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## Publisher's Message

Well, I didn't think it would ever get here but I'm pretty sure fall has finally fallen! After one of the hottest summers in recent memory, I was starting to worry if we were going to get our beautiful Tennessee autumn, but now I'll exhale.

Some of my favorite things about this time of year are all the wonderful fall and Halloween festivals and activities going on around town. The City of Clarksville is kicking off the holiday season with a slew of events!

You can start your day off by seeing how fast you can outrun the zombies at the Zombie Chase 5K at Liberty Park. After you rest from chasing zombies, and if you're looking for a safe and super fun place to take the kiddos trick-or-treating in the daytime, then the wildly popular Fright on Franklin is right where you want to be! If being creative is more your thing, they've also just added the Great Pumpkin Carving Contest. Check out Taylor Lieberstein's article on page 24 for further details on all of these happenings.

These events are just a few of the things going on. The calendar is as packed as ever, so be sure to check it out starting on page 36 to find something fun to do around our community.

We have plenty of other outstanding articles about everything from cupcakes to charity to healthy meal options for your kids. This month also includes the final installment of Brenda Hunley's Chester Storytime series. For over seven years she has been bringing readers the tales from the Woods of Dunbar through the lens of its animal inhabitants. Brenda will continue writing for *Clarksville Living* and has a great article about Project Yesu on page 26.

I hope you have a great fall break and a happy Halloween. As always, thank you for picking us up!

Sincerely,  
Carla Lavergne



# Clarksville Living

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

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## TABLE OF CONTENTS

### FEATURE • 6

Gigi's Cupcakes Arrives in Clarksville

### GIVING BACK • 12

Sango Pharmacy Supports the Community and Branches Out

### STORYTIME • 16

Hail and Farewell Good Friends

### SPOTLIGHT • 20

Dance Force Owners Hit Hollywood

### COMMUNITY • 24

Halloween Events Around Clarksville

### GIVING BACK • 26

Project Yesu Luncheon

### HEALTH • 32

Brain-Powering Breakfast and Lunch Options Your Kids Will Love

### PET PIX • 34

### CANDID CLARKSVILLE & FT CAMPBELL FAMILIES • 35

### CALENDAR • 36

### NETWORK • 42

### FRIDGE • 46



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# GIGI'S CUPCAKES ARRIVES IN CLARKSVILLE

Taylor Lieberstein

Clarksville is a lot sweeter since the newest Gigi's Cupcake location opened its doors here last month. The new store is located only 45 minutes north of Gigi's original store on Broadway. Today there are over 100 Gigi's Cupcakes locations sprinkled across country. As of now our community is one of the sweet spots where people can find Gigi's signature swirl on freshly baked cupcakes ranging in flavors like Wedding Cake, S'mores, Strawberry Shortcake and many more.



Gigi's Cupcakes are a full sensory experience. Each one is made with attention to detail from only the freshest ingredients and finished with the famous Gigi's swirl. Menus are constantly being updated with seasonal cupcakes as well as new creations such as Gigi's Stuffed Cookies, cheesecakes and

ice-cream. The team has created cupcakes ranging in flavors from green tea and ginger to Canadian maple bacon.

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While the Nashville-based cupcake franchise has become a favorite sweet treat across the country residents of the city where the company's first cupcakes were baked and enjoyed still look to Gigi's more than ever when celebrating special occasions or simply looking to sweeten up an ordinary day. Gigi's created a Very Berry Chocolate Cherry cupcake for The Band Perry recently and Taylor Swift celebrated her *Red* album by ordering a batch of Gigi's Red Velvet cupcakes.



she had a strong passion for baking by the time she was six-years-old. She never thought that passion and those family baking sessions, mixed with a little creativity and a lot of faith, would turn into the most successful cupcake boutique in the United States.

Butler traveled a long journey before she came to create the nation's fastest growing and largest cupcake franchise. The entrepreneur was born in Oklahoma and raised in a small farm town in California. She relocated to Nashville in 1994 to

The founder of Gigi's Cupcakes, Gina "Gigi" Butler, is just as sweet as her cupcake creations. She comes from a long line of bakers dating back to the late 1800s when her great-great grandmother operated a bakery in Oklahoma. Gigi recognized

pursue a career in country music.

Gigi, who has always possessed a strong entrepreneurial spirit, founded Gigi's Cleaning Company when she was 15 to earn funds to support her dream of becoming a singer/songwriter. Butler



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cleaned houses all day and spent most of her nights working as a waitress and playing shows on Broadway. She did find some success as a singer making appearances in the more popular honky-tonks such as Tootsie's and The Stage.

At the age of 30, after a decade of pursuing music, she retired the dream of seeing her name in lights and decided to focus on a more stable financial future. Although she was happy with the success of her cleaning company, she felt that it lacked the creative energy she desired in a career.

As an adult she often felt that baking had become a lost art and could use a resurrection. Although people rarely have the time to bake from scratch these days surely they still desire fresh baked goods—



especially cupcakes—she thought. Thankfully for all of us her love of baking reemerged and she decided to risk everything she had on turning her lifelong passion into a career.

“Baking is in my blood. I love to create a homemade experience that takes you back to a childhood or family memory,” said Butler about her love of baking.

After months of hard work and preparation, Gigi's Cupcakes first location opened on the world famous Broadway Avenue in Nashville on February 21, 2008. On the day Gigi's opened its doors, she only had \$33 left in her checking account. Thankfully,

word of the delicious new cupcakes quickly spread and lines were soon filing out the door.



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Within the first month, Gigi's Cupcakes saw its first bit of sweet success. She was able to pay off all of her bills and still bring home a small profit. After quickly becoming Nashville's favorite dessert destination Gigi's Franchising, Inc. was born and her stores began popping up throughout the south and then across the country.

Butler has no problem playing favorites with her cupcakes. Hands down her most cherished cupcake is the Hunka Chunka Banana Love. While the taste is incredible it's the story behind the recipe that makes the cupcake so special to her.

Inspiration for this cupcake came from the banana bread recipe that she used when baking for her clients during the years that she owned the cleaning company. She would bake and deliver a loaf to each client during the holiday season to thank them for supporting her business. Today that same recipe is the base for her favorite cupcake to make and enjoy.

Hunka Chunka Banana Love is made up of banana nut cake baked with dark chocolate, topped with fresh banana butter cream, and drizzled in smooth



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chocolate ganache. While that is her personal favorite, Wedding Cake is the most purchased across the board, accounting for around 15 percent of the company's sales.

Last year the CEO made an appearance on CBS's popular reality television show "Undercover Boss", one of the toughest experiences she has faced to date. Butler calls it the third hardest thing she has even done saying that she has only done two other

things that challenged her more than the show—giving birth to her daughter and birthing her cupcake company.

She drastically changed her appearance and went to work in her own stores searching for what was being done right and where company standards were lacking. Butler found that each location she visited had slightly different procedures, which led to some inconsistencies. As a result, she made some changes, such as hiring more staff to travel to stores to help with operations and training. The episode ended with Butler awarding over \$200,000 to two Gigi's employees. Through that donation Butler helped one employee start her own charity and another have children with his wife.

Gigi Butler came to Nashville to find fame and she certainly found it—just in a different way than she had planned. Recently the cupcake entrepreneur started sharing her story—details of her path, her struggles and tips for success—across the country in hopes of empowering others to chase their dreams and never let the fear of failing hold them back.

Gigi shares her story with businesses, churches and civic organizations and covers topics such as entrepreneurship, living out dreams and allowing God to lead you. The cupcake owner emphasizes the importance of allowing yourself to fail and to always get back up from it to all of her audiences. Her inspiring story has captivated audiences at the Flourish Women Summit, the Regional Entrepreneur Conference, the Women in Business Empowerment Conference and Expo among several other significant events.

As both her brand and her name continue to grow and receive tons

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of national attention she never fails to remember where it all began or who helped her to reach this level of success. She holds tight to the same Christian values that Gigi's Cupcakes was built on, saying that her faith in God is the foundation of every aspect of her life, personal and professional. At the end of the day her motivation is to make everyone proud—her family, friends, customers and God.

Moving forward Butler wants to continue to establish "Gigi's" as a household name by continuing to create and evolve a product that people are passionate about. In pursuit of this goal she is working on tons of projects as well as a cookbook. The cookbook will span across the cooking spectrum, offering recipes from appetizers to pies. Each recipe will have a personal story attached to it such as her coconut banana cream pie recipe and the truth about how her pies are even better than her cupcakes.

Gigi's Cupcakes, baked fresh daily, also come in addictive gluten-free flavors such as Triple Chocolate Torte and Pumpkin Spice Latte. All of their cupcakes are available for order online. For smaller appetites, Gigi sells mini cupcakes too.

While the average person will probably never complain about eating a cupcake, there are only a few that can truly be referred to as the cr me de la cr me of cupcakes. Gigi's creations are certainly among those. If you haven't already, get into to the new store and taste for yourself why people have been known to wait in very long lines for a freshly baked Gigi's Cupcake.

"You don't just eat a Gigi's cupcake you experience it. The best way to enjoy a

Gigi's cupcake is slowly, as slowly as you can," an important tip from Butler, the inventor of the memorable cupcake brand.

You can meet Gigi at the official grand opening of the new Gigi's Cupcakes at 620 Dunlop Lane #116 in Clarksville on Saturday November 19th from 1:00 p.m. to 3:00 p.m.

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**Karen Parr-Moody**

Where in the world—or at least, in Clarksville—can you find soap that A.) is the subject of an esteemed documentary, and B.) sports a label that proclaims the wisdom of Confucius, Chaucer and Longfellow?

Sango Pharmacy at 2197 Madison Street. That’s where Dr. Bronner’s famous organic castile soap sits on the shelf, proclaiming its “18-in-one” uses. This tingly soap sports a label that amuses fans with words such as “to stimulate body mind-soul-spirit and teach the essence

moral ABC uniting all free in the shepherd-astronomer Israel’s greatest All-One-God-Faith!”

Dr. Bronner’s soap has long been ubiquitous in American health shops, as have



Pharmacist Catherine Meeks co-owns Sango Pharmacy with her husband, Justin Meeks.

many other brands carried by Sango Pharmacy that would not typically be found in big-box stores. But products that were once on the fringes are becoming increasingly popular as the booming U.S. organic industry continues to post record sales and create a lifestyle tsunami.

Pharmacist Catherine Meeks co-owns Sango Pharmacy with her husband, Justin Meeks, who—ironically—manages Johnny’s Big Burger, the APSU standby that serves up the legendary grilled honeybun with ice cream. As Catherine says, “We don’t discriminate. We like to eat healthy and play hard, too.”

Sango Pharmacy is a health shop and pharmacy that offers professional services and prescriptions, along with herbal supplements, essential oils, health foods and gift items that fall under the umbrella of “health,” “organic” or “natural.” It is a charming space with services that get rave reviews on Yelp. It is also the first pharmacy in Clarksville to become Clarksville-Montgomery County Green Certified.

Interestingly, devotees of natural and organic products shaped the

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store's inventory rather than the other way around, according to Meeks.

"It kind of evolved into that type of pharmacy," Meeks said. "When we first opened, we were a little more on the traditional side. The more we expanded our offerings, it seemed that this was what Clarksville needed."

Customers began to tell Meeks about various health-oriented products they purchased online, adding that they would buy them from Sango Pharmacy if only the store carried them.

Meeks explained, "People in the community wanted to support a local business and said, 'If you keep it in stock, we will buy it from you instead of ordering it online.'"

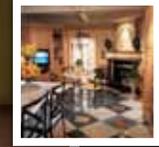
So Meeks followed the demand, responding to the community's push. In fact, her belief is that small businesses do not succeed without that push from the community. Meanwhile, customers still like to smell and see products available for purchase, as well as ask a pharmacist questions, so catering to their needs makes perfect sense.

"People like that interaction," Meeks said. "Small businesses like us can go by the wayside and people can use the internet for everything they need. I think it's critical to keep business such as ours going."

Because of the mutually-supportive relationship between the store and its customers, Sango Pharmacy has thrived since opening in March of 2013. In November, it will expand into a larger space to offer even more products.

The current store is about 1,100 square feet. The new store will be 4,000 square feet

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and will be located at 2622 41A U.S. Highway 41A Bypass in Suite A. One of the key reasons for the move is to accommodate more over-the-counter specialty items, Meeks said.

The store carries an array of natural food, for example, even though it is by no means a grocery store. Healthy dry goods can be found on the shelves, which feature Trim Healthy Mama sweeteners, Now Real Food organic nuts, Crunchy Clusters non-GMO granola, Nick's Sticks free-range turkey snack sticks, Lily's stevia-sweetened chocolate, and more.

It also provides an array of personal care brands, such as Badger (chemical-free sunblock), JÄSÖN (all-natural personal care products), Kiss My Face (cruelty-



In addition to being a traditional pharmacy where prescriptions are filled, Sango Pharmacy is a mecca for health product advocates.

free skincare), Everyone (sulfate-free hair care) and dōTERRA (essential oils).

Then there are the frozen food offerings, which will be transitioned from a large refrigerated case at the current store to a massive walk-in cooler at the new location. This upgrade will be great news to fans of Jeni's Splendid Ice Creams, which is made with whole ingredients and dairy from grass-pastured cows—and doesn't use synthetic flavorings, dyes or off-the-shelf mixes. This delicious ice cream, understandably, has a cult following.

Meanwhile, as Sango Pharmacy's owners and staff anticipate the move, they have remained busy in the community. On September 16, the pharmacy organized the Full Moon 5K that occurred at the Sango United Methodist Church.

All of the proceeds from the 5K and 1K Fun Run went to the Be the Match Foundation, a national organization that manages the largest and most diverse marrow registry in the world. It helps people diagnosed with life-threatening blood cancers, such as leukemia and lymphoma, receive life-saving marrow transplants by matching donors to patients.

