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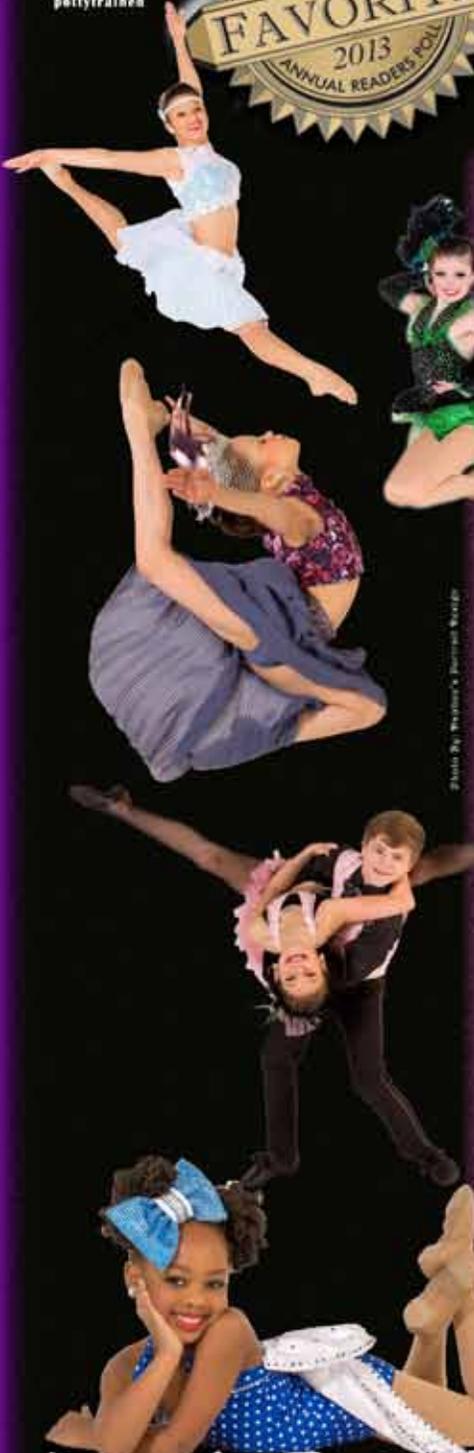
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Publisher's Message

When we decided to take this month's cover at the Greenway it was right after our first snow in mid January and we thought it would make such a pretty scene. Well, we weren't fast enough and even though it was really cold that day, all the snow obviously had melted. *(Little did we know there would be so much more snow to come!)*

When most people think of February they usually think of Valentine's Day, but it's also National Heart Month. What better time to head out to our beautiful Greenway and check out all the new additions. You'll get your heart pumping and blood flowing while taking in plenty of fresh air in amazing natural surroundings. Read about in more detail in Candice Tillman's article on page 28.

Since I already mentioned Valentine's Day, let's talk about another subject near and dear to my heart...chocolate. Pamela Roddy Magrans' article (page 6) talks about the long, interesting history of chocolate as well as all of the local places around town you can find divine gourmet and organic chocolate treats.

We also have other outstanding articles about everything from advice on how to nicely say no (page 14) to following your instincts when it comes to sticking to goals or resolutions (page 20).

I would say to stay warm but as I type this, it's supposed to be in the 60s this week! So I'll just say be prepared!

As always, thank you for picking us up and happy February!

Sincerely,
Carla Lavergne



Clarksville Living

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

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THE SWEET LIFE OF CHOCOLATE

Pamela Roddy Magrans

Chocolates have long been associated with luxurious living and indulgences. The first documented case of people consuming chocolate is in the rainforests of the Americas. The Mayans are believed to have mixed the ground cocoa seed with seasonings to make a spicy drink that was supposed to improve health.

For the ancient Mayans and Aztecs, the cocoa plant represented fertility and wisdom and had a role in various religious and marriage customs.

According to WebMD, it was Montezuma who offered Cortes' army a taste of the spicy



cocoa drink. The Spanish conquistadors brought the seeds to Spain where they began mixing the concoction with sugar. Chocolate in various forms became a drink of the elite in Europe.

It was Casanova, the well-known womanizer, who was rumored to have consumed chocolate before his romantic conquests, solidifying the association of chocolate as an aphrodisiac.

In the late 1800s, the first Valentine's Day box of chocolates was packaged and sold by Cadbury. That was the beginning of the Valentine's Day chocolate obsession.

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The secret benefits of chocolate are no longer a secret—and with good reason. Research now supports the Mayan and Aztec’s claims about the power of the cocoa seed.

Why Eat Chocolate?

Chocolate is a highly researched field of study—we must justify our cravings! What is pretty much agreed on by researchers in the field is that chocolate stimulates the senses, sends a rush of antioxidants soaring through our body and a gush of blood to our brain.

Chocolate has long been associated with passion, desire and love. Chocolate, like all things Valentine-themed, symbolizes love and romance. It is a highly marketed product of the Valentine’s Day holiday, equal to that of roses and those tiny folded cards

professing childhood love. There’s little doubt that chocolate makes an extraordinary Valentine’s gift for many reasons.

Chocolate contains a chemical called phenylethylamine (PEA) that is linked to physical energy, mood and attention. Specifically, dark chocolate has been shown to improve blood vessel flow and may, in small quantities, actually reduce the risk of diabetes. Dark chocolate also contains antioxidants that work as an anti-aging force. Serotonin is also found in chocolate, giving these sweet treats anti-depressant capabilities. Then there is the caffeine that acts as a stimulant. Chocolate is packed with ingredients that can help us focus.

A 2014 *New York Times* article published in *Nature Neuroscience* shows findings that



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chocolate helped to improve memory among participants. A research study at Harvard University suggested that participants who drank hot cocoa regularly showed improved memory and blood flow to the brain. Apparently, devouring a small square of 90% dark chocolate or drinking a cup of hot cocoa can provide a boost of brain activity. That would explain why chocolate makes us feel so good! My high school band



director always handed out Hershey's minis to the entire band just before we took the field for marching band competitions. I thought he was being nice—maybe he was onto something that worked! A boost of memory and a boost of

energy—exactly what the band director ordered!

However, not all chocolates are created equal. What should we look for when

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choosing chocolate? Avoid chocolates that say “processed with alkali,” which indicates processing that lessens the beneficial flavanols in chocolate. When choosing a chocolate dessert look for organic, non-alkalized chocolate.

Organic brands are more likely to not be processed. The best secret benefits of chocolate are found in the dark chocolates—the higher percentage the better. When looking for maximized benefits, pick dark chocolates that are 70% cocoa or higher. Dark chocolate, while more bitter than milk chocolate, tends to curb hunger and one research study showed that participants ate less junk food after eating dark chocolate.

Since chocolate does contain a lot of sugar and calories, it should be consumed as a part of a well-balanced diet. In excess, anything can be bad. We have all learned a thing or two from Charlie and the Chocolate factory about the dangers of overindulgence, so the key is to consume chocolate in moderation.

We should all enjoy our Valentine’s Day special treat

from our significant other realizing that the best things in life are best divvied out in small portions.

If you are going to treat the love of your life to a sweet treat this month, the Clarksville area has you covered. These local businesses offer homemade chocolate

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Silke's Old World Breads—for Chocolate Truffles and more

Silke's Old World Breads specializes in European bakery items. Their signature truffles are pictured alongside this article. Their truffles are affordable, locally made, and are a treat both to the eye and the taste buds. Silke's



also boosts their Linzer Heart in the month of February. Visit Silke's Old World Breads at 1214A College Street to take home a local gourmet chocolate treat this



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B's Cheesecakes—for Chocolate Cheesecakes

B has been making life sweater one bite at a time at local venues for several years, and now she has a location at 305 N. Riverside Drive, next to Mary's Music. B's Cheesecakes are also served at Peabody's on Riverside Drive. A photo of the one-serving size cheesecakes is shown

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Lydia Walker is a local singer/songwriter and worship leader. Her mellow voice is accompanied by her acoustic guitar and occasionally, ukulele. She recently released a new worship album, "Communion," available on her website: www.lydiawalkermusic.com and on iTunes. Her goal is to inspire people with a message of hope.

