What? Jewels? Really?"

Chester laughed. "Yes, Boomer calls them jewels. Ranger Bill says they are not jewels. They are plastic or metal."

Aunt Biddy put her paw on her chest and exclaimed, "Oh Chester! Please tell me you don't talk to the humans!"

Boomer giggled. "We talk to the Rangers. The Rangers take care of these woods, and all of the animal families that live here."

Aunt Biddy looked scared. "You boys should be more careful. What do your mom and dad think about this talking to humans stuff?"

"They talk to Ranger Bill, Aunt Biddy. Ranger Bill has helped our family a lot. We have even gone on adventures with Ranger Bill."

Aunt Biddy shook her head. "Oh this is most disturbing. Most disturbing indeed."

"How about you drink some of this cider and relax a moment, Aunt Biddy," Chester said handing her a warm mug.

The three chipmunks sat in silence for several minutes as Aunt Biddy processed what her nephews were telling her.

"Aunt Biddy? I don't remember you," Boomer said as he settled back on his corner of the couch.

Aunt Biddy laughed. "That's okay. You were just a baby when I left on my adventures. Your brother was about two the last time I saw him."

"So have you met Hazel and Coco yet?" Chester asked.

"Hazel and Coco?"

"Yes! They are our twin sisters!" Boomer giggled.

Aunt Biddy rubbed her chin. "I guess I was gone longer than I thought."

"Where did you go?" asked Chester.

"I went to Alaska!"

Boomer frowned. "What is so exciting about Alaska? It's just cold, right? Snow everywhere? What can you do for fun when it's that cold and snowy all the time?"

Aunt Biddy smiled. "Boys, you can do all sorts of things. Would you like me to show you?"

Chester cocked his head to one side. "How will you show us? Are we going to Alaska?"

Aunt Biddy winked at Chester and got up and started going through her basket.

"Do you have a white sheet?" she asked.

"Uh-huh. Do you want me to get it?" Chester asked.

"Yes, I need you boys to get it and then spread it out on that wall over there. Use these thumb tacks to hold it up."

Chester and Boomer went and got a white sheet out of the closet and hung it on the wall just like their aunt had asked.

In the meantime, Aunt Biddy took a small machine, about the size of a dictionary out of the basket and set it on the kitchen counter. She pointed the end of it that had a tube like thing on it toward the sheet and asked the boys to close the curtains. Once it was dark in the house she switched the machine on. A light came from the tube in the machine and a picture of pine trees appeared on the sheet.

"Cool!" Boomer said walking up to the sheet and trying to touch the trees. But when Boomer walked up to touch the trees they disappeared.

"Where did the picture go?" Boomer asked.

Chester and Aunt Biddy laughed. "Umm, Boomer. IF you would move out of the way we could all see the picture. YOU are blocking it!"

"Oh! Sorry!" laughed Boomer.

Aunt Biddy showed them lots of pictures of the forest in Alaska. There was a lot of snow, but there were lots of trees and water too.

She showed them pictures of the animal friends she made, and some she didn't.

"The bears are bigger than my school books, Aunt Biddy!"

"Yes, they are big! They are bigger than a human. Look, this bear is all white. Do you know what kind of bear that is?" she asked.

"No. I've never seen a white bear before," Chester answered.

"Boomer, how about you?"

"I don't know either, Aunt Biddy."

"They are called polar bears. Look at how big their paws are! These bears love the water. They go fishing no matter if there is snow on the ground or not!"

The next slide showed some big grey dogs.

"Aunt Biddy, is that a wolf?" asked Boomer.

"Yes, Boomer those are wolves. When they howl they make my fur stand straight up! They are very scary."

"We have coyotes around here," Chester said.

"Here in this woods?" asked Aunt Biddy.

"No. The Rangers watch for them daily though. We have heard them before, but they were far away across the golf course."

"How many animals live here?" asked Aunt Biddy.

"We have two deer families, we have a raccoon family, a fox family, lots of rabbits and squirrels, one owl..."

"An owl?" interrupted Aunt Biddy. "Aren't you afraid?"

"No. Mr. Owl is our night watchman. He won't eat chipmunks, he says they are bad for his heart," Boomer answered.

"So, Aunt Biddy, what did you do besides take pictures in Alaska?" Chester asked.

Aunt Biddy clicked to the next slide. The picture showed Aunt Biddy with some big wooden things tied to her feet and some walking sticks in her paws.

"What is on your feet?" asked Boomer.

"Those are called snow shoes. See how they are bigger than my feet? They help you walk on top of the snow."

"Why do you need two walking sticks?" Chester asked.

"Those are called poles. I use them to help me keep my balance. I also use them when I ski."

"Ski?"

"Yes, ski. People ski on the water here, up in Alaska they do it on the snow."

The next picture was of a little wooden house on a lake. Aunt Biddy explained that human fishermen go in these shacks and cut a small hole in the ice and fish in the same spot for days.

"Did you get to explore?" Chester asked.

"Yes I did. I got to hike and do some treasure hunting there as well."

Boomer's eyes lit up. "What kind of treasure is in Alaska?"

Aunt Biddy walked over to her basket. "I brought back some treasure for you both."

Chester and Boomer were excited. "What did you bring?"

"I should make you wait until Christmas," Aunt Biddy teased.

"Christmas is next week! We can't possibly wait that long!" pleaded Boomer.

Aunt Biddy laughed, "Okay. I will give it to you now." She handed each chipmunk a plaid colored cloth tied with string.

Opening their presents they saw they each had a brand new handkerchief, a book about Alaska, as well as a piece of elk antler, and some pretty stones.

"Thank you, Aunt Biddy!"

"Merry Christmas, boys. Merry Christmas!"