Eighty-eight runners registered for the 5K. The top three male finishers were Jalen Ross, Eddie Webb and DJ Gattie and the top three female finishers were Helene Cuddeback, Erin Driver and Kristi Bohms. Joe Padula, the radio host of the Joe Padula Show on WJZM, was the emcee. Funds amounting to \$4,465 went to Be the Match.

Additionally, Sango Pharmacy added approximately 40 potential marrow donors to the Be the Match Registry by conducting registry drives on

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Dr. Catherine Meeks  
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September 16 and Sept. 17 at the pharmacy and at the race, according to Denise Poorbaugh, the pharmacy's marketing project intern. It did so through a simple oral swab test that takes mere minutes.

The Full Moon 5K marked the first time Sango Pharmacy worked with Be the Match, said Poorbaugh.

"Catherine enjoys what Be the Match does in the community," she added. "The stories rang true with her."

Poorbaugh said that monies raised came from an array of \$500 sponsors, as well as registration fees.

Two individuals were honored by the race; both had been touched by Be the Match. Brandon Crite, a two-time cancer survivor, had received a bone marrow transplant via Be the Match after his second bout of anaplastic large cell lymphoma. He was West Creek High School's 2016 valedictorian.

A second man was honored: the late Rev. Travis E. Steele, a U.S. Army veteran who, sadly, was unable to find a marrow match to help fight his non-Hodgkin's Lymphoma. He left behind a wife and family.

At the race, Catherine Meeks got teary-eyed when talking about Steele's passing, underscoring her empathy for both the individual and her belief in supporting the community through such organizations as Be the Match.

Supporting the community is something Meeks has done through Sango Pharmacy in various ways and will continue to do as the store expands to the new location.

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Brenda Hunley

The Ranger Station was full of activity. The streamers were hung and colorful balloons decorated the tables. A big WELCOME HOME banner was hung over the door. The Rangers and several animal families had prepared several tables full of a variety of foods, snacks, desserts and drinks.

Ranger Sue had gone to the airport to pick up Ranger Bill and Chester and she was due back with them any minute.

“They are going



to be so surprised!” Boomer said.

“I have missed Chester so much!” Lily answered. “I can’t wait to show him how hard we have worked in the treasure room.”

“Me too. We are long overdue for a guys’ weekend,” Dart added. “Soon the weather will cool off and we can spend more time together.”

Ranger Jim stepped to the microphone. “They are back! Sue is parking the truck. Here they come!”

Everyone could hear talking as the two Rangers and Chester opened the door.

“SURPRISE!” the group of friends and family shouted. Confetti rained down and cheers went up. Ranger Bill walked up to the microphone and tipped his hat to the crowd as he took a bow. Chester climbed onto the top of the stand next to the microphone.

“Hi Mom and Dad!” he squeaked.

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“Hi son! Welcome home!” shouted his mom and dad.

“We are really glad to be home. These last couple of months have been so busy with the funeral and then the destruction and devastation from the fires. Those fires are fast moving. It makes us so thankful we do not have that problem here.”

“That’s because it has rained off and on all summer! The lake is full of water again!” Dart exclaimed.

“Really? Awesome! We couldn’t see that when we came in. Dusk is already setting in,” Ranger Bill answered.

“Welcome back to both of you! We have prepared a welcome home party for you guys, so eat up!” called Ranger Sue.

“Welcome back, Chester!” called Lily the dragonfly.

“Hey, Lily! What have I missed this summer?”

The group of friends surrounded Ranger Bill and Chester and talked the next couple of hours away as they caught up with each other.

“Well guys it has been fun, thank you so much for the party. Forgive me but I am really exhausted and am ready to head home,” Chester said.

“No problem, buddy. See ya tomorrow,” Dart said.

“Yep, see ya tomorrow,” grinned Mom Chipmunk as she hugged Chester.

“It’s so good to have you home, son. We are really proud of the work you and Ranger Bill did out west,” Dad Chipmunk said as he shook Chester’s hand.

As Chester headed home he reflected back on the past several weeks. He looked around and noticed subtle changes had occurred while he was gone. He was so very thankful to be home. Opening the door to his home he took a deep

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breath. He could see and smell the fresh cookies his Mom had left on a plate in the kitchen. He could smell straw and nuts. Instead of heading to bed he went to the treasure room and spent several minutes looking at all the supplies his friends and family had gathered for the winter.

He felt a warmth come over his heart as he realized how truly blessed he was. Smiling and

closing the door to the treasure room he trudged off to bed. Slipping under the covers and sighing deeply Chester closed his eyes and fell asleep.

**Note from the author:**

Myself, the animals, and the Rangers from the Woods of Dunbar want to tell you thank you for the last seven years.

It has been fun writing stories based on the Dunbar Cave area. It has allowed me to update readers as to what's going on out there through the eyes of the animals. Their characters and personalities have evolved along with this section and I've truly loved every second.

I've sincerely enjoyed your input and suggestions through the years. As time passes change occurs as well.

As this magazine grows there will be other articles and news stories to take place of the storytime section. I plan on staying involved, so please stay tuned and as always I am open to suggestions and input from you to make this magazine something you are eager to pick up and read from cover to cover each month.

See ya at the cave in the coming months as oftentimes I can be found walking the trails appreciating nature and keeping an eye out for a glimpse of our animal friends.

Sincerely,  
Brenda

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**DANCE FORCE OWNERS HIT HOLLYWOOD**

**Karen Parr-Moody**

The biggest star in Hollywood, arguable, is its iconic sign—the one nestled in the Hollywood Hills that reads, in letters 30 feet wide and 50 feet tall, “Hollywood.” The last time Mary Lu Browder saw it she was five years old and her father was in the area for flight training.

But in August, Browder found herself Ubering up to the iconic sign to snap some photos, along with her daughter, Lauren Ankersoe. They were in town to attend a ceremony in which the Clarksville dance firm they co-own—Dance Force, located at 1955 Madison Street—was nominated for a prestigious award.

There they stood, under the massive “Hollywood” sign build in



**Mary Lu Browder and her daughter, Lauren Ankersoe, attended the Industry Dance Awards and Cancer Benefit Show in Hollywood. They were nominated for a dance performed through the studio they co-own, Dance Force of Clarksville.**

1923, simply agog. They were in Tinseltown and, for a short time, they were part of Hollywood’s fabric and glitz.

They stayed at the W Hotel, located at Hollywood Boulevard, where even the peepholes are trimmed in rhinestones. The word “glitz” barely begins to describe their experience. A mile away sat Grauman’s Chinese Theatre, home to many a world movie premiere, which they also visited.

Browder said, “We rode past the wax museum that I saw at five years old and I was shocked it was even still there.”

Sunshine and tourism aside, the reason this mother-daughter duo was in Tinseltown was to attend the Industry Dance Awards and Cancer Benefit Show, which took place on August 17 at the Avalon Theater, one of Hollywood’s most historic landmarks. There untold numbers of luminaries have performed including Bing Crosby, Lucille Ball, Ginger Rogers, Joan Crawford, Bette Davis, Judy Garland, Groucho Marx and Louis Armstrong.

As Ankersoe said, “The moment we walked in we could feel everything. We were completely energized and inspired by every moment of it. It was completely iconic and breathtaking.”

Browder said of the award show, “It’s huge. It’s like the Oscars of the dance world.”

She added, “I felt like a dadgum move star. They had security guards and you had to be on a list to get in. It was pretty amazing.”

Browder and her daughter were in attendance because



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Dance Force was among six U.S. dance companies that had been tapped for the Best Hip-Hop Dance award. The dance was chosen after the students performed it at the Masquerade Dance Competition and organizers there nominated it. Called "Hood Go Crazy," the dance was choreographed by Keith Turk, a choreographer who operates a dance studio in Sacramento, California and visits Clarksville annually to develop Dance Force's routines for the year.

While Dance Force didn't win first place at The Industry Dance Awards, it was an honor simply to be nominated—as so many Oscar nominees have communicated with great sincerity. Dance Force received an etched glass trophy for being among the nominees.

"It was flattering to our kids that they were even at that level given this piece of choreography," Browder said. "My take on it is that hard work pays off."

She added, "When you are one of six studios nationwide to have a dance nominated it's pretty impressive. It's not only great for my studio, it's great for Clarksville and Tennessee."

In addition to the excitement generated from being nominated for the award, Browder said she was pleased to participate in an event that supports a cause she also supports: Dancers Against Cancer. The charity was one of two that received proceeds from the Industry Dance Awards and Cancer Benefit Show.

"Part of our proceeds for any competition we attend goes to Dancers for Cancer," Browder said. "For any dance student who has cancer, the organization provides money for their deductibles and their treatments, plus it puts their families up and tries to alleviate some of the stress a family goes through when a child has cancer. It's a huge, worthwhile cause."

Browder said that with many of the competitions Dance Force attends the organizers will donate the money that would have been spent on trophies to Dancers Against Cancer or to a cancer research fund.

Dancers Against Cancer is a high-profile nonprofit that fights cancer through the strength of the dance community. A recent ad campaign included the dance power duo, brother-and-sister Derek and



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According to its website, the mission statement for Dancers Against Cancer is “to create an alliance in the dance community that provides financial support and inspiration to dance educators, choreographers, dancers and their families who have been impacted by cancer.”

In addition to all the glitz and glamour of visiting Hollywood, as well as taking part in a worthy cause, Browder and her daughter experienced a sartorial footnote while in Hollywood. It involved the gowns they wore on the red carpet, which they found at the Bargain Hunt of Johnson City, Tennessee.



Dance Force was nominated for Best Hip-Hop Dance for a routine called “Hood Go Crazy.”

“People will never believe it,” Browder said. “My gold gown I wore cost \$22—and the sticker on it from the dress shop said ‘\$189.’ And Lauren’s dress was only \$20.”

Of course, no one in Hollywood was the wiser. This mother-and-daughter duo from Clarksville looked like the proverbial \$1 million as they stepped onto the red carpet for the awards show.

“We looked just like everybody else, all dolled up and glamorous,” Ankersoe said. “We had the opportunity to see breathtaking performances by some of the most prestigious dancers in the world and hear

words of encouragement from choreographers and dance educators who have dedicated their lives to the betterment of the performing arts.”



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Taylor Lieberstein

There are tons of cool things to do in and around Clarksville throughout the month of October. We are most excited about the end of the month and all of the Halloween festivities the city has planned! There are all kinds of family-friendly opportunities for residents of all ages to put on a Halloween costume and show off around town. The city has added some new Halloween themed events in addition to the fun-filled October they host for the community each year.

**Superhero Party**

Saturday, October 22

4 PM to 6 PM at Burt-Cobb Community Center, 1011 Franklin Street

This is the first year for this themed event. Break out that costume and come dressed as your favorite superhero. There are tons of DIY superhero costumes online. Channel your creative side and help your child make their own cape, mask and accessories. Children under 10 years of age and their families are invited for an evening of fun and games. Several fun stations and activities will be available for the kids to enjoy. Snacks and

refreshments will be provided. Costumes are encouraged and will be showcased in a small parade at the end of the evening. Pre-registration is encouraged.

**Halloween at Fort Defiance**

Friday, October 28

6 PM to 8 PM, 120 A Street

Located on a bluff 200 feet above the confluence of the Red and Cumberland Rivers the Fort Defiance grounds have been a hub of activity for more than two centuries. This month the historical site invites visitors to gather around the bonfire to listen to haunting historical tales of woe and terror. Don't be afraid, Fort Defiance isn't actually haunted. Food and refreshments will be provided.

**Great Pumpkin Carving Contest**

Friday, October 28

4 PM to 6 PM at the Crow Community Center, 211 Richview Road

Join us for a family-friendly pumpkin carving contest, new this year! Participants must register in advance. Pumpkins are carved on-site by teams of

two to four people, with at least one adult and one child in each party. All carved pumpkins will then be judged by popular vote at the Fright On Franklin event. Pumpkins and carving tools will be provided. The cost to enter is \$7 per team.

### Zombie 5K Chase Race

Saturday, October 29

7 AM at Liberty Park, 1188 Cumberland Drive

The Zombie 5K Chase Race is a new event sponsored by the Clarksville Zombie Hunters and Clarksville Parks and Recreation. If you are already registered for this race don't forget there is a costume contest for the most believable zombie. Spectators are encouraged to dress up as well. You must be a registered race participant to compete in the costume contest. Come watch as runners find out how fast they can escape as zombies take over Liberty Park. The goal is to survive the apocalypse by outsmarting the hungry zombies along the trail. This event takes place completely inside of Liberty park on a closed

course. There will be three winners in each division—the timed 5K, the non-timed 5K and the family fun run.

### Fright on Franklin

Saturday, October 29

3 PM to 7 PM Downtown Clarksville

Clarksville Parks and Recreation has partnered with Altra Federal Credit Union and the Clarksville Downtown businesses to host the popular Fright on Franklin again this year. Historic Downtown Clarksville transforms into a frightfully fun night for the entire family. Dress to impress for the popular costume contest. This contest is open to all ages and registration is required beginning on October 1. Spots fill up fast! There will be themed activities and safe trick-or-treating on Franklin Street. Visitors will experience a Halloween treat throughout Historic Downtown including crafts and activities with local downtown businesses, food and drink, as well as the candy and events carefully planned by Clarksville Parks and Recreation Department.

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# PROJECT YESU LUNCHEON

## GIVING BACK

### Brenda Hunley

"I want to be the change. I want to make a difference. Kids can make a difference." Mallory Fundora is a teenager on a mission who is doing just that—making a difference with children in Uganda, Africa.

Mallory is currently a junior at Rossview High School who dreams big dreams and then acts upon them. At age 11 when a Ugandan children's choir performed at her church she enjoyed the children so much so that she got involved in finding out more about them and the area they were from. That knowledge prompted her to bring her wish to her parents.