Family Music Night: Come enjoy the music of local singer/songwriter Lydia Walker, every 2nd Monday of the month!

alongside this article. While B's Cheesecake offers a variety of options, she uses decadent chocolate to both flavor and adorn many of her signature cheesecakes. Try out her Layered Chocolate Mocha cheesecake or her Brownie Peanut Butter with Chocolate Ganache. This locally made sweet chocolate treat sure beats a store-bought bag of processed candy. B's Cheesecakes can be reached



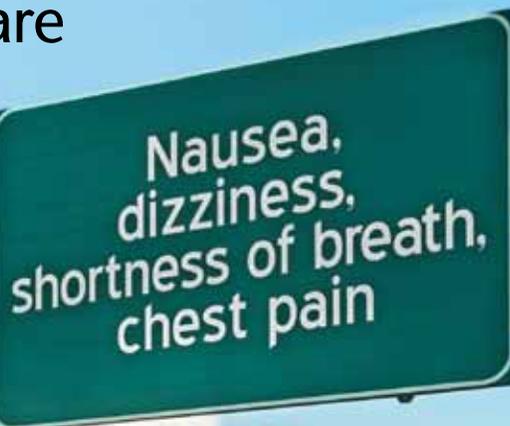
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Sango Pharmacy— for organic dark chocolate bars

If a good old fashioned candy bar is what your sweetheart is craving this Valentine's Day consider visiting Sango Pharmacy

at 2197 Madison Street for organic and artisan chocolates. Sango Pharmacy has a diverse selection of organic chocolate bars

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and truffles. One brand, Olive and Sinclair, is made locally in Nashville. Sango Pharmacy also stocks Alter Eco and Lily's Chocolates, companies that support organic, environmental practices partnering with small-scale cocoa farmers. Lily's Sweets offers stevia-sweetened dark chocolate that is GMO free and gluten-free.

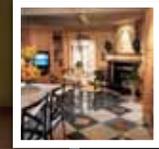
The ancient Mayans and Aztecs knew the cocoa bean was packed with benefits. Modern day research now supports that belief. Go ahead and treat your sweet to a chocolate dessert this February by buying local and garnishing your valentine with a good excuse to indulge.



Pamela Roddy Magrans is a mother of two and loves calling Clarksville home.

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Taylor K Lieberstein

Whether you call it being too nice, being codependent, or the disease to please—some of us can't find the nerve to say "no." Every day there are moments when we have to say no to others. You let your boyfriend crash on your couch indefinitely. Your sister asks to borrow your expensive new boots, again—the ones you haven't even worn yet—and you agree. And you just agreed to take on a work project for an overwhelmed coworker, even though you're swimming in your own assignments. Life is full of relentless requests and finding creative ways to say "no" can be challenging.

Before you give a reluctant yes to yet another request, find out why the "sure, no problem" habit is so powerful and how to break it (and not feel guilty).

I recently read somewhere that the female need to please is so ingrained that many women equate saying no with saying "I don't care about you." Many of us can identify with that thought but it is not the case. In fact giving in to the yes habit can backfire. Instead of coming off as helpful, you earn a reputation as a doormat. Not setting boundaries gives you little to no respect among friends and acquaintances, so they keep asking you for help because they know you're likely to accept. Here are the nicest ways to say no when you have to (or simply want to).

Suggest Another Resource

One of the most helpful things you can do when saying no is giving the other person advice on where they should turn next.

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Whether it's a specific person or place, or just an idea about what you would do if you were in their shoes, it helps by letting them know how to move forward without you.

Say it Fast

Don't keep the person who is asking hanging for days or weeks, hoping they'll forget about it because likely they won't. Blowing someone off in this way is much more harmful than saying no on the front end.

Use the Classic Dating Rejection

"It's not you, it's me." This old line can be put to good use in other situations. Don't be insincere about it, though. Often the person or project is a good one, but it's just not right for you, at least not at this time. Simply say so. You can compliment the idea, the project, the person, or the organization by saying that it's not the right fit, or it's not what you're looking for at this time.

Propose Something Else

The key to crafting a gentle "no" is to include an alternative form of support. This "alternative" should obviously be something that you are willing to do (or give) because it is easier, less complex, or less time-consuming, it doesn't cost

money, or it just feels good for you to offer. It should not be something that takes more of your time.

Say Not Right Now

Another option when saying no is to say "not right now." This phrase demonstrates a willingness to help—you're not saying no

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all together—while letting the other person know your schedule is firm and you're sticking to it. If the request is something that you would be feeling up to if you honestly could find the time express that by saying that you will consider saying yes when it fits your schedule better. If their

project is super, building-on-fire urgent, they'll have to ask someone else (or maybe not leave things till the last minute next time).

Try Adding in Humor

When you have to turn someone down wit can defuse a potentially awkward

situation and also divert the conversation away from the fact that you are rejecting their request, be it a trivial or serious issue. It never hurts to make someone smile as you deliver the disappointing news.

Don't Feel Obligated to Explain Yourself

You have your reasons and they may not be ones you wish to discuss. If this is the case, try saying something like, "I'm just not able to." Leave it at that. If you must, change the subject, or say, "I'm sorry, but I need to go."

Additionally, resist the urge to apologize profusely, which shows that you're uncomfortable with your decision. You don't have to give excuses, rationalizations, or white lies. You just don't. After you've turned the person down, don't dwell on it or allow yourself to feel guilty. Once you see how much more control over your life you have saying no will become second nature.

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A woman with long, wavy brown hair is posing in a vibrant red, flowing dress. She is looking directly at the camera with a slight smile. Her right hand is raised, touching her hair. The background is a plain, light-colored wall.

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Dr. Catherine Meeks

As you started into the new year, did you resolve to have healthier habits? Many people do. But a long-term study found that Americans are not doing as well as they were 20 years ago in maintaining a heart-healthy lifestyle.¹ And that increases their chances of having a heart attack, stroke, or heart disease.²

Life's Simple 7. In the study, the percentage of Americans who met all these heart-healthy lifestyle goals—what the American Heart Association calls Life's Simple 7—dropped from 8.5 percent to 5.8 percent:

- Eat a balanced diet.
- Be active.
- Manage your weight.
- Don't use tobacco.

- Maintain ideal levels of blood sugar, cholesterol, and blood pressure.

Best for women. In the past, it was thought that hormones protected women from heart disease until menopause. Now we know that's not the case. But two recent studies show that there may be subtle differences in what's best for women and men.

In one study, women who followed these six habits cut their risk of heart attack by a whopping 92 percent.³

- Don't smoke.
- Maintain a normal body mass index (BMI).
- Exercise—moderately to vigorously—at least 2.5 hours a week.
- Watch no more than seven hours of TV each week.
- Drink no more than one alcoholic beverage each day.
- Eat plenty of fruits and vegetables, whole grains, and fish or omega-3 fatty acids
- Limit sugary drinks, processed and red meats, trans fats, and sodium.

Even women who adopted just one or two of these healthy habits lowered their heart risk, with a normal BMI having the greatest impact.

Best for men. A Swedish study tracked 20,000 men and found that men with the following habits cut their risk of heart attack by 86 percent:

- Don't smoke.
- Eat a healthy diet.
- Drink no more than two alcoholic drinks a day.
- Stay physically active, for example, walking or cycling at least 40 minutes a day.
- Maintain a waist circumference of less than 37 inches.³

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For men, healthy diet and moderate drinking appeared to have the most impact on reducing their heart risks.

Know your numbers. So where should you begin? One place to start is to know your numbers. That includes blood sugar, cholesterol, and blood pressure—as well as your weight. The next step is to talk with your doctor about ways to improve.

I can also give you tips on tracking—and improving—these critical numbers. For example, if you want to track your blood pressure at home, I'll advise you on how best to do that. Remember: High blood pressure is a “silent killer,” so the only way to know whether or not it's lurking is to check it.

In fact, nearly 30 percent of Americans have high blood pressure. Nearly half don't have it under control with either lifestyle habits or medication.² If your doctor has prescribed blood pressure medication, be sure to take it. For some people, that's the only way to keep it at bay.

Nothing herein constitutes medical advice, diagnosis or treatment, or is a substitute for professional advice. You should always seek the advice of your physician or other medical professional if you have questions or concerns about a medical condition.

Sources:

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Carmen Hunter

I really didn't plan on writing about resolutions. I never make them and have gotten away from setting a "date" for change altogether. I personally feel like setting January first as a date for big changes is a recipe for failure for most people.

"A 1989 study by John C. Norcross of the University of Scranton shows that 77 percent of resolvers had been able to keep their commitments 'continuously for one week,' and follow-up research by Norcross in 2002 put the figure at 71 percent for one and two weeks. That means that about 25 percent

of us don't stick with it for seven measly days." This is from the *The Washington Post*, who did an extensive article with studies showing percentages on failure and success for resolutions.

You can see the article in it's entirety here (<https://www.washingtonpost.com/news/to-your-health/wp/2015/01/07/its-january-7-and-a-quarter-of-us-have-already-abandoned-our-new-years-resolutions/>) so I will let the stats come from that reliable resource.

I had set a couple of resolutions in my time back in my teens and in college to quit smoking, and I still remember the overwhelming feeling of disappointment when I didn't stick with it. Self-loathing was not what I needed at that time when I wasn't doing well in school, wasn't eating right or taking care of myself. I eventually did end up quitting smoking, stopped partying and started eating real, whole food...but it came on

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my terms and not by some universal date on a calendar when everyone else was trying to make changes.