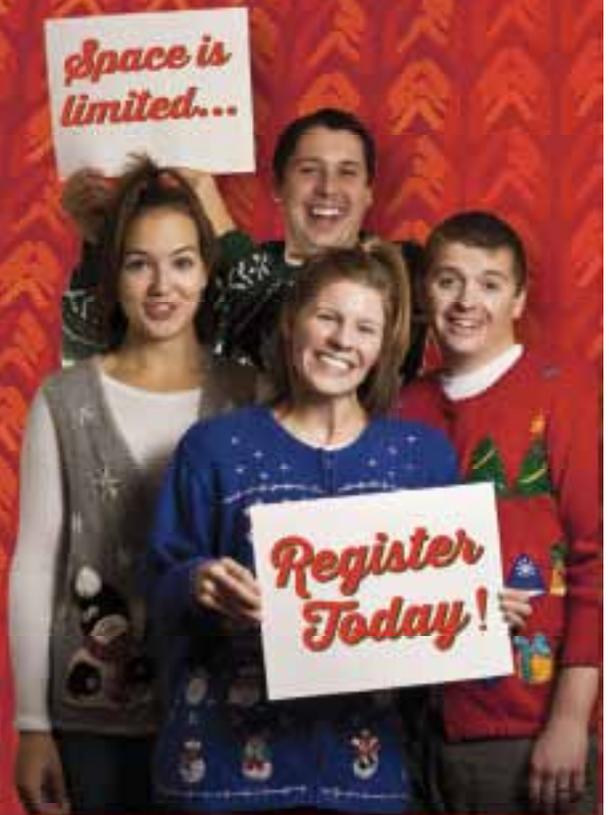
# UGLY SWEATER FUN-RUN/5k



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

# 12.5.15

At Beachaven Winery



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

**THE UGLIER THE SWEATER** *the better!*



/uglyswearerfunrun

# Pet Pix

The Pride of Clarksville



Sammie loves to dress up!



Max and Midnight



Kevin Bacon and Chuchie love their naps



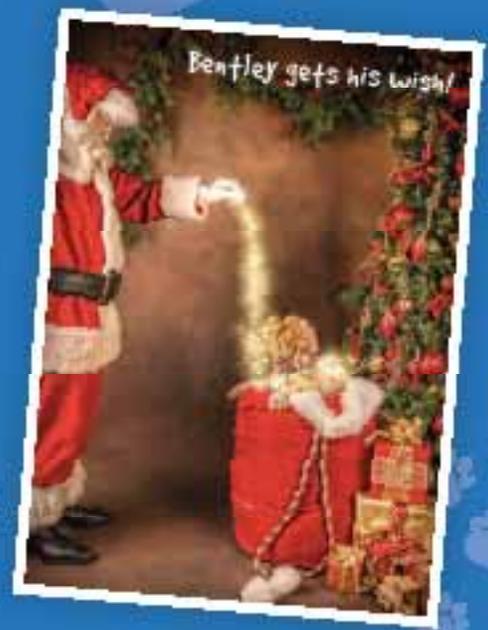
"Bacchos" 3-month-old Irish Doodle. Loves to eat everything he's not supposed to eat!



The rulers of the house!



Simba and Isabella guarding the door



Bentley gets his wish!



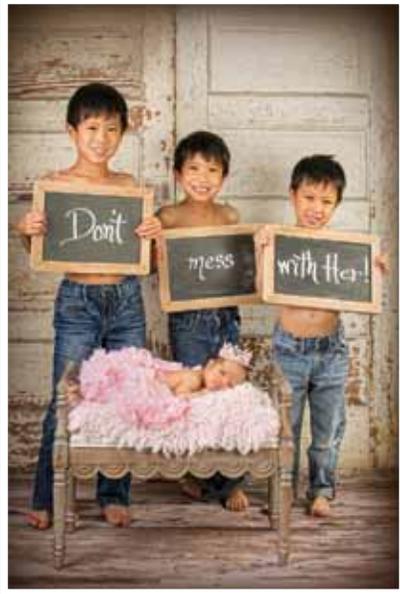
I'm Santa Sleepy Claus, I am ready for the most wonderful time of the year. Merry Christmas and Happy New Year to all my friends!



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



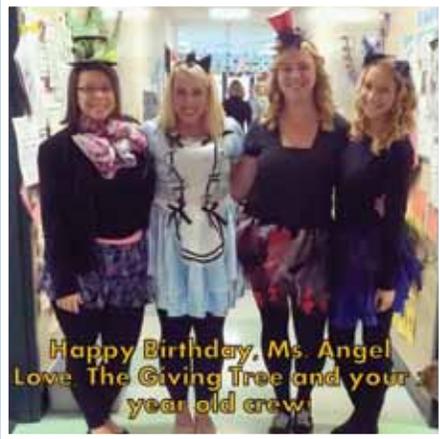
# Candid Clarksville



Counting our blessings!



Adrienne loving Fall!



Happy Birthday, Ms. Angel Love The Giving Tree and your 5 year old crew!



The kids had a great time at Carmel's Elem. Fall Festival!



FARM FRIENDS CLASS

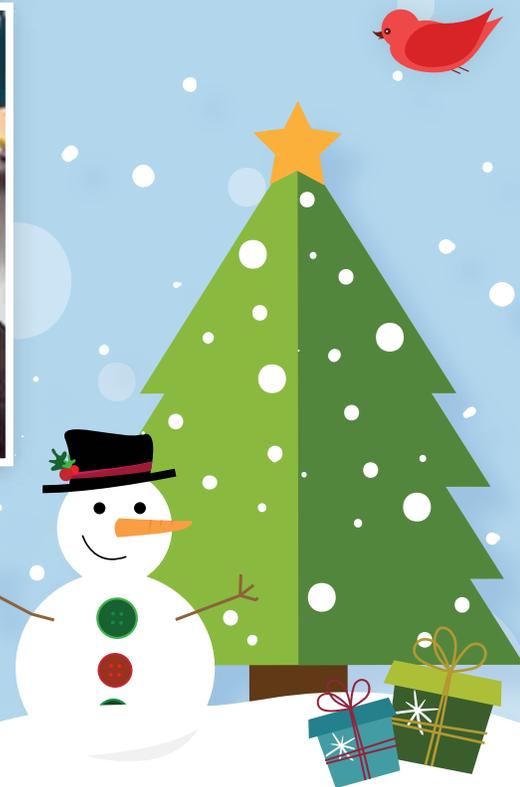


The Giving Tree's Trick or Treating was FUN!