"I was working on my Christmas list and realized I did not need anything. I wanted my present that year to be to help children in Africa," Mallory



said as she thought back on this event. She contacted several organizations in Uganda and before Christmas she had made her goal and was able to sponsor six children.

In 2012 she was able to travel to Uganda and meet her sponsor children and their families. Being there in person and seeing where they lived and their day-to-day activities gave her dream a sharper vision.

That vision was to bring Project Yesu to her friends, family, and her church. If others could get involved it would grow, and a real difference could be made for these children and their families.

The Acholi people have migrated into southern Uganda from northern Uganda and Sudan, mostly refugees from war and violence. The

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Acholi Quarter is a poverty stricken area that doesn't have many jobs and education isn't free. Families have to choose between education and food, so when a child reaches a certain age, they work.

The children will get one meal a day, if that, and even then it will be very small. There is a rock quarry in the area that most work out of. However, the pay is minimal and so the cycle keeps repeating itself generation to generation.

This reality spurred Mallory into action. She knows how important education and nutrition are to a child and how it affects them. In November of 2013 Project Yesu started their Child Sponsorship program. This matches you with a child in the village of Musima who wants to go to school and get an education. Parents who live in that area have to make a choice between education and food. With your help these children are able to attend school, which will break the cycle and give them and their family a better chance.

In June 2014 Mallory started the Acholi Quarter feeding program with just 50 children, however that number doubled that first week. This program



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currently feeds over 450 children a warm porridge breakfast each day. Since starting the program they have served over 180,000 meals. The feeding program also employs two Ugandan women who cook and prepare the porridge.

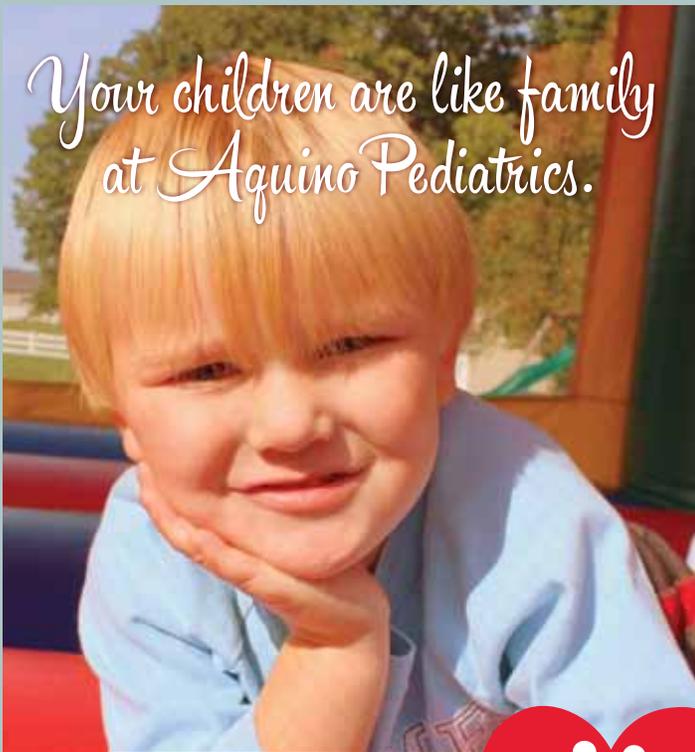
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term to see how they are doing. Your encouragement through sponsorship can make a real difference in not only that child's life, but also their family and the community as a whole.

Make a donation towards the feeding program, currently this program is fully funded through 2017. The cost to run the program is \$450 a month.

Mallory wants to not only change lives in Uganda she wants to help kids here in the United States to reach for their dreams as well. She encourages kids to look around



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and see what challenges there are around them in their schools, neighborhoods, city, state and country.

“You’re never too young to make a difference” is the message she sends out to her peers. She has started Team BTC, (Be The Change) where kids/teens can become ambassadors for Project Yesu. Showing them, with her encouragement, that they too can do something. Then Team BTC members can apply for a grant that will allow them to start something of their own.



If you would like to meet Mallory and learn more about the children of Uganda please come to Project Yesu’s 5th Annual Orphan Luncheon.

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At the event you will be able to see sponsorship cards that have the child’s photo and description. Please consider sponsoring a child. There are over 250 kids in this program and 132 currently are sponsored. Please visit the website [www.projectyesu.org](http://www.projectyesu.org) for more information.

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Many studies over the past two decades show sufficient intake of healthy food is essential to brain function—especially for children. What children eat for breakfast and lunch on a school day has a direct impact on their focus, comprehension and application in learning.

As adults, we know intuitively that what we eat has an impact on our performance at work and in our social lives. The same is true for children, whose brains are still growing and developing at a rapid pace. The proper balance of nutrients and hydration is critical during the school-age years.

Four areas of nutrition are essential to the “student body”—fresh fruits and vegetables, whole grains, lean proteins and healthy fats.

Also, specific vitamins can be incorporated to enhance specific cognitive functions. For example, to improve memory, add foods rich in lecithin, such as peanuts, soy beans, and wheat germ. Potassium

aids in energy and brain functioning and can be found in oranges, bananas, apricots, avocados, melons, peaches and nectarines.

For a healthy breakfast on a hectic morning, consider one of the following options:

- one hard-boiled egg and one sliced apple with all natural peanut/almond butter for dipping
- bowl of cereal with high protein and low sugar count; ½ cup almond, low-fat milk
- ½ cup steel-cut oats with berries, Greek yogurt and local honey; mix all ingredients in a bowl and store in fridge overnight

If you pack your child’s lunch, here are some easy and nutritious choices:

- 2-3 slices of all natural turkey or chicken breast on whole grain bread
- Kid-friendly “salad” with sliced cucumbers, tomatoes, peppers, chicken bites; dressing or dip based with olive oil, avocado or sour cream

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Shawn Lehman-Grimes, DDS, MDS

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For placement, financial and other important information, visit [daymarcollege.edu/disclosures](http://daymarcollege.edu/disclosures).  
Accredited Member, ACICS

- Whole grain crackers with salsa, guacamole or all natural nut butter; side of tuna or chicken salad
- Bowl of chicken, bean or split pea soup with crackers (if your child has access to a microwave)
- Pasta or three bean salad; fun pasta shapes make a fun lunch for younger kids

Many kids have after school activities that require physical stamina, so make sure what they eat for lunch helps them maintain energy mentally and physically throughout their day.

**Do you have questions about your child's nutritional needs? Talk with your doctor about a referral to one of Tennova Healthcare - Clarksville's clinical dietitians. Don't have a physician? Find one at [Tennova.com](http://Tennova.com) or by calling 1-(855)-TENNOVA (836-6682).**

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



# CUT MASTERS

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# Pet Pix

The Pride of Clarksville

THE WINNER OF  
Clarksville  
Living  
Magazine's  
**SPOOKIEST**  
costume contest ever is

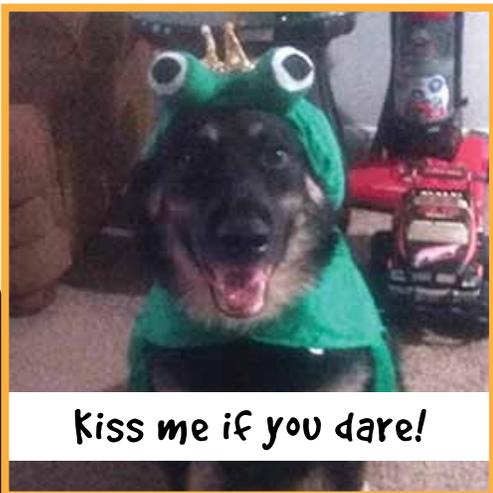
**Parker the Dogphin!!**

Thank you to all who participated  
We appreciate you and  
your spooky pets!



GET THE PRIZE  
DETAILS ON OUR  
FACEBOOK PAGE!

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Kiss me if you dare!



This Dolphin/Dog is ready for Howl-o-ween!



Everyone else knows how to surf!



Love traveling with my brother



Even fishing I am there with them



Parker Loves the beach



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

# CANDID *Clarksville*

THE WINNER OF  
**Clarksville  
 Living  
 Magazine's**  
**SPOOKIEST**  
 costume contest ever is

**WILLOW**

Thank you to all who participated  
 You make CANDID Clarksville  
 exciting every month!



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WINNER  
 chicken  
 dinner!

WILLOW  
 IS READY FOR  
 HALLOWEEN!  
 HALLOWEEN!  
 HALLOWEEN!



FREEMAN  
 HALLOWEEN  
 2016



FREEMAN  
 HALLOWEEN  
 2016



FREEMAN  
 HALLOWEEN  
 2016



FREEMAN  
 HALLOWEEN  
 2016



VELEZ BOYS



ADAMS TWINS HALLOWEEN 2015

# CALENDAR

## Ongoing

### CELEBRATE RECOVERY

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

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

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

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

### CHESS CLARKSVILLE

Fridays, 4:00 p.m. until.

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

### CLARKSVILLE DOWNTOWN MARKET

8:00 a.m. to 1:00 p.m. through October 8. Features over 75 vendors of locally grown produce, baked goods, homemade items, live entertainment, food trucks, and much more! Check out [clarksvilledowntownmarket.com](http://clarksvilledowntownmarket.com) and follow us on Facebook for themed dates and special events.

City Hall Open Air Parking Lot  
1 Public Square

### CLARKSVILLE SCRABBLE CLUB

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

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

### CUMBERLAND WINDS

Cumberland Winds, a local community concert band, welcomes adult wind and percussion players to rehearse and perform. Rehearsals are held weekly on Thursday evenings and performances are held at various times and locations throughout the year. Contact Mike Ritter, Musical Director, at (931) 436-3465 or at [thetpwillisound@charter.net](mailto:thetpwillisound@charter.net) for information or to schedule an audition. Find us on Facebook at Cumberland Winds, or at [www.cumberlandwinds.org](http://www.cumberlandwinds.org).

### FAMILY LIFE CENTER ACTIVITIES

Monday through Friday, 5:30 a.m. to 9:00 p.m. (except Wednesday, 5:30 a.m. to 5:00 p.m.), Saturday, 7:00 a.m. to 4:00 p.m. This family-oriented facility sports a walking track, basketball courts, weight room, cardio deck, racquetball court, group fitness, game room, and a luxurious senior-adult social room. It is open to the entire Clarksville community and offers a variety of membership options such as walking pass member, group exercise member, and single-, couple- or family-memberships. Classes include step aerobics, sculpting, Zumba, circuit, senior fit aerobics and beginner step (all classes are \$3).

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

### FREE COMPUTER CODING CLASSES FOR CHILDREN AND TEENS

Children and teens from ages 5-18 can unleash their creativity and curiosity with free coding workshops at the Clarksville-

Montgomery County Public Library. The Clarksville Game Design Club has two separate groups that meet at the Library—the Game Design Club for ages 10-18 and the Junior Coder's Club for ages 5-9. Each group meets every other Saturday at the Library in the upstairs computer lab.

Registration is not required, but encouraged. Register online and learn more about the program at [clarksvillegamedesign.net/about/](http://clarksvillegamedesign.net/about/). The event will be first come, first served and limited to the size of the computer lab.

Clarksville-Montgomery County Public Library  
350 Pageant Lane

### FREE COMPUTER LAB FOR ADULTS WANTING TO IMPROVE THEIR COMPUTER SKILLS

Tuesday and Thursday evenings, 6:00 p.m. to 8:00 p.m. Advanced skills with the option of certification. Friday evenings, 3:30 p.m. to 5:30 p.m. Basic computer and social networking skills for Senior Citizens. REGISTRATION IS REQUIRED Mondays-Fridays from 10:00 a.m. to 2:00 p.m. REGISTER @ CMC Adult Literacy Council, 430 Greenwood Avenue Room 218 Clarksville, TN

For more information, contact the office of CMC Adult Literacy Council at (931) 542-5046, [adultliteracycouncil@gmail.com](mailto:adultliteracycouncil@gmail.com) or visit [adultliteracycouncil.org](http://adultliteracycouncil.org).

CMC Adult Literacy Council  
430 Greenwood Avenue Room 218

### GENEALOGY DISCUSSION GROUP

6:00 p.m. to 7:30 p.m. the third Tuesday of each month. Informal small group discussion of genealogy and family history topics. Contact Brenda Harper at (931) 358-2581.

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

### HABITAT FOR HUMANITY RECYCLING OF MONTGOMERY COUNTY

Tuesday through Saturday, 9:00 a.m. to 5:00 p.m. Recycling Coordinator: Denny Mihalinec, [RecyclingHabitatMCTN@gmail.com](mailto:RecyclingHabitatMCTN@gmail.com). Recycling bin is located at:

Clarksville Restore  
(931) 645-4242  
408 Madison Street

### HOPE RIDERS BIKER CHURCH

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

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

### MONTGOMERY COUNTY BEEKEEPING ASSOCIATION MEETING

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

Clarksville-Montgomery County Public Library  
350 Pageant Lane

### SOCIETY FOR CREATIVE ANACHRONISM

The SCA is an organization dedicated to recreating the Middle Ages as they should have been. We have feasts, medieval combat, tournaments, arts and sciences. If you have an interest in Medieval or Renaissance come join us. We have fighter practice Sundays at 3:00 p.m. at Liberty Park. We meet past the fishing pond, back by the dog runs. Visit [crimsonriversca.org](http://crimsonriversca.org) or call Steven at (931) 542-2277.