You may be asking, "How do you know when you are ready?" Change should come with instincts and intuition as our guide. The problem is people are listening to the mind and not the signs from the body. Our mind tries to run the show. How do people end up in debt, cheating on spouses, gaining weight, etc? One reason is because they are listening to the wrong messenger.

Let's look at the difference between the mind and instincts and see which one we are usually paying attention to.



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Mind: "Just have one more brownie. You can go to the gym tomorrow." Instincts: "I am not even hungry and already had one, which was really sweet and plenty for me."

Mind: "Just go out with him once more... maybe you will like him better this time." Instincts: "I had nothing in common with him and he gives me the creeps."

Mind: "You can get those \$150 jeans on your credit card and pay it off later." Instincts: "You are already in debt and Christmas is coming up. You don't need them anyway."

It's about trusting yourself to make decisions that are in line with your beliefs and the direction you want to go. The problem is that listening to instincts is a lost art. With everything we have available to

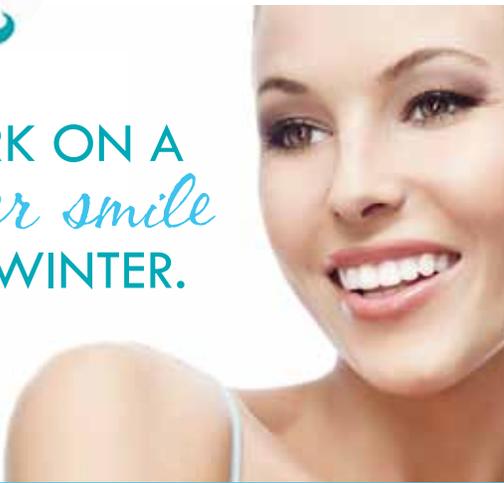
us now (gadgets to count our steps, apps to tell us if we have eaten too many carbs, tools to tell us what essential oils will benefit us—this one blows my mind) why would we bother listening to OURSELVES? While this article has veered off of resolutions as a topic, I am hoping I am steering you more in the direction of a process for change that makes sense and may even lead to success.

The first step to making lasting change is dialing in with yourself. Find a space where asking these questions allows you to receive the answers your instincts and intuitions are trying to give you. When you have a few minutes to yourself without interruption, investigate the reason you are seeking change. Ask yourself some key questions when making big decisions that



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DETAILS: Sundays 3-4 pm. Instructional meetings will take place in the activity room, and runs will take place on the indoor track for the first month, then moving outside to Liberty Park, the Greenway and other running hotspots weather permitting.

12 weeks: February 7- April 24. Preparation for the Queen City Road Race 5K or The Gauntlet 5K obstacle/trail race. Ages 12 and up.

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Group will be limited to 15.

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will change your life. For example, a person who may want to lose weight might ask herself some key questions instead of just signing a contract for a gym she may never go to. Questions that lead to self-discovery and true solutions for stress-free goal setting might look like this:

- Does this feel right in my gut? (It's called gut instinct for a reason.)
- Do I feel stressed or tense and tight when I think of making this change?
- Do I have support for when I feel challenged with this change?
- Am I making this change for myself or someone else?

- What is the best-case outcome from this decision? The worst? Can I deal with the success or disappointment of either outcome?

Don't look at a date until you have listened to your instincts first. Setting a date makes sense once the reason and goal have been identified and it feels right. While this may not have been the resolution piece you were seeking (how to make it easier, how to succeed, etc.) I am hoping it gives you permission to set goals based on your own deep feelings about what will work for you. Success comes from listening to yourself first. Wishing you much happiness and joy in 2016!

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Larry Riley, Senior Pastor, First Baptist Church

The first listed definition for the word “family” on Webster’s online dictionary is “A group of individuals living under one roof and usually under one head.”

While this definition may be technically correct, it’s definitely not the ideal or full definition of “family.” There’s so much more tied to the idea of family. Families come in all different shapes and sizes. Some people may think of just their immediate family they live with; others may strongly connect with relatives all over the country; and some still may think of a close group of friends when they hear the word. Family encompasses all these ideas and more.

Family can be one of the greatest sources of joy in our lives. Sometimes though, we can get into slumps as families where the level of family interaction looks a lot more like that Webster’s

definition we saw earlier than a real-life family: “A group of individuals living under one roof and usually under one head.”

After long stretches of busyness from schoolwork, work-work, holidays, moving, new jobs, new baby, etc. we as people tend to drift into a routine. Now, I’m not saying that routines are bad, quite the opposite in fact, but *drifting* into one is usually not great. When we’re drained and depleted from the pressures and stress of a long season of intensity we tend to gravitate towards being more isolated, and simply living *around* each other instead of *with* each other.

Think back to when you were back in middle school or high school. It’s May 20th or somewhere around that time. The final bell rings. You and your classmates rush out the door. Some are racing to the buses; others are walking briskly towards their parent’s car. It’s summer break. Sleep, TV, games, read, rinse and repeat. Now that schedule is well-earned after the rigors of school, but one week becomes two which becomes a month, and before you know it it’s fall and school is starting all over again with nothing to show for it.

Just like the school-aged versions of ourselves experienced, our actions and behaviors caused by life circumstances can be perfectly all right. They are fine for a time, but without regular course corrections we drift from where we want to be. One major place this dynamic plays out is with families.

Usually when one person in a family is worn out so is most of the family. Everyone retreats to her room or to her phone to escape. Maybe there’s a “How was your day?” tossed out or a TV show or movie thrown in for good measure. Sometimes that’s enough, but to truly grow and show love in any relationship requires not just living around each other, but investing time, energy, and openness with one another. We’ve got to really connect.

Think back to the times you felt closest to your husband or wife. Think back to those times with your kids where there were deep and meaningful

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connections made. We can never be sure when some of these amazing moments are coming, but what we can do is to foster environments and behaviors that encourage these interactions.

Every family is different, so what this might look like for your family could be very different than the next; but there are two main common factors to start from to go from drifting to on track.

First, there should be regularly occurring times for playing together. Having fun and laughing together is one of the best ways to bring people together. So, yes, rent a great comedy or watch a show together, but also look for more interactive ways to connect such as playing a board game, doing art projects together, or getting together with family and friends for a little bowling competition. These types of events can be a lot of fun and great natural kindling for conversations to start.

Second, there should be recurring times to check-up as a family and see how everyone is doing. Maybe a weekly, or bi-monthly time where the goal is to make sure that everyone is on the same page. If this is something you haven't done in a while or have never done it may feel a little strange at first, the best way to start is to lead by example. Lead the conversation, be vulnerable yourself. Often when one person is willing to be open, it helps everyone else to feel more comfortable.

Whatever these times together look like for you I hope they help you build ever-stronger bonds with your loved ones. Family is a beautiful thing that is so much more than just a group of people living around each other. Let's try out a different definition, "a group of individuals devoted to a life of laughing together, talking together, and encouraging one another to greater acts of love."



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Freezer Face-Lift

Throw out frozen fried foods and instead keep lean cuts of chicken and turkey on hand. Stock up on frozen vegetables to steam, but be sure they don't include added sodium or sauces.

Fix Your Fridge

If you're looking for a dairy alternative, replace the cheese on your sandwiches

with avocado, a great source of unsaturated healthy fats. Keep dark leafy greens on hand—they contain potassium, which helps control blood pressure.

Boost Your Bread Box

Choose wheat or other whole-grain or sprouted-grain bread options rather than refined white bread. Whole-wheat products contain more fiber than the white alternatives, along with folate, riboflavin and B vitamins.

Sizing Up Snacks

When it comes to finding foods that are good for your heart, your snack drawer needs a makeover just like the rest of your kitchen.

High-sugar and high-sodium foods are out—get rid of things like snack cakes, potato chips and cookies. Instead, try stocking your snack drawer with options such as whole-grain pretzels, light popcorn or brown rice cakes. If you have to buy chips, look for options that are baked and made with whole grains.

Unsweetened, freeze-dried fruits make a heart-healthy snack option, as do peanuts, cashews or almonds. Though nuts are a great source of protein and unsaturated fats, they can be high in calories, so only eat a small quantity at a time.

Chocolate also contains healthy fats—choose the highest level of cacao that's tasty to your palate and enjoy in small portions.

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Candice Tillman

A new stretch of Clarksville Greenway opened in September of last year marking a small but important step in the city's plan to expand the walking trail. The new stretch extended the trail from Mary's Oak Trailhead along Peachers Mill Road to Heritage Park. Now folks from north Clarksville along Tiny Town Road can utilize Peachers Mill sidewalks all the way to Heritage Park via the pedestrian overpass at 101st Parkway to Mary's Oak and ultimately to the original Pollard Road Trailhead.



rails in critical areas so families of all ages can enjoy the Greenway and not have to worry about vehicles hindering their experience,” said Mark Tummons, Clarksville Parks + Recreation Director.

This trail extension is just a step forward in plans to eventually have a 20-plus-mile Greenway that runs from downtown Clarksville to north Clarksville close to Fort Campbell the Kentucky state line.