Happy Holidays!

It's the most wonderful time of the year!



# 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

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 ad on page 7.

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

### CHRISTMAS ON THE CUMBERLAND

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). See ad on page 61.

### 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)

### FREE FOSTER PARENT CLASSES

If you are interested in becoming a foster/adoptive parent through Camelot you will need to complete a parent preparation process called "PATH" (Parents as Tender Healers). PATH is a five session education and self-assessment process. It explores communication styles and helps families to understand the feelings of grief and the loss that children can experience. It helps identify family strengths and explores which situations you can most successfully parent. Below are the dates of our upcoming classes.

1/5/2016 Tuesday @ 6:00 p.m.  
Orientation

1/12/2016 Tuesday @ 6:00 p.m.  
Understanding Child Welfare System

1/19/2016 Tuesday @ 6:00 p.m.  
Impact of Trauma on Children

1/26/2016 Tuesday @ 6:00 p.m.  
Effective Discipline

### Chick-fil-A Wilma Rudolph

3096 Wilma Rudolph Boulevard  
(931) 552-5511

#### SPECIAL EVENTS

**Mondays, 5pm-7pm  
KIDS NIGHTS**

**5 Saturday  
BREAKFAST WITH SANTA**

**17 Thursday, 5pm-7pm  
KIDS CLUB**

#### SPIRIT NIGHTS

**1 Tuesday, 4pm-7pm  
MINGLEWOOD ELEMENTARY**

**2 Wednesday, 5pm-8pm  
ROSSVIEW BOYS BASKETBALL**

**3 Thursday, 4pm-7pm  
HAZLEWOOD ELEMENTARY**

**8 Tuesday, 4pm-7pm  
OAKLAND ELEMENTARY**

**15 Tuesday, 4pm-7pm  
ROSSVIEW ELEMENTARY**

2/2/2016 Saturday @ 10:00 a.m.  
Cultural Awareness/Foster Panel/  
CPR/Med. Training

Camelot  
2233 Stokes Road  
Molly Kent  
[molly.kent@pathwayshealth.com](mailto:molly.kent@pathwayshealth.com)

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**2631 Ft. Campbell Blvd**

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(931) 645-1616  
[bowersa3@nationwide.com](mailto:bowersa3@nationwide.com)  
[www.aprilb-clarksville.com](http://www.aprilb-clarksville.com)



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Life. Business.**



Products underwritten by Nationwide Mutual Insurance Company and Affiliated Companies, Columbus, Ohio. Subject to underwriting guidelines, review and approval. Nationwide and the Nationwide Wordmark are service marks of Nationwide Mutual Insurance Company. NAC-0764NLI008747

## 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

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 Wednesday 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)

## INDOOR AQUATIC CENTER ACTIVITIES

Dollar Days at the Indoor Aquatic Center (Admission is only \$1):  
December 1, 8, 15, 22, 29

Free Wubit Access at the Indoor Aquatic Center (Inflatables):  
December 2, 9, 16, 23, 30

BOGO Day at the Indoor Aquatic Center (Pay for one admission, get one free): December 3, 10, 17, 31

Indoor Aquatic Center  
166 Cunningham Lane

## INDOOR SOCCER REGISTRATION

Begins December 1. Indoor Soccer at Crow Center (Jan. 2 – Feb. 6). Learn the basic fundamentals. Ages 4-9. \$20/child

Crow Community Center  
211 Richview Road

## 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

## OLYMPIC STYLE ARCHERY REGISTRATION

Begins December 1. At Kleeman Center (Jan. 2 – Feb. 22). Mondays/Wednesdays, 4-5 p.m. \$50/student

Kleeman Community Center  
166 Cunningham Lane

## PHOTOS WITH SANTA

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)

# December

## 2 WEDNESDAY

### TODDLER SPLASH

10:00 a.m. to 12:00 p.m. \$3/person.

Indoor Aquatic Center  
166 Cunningham Lane

## 3 THURSDAY

### ART & WALK

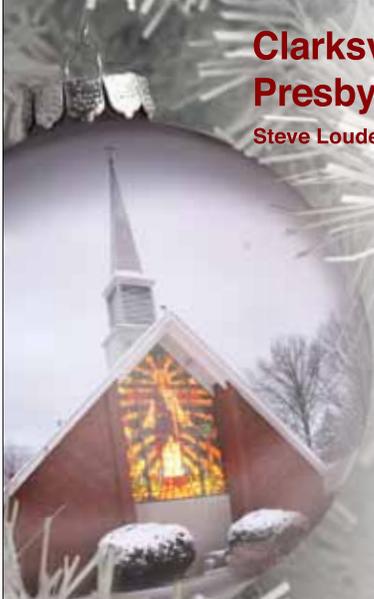
5:00 p.m. to 8:00 p.m. First Thursday of each month. Free parking downtown after 5:00 p.m. Monday through Friday and all day on weekends.

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

## 4 FRIDAY

### AN EVENING WITH SANTA

5:00 p.m. to 8:00 p.m. Free event presented by Oak Grove Tourism. Photos with Santa, light



**Clarksville Cumberland Presbyterian Church**  
Steve Louder, Pastor

<b>Sunday</b>	
Fellowship	9:00 a.m.
Sunday School	9:30 a.m.
Worship	10:30 a.m.
<hr/>	
<b>Wednesday</b>	
Dinner	5:15 p.m.
Programs for All	6:00 p.m.
Adult Choir	7:00 p.m.
<hr/>	

1410 Golf Club Lane  
931.648.0817  
[www.clarksvillecpc.com](http://www.clarksvillecpc.com)

PHOTOS WITH  
*Sensitive Santa*

This special time to visit Santa is **FREE** to the public and reserved for children with special needs. The *Sensitive Santa* area will be "sensory friendly", with lower lighting and quieter surroundings.