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**Holiday Bazaar**  
Saturday, November 5  
8:00 am – 2:00 pm

- Gifts, crafts, Christmas items, & more
- Santa will be here for pictures!
- Breakfast and Lunch available

**Cumberland Presbyterian Church**  
1410 Golf Club Lane

## UFO CLUB

Shoot down your UFOs. For the quilters or sewers who have Unfinished Fabric Objects lying around. A great way to make new friends and be inspired to conquer some of your UFOs. Join us on the first Saturday of each month at 9:00 a.m. in the classroom at Quilt and Sew. Call the Mother Ship (Quilt Shop) for further details or directions. Free and fun.

Quilt and Sew  
109 South Main Street  
Trenton, Kentucky  
(270) 466-9222

# October

## 1 SATURDAY

### ADAPTIVE RECREATION DAY

10:00 a.m. to 2:00 p.m. Free. Youth and adults with special needs/disabilities are invited to come out and experience a multitude of adaptive recreation activities. No previous skill or experience is needed. Activities will include seated volleyball, archery, wheelchair basketball, beep kickball, and more.

Kleeman Recreation Center  
166 Cunningham Lane

### LABELS IN LIGHTS FASHION AND ART SHOW

6:00 p.m. to 10:00 p.m. Advanced prices \$15 general admission, \$100 VIP. Designer pre-show open to the public from 1:00 p.m. to 3:00 p.m. Benefiting Art Link.

2111 Trenton Road

### NATIONAL BANANA PUDDING FESTIVAL

Through Sunday, October 2. Admission \$5. The National Banana Pudding Festival celebrates the ultimate Southern Treat, Banana Pudding. Guests will enjoy two fun-filled days of entertainment on two stages, arts, crafts, food, games, activities for kids of ALL ages

and of course Banana Pudding. The Nation's Banana Pudding Champion is selected at the live cook-off Saturday morning followed by an auction of competing cook-off puddings. The cook-off to determine the nation's best restaurant banana pudding will take place on Saturday afternoon. Stroll through the "Puddin' Path" and taste ten different banana puddings made by local non-profit organizations. This award winning festival has received the SFEA Best Festival Award and been named a Southeast Tourism Society Top 20 Event Active Duty Military Members get in free with ID.

Centerville River Park  
111 Dickson Road

## 3 MONDAY

### COUNTRY QUILTER OF CLARKSVILLE

6:00 p.m. to 8:00 p.m. We meet the first Monday of each month. We have a sit and sew the 3rd Saturday of each month.

We 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 with the making of quilts.

Cumberland Presbyterian Church  
1410 Golf Club Lane

## 6 THURSDAY

### ART & WALK

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

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

## BEST OF CLARKSVILLE

5:00 p.m. Fireworks at 7:00 p.m. Visit [www.bestofclarksville.net](http://www.bestofclarksville.net) for advanced ticket locations. Advanced tickets are only \$10 each (\$15 at the door). Vote for the best businesses in Clarksville. The Best of Clarksville is an annual fundraiser with 100% of proceeds going back in the community to LOCAL Charities!

Governor's Square Mall  
Near Belk/Best Buy Parking Lot  
2801 Wilma Rudolph Boulevard

## 7 FRIDAY

### WESTERN KENTUCKY WOMEN'S SHOW

8:00 a.m. to 5:00 p.m. Free admission. Sponsored by Jennie Stuart Medical Center.

James E Bruce Convention Center  
303 Conference Center Drive  
Hopkinsville, Kentucky

## 8 SATURDAY

### TRAIL CLEANUP

8:00 a.m. to 10:00 a.m. Our trails need constant maintenance, but to make it more fun, we schedule volunteer maintenance days throughout the year to help keep them in shape. Groups are encouraged to participate. Please bring work gloves.

Clarksville Greenway  
Pollard Road Trailhead  
1101 Pollard Road

### PROJECT LINUS MAKE-A-BLANKET DAY

9:00 a.m. to 3:00 p.m. Project Linus is a non-profit organization that provides homemade/handmade blankets to children in need through the Emergency Medical Services, Hope Pregnancy Center, Camp Rainbow, and the Fisher House on Ft. Campbell. For more

information please contact: Jean Marr at (931) 358-0101 or EmmaLee Brake at (931) 648-0918.

Cumberland Presbyterian Church  
1410 Golf Club Lane

### CLARKSVILLE COME ALIVE "BLOCK PARTY"

10:30 a.m. to 2:30 p.m. Free community event open to the public. Enjoy free burgers and hot dogs. Brought to you by various churches and Christian ministries. For more information call (931) 627-1876 or email [al.tiner@yahoo.com](mailto:al.tiner@yahoo.com).

Find us on Facebook: Spirit of Life Ministries Clarksville.

Kenwood High School Parking Lot  
251 East Pine Mountain Road

### URBANFEST

3:00 p.m. to 9:00 p.m. Free live performance, food, step shows and entertainment.

McGregor Park  
640 North Riverside Drive

## 10 MONDAY

### COLUMBUS DAY

### 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

### CLARKSVILLE COME ALIVE "REVIVAL"

7:00 p.m. through Friday, October 14. Brought to you by various churches and Christian ministries. For more information call (931) 627-1876 or email [al.tiner@yahoo.com](mailto:al.tiner@yahoo.com).



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Food allergies can be scary, especially during Halloween. If you suspect your child is allergic to certain foods, have him or her tested by our board certified allergists.



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298 Clear Sky Court • Suite C • Clarksville

**931-802-5297 • [allergyasc.com](http://allergyasc.com)**   

Find us on Facebook: Spirit of Life Ministries  
Clarksville.

Kenwood Middle School  
241 East Pine Mountain Road

# 14 FRIDAY

## THE PARTY SHOP'S 2ND ANNUAL HALLOWEEN BASH

6:00 p.m. to 8:00 p.m. Join us for a night of spooks and treats! Our FREE night of fun includes pumpkin painting, live DJ, petting zoo, bounce house, trunk or treating and more! Costumes encouraged. For more information please visit [facebook.com/shopthepartyshop](http://facebook.com/shopthepartyshop).

The Party Shop  
210 Needmore Road Suite E

## TEEN TAKEOVER

6:00 p.m. to 10:00 p.m. Teens, ages 13-17, are invited to take over the Wilma Rudolph Event Center for a night of fun. Enjoy music, food, games, and much more! Make sure to bring your friends. \$5 per person.

Wilma Rudolph Event Center  
1190 Cumberland Drive

# 15 SATURDAY

## GO COMMANDO HALF MARATHON AND 5K RUN/WALK

6:00 a.m. to 7:15 a.m. (packet pick up, you must pre-register); 7:30 a.m. half marathon begins; 8:00 a.m. 5K begins. Registration closes October 13. Visit [gocommandohalfmarathon.com](http://gocommandohalfmarathon.com) for details and to register.

Old Glory Distilling Co.  
451 Alfred Thun Road

## ART ON THE PARK

4:00 p.m. to 7:00 p.m. Free event with skate demos, clinics, live music, food and more. For more information visit [cityofclarksville.com/artonthepark](http://cityofclarksville.com/artonthepark).

Heritage Park  
1241 Peachers Mill Road

# 18 TUESDAY

## DIABETES SUPPORT GROUP

5:00 p.m. the third Tuesday of each month. Our Diabetes Support Group offers up-to-date information and peer support related to self-management of diabetes. For more information visit [Tennova.com](http://Tennova.com) or contact the Diabetes Program Coordinator at (931) 502-1696 or the Registered Dietitians at (931) 502-1690.

Liberty Rooms  
Tennova Healthcare - Clarksville  
651 Dunlop Lane

# 19 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 THURSDAY

## BELLA GRAND RE-OPENING

Come see our new location. Complimentary hors d'oeuvres, meet Dr. Boles and the staff, learn from industry representatives about latest skincare advancements, enter to win services

Montgomery County 4-H Arena  
1985 Rossvie Road

and more. Visit [bellamedspa.com](http://bellamedspa.com) or call (931) 245-0500 for more information. See ad on page 23.

Bella Medical Spa  
2151 Wilma Rudolph Boulevard

# 22 SATURDAY

## CLARKSVILLE KENNEL CLUB DOG SHOW

6:00 a.m. to 6:00 p.m. AKC national owner-handler series. Food vendors and parking. Please join us for an opportunity to see some of the top show dogs in the US. No dogs will be allowed at the show site unless they are registered to be shown in the show. No baby strollers are allowed.

Montgomery County 4-H Arena  
1985 Rossvie Road

## SUPERHERO PARTY

4:00 p.m. to 6:00 p.m. "Ka-POW!" It's time to break out that costume and come dressed as your favorite superhero at Burt-Cobb Recreation Center. Children under 10 years of age and their families are invited for an evening of fun and games. Refreshments will be provided. \$2 per person.

Burt-Cobb Recreation Center  
1011 Franklin Street

# 23 SUNDAY

## CLARKSVILLE KENNEL CLUB DOG SHOW

6:00 a.m. to 6:00 p.m. AKC national owner-handler series. Food vendors and parking. Please join us for an opportunity to see some of the top show dogs in the US. No dogs will be allowed at the show site unless they are registered to be shown in the show. No baby strollers are allowed.

Montgomery County 4-H Arena  
1985 Rossvie Road

## MUSIC AT GRACE: CUMBERLAND WINDS

4:00 p.m. Big band dance music with a chili supper after. Free and open to the public.

Grace Lutheran Church  
2041 Madison Street

## FALL FAMILY FESTIVAL

4:00 p.m. to 6:00 p.m. Annual chili contest (free food, chili and hot dogs), games and candy for the kids, face painting and balloon animals, sensory room and pumpkin decorating, annual costume contest (kids and adults), and more.

Hilldale United Methodist Church  
1751 Madison Street

# 27 THURSDAY

## AARP DRIVER SAFETY COURSE, PART 1

12:00 p.m. to 4:00 p.m. This is an 8 hour refresher course especially designed for drivers age 50 and over. Others may attend. Using lectures, and videos, we will discuss new traffic laws, new road design, new car design and how to be safe on the road. etc. \$15 for AARP members, \$20 for non-members. No cash will be accepted, check or money order only payable to AARP. Upon completion you may be eligible to receive an auto insurance discount of 15% each month for three years. To register please call (931) 802-2484.

Clarksville Senior Center  
658 Clark Street

## FRIENDS OF THE LIBRARY BOOK SALE

4:00 p.m. to 7:00 p.m. Hundreds of used books from fiction to a myriad of subjects will be available for purchase. All proceeds from the sale go to support the public library. This event is free and open to the public.

Clarksville-Montgomery County Public Library  
350 Pageant Lane, Suite 501

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EXIT 11  
1808-C Ashland City Rd. 4th Floor  
(931) 503-8050

email: [lanasdancecentre5678@gmail.com](mailto:lanasdancecentre5678@gmail.com)  
**LANASDANCECENTRE.COM**





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**931.472.1008**

2690 Madison Street, Suite 190  
[www.kriegischmartialarts.com](http://www.kriegischmartialarts.com)




# 28 FRIDAY

## FRIENDS OF THE LIBRARY BOOK SALE

9:00 a.m. to 5:00 p.m. Hundreds of used books from fiction to a myriad of subjects will be available for purchase. All proceeds from the sale go to support the public library. This event is free and open to the public.

Clarksville-Montgomery County Public Library  
350 Pageant Lane, Suite 501

## AARP DRIVER SAFETY COURSE, PART 2

12:00 p.m. to 4:00 p.m. This is an 8 hour refresher course especially designed for drivers age 50 and over. Others may attend. Using lectures, and videos, we will discuss new traffic laws, new road design, new car design and how to be safe on the road. etc. \$15 for AARP members, \$20 for non-members. No cash will be accepted, check or money order only payable to AARP. Upon completion you may be eligible to receive an auto insurance discount of 15% each month for three years. To register please call (931) 802-2484.

Clarksville Senior Center  
658 Clark Street

## GREAT PUMPKIN CARVING CONTEST

4:00 p.m. to 6:00 p.m. Join us for a family-friendly pumpkin carving contest. Participants must register in advance. Pumpkins are carved on-site by teams of two to four people, with at least one adult and one child in each party. All carved pumpkins will then be judged by popular vote at the Fright on Franklin event (Saturday, October 29). Pumpkins and carving tools will be provided. \$7 per team.

Crow Recreation Center  
211 Richview Road

## HALLOWEEN AT FORT DEFIANCE

6:00 p.m. to 8:00 p.m. Free. Visitors are invited to gather around a bonfire to listen to haunting historical tales of woe and terror. Don't be afraid, Fort Defiance isn't haunted... we think! Food and refreshments will be provided.

Fort Defiance Interpretive Center  
120 A Street

# 29 SATURDAY

## ZOMBIE 5K CHASE RACE

7:00 a.m. Find out how fast you can escape as zombies take over Liberty Park. Try and survive the apocalypse by using your brains and disguises to outsmart hungry zombies along the 3.1-mile trail. All fitness levels are welcome. Ages 5 and up. Register online by October 2. \$25 per person. See ad on page 31.

Liberty Park  
1188 Cumberland Drive

## FRIENDS OF THE LIBRARY BOOK SALE

9:00 a.m. to 3:00 p.m. Hundreds of used books from fiction to a myriad of subjects will be available for purchase. All proceeds from the sale go to support the public library. This event is free and open to the public.

Clarksville-Montgomery County Public Library  
350 Pageant Lane, Suite 501

## FRIGHT ON FRANKLIN

3:00 p.m. to 7:00 p.m. Free. Every year, Historic Downtown Clarksville transforms into a frightfully fun night for the entire family. Dress to impress for the popular costume contest. This contest is open to all ages and registration is required beginning on October 1. Spots fill

up fast! There will be themed activities and safe trick-or-treating on Franklin Street. See ad on page 27.

Downtown Clarksville

## CUMBERLAND PRESBYTERIAN CHURCH FALL FESTIVAL

4:00 p.m. to 6:00 p.m. Come enjoy Fall fun and fellowship! Truck or Treat at 6:00 p.m.