Currently, the trail runs south past the Pollard Road Trailhead, where there are restrooms and pet watering stations. From there, it leads nearly all the way to the Clarksville sewer plant, about 1,000 feet north of the Red River.

“By spring, the new section of trail will have several unique benches, pet waste stations, two water fountains with bottle fillers, and safety

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Another section of the Clarksville Greenway runs through part of downtown, known as the Uplands Trail, which crosses Riverside Drive by way of the Pedestrian Overpass and leads to McGregor Park where the Cumberland and Red Rivers meet. Plans to extend it along the Red River to the Waffle House are underway through a Tennessee Department of Transportation (TDOT) grant.



to acquire land between the Red River and Kraft Street and eventually construct a bridge over the Red River to connect the two sections of trail. The City Council has approved money to buy those parcels of land but no purchases have been finalized.

A second TDOT grant awarded in 2015 will assist Greenway development from the New Providence bridge nearly to Taylor Auto Sales where it will cross the Red River to connect to the existing Greenway. The city first has

The ultimate goal over the next few years is to create one long trail that extends from downtown to the north side of Clarksville. From that point various spur trails can be developed to other parts of the Clarksville community, following the 2015 Clarksville-Montgomery County Greenway, Blueway and Bicycle Plan.

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Alissa Marquess

Pretty much since the magazine started, we've gotten submissions of great articles from talented writers all over the country. Most of the topics were family- and kid-related because we were Clarksville Family at the time. Even then, we never published any because we always used local writers, who wrote about local events and topics.

A few months ago though, I came across a piece that I absolutely adored. Even though we are now Clarksville Living, it's always a great time to find new ways to connect with your child.

Don't worry, there's nothing new or fancy...just little reminders of how much you already love your kids. I hope you enjoy it as much as I did!

If you like this list there's a really cool poster from its author on Etsy, [etsy.com/people/alissamarquess](https://www.etsy.com/people/alissamarquess).

Carla Lavergne

Tell your child:

1. I love you.
2. I love you no matter what.
3. I love you even when you are angry at me.
4. I love you even when I am angry with you.





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5. I love you when you are far way. My love for you can reach you wherever you are.
6. If I could pick any 4-year old (5-year old, 6-year old, etc.) in the whole wide world, I'd pick you.
7. I love you to the moon and then around the stars and back again.
8. Thank you.
9. I enjoyed playing with you today.
10. My favorite part of the day was when I was with you and we _____.

Share:

11. The story of their birth or adoption.
12. About how you cuddled them when they were a baby.

13. The story of their name.
14. A story about yourself when you were their age.
15. The story of how their grandparents met.
16. What your favorite color is.
17. That sometimes you struggle too.
18. That when you're holding hands and you give three squeezes, it's a secret code that means, "I love you."
19. What the plan is.
20. What you're doing right now.

Play:

21. Charades
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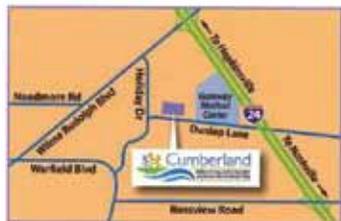
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- 25. Simon Says
- 26. Twenty Questions
- 27. I Spy on long car rides
- 28. Catch

Pretend:

- 29. To catch their kiss and put it on your cheek.
- 30. That their tickle tank is empty and you have to fill it.
- 31. That their high five is so powerful it nearly knocks you over.
- 32. That you are super ticklish.

33. That you are explorers in the amazing world of your own backyard.

34. That it's party day!

Try:

- 35. To get enough sleep.
- 36. To drink enough water.
- 37. To eat decent food.
- 38. Dressing in a way that makes you feel confident and comfortable.
- 39. Calling a friend the next time you feel like you are about to lose it with the kids.
- 40. Giving a gentle touch to show approval.
- 41. Dancing in the kitchen.

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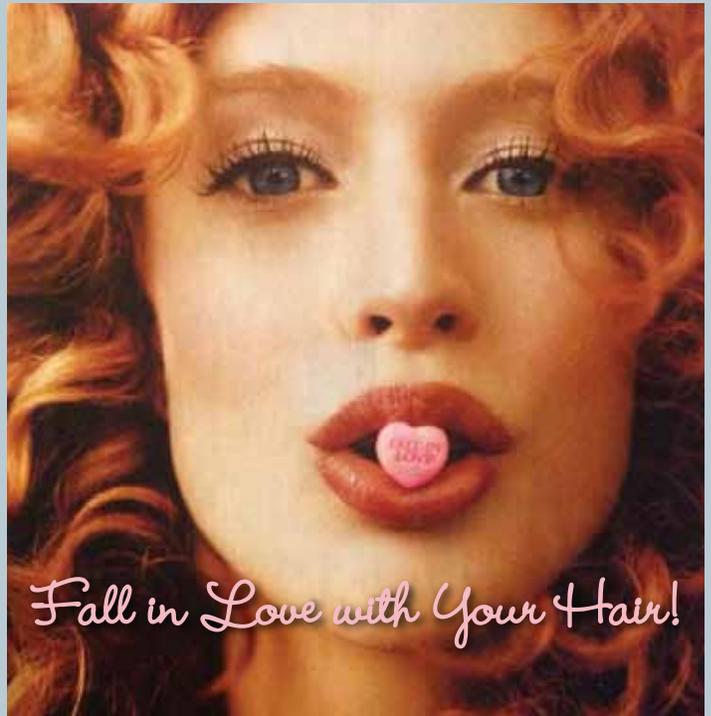
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- 42. To get your kids to bop to the music with you in the car.
- 43. Showing your kids that you can do a somersault or handstand or a cartwheel.
- 44. Keeping the sigh to yourself.
- 45. Using a kind voice, even if you have to fake it.

Read:

- 46. A book of silly poems.
- 47. A story and then act out the plot.
- 48. Your favorite childhood book to them.
- 49. When the afternoon is starting to go astray.
- 50. Outside under a tree.
- 51. In the library kids corner.

- 52. The comic book they love that you're not so hot on.
- 53. About age appropriate behavior so you can keep your expectations realistic.

Listen:

- 54. To your child in the car.
- 55. To silly songs together.
- 56. For that question that means your child really needs your input.
- 57. One second longer than you think you have patience for.
- 58. For the feelings behind your child's words.

Ask:

- 59. Why do you think that happens?

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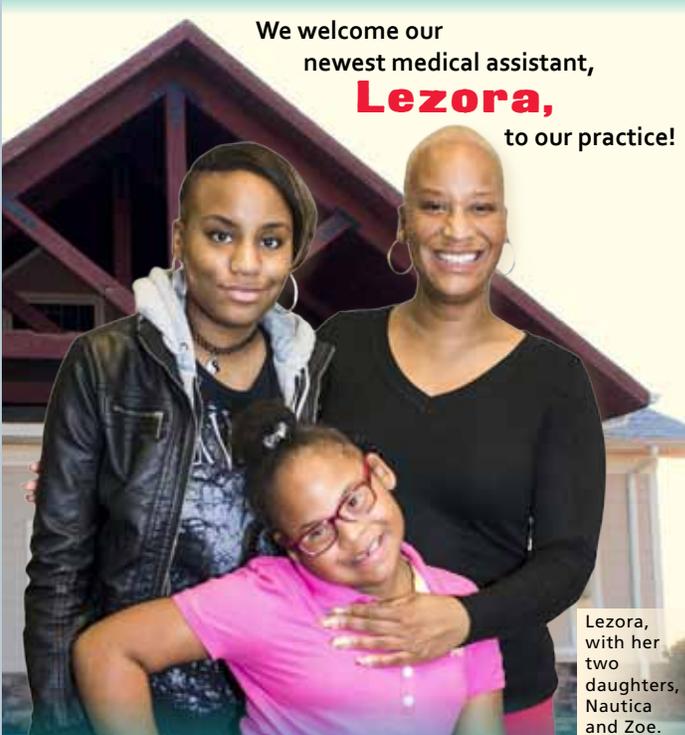





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- 60. What do you think would happen if _____?
- 61. How shall we find out?
- 62. What are you thinking about?
- 63. What was your favorite part of the day?
- 64. What do you think this tastes like?

Show:

- 65. Your child how to do something instead of banning them from it.
- 66. How to whistle with a blade of grass.
- 67. How to shuffle cards—make a bridge if you can!
- 68. How to cut food.
- 69. How to fold laundry.

- 70. How to look up information when you don't know the answer.
- 71. Affection to another.
- 72. That taking care of yourself is important.

Take Time:

- 73. To watch construction sites.
- 74. To look at the birds.
- 75. To let your child pour ingredients into the bowl.
- 76. To walk places together.
- 77. To dig in the dirt together.
- 78. To do a task at your child's pace.
- 79. To just sit with your child while they play.