Monday, December 7<sup>th</sup>  
& Thursday, December 10<sup>th</sup>  
From 9 AM - 5 PM

931.542.2739  
215-A Dunbar Cave Road  
Clarksville, Tennessee 37043  
[www.MoreThanWordsLLC.com](http://www.MoreThanWordsLLC.com)



refreshments, all toys are first come, first served while supplies last. See ad on page 22.

Oak Grove Tourism Commission & Valor Hall Conference & Event Center  
105 Walter Garrett Lane  
Oak Grove, Kentucky  
(270) 439-5673  
[visitoakgroveky.com](http://visitoakgroveky.com)

## 5 SATURDAY

### UGLY SWEATER FUN RUN

Registration begins at 7:30 a.m., run begins at 9:00 a.m. Benefiting the Humane Society of Clarksville Montgomery County. Register at [uglysweaterfunrun.com](http://uglysweaterfunrun.com).

Beachaven Winery  
1100 Dunlop Lane

### 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

### 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

### 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

### DROP & SHOP

11:00 a.m. to 3:00 p.m. Drop your child(ren) ages 6 and up off at one of our community centers while you prepare for the Holidays! Cost: three school supply items from the list provided online at [cityofclarksville.com/dropandshop](http://cityofclarksville.com/dropandshop).

Crow Community Center  
211 Richview Road

Kleeman Community Center  
166 Cunningham 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-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.

First Presbyterian Church  
213 Main Street

### 56TH ANNUAL CHRISTMAS PARADE IN DOWNTOWN CLARKSVILLE

5:00 p.m. Hosted by the City of Clarksville & the Montgomery County Government, this annual nighttime parade is a community favorite.

## 6 SUNDAY

### WINTER BAROQUE MUSIC USHERS IN HOLIDAY SEASON

3:00 p.m. Douglas Rose and Gregory Wolyneec, conductors.

VIVALDI Concerto for Strings in G Minor, RV 156

J.S. BACH Orchestral Suite No. 2

CHARPENTIER Midnight Mass  
Gateway Chamber Orchestra's holiday concert tradition features Charpentier's inspirational Mass based on traditional French Christmas carols (Noels). The program features flute soloist Lisa Wolyneec in a classic work by Baroque titan J.S. Bach, along with beloved music by Vivaldi. These

works set the stage for the annual sing-a-long which concludes this festive program.

Winter Baroque Concert Tickets

Adult: \$15 · Active Military/Student: \$10 · Season Subscribers \$10 · Family\*: \$40

\*A Family is 2 adults and unlimited children.

Tickets are available ONLINE, by phone at (931) 444-6240 or on location 1 ½ hours before the concert. Visit [www.gatewaychamberorchestra.com](http://www.gatewaychamberorchestra.com) for information.

Madison Street United Methodist Church  
319 Madison Street

## 7 MONDAY

### PHOTOS WITH SENSITIVE SANTA

9:00 a.m. to 5:00 p.m. This special time to visit Santa is free to the public and reserved for children with special needs. The Sensitive Santa area will be "sensory friendly," with lower lighting and quieter surroundings. See ad on page 53.

More Than Words  
215-A Dunbar Cave Road  
(931) 542-2739

## 10 THURSDAY

### PHOTOS WITH SENSITIVE SANTA

9:00 a.m. to 5:00 p.m. This special time to visit Santa is free to the public and reserved for children



**TABERNACLE**  
CHRISTIAN SCHOOL

301 Market Street • [www.tcs1999.com](http://www.tcs1999.com)

"I love learning about different cultures through art and music."  
~Nathaniel Carter.

"These classes have opened the world of music to me."  
~ Cornelius Patterson

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"Hands-on" Holiday Party experience!  
Choose any 6 animals!  
Book today for your Holiday Party!

**Holiday Safari**

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

**1-800-589-5408** [info@animaledzooocation.com](mailto:info@animaledzooocation.com)

with special needs. The Sensitive Santa area will be "sensory friendly," with lower lighting and quieter surroundings. See ad on page 53.

More Than Words  
215-A Dunbar Cave Road  
(931) 542-2739

## 11 FRIDAY

**HOMESCHOOL SWIM DAY**  
10:00 a.m. to 12:00 p.m. \$3/person.

Indoor Aquatic Center  
166 Cunningham Lane

## CLARKSVILLE MONTGOMERY COUNTY RETIRED TEACHERS ASSOCIATION

11:30 a.m. to 1:00 p.m. Speaker:  
Doris Ann Hendrix, Educator  
from Metro Nashville Education  
Association. Call Star Berry for  
reservations at (931) 647-2508.

Madison Street United Methodist  
Church  
319 Madison Street

## SANTA VISITS ALTRA

3:00 p.m. to 5:00 p.m. Santa and  
Mrs. Claus are visiting our NEW  
office on Wilma Rudolph giving  
parents and grandparents the  
opportunity to take photos with their  
children and Santa. Santa will hand  
out a goody package to the first 20  
children that visit and special treats  
to all of the visitors. This is a free  
event.

Altra Federal Credit Union  
2625 Wilma Rudolph Boulevard

## "ONE CHRISTMAS NIGHT"

Doors open at 6:00 p.m., dinner  
served at 6:30 p.m. A touching  
comedy presented by Cumberland  
Arts Dinner Theatre. Tickets \$30.  
Call (931) 552-1106 to reserve.

710 Main Street

## 12 SATURDAY

### ANNUAL CRAFT FAIR

9:30 a.m. to 2:00 p.m. Free  
entry with 2 canned goods or pay  
\$1. Proceeds to benefit St. Jude  
Children's Research Hospital. For  
more information, please contact  
Damon Jennings at (931) 552-7600  
or [djennings@daymarcollege.edu](mailto:djennings@daymarcollege.edu) or  
Jessica Williams at (931) 614-9590  
or [jcorniel@daymarinstitute.edu](mailto:jcorniel@daymarinstitute.edu).