Cumberland Presbyterian Church  
1410 Golf Club Lane

# 30 SUNDAY

## TRUNK OR TREAT

4:00 p.m. to 6:00 p.m. Free for all ages, rain or shine. Fun for the whole family. Carnival style games, candy, food, inflatables, trackless train, photo ops, motocross stunt show and more. No scary costumes, please. Pre-register online at [fbct.org/trunkortreat](http://fbct.org/trunkortreat). See ad on page 6.

First Baptist Clarksville  
499 Commerce Street

# 31 MONDAY

## HALLOWEEN

# November

# 1 TUESDAY

## DENTAL IMPLANT OPEN HOUSE AND SEMINAR

6:00 p.m. Missing one or more teeth? Partials or dentures that do not fit or cause pain? Embarrassed of your smile? Attendees will be eligible for giveaways and a \$250 gift certificate to use toward their implant surgery. Light refreshments will be served. Limited

space available, registration required. Register by October 25 by calling Christy at (931) 552-3292. See ad on page 25.

Cumberland Surgical Arts  
2285 Rudolphtown Road Suite 200

# 5 SATURDAY

## HOLIDAY BAZAAR

8:00 a.m. to 2:00 p.m. Free admission. Over 30 vendors, gifts, crafts, Christmas items, canned goods, baked goods, door prizes and lots more! Breakfast and lunch available. Bring your kids and cameras for pictures with Santa at the photo booth. Donate to F.U.E.L. and enter to win a Christmas tree with over \$300 in gift cards attached.

Cumberland Presbyterian Church  
Family Life Center  
1410 Golf Club Lane

## TRINITY EPISCOPAL CHURCH FALL FESTIVAL

10:00 a.m. to 3:00 p.m. Featuring Fair Trade Shopping from Ten Thousand Villages and SERRV. Authentic Brunswick Stew and other goodies hot off the grill will be available. Kids activities, silent auction, raffle, cake walk, sanctuary tours, bell choir performances and more will be featured.

Trinity Episcopal Church  
317 Franklin Street

## SCIENCE FICTION AND FANTASY EXPO

2:00 p.m. to 4:30 p.m. Join us for our annual Science Fiction and Fantasy Expo, a celebration of the science fiction and fantasy genres in literature, comics, film, television, and games! Support your favorite fandom and come in costume! This event is free and we will have activities, demonstrations, games, and crafts for all ages.

Clarksville-Montgomery County Public Library  
350 Pageant Lane, Suite 501

**Crisis 211 DIAL**  
There is light, even in the darkest night. **DIAL** Find Help • Give Help

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## 6 SUNDAY

DAYLIGHT SAVINGS TIME ENDS

## 8 TUESDAY

ELECTION DAY

## 11 FRIDAY

VETERANS DAY

## 12 SATURDAY

HANDMADE HOLIDAYS

9:00 a.m. to 4:00 p.m. Free to shop! Vendor spots: \$100. Artisans and crafters will fill the Wilma Rudolph Event Center with handmade gifts just in time for the holidays. Interested in being a vendor? Apply online. See ad on page 19.

Wilma Rudolph Event Center  
1190 Cumberland Drive

HOLIDAY MARKET

9:00 a.m. to 2:00 p.m. This is the 41st year or the event, which is sponsored by the Priscilla Group. All the money made will go to local and community missions. The Market will be held in the church gym as well as Fellowship Hall. Many local as well as mid-state vendors will be present with their wares. One of the highlights of this event is the delightful baked and frozen goods, which go very fast! There will also be a wonderful lunch served in Fellowship Hall, provided by our youth group. Admission is free and a delicious home cooked lunch will be served for only \$7. Some of the vendors will have Christmas items, jewelry, soaps, pillows, aprons, painted furniture, woodwork, embroidery, doll cloths, wreaths, purses, cookbooks, etc. Join us for the beginning of the holiday season!

Madison Street Methodist Church  
319 Madison Street

QUICK SILVER SPECIAL

5:00 p.m. to 10:00 p.m. Free. Saddle up and put on your boots! It is time for another Silver Social sponsored by the Distinguished Steppers Unlimited. Adults, ages 50 and up, can enjoy delicious food and dance the night away at this Western-themed event.

Kleeman Recreation Center  
166 Cunningham Drive

## 13 SUNDAY

HANDMADE HOLIDAYS

12:00 p.m. to 4:00 p.m. Free to shop! Vendor spots: \$100. Artisans and crafters will fill the Wilma Rudolph Event Center with handmade gifts just in time for the holidays. Interested in being a vendor? Apply online. See ad on page 19.

Wilma Rudolph Event Center  
1190 Cumberland Drive

PROJECT YESU LUNCHEON

2:00 p.m. Focuses on adoption, foster care and global orphan care. Tickets \$15 in advance, \$20 at door. Children 4 and under free. Visit [projectyesu.org](http://projectyesu.org) for more information. See article on page 26.

Belle Hollow (Miss Lucille's)  
2231 Madison Street

## 14 MONDAY

COMMUNITY THANKSGIVING FEAST

5:30 p.m. to 7:30 p.m. Free. Center staff, along with friends of the community, will serve individuals and families a warm and hearty meal for the holiday. No cost and all are invited!

Burt-Cobb Recreation Center  
1011 Franklin Street

ALZHEIMER'S CAREGIVERS SUPPORT GROUP MEETING

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

Clarksville-Montgomery County Public Library  
350 Pageant Lane

## 15 TUESDAY

DIABETES SUPPORT GROUP

5:00 p.m. the third Tuesday of each month. Our Diabetes Support Group offers up-to-date information and peer support related to self-management of diabetes. For more information visit [Tennova.com](http://Tennova.com) or contact the Diabetes Program Coordinator at (931) 502-1696 or the Registered Dietitians at (931) 502-1690.

Liberty Rooms  
Tennova Healthcare - Clarksville  
651 Dunlop Lane

## 16 WEDNESDAY

ALZHEIMER'S CAREGIVERS SUPPORT GROUP MEETING

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

Clarksville-Montgomery County Public Library  
350 Pageant Lane

## 18 FRIDAY

ADAPTIVE SWIM DAY

10:00 a.m. to 12:00 p.m. Learn more about our Adaptive Swim Program, become familiar with the pool, and meet our instructors. Swimmers will have the opportunity to get in the water, access Wibits, and enjoy refreshments. \$1.50 per person.

New Providence Pool  
166 Cunningham Lane

## 19 SATURDAY

GIGI'S CUPCAKES GRAND OPENING

1:00 p.m. to 3:00 p.m. Meet Gigi, the founder of Gigi's Cupcakes, at the grand opening of the new Clarksville store. See article on page 6.

Gigi's Cupcakes  
620 Dunlop Lane Suite #116

## 22 TUESDAY

CHRISTMAS ON THE CUMBERLAND

5:00 p.m. to 10:00 p.m. through Monday, January 2. Free. Make sure to stop at the Cumberland Riverwalk to witness two million Christmas lights on display. It's the perfect spot for families during the holiday season. Community organizations will lead seasonal crafts, dances, and activities on December 10 and 17.

McGregor Park  
640 North Riverside Drive

## 24 THURSDAY

THANKSGIVING

PASS THE TURKEY 5K

Registration starts at 7:00 a.m. near Target side of Governor's Square Mall. 5K starts at 8:00 a.m. Brought to you by Clarksville Running Club. Annual fundraiser for Manna Cafe (monetary donations and non-perishable food items collected at race). Family-friendly fun run for runners and walkers. Jogging strollers and leashed dogs welcome. Visit our Facebook page or [clarksvillerunningclub.com](http://clarksvillerunningclub.com). See ad on page 24.

Governor's Square Mall Parking Lot  
2801 Wilma Rudolph Boulevard

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

## THE ROXY REGIONAL THEATRE

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

### Million Dollar Quartet

On December 4, 1956, an extraordinary twist of fate brought Johnny Cash, Jerry Lee Lewis, Carl Perkins and Elvis Presley together at Sun Records in Memphis for what would be one of the greatest jam sessions ever. Take a glimpse inside the recording studio on that legendary night with an unforgettable evening of red-hot rock 'n' roll hits including "Blue Suede Shoes," "Fever," "Walk the Line," "Sixteen Tons," "Who Do You Love?," "Great Balls of Fire," "Folsom Prison Blues," "Whole Lotta Shakin' Goin' On," "Hound Dog," and more.

8pm October 1, 7, 8, 14 & 15

7pm October 5, 6, 12 & 13

2pm October 1

### The Rocky Horror Show

Dig out your fishnet stockings and sharpen your stilettos ... that sweet transvestite and his motley crew are back for the fifth year! On the way to visit an old college professor, two clean-cut young people, Brad Majors and his fiancée Janet Weiss, run into trouble and seek help at the freaky Frankenstein mansion. With Richard O'Brien's cult favorite,

prepare to do the "Time Warp" like you have never done it before!

Audience participation is encouraged, and patrons are invited to dress up in their favorite ROCKY HORROR attire. Bags of props will also be for sale in the lobby one hour prior to every performance. The following items, however, will not be permitted: rice, confetti, glitter, squirt guns, lighters, matches, candles, silly spray string, or any other objects which may damage the theatre or injure actors and/or audience members.

RECOMMENDED FOR MATURE AUDIENCES ONLY

8pm October 21, 22, 28 & 29

7pm October 26 & 27

11:59pm October 29

### Henry V

Henry IV is dead, and Prince Hal has taken the throne. With England in a state of unrest, Hal must leave behind his rebellious youth to unite his broken nation in Shakespeare's exploration of what makes a man a king...and a king a man.

8pm November 4, 5, 11 & 12

7pm November 9 & 10

2pm November 12

## CUSTOMS HOUSE MUSEUM & CULTURAL CENTER

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

### EXHIBITS:

#### Halloween Past

October 1 – November 6  
Get into the Halloween spirit in Memory Lane! Spooky objects from the Customs House's collection give a glimpse into the holiday's past with vintage costumes, toys, postcards, and a hearse.

#### The Modern Whimsy of Aaron Grayum

October 4 – October 30  
Work by Nashville artist Aaron Grayum is on display in our Peg Harvill Gallery. His whimsical and colorful paintings, with elements such as balloons and birds, are designed to inspire the inner child.

#### 120th Anniversary of Lui Heimansohn

October 1 – January 5  
Heimansohn Steel and Salvage is a full service steel and scrap metal business located in Clarksville, Tennessee. Explore 120 years of their history in The Leaf Chronicle Lobby.

#### Plane Clarksville

September 14 – November 27  
Learn the local story of Frank Adkins, U.S. Army Air Forces ACE, credited with shooting down 5 enemy aircraft in aerial combat during World War II. Objects from the museum collection will be on display, including model planes and medals.

#### Women Painting Women

August 5 – October 23  
Women Painting Women promotes the work of contemporary female artists working in the figurative tradition who focus on women as their subject matter. This exhibition features nine artists from Tennessee, Pennsylvania, Texas and Wisconsin.

#### Tammy O'Connor: Hand Shadows

August 8 – October 23  
This body of work by Tammy O'Connor is comprised of whimsical characters created

with glass and shadows. The project is reminiscent of the many storytelling moments the artist experienced as a child with her family.

#### Olen Bryant: Tennessee Treasure

August 11 – October 16  
Sponsored in part by Planters Bank Art by well-known local artist Olen Bryant will be on display. The exhibit features sculptures from the CHM&CC Permanent Collection as well as additional work on loan from other sources. Working in clay, wood and stone, Bryant creates masterful figures that are stylized, bold, timeless, totemic, authoritative, introspective and, at the same time, consoling.

#### Eric Hansen: Dollhouses from the Collection

August 16 – October 23  
The series of dollhouse photographs on aluminum by the award-winning photographer Eric Hansen are on exhibit.

### ACTIVITIES:

#### First Thursday Art Walk

Thursday, October 6, 5:00 – 7:00 p.m.  
The Customs House Museum & Cultural Center will be open with free admission from 5:00 – 7:00 p.m. during Clarksville's First Thursday Art Walk. Start your Art Walk here! Produced by The Downtown Clarksville Association, First Thursday Art Walk is a free, self-guided tour that combines visual art, live music, engaging events and more in the heart of Downtown Clarksville.

#### Sixth Annual Laying Low Fundraiser

Saturday, October 8th, 5:00 p.m.  
The Customs House Museum presents the sixth annual Laying Low fundraiser. This casual, outdoor event features beer, live music by The Nightmasters, BBQ grub from John's Chicken & Ribs, and a cornhole tournament (\$25 per two person team; register at check-in). Enjoy this opportunity to share the fun

with fellow supporters of the Customs House Museum while helping us further our mission. This year's event takes place at Daffodil Hill, 2100 Madison Street. Tickets are \$50 each and are on sale now: purchase by calling (931) 648-5780 or online at [layinglow2016.eventbrite.com](http://layinglow2016.eventbrite.com).

Second Saturday Free Admission Day: Let's Make Shadows  
Saturday, September 8, 10:00 a.m. – 4:30 p.m.  
Admission and activities are free all day from 10:00 a.m. – 5:00 p.m. as part of our Second Saturday Free Admission Day. Visit the Children's Art Room to learn more about hand shadows, a centuries-old form of entertainment.

#### You, too, Can be a History Detective!

October 9, 2:00 – 2:40 p.m.  
Using 70 years' worth of clues, Ms. Sue will show you how anyone can become a history detective. This family activity is recommended for adults and for children eight years and older.

#### Model Trains Fall Break Special

October 11 – 14, 11:00 a.m. – 12:00 p.m. and 2:00 – 3:00 p.m.  
Catch our model trains running at special times during Fall Break! Our train volunteers have the layout decked out especially for Halloween.

#### Making Paper Airplanes

October 11, 10:00 – 11:00 a.m.  
See model planes and learn about the heroics of Frank Adkins in our Plane Clarksville exhibit. Be sure to stop by the Children's Art Room to try your hand at making different styles of paper airplanes to see which ones fly the furthest!