Trust:

- 80. That your child is capable.
- 81. That you are the right parent for your child.
- 82. That you are enough.
- 83. That you can do what is right for your family.

Delight:

- 84. Clean your child's room as a surprise.
- 85. Put chocolate chips in the pancakes.
- 86. Put a love note in their lunch.
- 87. Make their snack into a smiley face shape.

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88. Make sound effects while you help them do something.

89. Sit on the floor with them to play.

Let Go:

90. Of the guilt.

91. Of how you thought it was going to be.

92. Of your need to be right.

Give:

93. A kind look.

94. A smile when your child walks into the room.

95. A kind touch back when your child touches you.

96. The chance to connect before you correct so that your child can actually hear your words.

97. Your child a chance to work out their frustrations before helping them.

98. A bath when the day feels long.

99. A hug.

100. You get to choose the next one! What is your favorite way to be kind to your child?



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What's the difference between wood and faux wood blinds?

By David W. Shelton

**This article is a paid advertisement.*

During the 1970s, mini blinds were all the rage, but the splash of color of yesteryear has given way to the classic, timeless look of 2" and 2 1/2" plantation style blinds. These classic blinds are available from most dealers in wood, composite, or faux wood (pronounced "foh", not "fox"). But what's the difference? More importantly, why should you care?

Faux wood blinds are by far the most popular with homeowners in the Clarksville area. They're by far the least expensive of any of the window treatments available from most retailers, and give the benefit of having the look and feel of real wood without the weaknesses that wood blinds present.

Faux wood blinds are manufactured from various materials, but it's important to know what you're getting. Lower-priced blinds are typically made of a vinyl blend that will sag within a few months, or be easily damaged by small pets. Worse yet, they're known to yellow very quickly.

For the homeowner willing to spend a little more money, they can opt for custom made blinds that will not only last for years, but withstand the prickly abuse of curious cats! These mid-range faux wood blinds are typically made of PVC, adding to their durability and their beauty. These higher quality blinds are usually guaranteed to never crack, fade, warp, yellow, or peel. It's a great way to give a classic look on a budget.

For the custom-minded person, faux wood blinds can be made with the appearance of a natural stained wood, texture, and feel. These superior faux wood blinds offer all of the same benefits of the mid-range blinds, but add the greater flexibility that custom blinds

offer. Features like custom valances, premium colors, and even decorative cloth tapes are a sampling of what is possible.

Some of the considerations that faux wood blinds might have are the fact that they're much heavier than wood blinds, and lifting them can be a chore if they're too wide. Some families opt to have two or three blinds on one headrail for greater ease on lifting.

Also, cordless lift is available for safety and convenience, but isn't always recommended for these heavier products. However, if you have small children or pets, cordless lift in the bedrooms might be a good choice for peace of mind, and worth discussing with your local window coverings specialist.

Wood blinds are another economical way to cover windows, and have a variety of options. Usually, they're only slightly more expensive than their faux wood counterparts, and offer a far wider variety of colors and stains.

While it's easy for us to say we want "white" blinds, we might be surprised at just how many "whites" there are. The average window fashion company may have a variety of more than a dozen different kinds of whites — a selection that just isn't available with faux wood. That's not including the even wider variety of wood stains available. Plus, most higher-end companies will allow the homeowner to select their own custom stain for a small fee.

Wood blinds are also available with cloth tapes, custom textures, and are even made with genuine hardwoods — mahogany or cherry for higher end

beautiful 2 1/2" shutter-style slats that really add a unique look. Unique styles like barn wood are also on the market, and add a unique look to any room.

Wood blinds are also about half the weight of most faux wood products, but being wood, there's always the possibility that they may eventually warp or fade, which are common characteristics of wood. Higher-end products are generally treated to keep this to a minimum, but as we say in the industry, wood is wood!

Either one of these outstanding blind options would be perfect in most homes, and their popularity is not only due to their price, but their durability. However, it's important to remember that you get what you pay for, and that's rarely more true than it is with window coverings.

By working with a competent window coverings specialist, they'll help you make a selection that's perfect for your home or business that will fit your budget. Don't get blindsided by bad blinds — do your research and get products that are made by companies that stand behind their product. You'll be glad you did.

David W. Shelton
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Brenda Hunley

Doc Owl looked over his glasses at Chester the Chipmunk. "Good Morning, young chipmunk. What is going on with you today?"

"I have a germ," Chester answered.

"Let's listen to your heart and lungs, okay?" Doc Owl asked as he moved toward Chester and pressed his stethoscope into Chester's furry chest.

"You have a strong heartbeat."

Chester grinned.

Moving to Chester's back Doc Owl asked Chester to take a deep breath and let it out slowly. Chester did as he was told, not once but three times.

Doc Owl stepped back from Chester and wrote out some notes then looked at Chester again. "Open wide! I need to check your mouth, then your nose."

Chester opened his mouth as wide as he could. "Aaaahhhhhh!"

Doc Owl made more notes. Then he got a light and used it to look into Chester's ears and nose.

"Mmmhmm," Doc said clearing his own throat.

"Okay Chester. Why don't you tell me what's going on and I will let you know what I see."

Chester rubbed his head with his paws. "My head hurts, I have a stuffy nose and I cough a lot."

"I see. You my boy have a cold. Your body is fighting the germs, and the result of all that fighting is this drainage from your nose down your throat. As the drainage builds up, the pressure makes your head hurt. As the drainage goes into your stomach, sometimes that will cause an ache there as well."

Chester nodded his head. "I blow my nose a lot but my throat just coughs, it doesn't hurt."

"That is good that it doesn't hurt. Coughing helps keep all that drainage moving. We don't want it getting into your lungs," Doc said patting Chester on the knee.

"So Doc, what do I need to do to get better?" Chester asked.

"You need to drink lots of clear fluids, and sleep."

"Sleep?" Chester asked. "I'm trying but when I lie down I can't breathe through my nose anymore."

Doc Owl smiled. "I bet. Why don't you prop yourself up with a pillow? That will help everything in your sinuses drain while you sleep. In the meantime, just go home and rest."

Chester stood up. "Thank you, Doc. I will."

"Now Ranger Bill doesn't need you for anything for a few days does he?" asked Doc Owl.



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"I don't think so," Chester answered.

"Well, I know this is mulching the recycled Christmas trees time of year, right?"

"No, we did that last week. We had a few nice days to work where we could even get it spread out on the trails."

"Oh. Well I did not realize that. Is that when you started feeling bad?" asked Doc Owl.

"Come to think about it yes about mid-week. I just felt really tired and run down," Chester said as he leaned against the wall.

"How about I send Ranger Bill a little note letting him know you are resting for a few days? If you get caught up on your sleep and keep the fluids in ya, you will be fine as a frog's hair in a week or so," he said with a wink.

Chester managed a small smile and a "Thank you, Doc" as he left the office to go home.

As Chester crawled back into bed all he could think about was frogs and what Doc said on the way out. *"Do frogs have hair? I haven't seen hair on a frog. I need to go check that out when it warms up."*

Soon Chester was asleep.

Meanwhile down the hallway from Chester Chipmunk was his younger brother, Boomer. Boomer woke up from his nap and looked around his room. He thought maybe he heard something so he listened. As he listened his whiskers twitched and his ears moved one way then the next. Hearing nothing, he started to lay back down when all of the sudden: "AaaaCHOO!" Boomer sneezed. Then he sneezed again.

Reaching for some tissues, Boomer blew his nose.

"Ugh. My head hurts. Maybe if I go get a drink of water I will feel better," Boomer thought as he decided to get up and go to the kitchen.



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As he walked past Chester's room he peeked in. Flipping on the lamp next to Chester's bed, Boomer said, "Hey Chester! Are you awake?"

Chester did not move, and he did not answer. Boomer tried again, "CHESTER! ARE YOU AWAKE?"

This time Chester rolled onto his side and sleepily opened one eye. "What is it Boomer?"

"I am sneezing, and I am thirsty and I feel funny," Boomer answered rubbing his head.

Opening both eyes Chester looked at Boomer. "I don't have the energy to walk him up to Doc Owl's clinic," he thought to himself.

Out loud he heard himself say. "I will heat us up some tea. Then you can lay down on the couch and watch a movie, okay?"

Boomer nodded and bounced out of Chester's room. Chester watched his brother and thought,

"He doesn't seem to be any different than normal." He threw back the bed covers and slowly made his way to the kitchen.

"What's wrong Boomer?" he asked.

"I got a little dizzy when I woke up a few minutes ago. My nose is all stuffy and I'm sneezing a lot," Boomer said as he plopped himself into a chair.

Chester looked at Boomer and said, "I have felt the same way. So much so I saw Doc Owl this morning and he told me I have a cold, so there is a good chance you have this germ also."

Boomer looked surprised. "You saw Doc this morning? Do I have a germ? Am I going to die? Does Mom know? Does this mean I don't have to do my homework?"

Chester rolled his eyes.