Daymar College  
2691 Trenton Road

### 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

### DROP & SHOP

11:00 a.m. to 3:00 p.m. Drop your  
child(ren) ages 6 and up off at one  
of our community centers while you  
prepare for the Holidays! Cost: three

school supply items from the list  
provided online at [cityofclarksville.com/dropandshop](http://cityofclarksville.com/dropandshop).

Burt-Cobb Community Center  
1011 Franklin Street

### SWIM WITH SANTA

2:00 p.m. to 4:00 p.m. Enjoy  
swimming with Santa and creating  
holiday crafts while listening to  
festive music. \$3 per person, open  
to all ages. See ad on page 45.

Indoor Aquatic Center  
166 Cunningham Lane  
(931) 472-3380

### A TOY STORY ADVENTURE

6:00 p.m. performance by Lana's  
Dance Center will be held at APSU's  
Mass Communications Building.  
Lana's will also be hosting "Bring a  
Friend Week" December 14th-17th.  
Come enjoy a FREE week of dance  
ages 2 to adult.

See website [lanasdancecentre.com](http://lanasdancecentre.com)  
or call (931) 494-5312 or (931) 503-  
8050 for class schedule.

### "ONE CHRISTMAS NIGHT"

Doors open at 6:00 p.m., dinner  
served at 6:30 p.m. A touching  
comedy presented by Cumberland  
Arts Dinner Theatre. Tickets \$30.  
Call (931) 552-1106 to reserve.

710 Main Street

## 13 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

### CHRISTMAS IN OCCUPIED CLARKSVILLE

4:00 p.m. to 6:00 p.m. Experience  
the holidays as soldiers and civilians  
did in the 1860's. Visitors will be able  
to step back in time and see period  
decorations, visit with a nineteenth  
century Santa, and enjoy eggnog,  
cakes and caroling. The event is free  
and open to the public.

Fort Defiance  
120 A Street

## 14 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

## 15 TUESDAY

### DIABETES SUPPORT GROUP

5:30 p.m. to 6:30 p.m. the third  
Tuesday of each month. Offers



Merry  
Christmas  
from everyone at  
**Club Z!**  
In-Home Tutoring Services

For information contact us at 931-444-7200  
or visit our website at [clubztutoring.com/clarksville](http://clubztutoring.com/clarksville)



Try The All New  
**TAI CHI CLASS**  
Just for Adults!  
Begins Tuesday,  
January 12<sup>th</sup>

**Class Times**  
Tuesday  
& Thursday  
7:30 PM - 8:15 PM

**KRIEGISCH**  
MARTIAL ARTS

Offering Karate Classes for ages 2 & Up!  
**931.472.1008**  
2690 Madison Street, Suite 190  
[www.kriegischmartialarts.com](http://www.kriegischmartialarts.com)

up-to-date information and peer support related to self-management of diabetes.

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

## 16 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

## 18 FRIDAY

### "ONE CHRISTMAS NIGHT"

Doors open at 6:00 p.m., dinner served at 6:30 p.m. A touching

comedy presented by Cumberland Arts Dinner Theatre. Tickets \$30. Call (931) 552-1106 to reserve.

710 Main Street

## 19 SATURDAY

### "ONE CHRISTMAS NIGHT"

Doors open at 6:00 p.m., dinner served at 6:30 p.m. A touching comedy presented by Cumberland Arts Dinner Theatre. Tickets \$30. Call (931) 552-1106 to reserve.

710 Main Street

## 24 THURSDAY

### CHRISTMAS EVE SERVICES

5:00 p.m. Children's Service, 6:30 p.m. Ignite Contemporary Service, 8:00 p.m. Traditional Candlelight Service.

Hilldale United Methodist Church  
1751 Madison Street  
(931) 647-2249  
[office@hilldaleumc.net](mailto:office@hilldaleumc.net)

## 25 FRIDAY

### CHRISTMAS

## 31 THURSDAY

### NEW YEAR'S EVE SPLASH

8:30 p.m. to 12:30 a.m. Ring in the New Year with a Pool Party! Admission includes access to wibits, climbing wall and water slide. After 10:00 p.m. minors 17 and under must be accompanied by a parent or guardian. See ad on page 45.

Indoor Aquatic Center  
166 Cunningham Drive  
(931) 472-3380

# January

## 1 FRIDAY

### NEW YEAR'S DAY

## 18 MONDAY

### MARTIN LUTHER KING, JR. DAY

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)

### 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)



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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. Exhibit sponsored in part by National Endowment for the Arts.

### 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.”

### William Buffett: A New Simplicity

December 1st – January 3rd  
A graduate of The Art Center College of Design in Pasadena, California, William Buffett is known for his tropical townscapes, featuring palm trees and glimpses of the ocean. The painting of jazz musicians is his true passion and he seems to capture the sound of the music in his dynamic paintings. He is now a resident of Nashville, Tennessee.

## ACTIVITIES:

Noel Night  
Thursday, December 3rd, 5:00 p.m. – 7:00 p.m.  
Seasons: The Museum Store has something for everyone on your list! Find a unique gift for the holiday season with our selection of local art and hand-made items. Enjoy special sales, light refreshments, holiday music, and free gift wrapping while

mingling with some of our local artists and authors at Noel Night. Wear your favorite holiday sweater and receive an extra 10% off your purchase!

### Art & Lunch Event: Thomas Spake: Glass Artist

Tuesday, December 8th, 12:15—12:45  
Free Admission; bagged lunches welcome.

Join us as artist Thomas Spake discusses his glasswork technique. Program is in conjunction with the exhibit Fragile Illumination, now on display through January 10th.

### Weekday Activities with Ms. Sue: “All I Want for Christmas Is a Model Train”

December 2, 10, 16, 30, & 31  
Each day features a different train-related topic. The model trains run 10 – 10:30 a.m. Join Ms. Sue in the Children’s Room for special activities from 10:30 – 11:30 a.m. Appropriate for all ages. Drop in at your leisure. Weekday activities can also be scheduled for moms groups, daycare centers, and pre-schools.