#### Art for Young Children: Stripes & Splotches

October 12 & 13, 10:00 – 11:00 a.m.  
Your school-age children are invited to join us for this guided art experience while on Fall Break.

#### Aluminum Foil Sculpting

October 14, 10:00 – 11:00 a.m.  
Check out the clay, wood, and stone sculptures of Olen Bryant in our Tennessee Treasure exhibit and stop by the Children's Art Studio to sculpt your own works of art using aluminum foil!

#### Halloween Fun

Sunday, October 30, 1:00 – 4:00 p.m.  
We're having some good fun to celebrate Halloween! We're reading funny Halloween stories at 1:15, 2:15, and 3:15 p.m. in the Turner Auditorium. Make silly Halloween hats from 1:00 - 4:00 p.m. in the Children's Art Room. Activities, and Halloween candy for ages 12 and under, are free with paid admission or museum membership. Halloween themed model trains are also running from 1:00 – 4:00 p.m. Don't forget to see the exhibit Halloween Past, with vintage costumes, toys, and a hearse!

All activities are free with your museum membership. Non-members pay regular admission fees. For more information contact Ms. Sue at [sue@customshousemuseum.org](mailto:sue@customshousemuseum.org) or 931.648.5780.

#### Closings:

The Customs House Museum & Cultural Center will be closed Monday, October 10 for Columbus Day.



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# gift cards



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## ADOPTION & FOSTER CARE

### CAMELOT CARE

Located at 2233 Stokes Road, Suite A, we are a therapeutic foster care provider servicing 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](mailto:CFAA@outlook.com).

### CARING CHOICES OF CATHOLIC CHARITIES

1905 Madison Street, is a Tennessee state licensed child-placing agency providing supportive professional counseling services to those experiencing an unplanned pregnancy. Open Monday, Thursday and Friday from 10:00 a.m. to 2:00 p.m. or by appointment. Deesree Williams: (931) 645-9969 or [dwilliams@cctenn.org](mailto:dwilliams@cctenn.org).

### OAK PLAINS ACADEMY

1751 Oak Plains Road, Ashland City. We serve children of all ages with therapeutic services, and have several foster homes in Clarksville. Karen Henderlight, (931) 362-4723, [karen.henderlight@uhsinc.com](mailto:karen.henderlight@uhsinc.com).

### OMNI VISIONS INCORPORATED

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

### YOUTH VILLAGES

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

## ARTS, CRAFTS & HOBBIES

### CLARKSVILLE MODEL RAILROAD CLUB

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

### COMMUNITY SCHOOL OF THE ARTS AT APSU

Provides lessons and classes in music and the visual arts for the general community. From Kindermusik classes for infants and toddlers, through lessons and performing ensembles for school-age students, and continuing with adult classes in photography, ceramics, and piano, the CSA strives to serve community members of all ages and ability levels with high quality year-round instruction in the arts. For information contact (931) 221-7508, [csa@apsu.edu](mailto:csa@apsu.edu), or visit [csa.apsu.edu](http://csa.apsu.edu).

### MADISON STREET MUSIC & ARTS ACADEMY

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

### MONTGOMERY COUNTY WATERGARDEN SOCIETY

A not for profit water garden and koi pond club that hosts an annual Water Garden Tour. Visit [www.mcwgs.org](http://www.mcwgs.org), if you would like more information regarding who we are and what we do or contact Linda VanMaanen at (931) 368-1636 or Linda Westfall at (931) 648-6350.

## ATHLETICS

### BUDDY BALL SPECIAL NEEDS ATHLETIC LEAGUE

Buddy Ball provides individuals with a mental or physical disability the opportunity to play sports, regardless of their limitations. Buddy Ball helps individuals learn teamwork and promotes self-esteem, one of the tools needed to help overcome the stigma often associated with a disability. The Buddy Ball league is aware of the extra expenses on the families of disabled children. Because of this, Buddy Ball does not charge any fees to participate. We rely entirely on private donations to operate. (931) 624-7253 or [www.buddyball.net](http://www.buddyball.net).

### CANINE FLYBALL CLUB

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

### CLARKSVILLE BADMINTON CLUB

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

### CLARKSVILLE IMPACT SOCCER CLUB

Involves participation of children ages 5-18 in youth sports, specifically soccer. Impact is a non-profit organization trying to provide opportunities to our youth. (931) 358-4926, [info@clarksvilleimpact.us](mailto:info@clarksvilleimpact.us) or [www.clarksvilleimpact.us](http://www.clarksvilleimpact.us).

### CLARKSVILLE TENNIS ASSOCIATION

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

### 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.JVolleyball.com](http://www.JVolleyball.com), email Director Jen Garinger at [jeng917@hotmail.com](mailto:jeng917@hotmail.com) or call Jen at (602) 741-8045.

### EMMANUEL FAMILY LIFE CENTER

303 Fairview Lane. Open 8:00 a.m. to 8:00 p.m. Monday, Tuesday and Friday; 8:00 a.m. to 4:00 p.m. Wednesday; and 8:00 a.m. to 2:00 p.m. Saturday. Open to the public with gym, walk track, weight room, aerobics, boot camp, Zumba, r&b line dancing, cafe, dining room, meeting rooms, and more. Visit [clarksvillefamilycenter.org](http://clarksvillefamilycenter.org) or call (931) 647-4341.

### TEAM CLARKSVILLE YOUTH WRESTLING

The Team Clarksville Wrestling Club is accepting new members. We're a competitive club serving youth in elementary school through middle school. For more information contact David Isbell at (719) 494-6685 or email at [isbell\\_dave@yahoo.com](mailto:isbell_dave@yahoo.com).

### THUNDERBOLT AQUATICS SWIM CLUB

We are a Fort Campbell based competitive swim team open to non-military families. For more information please visit [thunderboltaquatics.com](http://thunderboltaquatics.com) call (270) 226-8421 or e-mail [thunderboltcoach@gmail.com](mailto:thunderboltcoach@gmail.com). All participants must pass a swim test.

### WARRIORS SPECIAL NEEDS CHEERLEADING

A competition cheerleading squad for children with special needs and disabilities or handicaps. We give kids a chance to cheer year around in a competitive setting, but where they will not be judged. We welcome children ages four to 18. For more information call Michelle Lange at (931) 217-2392 or e-mail [warrriorscheersquad@yahoo.com](mailto:warrriorscheersquad@yahoo.com).

## CHILD BIRTH & PARENTING EDUCATION

### ROOTS CHILD BIRTH PREPARATION

Pregnant? Know someone who is? Roots Childbirth classes are evidence-based, Christ-centered and perfect for any birth plan or birthing setting! If you're interested in holistically preparing (mind, body and spirit) for your labor, delivery and postpartum period, our classes will fully prepare you for childbirth in any setting or scenario. Our skilled team of educators all have professional teaching, counseling or Women's Health backgrounds and are the only instructors in our area that are required to complete continuing education courses through Evidence Based Birth™ as part of their certification process each year. Because of this requirement, Roots offers your family excellence in childbirth education, relevant resources and the most up-to-date, evidence-based information so that you can better understand all your options and plan the birth that is right for you. Contact Heidi Duncan, Birth Doula and Childbirth Educator, at (615) 710-7077 or [expectingnewlife@yahoo.com](mailto:expectingnewlife@yahoo.com) for info on classes (group, private or home-study).

### BREASTFEEDING EDUCATION AND SUPPORT (WIC)

Montgomery Co. W.I.C is excited to extend a Breastfeeding Basic invitation to ANY expecting mom in our local community! Learn how to successfully

breastfeed your baby at a FREE session at the Montgomery County W.I.C office! Breastfeeding classes will always be on the FIRST TUESDAY of the month at 11:00 a.m. and the THIRD THURSDAY of the month at 1:00 p.m.! Hope to see you there!

### CLARKSVILLE BIRTH COMMUNITY

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

### 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 LEUCHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

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

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

### TENNOVA HEALTHCARE - CLARKSVILLE BREASTFEEDING CLASS

Taught by a Lactation Consultant, 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 Legacy Rooms on the first floor of the Medical Center (651 Dunlop Lane) on the first Tuesday of every month from 7:00 p.m. to 9:00 p.m. Registration is required. To register call (855) TENNOVA (836-6682).

### TENNOVA HEALTHCARE - CLARKSVILLE PRENATAL CLASS

Prenatal Classes help parents-to-be anticipate situations that may arise during pregnancy and labor. The classes consist of five, two-hour sessions and are held on consecutive Wednesday or Thursdays at 7:00 p.m. Classes should be attended between the 26th and 34th week of pregnancy. Classes are taught in the Liberty Rooms on the first floor of the Medical Center (651 Dunlop Lane). Registration is required. To register call (855) TENNOVA (836-6682).

### TENNOVA HEALTHCARE - CLARKSVILLE SIBLING CLASS

Offers an introduction to sibling interactions, a tour of the Nursery, and time to mingle with other children from expectant families. Classes are typically held the last Saturday of the month in the 3rd floor classroom of the Medical Center (651 Dunlop Lane). Registration is required. To register call (855) TENNOVA (836-6682).

### WHOLE WOMAN BIRTH AND LACTATION SERVICES

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

## CHILD CARE

### CHILD CARE AWARE

Child Care Aware is a non-profit initiative committed to helping parents find the best information on locating quality childcare and childcare resources in their community. The website offers lots of tips on choosing a child care provider, lots of free publications for parents, local child care rates and a Child Care Options Calculator. [www.childcareaware.org](http://www.childcareaware.org).

### MID-CUMBERLAND CHILD CARE 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](http://clarksvillepin.net).

## PROGRESSIVE DIRECTIONS

At 1249 Paradise Hill Road, provides services to developmentally delayed children and adults. (931) 647-6333 or [www.progressivedirections.com](http://www.progressivedirections.com).

## TENNESSEE NUTRITION & CONSUMER EDUCATION PROGRAM (TNCEP)

Provides nutrition education programs that help limited-resource individuals and their families improve their diets. When you participate in TNCEP programs, you will learn: how to stretch your food dollars, how to prepare good and nutritious food, how to plan a balanced diet, how to get kids to eat nutritious food, the importance of a good diet and physical activity, and how to use a variety of foods. TNCEP delivers programs in many ways, including: school programs, food demonstrations, group classes, hands-on learning experiences, educational displays, handouts, and newsletters. For more information contact Tamera Adjei at (931) 648-5725 or [tadjei@utk.edu](mailto:tadjei@utk.edu).

## CHILD PROTECTION & DOMESTIC CRISIS SERVICES

### AL-ANON & ALATEEN

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

### CLARKSVILLE RAPE AND SEXUAL ABUSE CENTER

At 331 Union Street, Suite B. Office at (931) 647-3632 or Toll-free Crisis Hotline at (800) 879-1999.

### CHAP PROGRAM OF CATHOLIC CHARITIES

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

### DEPARTMENT OF CHILDREN'S SERVICES

At 350 Pageant Lane, Suite 401. (931) 503-3200.

### LEGAL AID SOCIETY

At 120 Franklin Street, provides free legal advice and representation to eligible clients. (931) 552-6656 or [www.ias.org](http://www.ias.org).

### MONTGOMERY COUNTY CHILD SUPPORT SERVICE

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

### SAFEHOUSE DOMESTIC VIOLENCE SHELTER

Provides 24-hour emergency shelter, crisis hotline, professional counseling, advocacy and other services to victims of domestic violence and sexual assault. (931) 552-6900 (collect calls accepted).

## CHILDREN'S GROUPS

### 4-H YOUTH DEVELOPMENT

At 1030 Cumberland Heights Road, is open to all youth ages 9-19. Involves participation in 4-H through school clubs, community clubs, special interest groups, and a variety of camps. Contact Julie Newberry at (931) 648-5725.

### BOY SCOUTS OF AMERICA

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

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

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

### GIRL SCOUTS OF MIDDLE TENNESSEE

331 A-1 Union Street, (931) 648-1060 or [www.gsmtdn.org](http://www.gsmtdn.org). Girl Scouts build girls of courage, confidence and character who make the world a better place. Email [bkely@gsmtdn.org](mailto:bkely@gsmtdn.org) for more information.

### LEAP ORGANIZATION

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

## COMMUNITY OUTREACH

### 101ST AIRBORNE DIVISION ASSOCIATION

#### ONCE AN EAGLE...ALWAYS AN EAGLE

The 101st Airborne Division Association is a non-profit organization that welcomes all Screaming Eagles, from the original veterans to the active duty troopers of today, regardless of where or when they served. For more information on the benefits of being a member or the service the Association offers contact the office between 8:00 a.m. and 4:00 p.m. Monday through Friday at (931) 431-0199 or at our website [ScreamingEagle.org](http://ScreamingEagle.org).

### ALL NATIONS BIBLICAL STUDY CENTER

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

### APSU EXTENDED EDUCATION

Develop a new skill, explore a new idea, learn a new language or seek a new career with one of the classes from Austin Peay State University's Center for Extended

and Distance Education. Register early and receive a 10 percent discount on selected courses. Preregistration is required for each course. New online classes start every month. Melony Jones at (931) 221-7868, [jonesma@apsu.edu](mailto:jonesma@apsu.edu) or [www.ed2go.com/apsu](http://www.ed2go.com/apsu).

#### ARMY COMMUNITY SERVICE

ACS is an important part of the Army's program to assist Soldiers and their Families in meeting specific needs. ACS offers a wide variety of programs with topics such as financial readiness, family programs, and relocation readiness tailored to assist Army Families living on and off post. ACS is the place to go for answers to your questions and help with concerns or issues facing military Families. 2601 Indiana Avenue, Fort Campbell. (270) 798-9322, [campbell.armymwr.com/us/campbell/programs/acs](mailto:campbell.armymwr.com/us/campbell/programs/acs) or [facebook.com/FortCampbellACS/](https://facebook.com/FortCampbellACS/).