"Yes I did see Doc. Yes you probably do have a germ. Yes one day you will die but not today

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or tomorrow. I'm sure Mom will know sooner or later, and yes Doc would want you to finish your homework."

"Do I get to go see Doc Owl? Will he let me get out of school?" Boomer asked hopefully.

"You can see Doc Owl if you still feel bad tomorrow. He said to rest and drink lots of clear fluids. So if you do that and I do that then we can get rid of our germs. I am sure you can still go to school tomorrow," Chester said.

"If I have a germ I won't have to go to school," Boomer said rubbing his eyes.

"Until Mom or Doc Owl looks you over, you ARE going to school tomorrow," Chester said handing Boomer a cup of tea.

"Does it have honey in it?" Boomer asked.

"Yes, of course it does. I fixed it just like Mom did for us when we were still at home."

"Do you think Mom will come over and fix us soup since we have germs?" Boomer asked.

"If you want to ask Mom to come you can, but I am going to go back to bed," Chester said.

As Chester pulled the covers over his head he could hear Boomer on the phone.

"Mom! Chester and I have germs. Uh-huh lots of germs...Doc says we will not die today. We have to drink a lot of water and sleep. But Mom will you come over and make some soup for me? Mom do I have to go to school tomorrow?"

After a while Boomer hung up the phone and padded down the hallway to Chester's room.

"Chester! Mom says she is coming over to check on us. Guess what? She is bringing soup!" Boomer yelled.

"Boomer I am right here, I can hear you. There is no reason for you to yell."

"I told Mom you have germs too."

"Okay Boomer. I'm going to go to sleep now."

"But Chester—MOM is coming."

"That's good. Now please go away."

"I'm gonna tell Mom you have the grumpy germ," Boomer said as he stomped out of Chester's room.

"You do that!" Chester called back.

Chester shook his head. Sighing deeply he closed his eyes and waited for Mom Chipmunk to show up. *"Mom Chipmunk will take care of everything. Boomer will be fine. Hey! Maybe Mom has seen frog hair. I need to ask her."*

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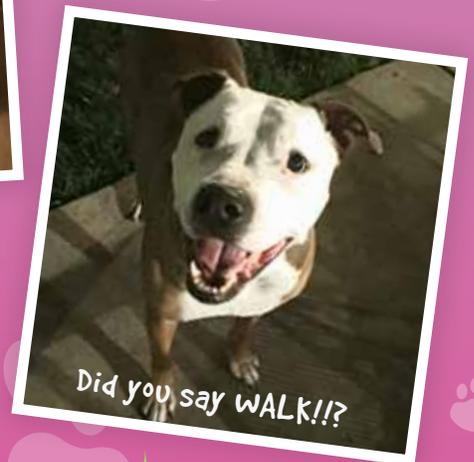
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Sango

4 Thursday, 5pm-7pm

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February

1 MONDAY COUNTRY QUILTER OF CLARKSVILLE GET TOGETHER

6:00 p.m. to 8:00 p.m. Non-profit organization of the Tennessee Valley Quilters Association meets the first Monday of each month. Provides homemade/handmade blankets and quilts for Project Linus, Quilt of Valor for soldiers, Red Cross, Camp Rainbow, etc.

We are looking for new members to help us make quilts. We have a sit and sew the third Saturday of each month. Kathy Huff, kch20180@gmail.com.

Cumberland Presbyterian Church
1410 Golf Club Lane

2 TUESDAY GROUNDHOG DAY

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

Indoor Aquatic Center
166 Cunningham Lane

SALSA DANCE CLASS

6:00 p.m. to 7:00 p.m., Wednesdays. \$7/class or \$20/month. Register at CityOfClarksville.com/parksrec.

Kleeman Center
166 Cunningham Lane

TABERNACLE CHRISTIAN SCHOOL
301 Market Street • 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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Pre-K 3&4 through 5th grade

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Bring your Newborn to size 14 Children's Clothing Infant Equipment, Toys & Maternity Clothing to the

Little Lambs & Ivy
Consignment Sale

19th Annual Spring/Summer Consignment Sale

RECEIVING DATES: March 3-5
(by appointment only)
Call or go on-line to schedule your drop-off time!

SALE DATES:

PRE-SALES:
(Sorry, NO CHILDREN ALLOWED at Tuesday's pre-sales)

Tuesday
March 8th
PRESALE FOR CONSIGNORS

Thursday
March 10th
1/2 OFF PRESALE FOR CONSIGNORS

OPEN TO THE PUBLIC:

Wednesday
March 9th 7:00 AM - 6:00 PM
OPEN TO THE PUBLIC

Thursday
March 10th 7:00 AM - 6:00 PM
25% OFF UNLESS MARKED NO DISCOUNT

Friday
March 11th 7:00 AM - 6:00 PM
(1/2 OFF TO THE PUBLIC)

Saturday
March 12th 7:00 AM - NOON
(1/2 OFF TO THE PUBLIC)

find us on Facebook!

Sale Location: 121 Union Hall Road
Clarksville, TN

CONTACT: Jeannette Smith, Phone 931-358-2979.
Please no calls after 9pm or email littlelambsandivy@gmail.com

For complete details & instructions go to: www.tnconsign.com

4 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

6 SATURDAY

CHOCOLATE AFFAIR

2:00 p.m. and 6:00 p.m. Tickets \$15/person available at CityOfClarksville.com/chocolate.

Wilma Rudolph Event Center
1190 Cumberland Drive



8 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

12 FRIDAY

HOMESCHOOL SWIM DAY

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

Indoor Aquatic Center
166 Cunningham Lane

14 SUNDAY

VALENTINE'S DAY PROJECT LINUS MEETING

1:00 p.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

15 MONDAY

PRESIDENTS DAY JUNIOR LIFEGUARDING CLASS

Through Friday, February 19. Ages 14 & 15. Prep course for teens interested in lifeguarding.

Indoor Aquatic Center
166 Cunningham Lane

16 TUESDAY

DIABETES SUPPORT GROUP

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

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

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

17 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

20 SATURDAY

SILVER SOCIAL

6:00 p.m. Kleeman Center
166 Cunningham Lane

27 SATURDAY

CHS WILDCAT MARKET DAY

9:00 a.m. to 12:00 p.m. Huge yard sale, vendors,

Lana's Dance Centre
Where Quality Dancers Turnout Better.

We Offer Professional Dance Instruction in State of the Art Studios with parental viewing monitors. Ages 2-Adult

Ballet & Pointe • Tap • Jazz • Hip Hop • Lyrical/Contemporary Acro/Tumbling Modern • Topsy Twirlies • Progressiona • Musical Theater • Competitive Dance Team
Now enrolling new students & offering Saturday classes!

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email: lanasdancecentre5678@gmail.com
LANASDANCECENTRE.COM

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QUALITY WORK & AFFORDABLE PRICES
DISCOUNTS AVAILABLE FOR SENIORS, MILITARY AND MULTIPLE PETS!

\$5 OFF FIRST GROOMING!
MUST HAVE COUPON...
NEW CLIENTS ONLY. EXPIRES 2-29-16

ERICA

IN CLARKSVILLE
267 STONECROSSING DRIVE
931-919-5056

independent crafts benefiting the Clarksville High School Project Prom, an after prom event designed to help keep our senior students in a safe place. See ad on page 39.

Clarksville High School
151 Richview Road

March

2 WEDNESDAY

TODDLER SPLASH

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

Indoor Aquatic Center
166 Cunningham Lane

6 SUNDAY

WRITERS WORKSHOP

3:30 p.m. to 6:30 p.m. Free and open to the public. This session will focus on taking your writing deeper.

For more information visit [facebook.com/clarksvillechristianwriters](https://www.facebook.com/clarksvillechristianwriters).

Hilldale Baptist Church,
Bldg B
2001 Madison Street

10 THURSDAY

AARP DRIVER SAFETY CLASS

Through Friday, March 11, from 8:30 a.m. to 12:30 p.m. each day. This is an eight (8) hour course. The nation's first and largest classroom refresher for motorists ages 50 and older. Learn how to avoid driving hazards, no driving tests, auto insurance discounts in most states. There is a small fee to AARP.

Clarksville Senior Citizens Center
953 Clark Street
(931) 648-1345

11 FRIDAY HOMESCHOOL SWIM DAY

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

Indoor Aquatic Center
166 Cunningham Lane

WEEKEND WINE RUN V.I.P. PARTY

6:00 p.m. to 9:00 p.m. The night will be packed with fun: a rocking live DJ, an array of yummy catered food, door prizes and wine. Register at WeekendWineRun.com. See ad on page 53.