### Family Day: More Fun with Trains

December 12, 10:00 a.m. – 5:00 p.m.  
What did Casey Jones do? Was John Henry real? What happened in Clarksville on Friday, June 13, 1947? When did the last passenger train come through Clarksville? Find the answers to these questions while enjoying train-related activities in the Children’s Room. The model trains will run 10:30 – 11:30 a.m. and 2:30 – 3:30 p.m.

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 December 24th & 25th for Christmas and Thursday, January 1st for New Year’s Day.

Customs House Museum  
200 S. Second Street  
Clarksville, TN 931-648-5780  
[www.customshousemuseum.org](http://www.customshousemuseum.org)

# Crisis 211

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

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

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

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

*Let's move in the right direction together!*



**REALTOR**  
Amy Davis  
931-980-2307



It's my job to make sure everything goes smoothly whether you're buying or selling.



**Exit Realty Extreme**  
1919 Tiny Town Rd. Ste 600 • 931-994-6945  
Each EXIT office is independently owned and operated.

# NETWORK

## ADOPTION & FOSTER CARE

### CAMELOT CARE

Located at 2233 Stokes Road, Suite A, we are a therapeutic foster care provider serving children, adolescents, and their families in the state of Tennessee. For more information on how to become a foster parent please call Molly Kent at (931) 516-9011 or email [Molly.Kent@pathwayshealth.com](mailto:Molly.Kent@pathwayshealth.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. Deasee 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 [csa.apsu.edu](http://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.org](mailto:abby@madisonstreetumc.org), 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.mcwgs.org](http://www.mcwgs.org), if you would like more information regarding who we are and what we do or contact Linda VanMaanen at (931) 368-1636 or Linda Westfall at (931) 648-6350.

### 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) 210-4907, 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, CPPA Lactation Educator Trainer at (931) 451-3223 or [ninemonthsandbeyond.com](http://ninemonthsandbeyond.com).

#### WHOLE WOMAN BIRTH AND LACTATION SERVICES

We serve the whole woman from pregnancy to postpartum care. As the 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.middlealnanon.org](http://www.middlealnanon.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.las.org](http://www.las.org).

### MONTGOMERY COUNTY CHILD SUPPORT SERVICE

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

### SAFEHOUSE

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

## CHILDREN'S GROUPS

### 4-H YOUTH DEVELOPMENT

At 1030 Cumberland Heights Road, is open to all youth ages 9-19. Involves participation in 4-H through school clubs, community clubs, special interest groups, and a variety of camps. 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 lineage, bloodline descent from an ancestor who aided in achieving American independence. Email us at [sevierstation@yahoo.com](mailto:sevierstation@yahoo.com).

### GIRL SCOUTS OF MIDDLE TENNESSEE

331 A-1 Union Street, (931) 648-1060 or [www.gsmtdn.org](http://www.gsmtdn.org). Girl Scouts build girls of courage, confidence and character who make the world a better place. Email [bkelly@gsmtdn.org](mailto:bkelly@gsmtdn.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 soldier's 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 to 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/CroatiansinTennessee/](http://www.facebook.com/groups/CroatiansinTennessee/)

#### 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 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, ostomy care, infusion therapy, home health aides, physical therapy, occupational therapy, speech therapy, hospice care, chaplain, social work, bereavement services and volunteer services. Servicing Montgomery, Cheatham, 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.habitatmtn.org](http://www.habitatmtn.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 Country 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 Corporate Parkway Boulevard (past John Deere and Clayton Homes), a county/state agency, the TRC provides counseling, vocational evaluation, work adjustment, and job placement services for graduating high school students and adults with disabilities. (931) 648-5560.

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

The Two Rivers Association for the Education of Young Children, TRAEYC, (pronounced tray-see), is one of the fastest growing affiliates in the history of the statewide associations. TRAEYC members have a passion for young children and are committed to their education. The Tennessee Counties represented by TRAEYC are Benton, Dickson, Henry, Houston, Humphreys, Montgomery and Stewart. We invite you to join us in exciting upcoming professional growth opportunities. Contact Dr. Linda A. Sitton, TRAEYC President, at (931) 221-7308 or visit [www.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) 647-8311-1050. 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 and support you 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 [afsususa.org/host](http://afsususa.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 [afsususa.org/study-abroad](http://afsususa.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 [afsbars58@gmail.com](mailto:afsbars58@gmail.com) or Sandy Rich at [srich@afsususa.org](mailto:srich@afsususa.org) or (865) 617-0665. The local Miss Tenney Area AFS Volunteer Leadership Team web site is [afsususa.org/misstenky](http://afsususa.org/misstenky). Follow AFS on Facebook: AFSUSA, Twitter: afsususa, YouTube: AFS TV and Flickr: afsususa.

##### **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**

##### **CLARKSVILLEMOMMIES.COM**

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

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.com](http://ClarksvilleMommies.com)!

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

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

##### **CLARKSVILLE HOMESCHOOL NETWORK**

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

##### **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!

##### **HILLDALE 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 Ann Johnston or Jenny Kent, Co-Coordiators, at [mops@hilldale.org](mailto:mops@hilldale.org). Visit [hilldale.org/mops](http://hilldale.org/mops) or find us on Facebook under Hilldale 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 Freiberger at [mfreiberger@yahoo.com](mailto:mfreiberger@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/#!/groups/tnsSharehomeschool/](http://www.facebook.com/#!/groups/tnsSharehomeschool/)

##### **TENNESSEE EARLY INTERVENTION SYSTEM (TEIS)**

"Growing Together Little by Little." A voluntary educational program for families with children ages birth to three years old with disabilities or developmental delays. Visit [www.tennessee.gov/education/teis](http://www.tennessee.gov/education/teis) or call (800) 852-7157.

##### **WIC NUTRITION EDUCATION CENTER**

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

#### **RETIREMENT GROUPS**

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

Meets on the 2nd Tuesday of each month at 10:00 a.m. at Hilldale United Methodist Church, 1751 Madison Street. 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 us as a member and help us actively preserve our federal benefits. We need your support and membership to increase our overall membership numbers. NARFE works on the national and state levels in Congress to propose and oppose legislation in the interest of the federal employee and retiree. With over 200,000 members nationwide and over 3,000 here in Tennessee, we are a strong voice in Washington, DC. Local NARFE Chapter 870 meets on the 2nd Thursday of each month at the 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.