#### ASERACARE HOSPICE

Hospice care provided for individuals nearing the end of life. Our team of professionals, which includes doctors, nurses, home health aides, social workers, chaplains, volunteers and a bereavement counselor to support patients and families by providing pain and symptom management, as well as psychosocial, emotional and spiritual support. 24/7 on-call availability. Serving Montgomery, Cheatham, Stewart, Houston, Humphreys, Dickson, and Hickman counties. (931)551-4100.

#### BAYANIHAN FILIPINO-AMERICAN INTERNATIONAL GROUP

A tax-exempt, non-profit organization. Its purpose is to promote Filipino-American culture to all Filipinos and to any interested nationalities, develop a better understanding of our ethnic Filipino history, and promote our unique and diverse cultural heritage. Our group participates in various community services. Many Filipino soldiers assigned in Fort Campbell Post and their families join our social and civic activities in the community of Clarksville and Kentucky. The organization extends its services to donating clothes, shoes, and canned goods to various local organizations. The organization is also teaching Tagalog lessons to those interested in learning another language. Membership is open to all. For inquiry, call Mario Wong at (931) 431-6786 or Pat Lowry at (931) 494-1080.

#### CRISIS CALL LINE

Offers crisis intervention, suicide prevention and referral. (931) 648-1000.

#### CROATIANS IN TENNESSEE

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

#### DAGAN FOUNDATION

Creating schools in rural areas for free education and sending orphans and disadvantaged children to schools in Togo, West Africa. Spreading the word of God through evangelism and planting and supporting churches in rural areas in Togo. Digging wells and providing clean water in rural areas in Togo. Partner with us and join us so together we can change lives in Togo, West Africa. You want to go to mission in Africa, you want to plant a church in Togo, you want to go teach English in our schools in Togo during Summer, you want to adopt a student or a church in a rural area, don't hesitate to contact us. Invite us and we will come to present our projects in your church. Contacts: Mr. Adolph Dagan at (931) 302-0787 or [daganfoundation@yahoo.com](mailto:daganfoundation@yahoo.com), or visit [www.daganfoundation.org](http://www.daganfoundation.org). Like us on Facebook at [Facebook.com/DaganFoundation](https://facebook.com/DaganFoundation). Our main partner in Togo is Action Bethesda, [www.actionbethesda.org](http://www.actionbethesda.org).

#### FREE CAKES FOR KIDS KY & TN

Serving Clarksville, Ft. Campbell, Oak Grove & Hopkinsville. We believe that every child deserves a birthday cake. Help us make the world a better place, one cake at a time! A volunteer run and supported organization that provides customized birthday cakes at no cost to children. We provide these cakes specifically to the children whose parents are experiencing financial difficulties and are unable to provide a birthday cake for their child. We simply ask though, if you use this service, that you are truly in need. Volunteer bakers are always welcome. No special talents or formal training needed, only a love of baking, a passion in your heart and a desire to bring a little sunshine into a child's day. If you do not bake or don't have time to bake, then you are welcome to donate store bought cakes. To learn more about our organization or ways you can help, check us out on facebook [facebook.com/pages/Free-Cakes-for-Kids-KYTN/529017437122370](https://facebook.com/pages/Free-Cakes-for-Kids-KYTN/529017437122370). Reach Mindy Parker or Christina Johnson at [freecakesforkids\\_fortcampbell@yahoo.com](mailto:freecakesforkids_fortcampbell@yahoo.com).

#### FRIENDS OF THE BLUEWAY

A group dedicated to keeping Clarksville's Blueway beautiful and directly involved with the new access point park on Tiny Town. We will have clean up days, fundraisers, events and meetups. This group is passionate about outdoor activities, including kayaking and canoeing. The Parks and Rec department works closely with this group and gives insight on future access points to the rivers. Visit our facebook at [facebook.com/FriendsoftheBluewayClarksvilleTN](https://facebook.com/FriendsoftheBluewayClarksvilleTN) for more information and sign up for email updates at [outdoorclarkville.com](mailto:outdoorclarkville.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 emailing [forp.president@gmail.com](mailto:forp.president@gmail.com). Or visit [www.facebook.com/FriendsOfRotaryPark](https://www.facebook.com/FriendsOfRotaryPark) to keep in touch with other members and events at the park.

#### TENNOVA HOME HEALTH & HOSPICE

141 Hatcher Lane. Serving the Clarksville area for 25 years. Offering nursing care, wound care, ostomy care, infusion therapy, home health aides, physical therapy, occupational therapy, speech therapy, hospice care, chaplain, social work, bereavement services and volunteer services. Servicing Montgomery, Cheatham, Roberston, Stewart, Dickson, Houston and Davidson counties. Call (931) 552-9551.

#### GOOD NEWS CLUBS

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

#### GRACE ASSISTANCE PROGRAM

Helps the community with utility bills, prescriptions, clothing, food boxes, some emergency shelter, transportation, and housing when funds allow. During specific times of the year we have collections like now we are collecting new and gently used coats that we will be giving away at our office located at 217 South Third Street.

#### 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](http://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](mailto:donation@clarksvillerestore.org).

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

We are a local division of the national 501(c)3 nonprofit 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](https://facebook.com/haileyshopePSP) or email division coordinator Kristin Vanderlip at [Kristin@projectsweetpeas.com](mailto:Kristin@projectsweetpeas.com).

#### HUI HAWAII O TENESI HAWAIIAN CIVIC CLUB

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

#### HOPE CENTER

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

#### HUMANE SOCIETY OF CLARKSVILLE-MONTGOMERY COUNTY

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

#### LATINA ASSOCIATION

A nonprofit organization with the mission of unifying the Hispanic community within, and then unifying them in the community where they live, by being the center point of resources and education to strengthen family values. English as a Second Language classes are offered, in partnership with Adult Basic Education as well as How to Start Your Own Business seminars, offered in Spanish or English, in partnership with Your Spanish Link and Concept Training. Donations of any kind are welcomed. (800) 431-9364 or [www.asociacionlatina.info](http://www.asociacionlatina.info).

#### LOAVES AND FISHES

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

#### MANNING CAFÉ MINISTRIES

Serving the Montgomery County area with hot meals and food pantry. FOOD PANTRY - Mondays, Wednesdays

and Fridays between the hours of 10:00 a.m. and 4:00 p.m. at our warehouse on Franklin Street. HOT MEALS - We serve hot meals three days a week. Tuesdays at 5:30 p.m. located at Vacation Hotel on Providence near Peachers Mill Road. Thursdays at 5:30 p.m. located at the Clarksville Montgomery County School Systems Office located in the large parking lot on Crossland and Gracey Avenues. Saturdays at 8:30 a.m. for breakfast served at BOTH locations. We are committed to uplifting those in need through kindness, love, respect and a full stomach. 1319 Franklin Street, (931) 933-0970.

#### MEALS ON WHEELS

Mid-Cumberland Human Resource Agency provides group or home-delivered meals to individuals 60 or older. Volunteers deliver non-meal Monday-Friday. It only takes an hour of your time. Beth at (931) 645-5629.

#### MONTGOMERY COUNTY WIC CLINIC

300 Pageant Lane. Provides nutrition education and food vouchers for women, infants, and children (up to age five). We offer breastfeeding education, including two free monthly classes (see calendar for dates and times), (931) 551-8777.

#### RADICAL MISSION

Meets Tuesdays and Thursdays from 9:00 a.m. to 1:00 p.m. at Clarksville First Church of the Nazarene, 150 Richview Road. A Compassionate Ministry Center, founded by Clarksville First Church of the Nazarene, seeks to creatively address issues of suffering and brokenness particularly pertaining to poverty and basic human needs. We provide food, clothing, furniture, volunteer opportunities, and friendship. For more information contact Heather Byrd at (931) 648-1496.

#### REFORMERS UNANIMOUS

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

#### SUNCREST HOME HEALTH

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

#### TENNESSEE REHABILITATION CENTER AT 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 (TRAAYC)

The Two Rivers Association for the Education of Young Children, TRAAYC, (pronounced tray-see), is one of the fastest growing affiliates in the history of the statewide associations. TRAAYC members have a passion for young children and are committed to their education. The Tennessee Counties represented by TRAAYC are Benton, Dickson, Henry, Houston, Humphreys, Montgomery and Stewart. We invite you to join us in exciting professional growth opportunities. Contact Dr. Linda A. Sitton, TRAAYC President, at (931) 221-7308 or visit [www.traayc.org](http://www.traayc.org).

#### UNITED WAY

At 1300 Madison Street, provides the leadership to increase the organized capacity of people to care for one another. Monitors and provides support for agencies serving Clarksville and Fort Campbell, as well as Montgomery, Houston and Stewart counties. (931) 647-4291.

#### VETERANS UPWARD BOUND

Provides free educational services to veterans who are planning to enroll in college or technical school, or to take the GED Exam. The program is funded by a grant from the U. S. Department of Education as a TRIO project. VUB provides veterans with free academic and counseling services to assure they are ready to succeed in their educational pursuits. Outprocessing military and discharged veterans may be eligible to receive services. For further information, please contact Makeba Webb at (931) 221-7601 or at [webbm@apsu.edu](mailto:webbm@apsu.edu). You can also visit our website at [www.apsu.edu/VUB/](http://www.apsu.edu/VUB/).

#### COUNSELING, SUBSTANCE ABUSE & MENTAL HEALTH

##### ALCOHOLICS ANONYMOUS

Do you or a member of your family, or perhaps a friend, have a problem with alcohol? We can help. Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem with alcohol. The only requirement for AA membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses or opposes any causes. Our primary purpose is to stay sober and to help other alcoholics achieve sobriety. AA 24 Hour Hotline: (615) 647-8311-1050. Clark Street AA Hotline: (931)-647-0255 (11:30 a.m. to 12:15 p.m.; 5:30 p.m. to 9:15 p.m.). Alanon/Alateen Family Hotline: (888) 425-2666

##### APTITUDE HABILITATION SERVICES

At 2237 Lowes Drive, Suite G, Aptitude Habilitation Services is a comprehensive educational and rehabilitation services firm dedicated to providing the

highest quality applied behavioral therapy to children and adults on the autism spectrum. (800) 991-6070 or [aptitudeservices.com](http://aptitudeservices.com).

#### ASPERGER/AUTISM CENTER

300 Tiny Town Road, serves children and adolescents with Asperger and Autism Disorders. Services include: individual counseling, group counseling, family education and counseling, and psychiatric services. For further information regarding our programs, please call (931) 431-7580.

#### BRADFORD HEALTH SERVICES

Bradford Health Services at 231 Dunbar Cave Road, Suite A, creates effective and affordable substance abuse programs through a variety of innovative services. (931) 542-9816.

#### CELEBRATE RECOVERY-FIRST CHURCH OF THE NAZARENE

7:00 p.m. to 9:00 p.m. every Friday at Fellowship Hall of Clarksville First Church of the Nazarene, 150 Richview Road. A Christ-centered 12 step recovery program for people with hurts, habits, and hang ups. This ministry provides a safe place to share, a place of belonging, a refuge, a place to grow and become strong again...a possible turning point in your life! Come enjoy fellowship and food, praise and worship, teaching and testimonies, then meet in men's and women's share groups. Childcare is available for ages 10 and younger. For more info contact Pastor Brett at (931) 648-0110 or visit [www.clarksvillefirst.com](http://www.clarksvillefirst.com).

#### CELEBRATE RECOVERY-GRACE CHURCH OF THE NAZARENE

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

#### CENTERSTONE

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

#### COLUMBUS ORGANIZATION

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

#### HEALTH CONNECT AMERICA

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

#### THE FAMILY GUIDANCE TRAINING INSTITUTE

300 Tiny Town Road, committed to positively impacting the lives of our community's children, youth and their families. Family Guidance Training Institute, Inc. is a 501(c)3 licensed community mental health center and alcohol and treatment facility. Offering quality, private, compassionate services to persons who seek emotional wellness. Therapeutic and psychiatric services include: assessments, individual counseling, marriage and family counseling, group counseling, supervised visitation, mental health case management, and alcohol and drug treatment and education services. For further information call (931) 431-7580.

#### LIFESOLUTIONS - ASPIRE & JOBLINK

611 Eighth Street, (931) 920-7210.

#### MENTAL HEALTH COOPERATIVE

Provides evidence-based services including: Child & Family Counseling, Child Psychiatry and Community Based Case-Management to children and adolescents with emotional/behavioral challenges. Case managers assist families in their homes with parenting and behavior management in addition to linking them to needed resources in the community. Initial intake assessments are offered within one week and at no cost. MHC welcomes TennCare recipients. Located at 201 Uffelman Drive, Suite A. For more information or to make a referral please call (931) 645-5440 or visit [www.mhc-tn.org](http://www.mhc-tn.org).

#### 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 a drift, we can help. Professional support is available with fees based on your ability to pay. (931) 648-9009 or [www.pastoralcounselingctr.org](http://www.pastoralcounselingctr.org).

## THE PATH LIFE COACHING

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

## REGIONAL INTERVENTION PROGRAM (RIP)

Regional Intervention Program 404 Pageant Lane, (931) 920-2347, is a program through local mental health agency and not-for-profit organization Centerstone providing behavior modification for preschoolers 18 months through 6 years old. RIP offers a 2-hour classroom setting for children and siblings, in addition to case management for parents two times per week on Tuesdays and Thursdays. RIP currently has immediate openings for the morning program @ 10am to 12pm Katrina Watts, RIP Coordinator @ (931) 494-4863, [Katrina.Watts@centerstone.org](mailto:Katrina.Watts@centerstone.org).