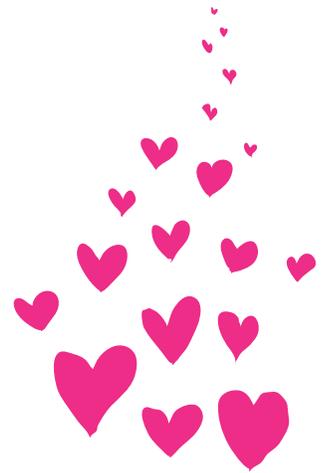
Wilma Rudolph Event Center
1190 Cumberland Drive

12 SATURDAY WEEKEND WINE RUN

11:00 a.m. to 1:00 p.m. (check in begins at 9:00 a.m.) Benefiting F.U.E.L for Kids in Clarksville, come enjoy a 5K Run or WineK (1K) Walk.

Entry includes t-shirt, custom Weekend Wine Run meal/stopper, and post run wine tasting. Register at WeekendWineRun.com. See ad on page 53.

Beachaven Winery
1100 Dunlop Lane



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

3 MONTHS OF CLASSES

FOR JUST

\$299.00*

*paid in full at time of registration

Offer includes:

- 2 private intro. classes
- 3 months of classes
- karate pants
- KMA t-shirt
- white belt.

New karate students only, ages 5 and up. Cannot be combined with any other discounts, coupons or special offers. Offer expires February 29, 2016



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MARTIAL ARTS

Check out our TAI CHI FOR ADULTS Tuesdays & Thursdays @ 7:30 p.m.

Call today!
931.472.1008
2690 Madison Street, Suite 190
www.kriegischmartialarts.com



He may need your foot steps to follow.

Volunteers Needed

Providing quality mentoring for Clarksville's Youth.

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

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

931.647.1418 • Peachers Mill Rd. • Clarksville, TN



THE ROXY REGIONAL THEATRE

100 Franklin Street • (931) 645-7699 • www.RoxyRegionalTheatre.org

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!

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)

The Mountaintop

On April 3, 1968, after delivering one of his most memorable speeches, an exhausted Dr. King retires to his room at the Lorraine Motel. In this gripping re-imagination of the events the night before the assassination, King is forced to confront his destiny and his legacy to his people when a mysterious stranger arrives with some surprising news.

7pm February 24 & 25

8pm February 26 & 27

2pm February 27

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

The Cat in the Hat

Everyone's favorite feline comes to mischievous life in this adaptation of the Dr. Seuss classic. From the moment his tall, red-and-white-striped hat appears around the door, Sally and her brother know that the Cat in the Hat is the funniest, most mischievous cat they have ever met!

2pm March 5, 12 & 19

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

CUSTOMS HOUSE MUSEUM & CULTURAL CENTER

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

EXHIBITS:

Of Stars & Stripes: From the Collection of Dr. John Olson
January 13th – February 28th

See the history of our country through this private collection of vintage flags. See original pre-Civil War flags, reproductions from the Colonial era, and more!

Celebrating Black History Month

February 2nd - February 28th

Items from our collection showcase Black History Month. Featured artifacts on display include slave inventory lists, a United States Colored Troops (USCT) 16th regiment poster, a slave shackle with ball and chain, a class photo of Cobb Elementary c. 1915, and some other interesting photographs and documents that relate to the history of African Americans in the Montgomery County region.

Mergings: A Visual Exploration: The Art of Jennifer Crescuillo

February 2nd - 28th

Jennifer Crescuillo is an internationally exhibited artist currently living and working in Silver Point, Tennessee with her family. Jennifer earned her Masters of Fine Art in glass at Southern Illinois University. This series of art features fused, cold worked, and sand carved glass monuments to obsolete technology.

ACTIVITIES:

Please Note: Art Activities

During the renovation of the Kimbrough Gallery and Memory Lane, the art activities will be available in the Coca Cola Café, except during birthday party rentals. All activities are free with your museum membership or paid admission. All ages are welcome!

The Museum will be closed on Monday, February 15th for Presidents' Day.

Crisis

2

1

1

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!



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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.

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.

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.

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.

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.

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 or visit 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, or visit csa.apsu.edu.

MADISON STREET MUSIC & ARTS ACADEMY

Offers music and art classes as well as private lessons for both children and adults. Classes include Kindermusik for infants-age 7, Kinderart for pre-schoolers, Musical Theatre for middle and high school students, and Photography and/or Scrapbooking for teens and adults. Private music lessons are available for voice and most instruments, including the impressive pipe organ at Madison Street United Methodist Church. Lessons are available at reduced rates for families who qualify for the school lunch program, and scholarships are available for outstanding music students. For more information, contact Abigail Haake at (931) 278-7921 or abby@madisonstreetumc.com, or visit our website at 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, 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, email 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.

CANINE FLYBALL CLUB

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

CLARKSVILLE TENNIS ASSOCIATION

Open to all who love tennis. A great group of people who open up 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 for all who are interested. Visit www.clarksvilletennis.usta.com.

CLARKSVILLE VOLLEYBALL CLUB

Located at 2231 Madison Street, we provide Volleyball training for all ages. Clarksville Volleyball Club offers training for all levels of volleyball beginner to advanced. Ages 7 and up. Club, clinics, camps and private lessons available. For more information visit www.JGVolleyball.com, email Director Jen Garinger at 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 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 call (352) 262-0627 or e-mail 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.

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.

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 expectingnewwife@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 or find us on Facebook at 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. If you have breastfeeding questions please contact one of our local group's leaders at BreastfeedingTN@gmail.com or call (931) 444-7087.

NINE MONTHS & BEYOND

A comprehensive source for pregnancy, birth, breastfeeding and early parenting education and resources. Offers birth tub rentals, breastpump rentals, 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.

WHOLE WOMAN BIRTH AND LACTATION SERVICES

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

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.

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.

PROGRESSIVE DIRECTIONS

At 1249 Paradise Hill Road, provides services to developmentally delayed children and adults. (931) 647-6333 or 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.

CHILD PROTECTION & DOMESTIC CRISIS SERVICES

AL-ANON & ALATEEN

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

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.

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.

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.

GIRL SCOUTS OF MIDDLE TENNESSEE

311 A-1 Union Street, (931) 648-1060 or www.gsmtdn.org. Girl Scouts build girls of courage, confidence and character who make the world a better place. Email 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, 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 of 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.

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 or call (931) 648-9844 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 or www.ed2go.com/apsu.

ARMY COMMUNITY SERVICE

At 6733 Air Assault Street, Fort Campbell, "Family Readiness" is the state soldiers, spouses and family members proactively prepare for, and in which they are able to cope with mobilization, deployments and prolonged separations. To prepare, soldiers (both active and reserve components) and their families attend classes and receive written instructional materials on subjects such as how to prepare a will, how to establish and manage a household budget, how to communicate with children of various ages, and how to maintain communication with the rear detachment of the deployed unit. (270) 798-0609, relocation@fortcampbellmwr.com or www.fortcampbellmwr.com/ACS/FamilyReadiness.htm.

ASERACARE HOSPICE GRIEF SUPPORT

A grief support group provides opportunities to connect with others who have had a similar experience and talk about the experience in a safe, supportive, and understanding environment. Remember that support groups will take several sessions to help develop coping skills and strategies to deal with one's loss(es). AseraCare Hospice offers grief support groups and individual bereavement services free of charge open to anyone who has or is experiencing grief. A new six-week support group will start every 10-12 weeks. For more information, please contact Henry Moore Jr. at (931) 551-4100.

BAYANHIAN 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 Croatians 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 Croatians who want to move to Clarksville and make sure their transition is smooth. Visit 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, you want to go teach English in our schools in Togo during Summer, you want to adopt a student or a church in a rural area, don't hesitate to contact us. Invite us and we will come to present our projects in your church. Contacts: Mr. Adolph Dagan at (931) 302-0787 or daganfoundation@yahoo.com, or visit www.daganfoundation.org. Like us on Facebook at [Facebook.com/DaganFoundation](https://www.facebook.com/DaganFoundation). Our main partner in Togo is Action Bethesda, 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-Kids-KY-TN/529017437122370. Reach Mindy Parker or Christina Johnson at 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 for more information and sign up for email updates at 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. Or visit 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, Robertson, 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, (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.habitatmtnctn.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.

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 or email division coordinator Kristin Vanderlip at 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.huihawaiiotn.com.

HOPE CENTER

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

HUMANE SOCIETY OF CLARKSVILLE-MONTGOMERY COUNTY

Provides reduced-cost spaying-neutering and pet care assistance to eligible owners; pets for adoption through foster homes; dog bite prevention and pet care programs; and a 24-hour help line. (931) 648-8042, humanesociety@clarksville.com or 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.

LOAVES AND FISHES

At 215 Foster Street, provides a hot meal Monday-Saturday 10:30 a.m. to 12:00 p.m. Also provides a distribution center for food donated to agencies that feed hungry people on Tuesday and Friday from 1:00 p.m. to 2:00 p.m. (931) 645-9020.