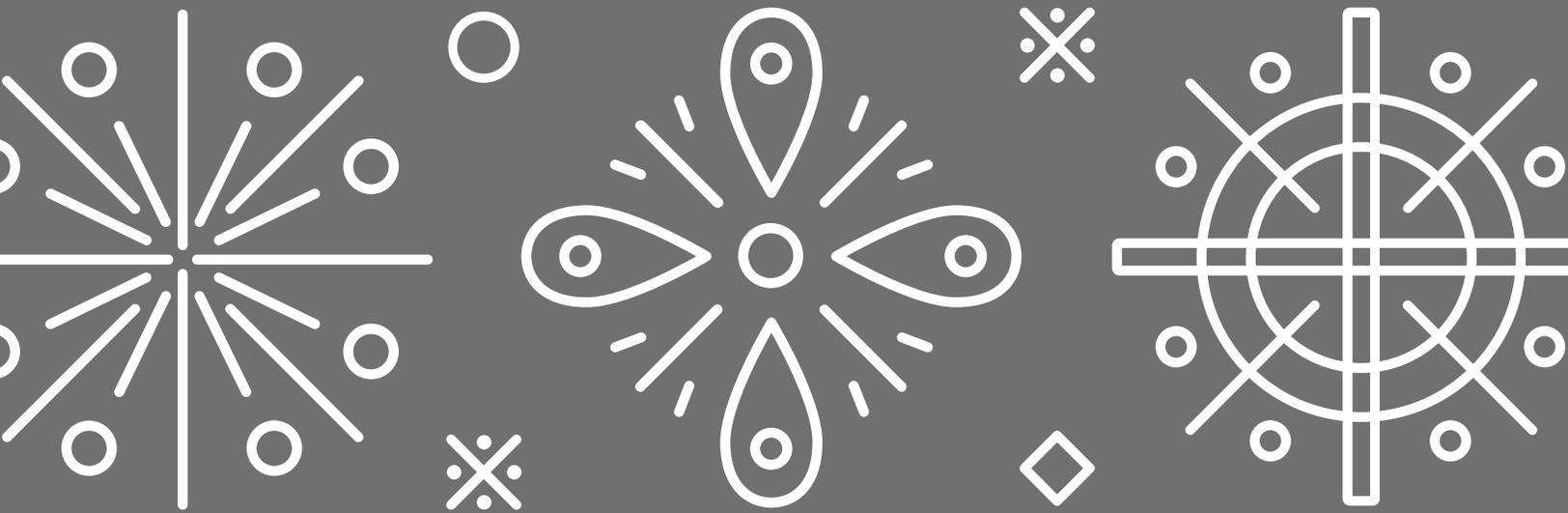
##### **TENDERPAWS PET THERAPY**

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).



# Christmas

## on the Cumberland

CELEBRATE THE SEASON WITH OVER  
TWO MILLION CHRISTMAS LIGHTS

11.24.15 thru 1.3.16 | McGregor Park

December 12 and December 19  
Crafts. Dances. Carolers. Treats.  
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**Wanna be on the Fridge?:** Email photo to: [fridge@clarksvillevivingmag.com](mailto:fridge@clarksvillevivingmag.com) by December 15th.  
 \*Please include the name of who is in the photo, their age & a preferred short caption\* (optional).

# HAPPY BIRTHDAY!



Happy 1st Birthday Harper  
Love You, Mean It!!! Mommy & Daddy



Happy birthday Jade,  
we love you!!!



Happy 2nd Birthday  
to our little princess Noemi



Happy 2nd Birthday Olivia!!!  
Love, Mommy, Daddy, and your  
baby on the way! XOXO



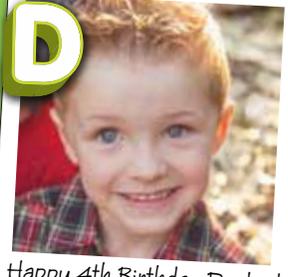
Happy 3rd Birthday Aaron!  
Your Pals, Knox, Piper & Blaise



Happy 3rd birthday Bentley  
Mommy and Daddy  
love you so much!



HAPPY 3rd Birthday Junior!  
Love Mommy, Daddy & brothers



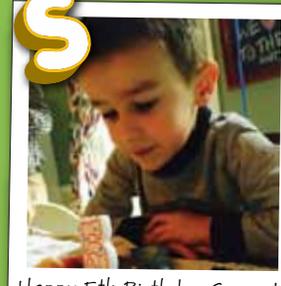
Happy 4th Birthday Declan!  
Love, Mommy and Daddy



Happy 5th Birthday Alex!  
Love Mom, Dad, & Elisabeth



Happy 5th bday Kels!  
Love, the rest of the Fitz's



Happy 5th Birthday Samuel!  
Your pals, Knox, Piper & Blaise



Happy birthday Kaylea Love,  
Aunt Cheryl, Uncle Danny, cousins



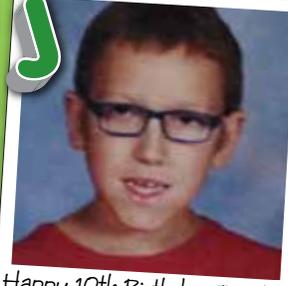
Happy 7th Birthday, Lilly-Bug!  
We love you!



Happy birthday, Elliott!!  
We love you, Momma & Monti!



Happy 8th birthday!  
Love from all your friends & family



Happy 10th Birthday Jacob!!  
Love, Your Family



HAPPY 10TH BIRTHDAY  
KY'ONNA aka TOOCHIE  
LOVE MOMMY



Happy 16th birthday Caralyn  
Love, daddy, mommy & family!