## VIVIAN HOUSE

125 Vivian Street, (931) 920-7235.

## WEEMS ACADEMY

812 Greenwood Avenue, (931) 920-7370.

## WESTERN KENTUCKY MEDICAL OPIOID TREATMENT

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

## YMCA'S RESTORE MINISTRIES COUNSELING CENTER

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

## INTERNATIONAL ORGANIZATIONS

### MISS TENN KY AREA AFS VOLUNTEER LEADERSHIP TEAM

New AFSer's applications are available for viewing for the 2016-17 school year. Host parents may go to [afsusatn.org/host](http://afsusatn.org/host) to view them and fill out a hosting application. Keep in mind that CMCS will only allow four exchange students per year for each high school. To ensure getting the student of your choice in your area high school, it is recommended that you apply early. Go to [afsusatn.org/study-abroad](http://afsusatn.org/study-abroad) for more information and/or contact Becky Heywood (sending coordinator) at [AFSbecky@comcast.net](mailto:AFSbecky@comcast.net) ongoing on an exchange with AFS-USA. Local Contacts: Dr. Barbara Y. Wills at (931) 378-7258 and [afsbars58@gmail.com](mailto:afsbars58@gmail.com) or Sandy Rich at [srich@afsusatn.org](mailto:srich@afsusatn.org) or (865) 617-0665. The local Miss Tenny Area AFS Volunteer Leadership Team web site is [afsusatn.org/misstenky/](http://afsusatn.org/misstenky/). Follow AFS on Facebook: AFSUSA, Twitter: afsusatn, YouTube: AFS TV and Flickr: afsusatn.

### YOUTH FOR UNDERSTANDING USA (YFU)

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

## PARENT GROUPS

### CHRIST PRESBYTERIAN CHURCH MOPS

Mothers of Preschoolers (MOPs) is an international organization aimed at empowering mothers from pregnancy to the day they wave goodbye to their child on the first day of school. We meet from 9:30 a.m. to 11:30 a.m. most 1st and 3rd Thursdays of the month from September to May. Meetings are held at 1230 Rossview Road. Childcare is available. For more information please contact Sabrina Reiswig or Anne Coleman at [mops.opclarkville.com](mailto:mops.opclarkville.com).

### CLARKSVILLEMOMMIES.COM

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

FREE! Everything—online support, playgroups, and MNOs are all FREE! [ClarksvilleMommies.com](http://ClarksvilleMommies.com) is part of TheMommiesNetwork, a 501-C(3). Register to be part of ClarksvilleMommies!

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

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

### CLARKSVILLE HOMESCHOOL NETWORK

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

### CLARKSVILLE, HOPKINSVILLE FORT CAMPBELL SAHM PLAYGROUP

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

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

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

### LA LECHÉ LEAGUE OF CLARKSVILLE-FORT CAMPBELL

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

### MOMS CLUB OF CLARKSVILLE

We are moms in and around Clarksville who meet-up for "play dates" and fun "mom time" activities. We consist of two independent clubs, based on location. If you live in Sango or St. Bethlehem areas of Clarksville (east of Wilma Rudolph), you are zoned for MOMS Club of Clarksville-East. To learn more, send an email to [eastclarksvillemomsclub@gmail.com](mailto:eastclarksvillemomsclub@gmail.com). If you live in Ft. Campbell, Woodlawn, Oak Grove, or areas of Clarksville west of Wilma Rudolph you are zoned for MOMS Club of Clarksville-West. To learn more, send an email to [momsclubofclarksvillemomsclub@gmail.com](mailto:momsclubofclarksvillemomsclub@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 CHURCHVILLE

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](mailto:clarksvillemops@gmail.com). Check us out online at [clarksvillemopsatfbc.wordpress.com](http://clarksvillemopsatfbc.wordpress.com). We look forward to meeting you!

### HILLDALE BAPTIST CHURCH MOPS

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

### SPRING CREEK MOPS

Meets at Spring Creek Baptist Church at 2760 Trenton Road on the 1st and 3rd Wednesdays 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 Meagan Hurley at [meaghurley@gmail.com](mailto:meaghurley@gmail.com). Find us on Facebook at Spring Creek MOPS.

### PARENTS OF MULTIPLES

An email support group for parents of twins, triplets and more that live in Clarksville or the surrounding area. Call Kelley Corley at (931) 358-0127 or e-mail [kCorley77@aol.com](mailto:kCorley77@aol.com) for more information.

## PARENTS REACHING OUT

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

### TNSHARE (SECULAR HOMESCHOOLERS: ANY RELIGION, ELECTIC)

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

### TENNESSEE EARLY INTERVENTION SYSTEM (TEIS)

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

### WIC NUTRITION EDUCATION CENTER

All prenatal moms are welcome to a free preparation breastfeeding class (includes free breastfeeding information packet). 1:00 p.m. to 2:00 p.m. the third Thursday of each month at the WIC Clinic, 300 Pageant Lane. 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 Charmist Fields, President, (931) 358-3875, [charmistfields@charter.net](mailto:charmistfields@charter.net).

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

The only association dedicated to protecting the earned retirement benefits of federal employees, retirees and their survivors. If you are now receiving, or expect to receive, a federal retirement annuity then you should join us as a member and help us actively preserve our federal benefits. We need your support and membership to increase our overall membership numbers. NARFE works on the national and state levels in Congress to propose and oppose legislation in the interest of the federal employee and retiree. With over 200,000 members nationwide and over 3,000 here in Tennessee, we are a strong voice in Washington, DC. Local NARFE Chapter 870 meets on the 2nd Thursday of each month at the Shoney's on North Second Street. We gather to eat at 10:00 a.m. with the business meeting beginning at 11:00 a.m. Even with our speaker, we are normally finished by 12:30 p.m. or 12:45 p.m. We have a private area reserved with our own waitress service. We always have an interesting program. We encourage retired or active federal employees to join us and bring a guest. For more info, please contact Sandra Simms at (931) 368-9903, (931) 249-9339 or [hsimms6551@charter.net](mailto:hsimms6551@charter.net).

## SUPPORT GROUPS

### ALZHEIMER'S CAREGIVERS' SUPPORT GROUP

Meetings are the second Monday of each month at 6:30 p.m. at Clarksville Montgomery County Public Library, and the third Wednesday of each month at 11:00 a.m. at the Senior Citizen's Center at 953 Clark Street. Patsy Shell at (931) 648-1884.

### ARMY COMMUNITY SERVICE

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

### ASMT (AUTISM SOCIETY OF MIDDLE TENNESSEE)

Meets the 3rd Tuesday of every month at the Clarksville-Montgomery County Public Library at 350 Pageant Lane, Clarksville from 7:00 p.m. to 8:00 p.m. For more information contact Shelley Taroli at (931) 980-2597 or [shelleytaroli@gmail.com](mailto:shelleytaroli@gmail.com).

### AUTISM SUPPORT GROUP

Donna Richardson at (931) 503-2315.

### CLARKSVILLE ASSOCIATION FOR DOWN SYNDROME (CADSTN)

Where individuals, families and the community come together to enrich, educate and support one another. Contact Patricia Hanna at (931) 645-1261 or [cadstn@hotmail.com](mailto:cadstn@hotmail.com). Visit [www.cadstn.org](http://www.cadstn.org).

### CLARKSVILLE MONTGOMERY COUNTY MULTIPLE SCLEROSIS SUPPORT GROUP

For patients, family members and caregivers in the day to day management of M.S. Activities include guest speakers, up to date medical news, advances in finding a cure for M.S., and open forum discussions. Meets the

third Tuesday of each month (September through May) at 7:00 p.m. at First Christian Church, 516 Madison Street. For more information call Melba Dowdy at (931) 552-1486 or Mary Nell Wooten at (931) 647-8904.

### CLARKSVILLE OSTOMY SUPPORT GROUP

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

### CLARKSVILLE PARENT/CAREGIVER SUPPORT GROUP

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

### COMPASSIONATE FRIENDS

When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family. Meets the third Wednesday of each month from 6:00 p.m. to 7:30 p.m. at the Clarksville-Montgomery County Public Library. Contact Henry Moore, Jr. at [tcfofclarksville@gmail.com](mailto:tcfofclarksville@gmail.com).

### DIABETES SUPPORT GROUP

Need help managing your diabetes? Our 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 at 5:00 p.m. in the Liberty Rooms of Tennova Healthcare - Clarksville. For more information visit [Tennova.com](http://Tennova.com) or contact the Diabetes Program Coordinator at (931) 502-1696 or the Registered Dietitians at (931) 502-1690.

### FOCUS AUTISM NOW

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

### GRIEF SUPPORT GROUP AT ASERACARE

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.

### JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)

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

### NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)

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

### PARENTS HELPING PARENTS

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

### TENDERPAWS PET THERAPY

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

### YMCA'S RESTORE MINISTRIES SMALL GROUPS

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

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



# MAJOR EXHIBITS OF ART

BY LOCAL ARTISTS IN CLARKSVILLE, TENN

5:00 PM - 8:00 PM ON STRAWBERRY ALLEY

# FIRST THURSDAY

== OF EACH MONTH ==

**FREE PARKING DOWNTOWN AFTER 5PM, M-F & ALL DAY ON WEEKENDS!**

931-614-0255 • [info@artwalkclarksville.com](mailto:info@artwalkclarksville.com) • [artwalkclarksville.com](http://artwalkclarksville.com)

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

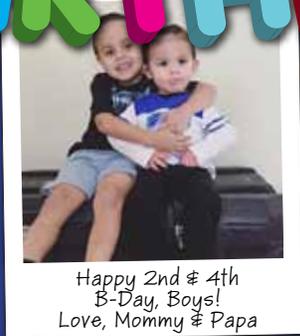
# HAPPY BIRTHDAY!



Oh, Leah...You stinker butt!  
 Happy 1st!! We love you.



Happy 2nd Birthday  
 Addyson Michelle!!  
 Love, Popa and NaeNae



Happy 2nd & 4th  
 B-Day, Boys!  
 Love, Mommy & Papa



Happy 2nd Birthday Kennedy!  
 We love you so much! <3



Happy B-day to our baby,  
 Kingston Arago!  
 We love you so much!



Happy 3rd Birthday Cam!  
 Daddy & Mommy Loves You!!!



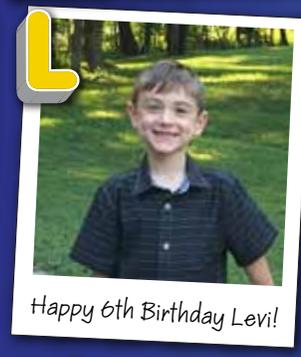
Happy B-day to our  
 big-boy, Enzo Arago!  
 We love you so much!



Happy 3rd birthday Yetzael  
 Mommy & daddy loves you



Feliz cumpleaños  
 Joseph te amamos



Happy 6th Birthday Levi!



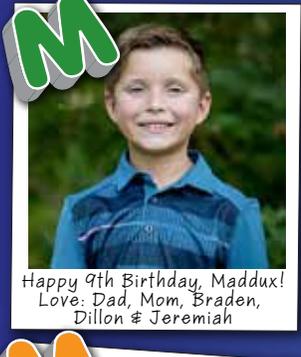
Elias, Happy 7th Birthday!



Happy 8th Birthday Skyler!



Happy 9th Birthday Jayleon  
 We love you from all your Family



Happy 9th Birthday, Maddux!  
 Love: Dad, Mom, Braden,  
 Dillon & Jeremiah



Happy 9th Bday  
 Skyla Lin Freeman  
 We All Love You and GOD bless you.



Happy 10th Birthday Johnathan!  
 We love you!



Happy 11th Birthday Tymela  
 My Sunshine On A Cloudy Day  
 Love Mommy



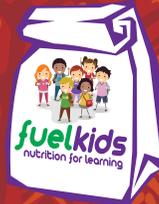
Happy 12th Birthday McKinlee Reagan!  
 Love you! Mommy, Bryan & Max

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

# UGLY SWEATER FUN-RUN/5k

*Benefiting*

FUEL of Clarksville  
fuel4kids.org



*Space is  
limited...*



# 12.3.16

At Beachaven Winery

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

THE UGLIER THE SWEATER *the better!*



/uglysweaterfunrun



## Let's Celebrate!

Refinance or purchase a vehicle in October and receive **1.85%** APR\* with no payment for 90 days!

## Plus, There's More!

Open a Home Equity Loan and receive a rate as low as

**2.85%** APR\*\*

1600 Madison Street and  
2625 Wilma Rudolph Blvd. | Clarksville, TN  
931-552-3363 • 800-755-0055  
[www.altra.org](http://www.altra.org) • [www.drivealtra.org](http://www.drivealtra.org)

**Altra**  
Federal Credit Union

\*\*Home Equity Loans / 2nd Mortgage Loans available to qualified borrowers. Loan to Value (LTV) is calculated by dividing the total indebtedness secured by the home by the value of the home. 2.85% APR is fixed for 5 years with 5 year full amortization. Balloon payment is required for amortizations longer than 15 years. Maximum amortization, 20 years. Maximum LTV for 2.85% rate is 80%. Rate is dependent on borrower's credit history. Rates and terms subject to change. Payment of \$17.90 per \$1000 borrowed is required, based on a 5-year amortization. Closing costs vary by state and may be in a range between \$130 and \$600. Please consult your tax advisor for deductibility. Rates are based on other account relationships and services used at Altra, term, personal credit history, loan to value and property type. Promotional rates and terms apply only to new loans. Limited time offer.

\*\*Rates available to qualified members through 10-31-16 for new or used autos/trucks/cycles for limited terms on purchases or refinances from another financial institution. Rates are based on other account relationships and services used at Altra, personal credit history, payment method and vehicle information. Promotional rates and terms apply only to new loans. Limited time offer. Equal Housing Lender. Federally insured by NCUA.