MANNA CAFÉ MINISTRIES

Serving the Montgomery County area with hot meals and food pantry. FOOD PANTRY - Mondays, Wednesdays and Fridays between the hours of 10:00 a.m. and 4:00 p.m. at our warehouse on Franklin Street. HOT MEALS - We serve hot meals three days a week. Tuesdays at 5:30 p.m. located at Vacation Home 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 Circle. 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 or call (931) 233-0519.

SUNCREST HOME HEALTH

Available 24 hours a day, seven days a week to answer any questions you might have to discuss how we can help your patients feel better, recover faster and live healthier in the place they call HOME. Call (931) 647-7411.

TENNESSEE REHABILITATION CENTER AT CLARKSVILLE

1575 Corporate Parkway Boulevard (past John Deere and Clayton Homes), a county/state agency, the TRC provides counseling, vocational evaluation, work adjustment, and job placement services for graduating high school students and adults with disabilities. (931) 648-5560.

TWO RIVERS ASSOCIATION FOR THE EDUCATION OF YOUNG CHILDREN (TRAECY)

The Two Rivers Association for the Education of Young Children, TRAECY, (pronounced tray-see), is one of the fastest growing affiliates in the history of the statewide associations. TRAECY members have a passion for young children and are committed to their education. The Tennessee Counties represented by TRAECY 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, TRAECY President, at (931) 221-7308 or visit 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. You can also visit our website at www.apsu.edu/VUB/.

COUNSELING, SUBSTANCE ABUSE & MENTAL HEALTH ALCOHOLICS ANONYMOUS

Do you or a member of your family, or perhaps a friend, have a problem with alcohol? We can help. Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem with alcohol. The only requirement for AA membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self supporting through our own contributions. AA is not allied with any sect, denomination, politics,

organization or institution; does not wish to engage in any controversy, neither endorses or opposes any causes. Our primary purpose is to stay sober and to help other alcoholics achieve sobriety. AA 24 Hour Hotline: (615) 647-831-1050. Clark Street AA Hotline: (931)-647-0255 (11:30 a.m. to 12:15 p.m.; 5:30 p.m. to 9:15 p.m.). Alanon/Alateen Family Hotline: (888) 425-2666

APTITUDE HABILITATION SERVICES

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

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.

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.

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.

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.

OKA 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.

THE PATH LIFE COACHING

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

VIVIAN HOUSE

125 Vivian Street, (931) 920-7235.

WEEMS WOODY

612 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@ymcamidn.org.

INTERNATIONAL ORGANIZATIONS

MISS TENNENY AREA AFS VOLUNTEER LEADERSHIP TEAM

New AFSer's applications are available for viewing for the 2015-16 school year. Host parents may go to afsa.org/host to view them and fill out a hosting application. Keep in mind that CMCSW 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 afsa.org/study-abroad for more information and/or contact Becky Heywood (sending coordinator) at AFSbecky@comcast.net ongoing on an exchange with AFS-USA. Local Contacts: Dr. Barbara Y. Wills at (931) 378-7258 and afsbarb58@gmail.com or Sandy Rich at srich@afsa.org or (865) 617-0665. The local Miss Tenny Area AFS Volunteer Leadership Team web site is afsa.org/misstenky/. Follow AFS on Facebook: AFSUSA, Twitter: afsausa, YouTube: AFSTV and Flickr: afsausa.

YOUTH FOR UNDERSTANDING USA (YFU)

Would you consider hosting or serving as a welcome family for one of our carefully selected foreign exchange students this fall? The benefits of hosting a YFU student are as numerous and varied as the families who embrace this life-altering experience. Meet some of our incoming students at yfuusa.org/meetstudents. Apply at 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 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 all FREE! Everything—online support, play groups, and MNOs are all FREE! ClarksvilleMommies.com is part of TheMommiesNetwork, a 501-C(3). Register to be part of ClarksvilleMommies!

CHARA (CHRIST-CENTERED HOMESCHOOLERS APPLYING

RIGHTOUSNESS 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 or e-mail 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. 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/

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/

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. If you have breastfeeding questions please contact one of our local group's leaders at 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. 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 momsclubofclarksvillewest@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 clarksvillemops@gmail.com. Check us out online at clarksvillemopsatfb.org. 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 Arin Johnston or Jenny Kent, Co-Coordinators, at mops@hilldale.org. Visit 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 Freiberg at mfreiberg@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 for more information.

PARENTS REACHING OUT

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

TNSHARE (SECULAR HOMESCHOOLERS: ANY RELIGION, ECLECTIC)

SHARE is a non-religious home school group for Clarksville and the surrounding areas. All homeschoolers are welcome to join this group, regardless of religious beliefs, race, homeschooling methods, or family lifestyles. An online support and information network is available as well as bi-monthly meetings. This group is a community in which we all play an important role in deciding and implementing the activities we want for our children. For membership information please visit: www.facebook.com/#!/groups/tnSharehomeschool/

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 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.

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.

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 or 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.

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. Visit 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 Cassey at (615) 269-7751 ex. 133 or mcausey@invoices.org, Jennifer Allen at (615) 854-2165 or JAllen@invoices.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) 502-1655.

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

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.

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAM)

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 namclarksville@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 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@ymcamidn.org.

For corrections or to include your group's information e-mail info@clarksvillevivingmag.com.

WEEKEND *Wine* RUN

MARCH 11TH & 12TH 2016



EVERY REGISTERED RUNNER GETS:

- Weekend Wine Run T-Shirt
- Custom Weekend Wine Run Medal/Stopper
- Post Run Wine Tasting With 5K Run or WineK (1K) Walk Entry

WHAT DO V.I.P PARTICIPANTS GET?

Everything listed above plus unlimited access to the VIP party.

What is the V.I.P Party?

On Friday evening let the fun begin! The night will be packed with Fun: a rocking live dj, an array of yummy catered food, door prizes, wine, wine-wine, wine- wine-wine, and did I say WINE? Have we intrigued you yet? Just think, Friday is only the beginning of the adventure. You will never experience a run quite like this one.

Benefiting:



FUELKIDS.ORG

Capacity is limited so register now!

WWW.WEEKENDWINERUN.COM

Keep up to date on our facebook page



/weekendwinerun

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

HAPPY BIRTHDAY!



Happy 1st Birthday to princess Emerson!!
Love, Mommy, Daddy & Brother



Happy 1st Birthday, Olivia!
Love, Mommy, Daddy, & Brothers



Happy 1st birthday baby girl!
Love, Mommy & Daddy



Happy 2nd Birthday, Riley!
Love, Juju and Emmy



Happy Birthday, Auntie Baby
I love you



Happy Birthday Arda
We love you!
Amir, Dennis & Ayisha



Happy 3rd birthday
our little buddy!!
Love Your Family



Happy 3rd Birthday Kaelynn!!
Love mommy, daddy, and Liam



Happy 4th Birthday Colt!
Love, Daddy, Mommy, Chandler, & Taylor



Happy 4th Birthday Vaughn
Love mom, siblings, & family



Happy Birthday's Xavier Freeman
& Kimbly We Love You Both



Happy 5th Birthday, Emmy!!
Love, Mommy, Daddy, and Slate



Happy Birthday Daijah boo!
Love Mom, Dad and Isaac



Danaye, Happy 6th Birthday
Grandma love you!!!!



Happy 6th Birthday, Ethan!
We love you!



Happy 6th Birthday
Love you, Mommy & Sam-Sam

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

HAPPY BIRTHDAY



Happy 6th birthday big boy!
Love, Mommy & Daddy



Happy 6th Birthday Thomas!
Love, Dad, Mom, and Lillian



Happy 7th Birthday, Amy!



Happy 7th birthday Campbell!
Love, Mommy, Daddy,
Brantley & Beckett



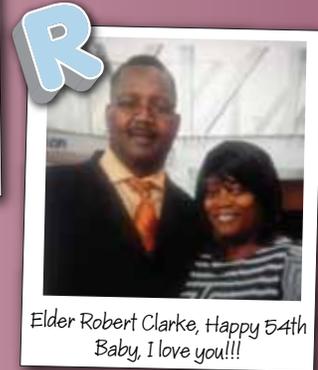
Nausikaa, Happy 8th Birthday
Grandma love you!!!!



Happy 12th Birthday Kerryoni
Auntee Love you!!



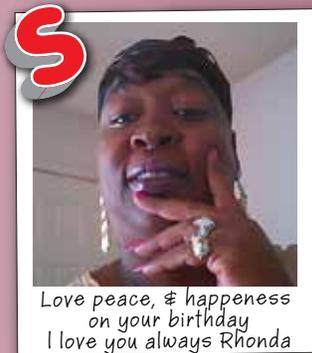
Happy 12th birthday Ta'Zaiah
Love mommy!!!



Elder Robert Clarke, Happy 54th
Baby, I love you!!!



Happy birthday mom
Love Ta'Zaiah, Ky'Onna, & Trent



Love peace, & happiness
on your birthday
I love you always Rhonda

To YOU!!!

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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.