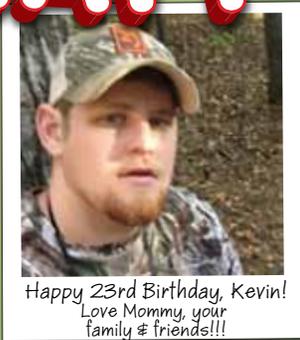
Happy birthday Daffni  
Love, Andy, Nathan, Kaylea & family



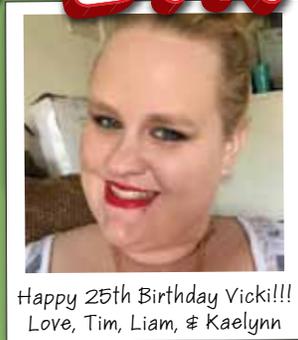
Happy Sweet 16 John!!  
Love, Your Family

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

# HAPPY BIRTHDAY!



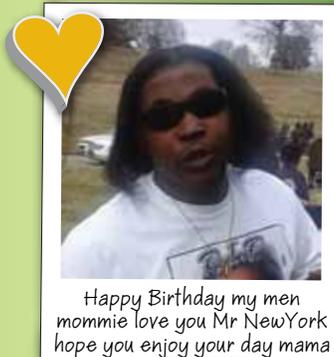
Happy 23rd Birthday, Kevin!  
Love Mommy, your family & friends!!!



Happy 25th Birthday Vicki!!!  
Love, Tim, Liam, & Kaelynn



Happy Brithday to you my neice love you Auntie Bump



Happy Birthday my men  
mommie love you Mr NewYork  
hope you enjoy your day mama



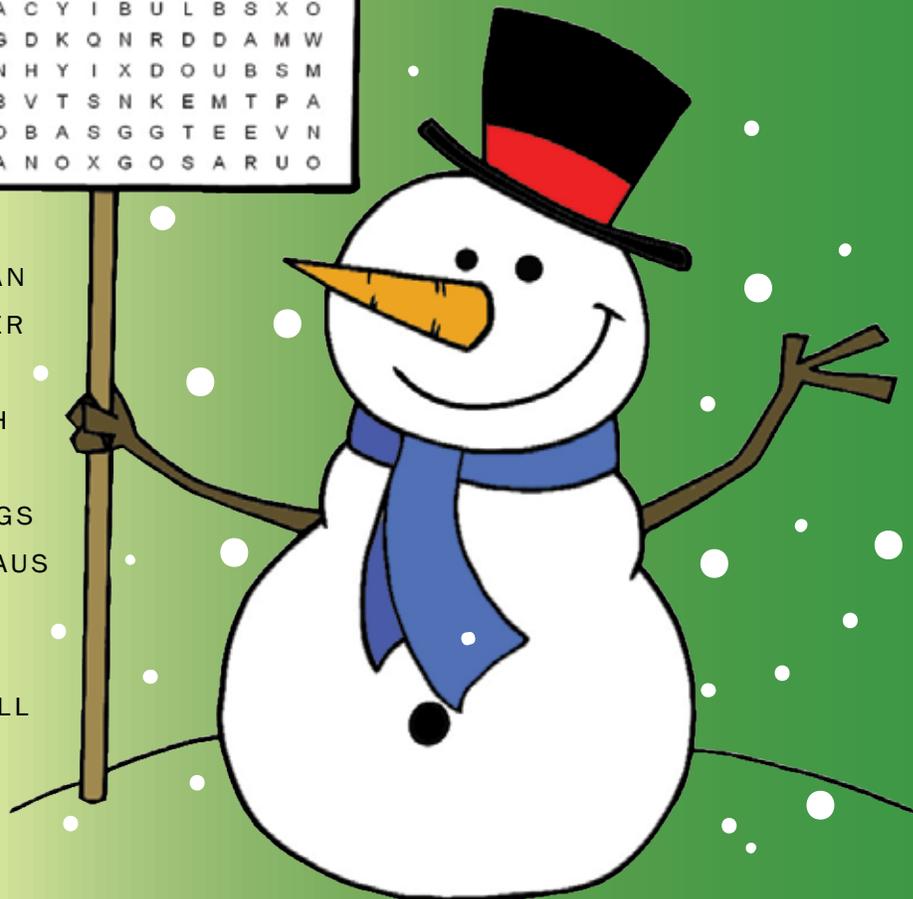
Happy Brithday to my cuz Danielle  
You will always be my girl  
love you Rhonda

P	X	X	R	S	N	O	W	B	A	L	L	B	M	N
S	X	S	A	N	T	A	C	L	A	U	S	E	B	J
T	X	H	T	J	R	M	C	W	R	E	A	T	H	S
A	F	L	L	O	M	E	Q	V	P	E	X	Q	F	N
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W	L	Q	T	N	H	Y	I	X	D	O	U	B	S	M
I	Z	G	A	B	V	T	S	N	K	E	M	T	P	A
S	G	C	C	O	B	A	S	G	G	T	E	E	V	N
T	A	J	M	A	N	O	X	G	O	S	A	R	U	O

JUST FOR FUN!

## SNOWMAN WORD SEARCH

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- REINDEER
- CANDY
- WREATH
- LIGHTS
- STOCKINGS
- SANTA CLAUS
- BULBS
- STAR
- SNOWBALL



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\*No Fee Balance Transfer offer is valid for telephone or in-office balance transfers posted to a new or existing Altra Visa. Offer valid through 03/15/16. Balance transfers are sent by mail and may take up to 10 days to reach their destination; please be sure to make all minimum payments on any account from which you are transferring a balance until the balance transfer is credited to that account. Balance Transfers may not be used to pay off Altra credit cards or other Altra accounts. If you are ineligible for the top tier Altra Visa card, you may receive a card with a fixed promotional rate: from 5.9% to 9.9% based on your card program and creditworthiness. Your balance transfer rate will remain fixed for the life of the balance transfer as long as your account remains in good standing. Balance transfers do not earn Reward Points. Contact Altra Federal Credit Union for complete details on this offer.

